

Consciousness work

What are we talking about when we say we are conscious of something? Who is the we we are saying is conscious? What is it to be conscious? What is it to be consciousness?

These are the types of questions that consciousness work seeks to answer. If it seems like an exercise in futility, or ridiculousness, or endless frustration, you are correct. It is indeed. But such questions are essential to the understanding and eventual transcendence of any given context in which one is operating, experiencing, being a self, having a life.

Paradoxically, when we embrace the futility of ego identified activity, we are empowered. We are empowered not only by experiencing relief from the identity issues caused by ego identification, and not only by awakening to a higher and/or more essential self, but by freeing up, harnessing, and developing our authentic physical, emotional, and mental talents.

There is lots of confusion about the relationship between consciousness and ego. In modern new age spirituality it is common to simply say the ego is bad or false, and one should call it out as such, and attempt to disconnect or disown it. To approach the ego in this way is quite foolish. It betrays a very naïve understanding of how the human psyche works, and what role the ego plays in it's overall system.

The primary goal of the Dimension Approach is to differentiate consciousness from ego perception. The purpose of differentiating consciousness from ego perception is to awaken from unconscious ego identifications. In awakening from unconscious ego identifications one is liberated from the confines of such, and is reconnected with associated aspects of one's conscious self.