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Tuesday

2024

February

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• Sigmund Freud ^{went} → below the conscious

• Sri Aurobindo ^{went} → above the conscious

Intellectually they have made us aware that we are not so small as we appear from the surface, that the surface is hiding great depths and heights.

• Above our so-called conscious mind is the real conscious mind; that is attained only through meditation. When your ordinary conscious mind is ~~added~~ added to meditation, when the ordinary conscious mind is plus meditation, it becomes the real conscious mind.

• Beyond the real conscious mind is the superconscious mind. When you are meditating, you have only glimpses. Meditation is a groping in the dark. Yes, a few windows open up, but you fall back again and again. Superconscious mind means samadhi — you have attained a crystal-clear perceptiveness, you have attained an integrated awareness. Now you cannot fall below it; it is yours. Even in sleep it will remain with you.

• Beyond the superconscious is the collective superconscious; the collective superconscious is what is known as "god" in the religions. And beyond the collective superconscious is the cosmic superconscious, which even goes beyond the gods.

• Buddha calls it nirvana, Mahavira calls it Kaivalya, Hindu mystics have called it moksha; you can call it the truth.