

# Moving Towards Unity Consciousness from Duality & Separation

It's important to understand that everything and every experience is created from consciousness. One consciousness: one living, aware, conscious state, that many refer to as 'Source', God', 'the All Knowing' or 'the Divine', to name a few. This Source is infinite, and contains within it (as a desert or beach contains grains of sand) every potential reality, in the form of Universes, dimensions and all other manifestations of life that are beyond our wildest imaginings of what life could be.

Currently, as members of the human race, we are experiencing the third dimension - one expression of a reality, on a planet called Earth. Earth revolves around the Sun, which is one star among many, in a galaxy called the Milky Way. This dimension that we are currently in, operates through a system of rules called 'duality', and within this duality, it appears to each of us that we exist as separate entities. It appears this way, because we accept that it is, on deep, deep levels that are not only cognitive, but levels embedded within us, from eons of conditioning. It is this conditioning that hides the biggest truth of our whole existence, which is that we are this Infinite Source consciousness.

This truth of oneness is starting to become apparent to many, as this is the time for the illusion of duality and separation to begin breaking down. Thankfully, we are living through the moments on Earth, when this is now being realized by science as well as spirituality, through the many studies such as the study of Birkeland currents (at the macro scale), and through quantum theory (at the micro scale).

In the ordinary activity of everyday life, our state of oneness with infinite consciousness seems largely invisible, instead replaced by separation. But still, we are each made up of a few ripples in that singular blanket of energy, so our feelings, thoughts and actions continue to create patterns, which affect the whole, whether or not we are aware.

In a current human lifetime, it's unusual for most people to experience more than three states of consciousness. These states are:

- Normal waking consciousness: the shared consciousness such as physical aging, beliefs/expectations, shared links between us; individual subconscious of inherited beliefs & biological characteristics; conscious mind of individual/unique perception based on our experiences in this lifetime

- Deep sleep
- Dreaming

Our normal waking consciousness has been targeted and controlled for many thousands of years, in order to condition us all into believing in duality over unity. The parts of each of us that are living, as incarnate humans here on Earth came here precisely to experience and continue to co-create this duality over the past centuries. We aren't victims; we are willingly playing the game.

Unity consciousness comes after understanding the nature of oneness. It comes after making the small (or huge) necessary adjustments to our inner perspective, in order to begin to witness our unconscious beliefs in duality, and rise above them. It comes after doing this consistently, recognizing the illusion in waking and sleeping life for we are productive, active beings awake and asleep.

Unity consciousness expands this knowing into feeling, and experiences of oneness, in ways that are currently difficult for us to implement. It is when our single, localized point of perspective ceases to exist and we can experience life from the perspective of another, because limitations of time and place are no longer there. We recognize and allow ourselves to feel/hear and become one with all energy from nature, animals, humans and beyond.

Unity consciousness does mean continuing to exist here, on Earth. I believe we can all bring this level of existence here into our physical lifetime (or a future/parallel lifetime). We are Angelic Human Beings of Light; we need to release the ego-talk need to know (embedded teachings/beliefs/genetics) allowing the frequencies of unity consciousness light to permeate our cells and lift us into comfort with living from the connection to Infinite Source providing us with feelings of safety, security and beauty from within and physical abundance of all our external needs and wants.