

## Beyond the Five Senses

Sensitivity to metaphysical essence and consciousness is an awareness extending beyond the five senses and physical reality into the realm of spirit, deeper self-perception, and fundamental existence. It allows for an ability to perceive abstract truths, underlying energy, or the "soul" of things, often developed through deep meditation, introspection, or a heightened intuitive state.

### Key factors:

- Transcending the Material: A shift in focus from the physical world of appearances to the intangible, deeper aspects of reality.
- Heightened Self-Awareness: A "silent dialogue" exploring the complex "how and why" of one's own psychology and spirit.
- Connection to Universal Essence: An experience of oneness or a connection to a deeper, more loving intelligence or life force.
- Mindful Presence: Operating from a state of "pure awareness" (or "being aware of being aware") that is not caught up in thoughts or emotions.
- Intuitive Understanding: Recognizing mental operations and accessing "wordless knowledge" or a "feeling of knowing" that goes beyond empirical analysis.
- Inner Stillness: Ability to perceive this essence in moments of profound quiet, often after letting go of mental distractions.

Essentially, it asserts a shift in perception from merely observing the world to feeling the underlying consciousness that connects all things.

## The Five Levels of Consciousness (inherent and potential)

*[ The mirror that reflects Reality in all its forms is within you ]*

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[1] Temporal Consciousness : ( mind )

> Thoughts and processes relative to the five senses.

[2] Trans temporal Consciousness : ( psyche, ego)

> Subconscious as active psychic force.

[3] Trans temporal Phenomenal Consciousness: ( the self beyond )

> Awakening to the true self, beyond mind, psyche, ego.

[4] Trans temporal Phenomenal-Spiritual-Consciousness: (Spiritual-Self-Identity)

> Complete and active force/source, Spiritual senses. ( Sub Quanta Consciousness )

[5] Supreme Eternal Consciousness: (Divine Human) ( Supra Consciousness )

> Ultimate Truth - Reality - Life - Love as a Spirit of Unconditional Love

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Trans Temporal in the Philosophical sense meaning at any given point in time relative to level of consciousness one is experiencing, ie ; transcending from one level to another.

#### Core Factors:

- Transcending Appearances: Possessing an awareness that goes "beyond the world of appearances" and the standard five senses, often described as an intuitive or spiritual "sight".
- Perceiving Universal Substance: It asserts an attunement to "Essence" as the underlying substance from which all things are made, or as the "true nature" of a person that remains unchanging and pure.
- Heightened Experiential Sensitivity: This state often involves increased emotional and sensory intensity, where the individual senses subtle "energies" or the collective consciousness of others.
- Shift in Identity: One has shifted their sense of self from the ego or "sense consciousness" to a state of pure awareness, acting as a witness or observer of their own mental and emotional processes.
- Existential Resilience: Such awareness is a profound understanding of one's place in the universe, providing clarity and resilience in the face of life's challenges.

#### Potential Outcomes

- Enhanced Discernment: The ability to distinguish between superficial appearances and deeper spiritual or psychological truths.
- Vulnerability to Intensity: A potential for feeling "too much," leading to significant effects from the suffering of others or a feeling of being "different" or lonely. This is usually balanced out by approaching and eventually achieving Divine Anthropos status and Unconditional Love and Bliss.

