

# 06

Tuesday

Feb 2024

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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, Mahavir calls it Raivalya, Hindu mystics have called it moksha; you can call it the truth.