4th state of consciousness

**Wholeness:**

We have 4 kinds of state of consciousness: waking, sleeping, dreaming and transcending. The three states of consciousness---- waking, sleeping and dreaming---- can be experienced by all of us. But, the 4th state of consciousness is not known for everybody. Because the 4th state of consciousness is located in a deeper level than the three states of consciousness. And it can enrich the other three states of consciousness.

**Supporting main points:**

We can normally experience the three states of consciousness at any hour---- waking, sleeping and dreaming, every state of the three states of consciousness is unique and different from each other.

When we were children, we can easily experience the 4th state of consciousness, that is why our IQ, creativity, the ability for everything get increased quickly.

When we grow up, it is more difficult or unable to experience the 4th state of consciousness, we can not release the stress increased day by day, that is why our IQ, creativity, the ability for everything stop increasing, even got decreased.

The 4th state of consciousness is the source of the other three states of consciousness, which is full of pure consciousness, pure awareness. All the thought came out from there.

It is important for us to regular contact with the 4th state of consciousness, because we can release our stress, bring out some qualities we need. Then the three states of consciousness get enhanced. We will be smarter, more creative, more peaceful and more harmony.

**Reflections:**

Why we can not remember the things in childhood, perhaps it means we were always transcending at the moment. And now, our mind is always clear continuously. I believe there must be 4 states of consciousness, because after Transcendental Meditation, we do feel better. Many research shows the activity in brain during the 4 states of consciousness is quite different. We may do not believe somebody’s words, but we should believe the consequence of science.