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ASSIGNMENT 06

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COSMIC CONSCIOUSNESS

The concept of Cosmic Consciousness and the qualities associated with this state of consciousness were discussed here. These characteristics have the potential to significantly improve one's individual and professional life. Below are some of the qualities mentioned in the chapter.

QUALITIES OF COSMIC CONSCIOUSNESS

Freedom and liberation are central to the experience of Cosmic Consciousness. In this state, one experiences a sense of inner freedom that is not dependent on external circumstances. This freedom is rooted in the recognition that one's true nature is not limited by the individual ego, but rather is infinite and unbounded. This sense of freedom and liberation can have a profound impact on one's personal and professional life, as it allows one to live more authentically and to pursue one's passions without being constrained by fear or self-doubt.

Experience of 200% of life, which refers to the experience of living life to the fullest. In this state, one can fully embrace and enjoy all aspects of life, both the joys and the challenges. This experience can lead to a greater sense of fulfilment, self-confidence, creativity, empathy, productivity, success, and purpose in one's personal and professional life. This is one of the key reasons for 100% satisfaction in the career.

The experience of **life being supported by natural law** is another quality of Cosmic Consciousness. In this state, one recognizes that there is an underlying intelligence and order to the universe, and that one's life is governed by these natural laws. This recognition can lead to a greater sense of harmony and balance in one's personal and professional life, as one aligns oneself with the natural rhythms of the universe.

Another quality of Cosmic Consciousness is the **feeling of being connected** to all of creation. This sense of interconnectedness can lead to a greater sense of compassion and empathy towards others, as well as a deeper appreciation for the natural world. This can help individuals cultivate more meaningful relationships, both personal and professional, and foster a sense of community and belonging.

Self-realization is the recognition of the true nature of oneself as the unbounded, infinite, and eternal consciousness. This realization can lead to a profound sense of inner peace and fulfilments, as it allows one to transcend the limitations of the ego and connect with the deeper aspects of oneself.

Fully developed capacity of life refers to the ability to live life to its fullest potential. This capacity includes the development of all aspects of oneself, including physical, emotional, intellectual, and spiritual. This allows one to approach life with a sense of wholeness and completeness, and to fully engage in all aspects of life.

The **experience of witnessing** is another quality of Cosmic Consciousness, which refers to the ability to observe the world without being affected by it. This allows one to maintain a sense of detachment from the ups and downs of life and to approach experiences with a sense of equanimity.