Chapter 4 also speaks of Transcendental Consciousness (TC) as a fourth state of consciousness other than waking, dreaming, and sleeping. It's described as a state of pure awareness in which the mind is alerted, quieted, and liberated from the continuous flow of thoughts, perceptions, and feelings.

The chapter defines TC as the most elementary sstate of human awareness, a state of inner wakefulness without specific objects of awareness, in which awareness is sensitive to its own boundless nature. It contrasts TC with everyday waking awareness as object-centered and thought-filled, which prevents us from directly experiencing our true self.

The reading points out that TC allows consciousness to break through the confines of thought and perception, inducing the experience of unboundedness, wholeness, and sheer bliss. It connects TC with self-knowledge, the source of thought, creativity, intelligence, and sheer Being, equating it with the unified field of natural law developed by modern science.

The chapter contains anecdotal accounts of persons who practice Transcendental Meditation (TM), reporting happiness, oneness, infinity, and deep relaxation. These descriptions are reflective of the potential of TC to gratify the mind and create a connection to one's true Self.

**Examples**

Analogy of the Movie Theater: Is similar to looking at a movie, where we're focused on the changing pictures. When the pictures fade, all that's left is the bright, clean screen, which is like going beyond thought and experiencing pure consciousness.

Self-Knowledge Limitation: Uses David Hume's quote to indicate the inability to find the "self" using introspection because we always possess specific perceptions or feelings rather than pure awareness.

Flower Analogy: Explains how, when we view a flower, the experience is dominated by the sight of the flower, effacing the experiencer. This is as opposed to Transcendental Consciousness, where the experiencer (pure bliss consciousness) is present without being tinctured by external impressions.

Self-Referral Consciousness: Explains that in ordinary waking consciousness there is a process of knowing, a known, and a knower. In Transcendental Consciousness, all three are identical, as consciousness becomes aware of itself as an object of experience without any distinction of subject and object.

Bubbles from Sand: Uses this as a metaphor to describe how thoughts rise up from the depths of the mind. Transcendental Meditation allows the mind to proceed in the reverse direction, descending to more refined levels of thought until one reaches the source of thought, which is consciousness.

Colorless Sap of a Rose: Compares pure consciousness to the colorless sap within a rose, which contains all the qualities of the rose (petals, leaves, thorns) without itself being affected by them, illustrating how pure consciousness brings forth everything in creation without altering itself.

**Experiences of Transcendental Meditation:**

"Just pure awareness and nothing else": A person describes their initial experience as being in a "pond of pure joy" and recognizing "This is the reality of who I am."

"Experiencing awareness as an unbounded unity": Someone experiences being beyond all activity and feeling awareness as an unbounded unity and no sense of "me" and "not me."

"I am that infinity": Relates to achieving a state of absolute silence and evenness, expansion, and infinity.

"An unbounded ocean of awareness": Relates to being established in an unbounded ocean of awareness that is pure, quiet, unexcited, and infinitely extended beyond space and time.

"I have never been so clearly and entirely and fully awake": An individual recounts a meditation exercise where an ocean of light dissolves, and they are left with their Self in wholeness.