

# FHVE ASSIGNMENT – 4



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## Four States of consciousness

**“The only reason why we experience life and aliveness is because we are conscious.”**

In the verses 3 to 6, the Mandukya Upanishad enumerates four states of consciousness that are

Wakeful, dream, deep sleep and state of ekatma

- The first state of consciousness is wakefulness where we are completely awake. Wakeful state is not same as jagruti.

A person takes five minutes to wake up or other person might need a strong coffee to wake up so in this way wakefulness has different stages, this is jagruti not wakefulness. This wakefulness is not conscious.

- The second state of consciousness is dream. A dream state is far more vivid than the wakeful state. A dream is always more profound than the wakeful state.
- The third state of consciousness is dreamless state. It is the state of deep sleep. There is no picturization or thoughts of people running in your mind. It is a very powerful state if you want to manifest something in your life.
- The last state is called state of ekatma. Ekatma means complete merger of beloved and the end of dual existence.

My experience after doing Ujjainasan, Sudharshan kriya, Bhastrika Pranayam, Soham meditation–

After doing the kriya I felt more concentrated toward the studies. Before kriya I used to take break after every 20 or 30 minutes of study because of burn out, but after the kriya I can stretch for about 1 hour without losing concentration.

I start getting a deep sleep without dreams. I get the positive way to channelize my energy in right things without wasting it in some other non-useful tasks. Now I don't feel much irritation in small stuffs.