



SAY THAT AGAIN IN A NUTSHELL

Before Your Beginning



Key ideas from Chapter 1 of It's About You! Know Your Self:

Consciousness (with a capital-C) is the only absolute.

Consciousness is not a physical “thing” – which is why science will not be able to find evidence of a particle of it, such as the mooted Higgs-Boson—yet it permeates all that is physical, as it is an omnipresent phenomenon (a Oneness) of all existence.

Consciousness is *the* intelligent causal factor that underpins the patterning of energy into nonphysical and physical forms in many dimensions and on many levels of existence.

Consciousness shapes energy into simple patterns and very complex patterns, such as living organisms and, of course, our Selves. It is independent of our Selves, as well as being implicit to our psychological and physical being. It is integral to our brains’ functioning, but is not a phenomenon born of its functioning.

The individuation of Consciousness.

We can equate Consciousness with *pure energy*. Seth informs us that Consciousness has a propensity for *individuation*:

Pure energy, or any “portion” of it, contains within itself the creative propensity toward individuation, so that within any given portion all individually conscious life is implied, created, sustained.¹

Consciousness uses individuation as a method by which to know itself through experience. There is a primary force stirring Consciousness to know itself, described as “*intent*.” The force of intent, stimulated by the vital impetus of “*Divine Love*,” drives Consciousness to take action—acts of creation—that produces realities, or *experiences*. Here are succinct definitions of intent and Divine Love:

Intent is a directional force powering learning and growth within Consciousness and ALL its forms of expression.

Divine Love refers to the inner vitality of Consciousness; it provides the impetus towards all creative action in physical and non-physical terms.

The individuation of Consciousness into physical matter. The evolution of awareness.

- **The entry “level” of Consciousness** (creating awareness) in the physical dimension is the individuated, solidified, patterns of energy that fall within the electromagnetic spectrum of light. No matter how small the particle of matter, it is *aware-ized* of its individuality.
- **A next level of Consciousness** belongs to living organisms. Living organisms have a *sense of self-awareness* and the *freedom of self-expression*.
- **The human species incorporates an evolutionary leap in self-awareness.** We have *conscious* self-awareness. That is, we have a complex psychological structuring that gives



us the ability to *self-reflect*. We have a *conscious-mind* that enables us to reflect upon an experience we have created and to determine what other experiences to create.

Your consciousness (with a small *c*) is a nonphysical, individuated expression of Consciousness. It is part of your psychological structuring, part of your psyche, which utilizes a mind for entertaining thoughts and ideas and exercising your imagination in the creation of your experiences. Put as succinctly as possible, your consciousness is a pure stream of energy, imbued with intent, which emanates from Consciousness.

Conscious Self-awareness (with a capital "S") is the next step in the evolution of our species. It is the resuscitation of our ability to encompass the totality of our Self in the self-reflection process. We will be aware of the importance of information provided by the spiritual aspects of our Self—our inner senses—in the determination of our experiences.

Staying in Divine Love facilitates your creative abilities

The job of Consciousness is to utilize *energy* (the very substance of Consciousness) in a creation process that produces “realities” —that is, definable phenomena, arrangements of energy, whether in the physical dimension or otherwise, that have a quality to their existence, a “tone or vibrational signature”² that can be perceived as real. The creation of a reality—or think of this as the creation of an *experience*—provides a means for learning and growth. Consciousness is constantly learning about its Self, in order to grow itself.

Consciousness recognizes that the more you *know* about your Self, the more you come to *understand* your Self; and it knows that when we fully understand something, fear is dissipated. Being in fear is the opposite of being in Divine Love. Fear disconnects us from Divine Love. Consciousness therefore remains permanently within the state of Divine Love because it is constantly striving to know and understand itself. It recognizes that being in Divine Love invigorates *creative action* (more experiences), while disconnecting one’s Self from this state of being (we translate this disconnection as being in “fear”), leads to *inaction*. (Inaction meaning a severe weakening of one’s creative abilities.)

Remember that as your consciousness is an individuated expression of Consciousness, you too have a deep-seated intent to know your Self.

Your intent to know your Self underpins your life’s purpose

Your purpose is your own unique goal that you plan to attain in this lifetime while utilizing the directional impetus coming from your personal families of intent.

¹ Roberts J. *The Nature of the Psyche: It’s Human Expression*. Englewood Cliffs, NJ: Prentice-Hall Inc.; 1979, p. 143.

² Tone is a vibrational frequency or signature emitted by an expression of Consciousness. It is representative of the *identity* of an individuated expression of Consciousness. For example, your vibrational signature is the primal tone of your overall Self’s identity.