



## What is your level of awareness?

This is an exciting and revolutionary booklet. For greater clarification of this subject please refer to the booklet on my website [www.burtharding.com](http://www.burtharding.com) entitled "*Awakening to love and freedom.*" By re-reading that booklet the following would be made much clearer.

*What is a level of awareness?* The nature of awareness does not fluctuate since its nature is the wholeness of life itself. Your true being is pure awareness (Presence of Awareness) and all you have to do to experience this obviousness is to ask yourself with sincerity and total honesty, "*What am I in this moment?*"

Awareness 'just IS!' It is the All-in-all.'

Now the question arises, "*Why do you call it the level of awareness?*" and the reply is simply this – until we discover the true

Self we simply believe in levels, in a process of growth and expansion, and so a booklet such as this has to be written from that perspective to understand its deeper implications.

When the wave of the ocean (human being) does not recognize its wholeness as the ocean itself (Life) then it *contracts* to its conditioned belief as the small wave. You are Life itself but believe you are a personal separate self. According to this *contraction* lies the level of awareness of "I." For example, since your form at birth was given a name such as John, then when asked, "Who are you?" chances are you'll say, "I am John." This may be true on the level of self but the Truth of your being is Self or Life itself. In other words, in truth you are not just a wave but the ocean itself.

This identification with the felt-sense of "I" as personal is known as the average level of awareness. As one awakens to his or her life as the Whole itself, then the small "I" simply shifts to clear-seeing as the big Whole Cosmic Self "I." All growth is an awareness of the small self as the big Self.

In Reality there is no such thing as 'small' or 'large' but for the sake of understanding we can call these insights, realizations or recognitions the level of awareness.

What is known as human suffering (deprivation, loneliness, corruption, 'evil,' war, violence and the need for control) is the identification with the small self wanting to be the big Self. However, since its awareness is at the *personal limitation factor level* then it tries to be special, 'better-than-others,' and this '*control*' becomes greed, specialness, separation, possession, attachment to ego and anger. When the individual loses his need for egoic specialness, due to humility or seeing through its ego insanity (while still believing he/she is separate) then there is emotional pain such as loneliness, deprecation, and rejection of self.

## *Understanding levels of awareness*

There are two things to understand initially and that is time-consciousness and the choice between love or fear. Time-consciousness blocks us from the Now-Presence because it creates a

thinker 'caught' in past or future. In fact, most people suffer some form of anxiety (past regrets and future fears) due to this time-consciousness.

Our level of awareness is gauged by our feeling nature. Just as the higher levels embody pure feelings such as peace and freedom, so do the lower levels conform to feelings of "fear" such as doubt, insecurity, anxiety, stress and past conditioning focus (time-consciousness). In other words, the more involved we are in thought, the less aware we are of our true nature (what we want more than anything). Thought, by its very nature, raises many questions, whereas pure awareness rests in Being.

Emotions are the nature of energy motion. They fluctuate according to different aspects of life's vibrations. We are all affected by both negative and positive emotions (contraction and expansion). Emotion, being the nature of motion of energy, is universal. The moment we make a motion of energy personal, we suffer accordingly.

You are NOT the emotions you feel. What you feel normally is a result of your mind's interpretations according to how personal you have made that motion of energy. The more we interpret an emotion as personal, the greater the contraction of spirit.

Our body and mind are in a continual fluctuation of energy motion, contracting and expanding. Our awareness contracts and expands according to how we identify with the "I" self.

## ***6 contractions & 3 expansions***

(please refer to the booklet "Awakening to love and freedom" which you can download free from the website [www.burtharding.com](http://www.burtharding.com)).

There are 6 contracted levels of emotional feeling and 3 expanded feelings.

Expanded feelings are not necessarily emotions but pure feeling (a state of inner feeling/knowing). Contraction is fear-based feeling while expansion is love-based feeling-knowing.

Here are the six contractions of lower feelings...

**Pride** (specialness and separation) which could lead to...

**Anger** (resent life or others for not conforming to personal wishes).  
which could lead to...

**Lust** (lust for food, sex, thinking, doing etc) which could lead to...

**Fear** (defensiveness from lack of self-respect) which could lead to...

**Grief** (fear of love brings loss of love) which could lead to...

**Apathy** (which leads to deep depression, indifference to life)

There are three expansive feelings and they happen when we have some insight into how fortunate we are to be human beings and alive. It is this first inkling of **gratitude** that starts the first expansive element called...

**Courage** -- Courage results from facing the fears listed above without any judgment on our part. After all, how can you face a fear if you judge it wrong? This sense of wrong would keep you in its strangle-hold, right? Please see this clearly.

Now the question arises, "*How can I not see anger or fear as wrong?*" The answer is simple – you can see anger as a need for control because you feel helpless and out-of-control. In other words, what made you angry was your need to get your own way, which you haven't gotten. If you see this contradiction as the pull of the lower self than we are in business. Similarly with fear, isn't it the need to stop something from happening which you don't want? Then, are you willing to stop focusing on it?

This *facing of the contraction* in the body as a sensation of emotion is the first step towards our higher sense of Self. It awakens the courage to go through the emotion without getting involved in its egoic story.

This courage to face the drama that you have created is your first real step towards awakening the Love Presence that you are. You have **FORGIVEN** yourself (and others) of your false belief in your limitation. That is, you allowed the letting go of your fear. You have thus awakened the courage to allow yourself to be who you really are, without hoping for some mythic happening or idea of

enlightenment explosion. You just want to be YOU!!! (and NOT some idea of some blazing Light from the sky). You allow yourself to be ordinary and innocent.

This courage will lead to full...

**Acceptance** -- This means that your self-respect and self-love are restored as being the Self you really are. In this case you have faced the fact that you couldn't be what you had feared, which is ego. You are in truth the Self that is love, glory and beauty beyond any attempt at mental comprehension. It is this insight that will abide in you after having had the courage to face your fears without personal judgment. Realizations will last only when you have seen that your personal suffering is self-created from conditioned response to life. This seeing happens through the courage to face them without a story attached.

This acceptance leads to the final awakening of...

**Peace** -- This is the highest love because separation is no longer experienced between you and other beings and creatures.

All contraction and expansion of energy motion happens between the poles of love and fear. The True Self (the only Self there is) is LOVE and the 'false' little 'self' is fear. Fear is the illusion of time-consciousness which brings the thoughts of death, decay, change and body-consciousness.

Here you see clearly that there are no victims in life. You have never been a victim, which means that every time you had identified yourself with limitation you were identifying with a false sense of self. We do have a choice to move from fear to love. It is claiming this choice that gives you the power to change. **You do NOT change yourself – you only need to love you.** It is this love of Self that automatically moves you from self to Self.

Jesus said, *"When you die to your self you find your Self."*

The most exciting and inspiring moment is when, through the eyes of grace, you see yourself as you actually are. And, what is grace but this timeless NOW beyond time?

## *The Levels of Awareness*

As apathy is the lowest contracted feeling of self, so is peace the highest expanded feeling of Self.

A hidden feeling that most people experience (who have not realized their true nature as Self – Presence) is unconscious guilt. This guilt is so prevalent that 90% of the population feel it most of the time without knowing it (which is why it is called ‘unconscious’). This unconscious feeling continuously affirms to us subconsciously...

*“I am bad...”*

*“I don’t deserve love.”*

*“I don’t feel love”*

*“I feel a sinking feeling inside me”*

*“I’m not good enough”*

*“There’s something wrong with me.”*

It is only after many years of conducting hypnotherapy (now known as Supersentience) that I have realized that everyone feels this unconscious guilt unless they have discovered their true nature. As a young man I experienced this feeling so strongly that I believed something was seriously wrong with me. Yet, most people cater to this feeling without realizing its universality of self-identification as a separate ‘me.’ Imagine the beauty and freedom when you have the courage to face it and let it go.

This unconscious guilt is the reason for most relationships breaking up because it brings, in its wake, a need for self-sabotage. In other words, we find ourselves hurting the very people we love the most as an unconscious need to punish ourselves.

This unconscious guilt (ego’s tool) often convinces the self that one is not worthy of the best in life. So hear it now – LISTEN

carefully – you not only deserve the best but you are already the Self you seek so desperately. You just need to allow yourself to see it. And, you allow yourself to see it by facing your fears according to the technique (facing the fear without judgment or story).

When we do not allow ourselves to see what is true and beautiful in life then we are ‘caught’ in continual self-defense, self-protection and the need for control which leads to inner anger and resentment. To live with such a ‘thinker’ inside you is to live in a self-created prison. It can take us all the way to apathy (deep spiritual death known as clinical depression or suicidal tendencies – lies we had told ourselves are true.

We start to change (expand) when we first experience gratitude. You may even feel gratitude just in reading this booklet. It is when we start feeling grateful for being who we are that actual expansion starts happening.

### *The Number System for facilitation*

Just as guilt is the unconscious experiencing of fear, so is gratitude the beginning of experiencing true love.

There are many levels of fear and many levels of love. The following is a gauge of your feeling-consciousness.

Give yourself an average of 10 points for each feeling-consciousness level from the bottom up.

|  |     |
|--|-----|
| <b>LOVE &amp; PEACE</b> (surrender to Self).....                   | 100 |
| <b>ACCEPTANCE</b> (forgiveness, gratitude, allowing).....          | 80  |
| <b>COURAGE</b> (facing fear without indulging in the story).....   | 70  |
| <b>Pride</b> (need for specialness – demanding, needing self)..... | 50  |
| <b>Anger</b> (inner or outer violence).....                        | 40  |
| <b>Lust</b> (see self as body through food, sex, pleasure).....    | 30  |
| <b>Fear</b> (propelled by guilt – punitive or vindictive).....     | 20  |
| <b>Grief</b> (loss of love).....                                   | 10  |
| <b>Apathy</b> (deadness of spirit, depression, deep shame).....    | 5   |

The willingness to see what is here-now, to look at what is obvious, to allow and forgive happens when we start accepting ourselves (facing our fear without personal judgment). This awakens the feeling of gratitude and eventually leads to the Higher Self “I AM.”

One important thing to remember always – you are NOT a victim of this great illusion of self (ego). You have the choice to love rather than fear. The moment we face our fears, we gain the courage to see it through and regain our true nature as love.

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