Reading Assignment of The Supreme Awakening (Page 181- 191)

**Wholeness:**

We all have experienced the three states of consciousness---- waking, sleeping, dreaming. And some of us may have experienced the 4th state of consciousness---- transcendental consciousness. However, there exists a 5th state of consciousness---- cosmic consciousness. When we reach the 5th state of consciousness, we will refine our body and mind. More self-realization, more freedom and liberation will be brought out, we will have the experience of witnessing…. In a word, we will be released from stress and other negative feeling, which means we will have more space to feel something positive.

**Supporting main points:**

For beginners, they have only experienced the 4th state of consciousness for brief moments, but with the progress going on, it will be more and more easier to experience the 4th state of consciousness.

If the 4th state of consciousness becomes permanent, and you can experience the 4th state of consciousness at anytime you want, then you are in the 5th state of consciousness.

In the 5th state of consciousness, it makes body and mind refined, you can get deeper rest and release deeper stress with alertness. You will never lose the experience of pure consciousness even in the most heated game.

It is important to keep the practice on, because you must repeat again and again to keep your body and mind to fit the progress. (Analogy: dyeing cloth). Only in this way, you can get a higher state of consciousness.

In the 5th state of consciousness, your mind will be stronger, you will find and own your true self. Your mind will be infinite, unbounded, you will get freedom from those stress or something else. You can remain awake during sleeping, dreaming. You will have more time and space to enjoy your life and have less sorrow. All the experience is based on the law of nature, the science of creative intelligence can be verified by the law of nature.

**Reflection:**

From my own experience, I am still a beginner, I can only experience the 4th state of consciousness, and I got some benefit from it. Therefore, I am really interested in a deeper level of consciousness, I want to know what it can bring to us, is it so magic?