

The Magic of Supersentience



The Simple, Unique Way to Peace and Clarity.

The term 'Supersentience' came to me during an illness while asking for guidance. The term 'Supersentience' didn't make sense to me at the time but it kept repeating over and over and it wouldn't stop until I gave way to it by writing it down.

Supersentience means that our true sentient nature is truly more than just thought, emotion and sensation. It is pure feeling. Pure feeling is not an emotion but a knowing that we have taken for granted and buried through tons of conditioned thought and past experiences. Yet, this pure feeling is obvious when we stop

thinking and emoting. For instance, “*How do you know you exist?*” and the reply usually is, “*Of course I know I exist!!*” and yet we never ask, “*Who is it that knows this?*” This knowing is NOT a thought, a belief or an emotion and neither is it a memory. It is our obvious knowing of our existence. This ‘knowing’ is super-sentience that we have taken for granted. If we recognize this KNOWING we awaken to our true Source which is NOW!

Ask any intelligent person if there’s anything other than ‘NOW’ and they’ll have to say, “*No, there is only now.*” Yet, what if we allowed ourselves to recognize this fact. Isn’t that awakening? Yet, we have attached ourselves so much and for so long with thought, belief, experiences and past conditioning that we cannot see the obvious truth of our sentient being.

All fears and problems happen because of this ignorance of our true nature. This unawareness of who we are brings fear of death and its thousands of little fears that accompany it known as insecurity, inadequacy, lack of safety and uncertainty of who we are. This, in turn, causes us to seek goals, ambitions and success to give our life meaning while missing the truth of our very existence. The problem is the attachment that had followed our survival instinct. Attachment to what we own such as name, body, past and conditions. Yet, these are natural and normal, but can’t be fully enjoyed unless and until we know the truth of our being.

Supersentience awakens our natural knowing that we had suppressed and buried and start recognizing it naturally. Then, through this recognition we awaken, and truly start enjoying everything without restraint and fear or guilt.

Supersentience follows three modes of teaching and experience.

1. First knowing what you have been telling yourself subconsciously throughout the years. This can be

uncovered simply by knowing your soul-type. The soul-type is NOT who you are but ‘who you think you are.’ Once you acknowledge this self-created thought and belief system, then we can start cleaning-it-out of the system through mild hypnosis and forgiveness.

When people tell me about their pain, their life and their relationships, they are telling me about the content of their subconscious mind. Your life is EXACTLY what you are telling yourself life is...it is your belief system.

If you are not happy with the way things are then you can change them by changing your beliefs about the truth of you.

2. Through body-awareness we start facing our sensations, however painful, as just sensations and not the truth of what and who we are. This is done through patience, honesty and direct seeing. The body exhibits everything contained in our subconscious mind. The subconscious is the memory store-house of everything you have ever experienced in your lifetimes. It is also the seat of creativity. The subconscious is the LAW OF ATTRACTION. Through the body we can start feeling what we have been telling ourselves.
3. We explore, and through grace, eventually awaken to the truth of our Being as Pure Feeling, Pure Awareness and therefore as eternal ‘I’ that had never been born and shall never know ‘death.’ It is this simple direct experience that will bring such joy and meaning in one’s life that no definition or description can suffice. This is the Superconscious state of knowing the truth about you. This is Supersentience.

Let’s explore the stages of feeling...

Stages of Feeling

What is sadness, depression, boredom, anxiety, loneliness and fear? What are these feelings?

We are sentient beings, which means we are capable of perception and feeling. More than this, we are in fact supersentient beings born with pure feeling.

Human beings have a range of crude dark feelings to their opposite of light refined feelings, depending on the evolution of the soul.

Pure feelings are always present in this NOW-moment but are deeply buried beneath surface shallow emotions. It is through the emotional body that we start awakening what has always been present – pure feelings known as tranquility, peace, love, joy, contentment and innocence.

Our evolution of memory contains every experience ever experienced imbedded in the subconscious memory. Our many lifetimes on earth carry a staggering amount of stories that color our perceptions, thoughts and thus contribute to our emotional body. Any experience that we made real is stored in the subconscious storehouse and reflects how we view life. These stories are impressions that bombard our brain with thoughts. These thoughts, in turn, create a motion of energy in the body known as emotion (sensation). We react to these emotions so unconsciously, initially, that we are literally caught in them prior to our awareness of them. We are literally, at this stage, living an unconscious life.

The good news is this, that the moment we commit to making these reactionary emotions more conscious, we start to refine the feeling until we eventually start living from pure feeling. In short, it is called the awakened life.

Our natural state is pure feeling, which can be witnessed in babies, but the moment the ego sets in through past memory and

identification with the name and body, the dark side starts taking place such as possession, me and mine viewpoint, neediness, demands and even temper tantrums.

Since our natural state is pure feeling and therefore love itself, then the more love is shown to the child, the lighter becomes his/her expression.

Most people are not in touch with their true feeling nature at all. In fact, they associate feeling with their emotional states of sadness, unhappiness and negative thinking. This is a common viewpoint that emotions are feelings. Emotions are sensations in the body such as tremors, shakings, flushes, sweatings and so on. Emotions are not pure feelings and therefore are not our natural state. Our true state is pure feeling known as trust, love, contentment, ease of being, comfort and so on. Yet, in our identification with the dream world we have taken to be real, we associate feeling with emotional pain.

When we start understanding this aspect of our feeling nature, we start to awaken our inner knowing and begin to see that self-consciousness, fear, discomfort, sadness and general unhappiness are acquired and therefore NOT real. However, we can't help this acquisition because we can't help identifying with what we perceive to be real.

The fact that our initial entrance into life is filled with stories of pain and emotional suffering, we create unconsciously, an awareness of dread (coined by Dr. Carl Jung). This dread is also known as a feeling of emptiness. This emptiness carries with it a subtle (and sometimes obvious) feeling of guilt. This guilt is not based, necessarily, on something we did. It is a sensation of feeling less-than or as if we are being bad, missing something or not feeling good enough.

This 'feeling' is a natural result of not knowing one's true nature of pure feeling. The paradox is this – pure feeling is a field

of knowing space, a feeling of expansion, a connection, an inner knowing of oneness. However, when the egoic ‘feeling’ takes over, we become contracted and small and everything becomes personal combined with a self-created image of smallness. Thus, when we are faced with a ‘feeling-knowing’ of space, we become frightened and lost. We do not know what to make of it because we had believed we are small separate beings.

The feeling of space, which we naturally are in truth, had become our great fear due to the ignorance of our true nature. We develop a fear of death, which will haunt every sleep and waking moment of our life, unconsciously. It is this fear that creates anxiety, stress, tension, contraction and nervousness.

The emptiness we feel is not a vacuum but the unrecognized vastness of our true being. And, since we do not know who we are, we feel lost.

We are Supersentient beings capable of awakening this dormant pure feeling through knowing two things only. The fact that we know we exist and the obvious fact that NOW is all there is eternally. We know these two facts because it is our natural pure feeling. Yet, we deny them and live in time-consciousness. Therefore our job to awaken will demand of us...

1. To see how we are denying our natural state through seeing what we are telling ourselves subconsciously.
2. Through the willingness to face what is obvious and live from it knowing there is no other choice if we are to be fulfilled beings.

What are the stages?

All evolution of soul goes from darkness to Light; from crudeness to softness; from fear to Love. The movement goes from head to heart.

Our 'growth' happens as we become tender, gentle, open, strong, invulnerable and straightforward with innocence and yet filled with power and clarity.

What we start realizing is what we had always known in our heart, for instance, the fear of loneliness was the other side of oneness; the emptiness that terrified us was our vastness; the neediness for love and resultant dysfunction was nothing more than our inability to love ourselves.

The first stage of darkness is the unconscious emotional reactions that are triggered by another's statements or actions (physical, verbal or nonverbal).

This reaction is unconscious because it is frozen in the subconscious mind as a story of neglect, guilt, fear or rejection of self. So, the first stage is this...

1. Thought and reaction (unconscious) = guilt
Guilt projects and blames others for its emotional feeling and thus create a desire for self-punishment through self-or-other sabotage.
2. The willingness to take responsibility and forgive oneself.
This is usually a big step that already requires a dedicated soul towards truth of one's being. If this step is not taken then the dysfunction escalates to the point of violence, disruption, sabotage and mental illness. The lack of taking self-responsibility combined with self-forgiveness can lead downhill.
3. Through willingness to take self-responsibility and combined with self-compassion (forgiveness) leads one to understand the power and freedom of the subconscious mind. The subconscious mind is a storehouse of memory and creates both our world and our body. It is also creator so that

whatever we desire we create, consciously or unconsciously. This is the law of attraction. Our world is exactly what we have believed to be true. We have the power to re-create the world and ourselves through our perception.

4. Finally, we come to awaken Supersentience and come to know directly the oneness of all life. We see clearly that...

Loneliness is a fear of Oneness.
Feeling lost is the fear of finding oneself.
Emptiness is a fear of fullness.

At this point, through self-compassion and self-responsibility we have turned the tables to see the real TRUTH – Oneness, Love, True Nature and fullness of Being.

Brief explanation of Trinity

Peace and clarity are attained when the three aspects (Trinity) of mind and spirit are aligned as one. These three are called – The conscious daily mind, the subconscious mind and Superconsciousness.

The conscious daily mind is what most people know as reality and live their life with this knowledge alone. They live and die knowing only this small aspect of their life.

The conscious mind only uses about 5 to 10% of consciousness. The rest is sub-conscious or hidden beneath daily awareness. Most people reach conclusions and base their beliefs, opinions and solve their problems and life's questions through what they have experienced alone and their beliefs about it. Very few ever rise above their conditioned beliefs.

This is the reason for so many unhappy lives, emotional suffering, deep frustrations and fear of death.

Then we have **the subconscious mind**. This is the storehouse of every experience we have ever had imbedded in our cellular memory. The subconscious has two aspects – incredible memory and creativity. In other words, it remembers every experience ever, and then creates our experience of life according to what we believe is true in our experiences.

The subconscious mind maintains our breathing, our heart-beating and all physical functions and nervous system. However, there is one predominating aspect of the subconscious that is often missed, and it is this – *it doesn't know the difference between the real and unreal*. It simply believes whatever the conscious mind accepts as real.

In fact, if you want to know what your subconscious contains about you, just ask yourself sincerely and honestly, “*How do I see life?*” “*How do I feel about myself, the world and people?*” “*How happy or unhappy am I?*” and your honest answer will be the revelation of your subconscious beliefs.

The Law of Creativity is the realm of the subconscious mind. It is the law of attraction and attracts to you what you believe. If your subconscious belief doesn't coincide with your conscious belief then we have deep frustration, desperation and a form of insane behavior or attitude.

When people ask me, “*But I want to be happy and spiritually awake, so why aren't I happy and awake if belief manifests?*” Yes, belief always manifests but your subconscious mind has the reins of power. You can want or desire with your daily conscious mind but if you doubt its manifestation in your subconscious mind then it will fail. You may want to be awake spiritually but if your subconscious is afraid of letting-go of ego then you are pursuing a goal that will never happen.

It is the subconscious that wins every time!

Then we have **the Superconscious State**. This is the truth of our Being. This is who we really are in Reality. This power is the awakened spiritual state. It is the knowing of this "I" that we are as the ultimate itself. **This awakening of the Superconscious state happens when our conscious and subconscious minds are aligned.** This is also known as the Supersentient state of Being.

It is here, in this knowing state, that everything becomes crystal-clear and that we have never been an ego but always pure spirit. The 'I' we thought we were as a personal self was simply the kindergarten stage of awareness, the first rung of the ladder of consciousness. This 'I' is itself the cosmic being as it recognizes its natural oneness.

The following question was taken from my BLOG www.burtharding.blogspot.com and it helps to make 'pure feeling' more understandable.

I have seen your video "What is true feeling?" and I loved it. Now my question might seem foolish but I still have to ask, "How do I make myself feel without thought?"

It is not foolish to ask it since most people do anyway. I get emails from people saying, "My head hurts after reading such profound truth." The head hurts and we ask 'how' because we can't see without thought. We have been so conditioned into believing we are our thinking and beliefs that we can't see the forest for the trees.

Please listen carefully -- to distinguish the difference

between thought and feeling is the recognition that will come to you when you are devoted to finding out. You cannot make yourself feel but you can ALLOW yourself to FEEL. FEELING is NOT an emotion, and neither is it an experience or a thought. Feeling is what we already know but haven't recognized yet. For example, what if I asked you, "How do you know you exist?" and you'll reply, "Of course I do, I just KNOW I exist." That's it. It is not a memory; not a thought; not an emotion but a KNOWING.

A Knowing does not require thought -- you just know! However, we have taken this 'knowing' so much for granted that we have buried it under tons of thoughts and emotions that we are now numb because we no longer feel but think and emote only from the surface.

A pure FEELING is an awareness that we have not 'looked at' yet. Here's another example -- when does anything happen to you (a thought, an experience, an emotion etc)? It always happens NOW, right? We all know that, and yet, we bury such knowing with thoughts and emotions and reactions without pausing to LOOK with awareness what we already know.

Most people are not willing to LOOK without thought for two reasons -- first they believe it is difficult without realizing that is is their true nature. Secondly, they are not willing to LOOK without thinking about it. This is why many say, "It hurts my head" to read such material as this because we can't stop thinking about it, figuring it out and it

is bound to hurt because KNOWING has nothing to do with thought.

Ask yourself, "Who am I?" and you'll find you can't answer it because there is no thought, opinion or emotion that can answer that. Who you are is not a thought, a form or a belief -- YOU JUST ARE!!

Let's go deeper through the process of elimination. It is obvious that you have thoughts; you have a past; you have emotions, you have a body, right? Good! You have all these things, but who is it that has them? You have a body and name just like you have a coat and money in the bank. However, what you HAVE is something that YOU have, you own - but who is this YOU that owns them?

This questioning is NOT easy because it forces you to go into thinking, which is something you have done all your life. Yet, if you relax fully without thinking about anything, keeping your focus on your breathing or looking with soft eyes into the distance such as an empty sky, then thoughts cease. You'll catch a glimpse that '**what you are**' is beyond what you have -- it is this SPACE known as NOW! In fact, you are NOT what you think at all -- you are this NOW itself! This revelation can be scary but ever so enlightening. In fact, that's what spiritual awakening is. You don't awaken to a belief or to some religious thought but awaken to KNOWING (pure feeling) to what you have always been and ever shall be. You are this eternal NOW without a past or future. You have never been born and shall never pass

away. This 'I' that you are is not an ego or personal self based on beliefs, past or the things you own such as a body or name. This 'I' is your pure awareness, pure feeling or simply pure knowing. You are this Presence of NOW itself. It never leaves you.

Take time to be still and just relax so completely that thought ceases. You can do this by watching your normal breath or looking into empty space with soft eyes (without staring) or just listening to the sounds around you without judgment or involvement. Then ask yourself when there is total relaxation, "who am I?" and you'll find there is no answer. Having no answer is clear that who you are is NOT a thought and neither is it an ego. You are left empty and here-now. As you continue to relax into this not-knowing you'll start catching glimpses that you are this NOW itself. NOW itself has no past or future and, it is also timeless. When you see the obvious without fear of it then that's awakening. Awakening spiritually is knowing two things -- You KNOW you exist and you KNOW that what exists as 'you' ('I') is this NOW itself. You are an eternal being. Once you rise above the fear of it and fully acknowledge it as an obvious fact, then that's it. You've awakened. It is all that simple. Now all your questions are answered and you are free.