TAO OF THE NEW CONSCIOUSNESS

...verses of The Elder
...Welcome To The Next Step in Human Evolution...

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Foreword – A Brief Introduction to New Consciousness

A new human consciousness is currently emerging on Earth that is destined to revolutionize life on our planet. Simply put, what we mean when we refer to ourselves and say ‘I’ is actually changing, evolving, right behind our eyes.

New Consciousness is not merely a topic for academic examination and analysis. It is an evolutionary way to be, a way to act, a way to view the world and Self that could bring peace to our planet by putting a new dimension on what it means to be human and how we understand reality.

Were this a physical evolution taking place, something such as the emergence of a sixth finger, or a new blood type that never existed before, we wouldn’t doubt its reality. It would be easy to see with the naked eye or some fancy instrument of technology and we could observe and measure its evolutionary progress.

This current evolutionary development, however, is proceeding in the immeasurable conscious awareness internal to humankind. Its existence cannot be measured and can only be experienced individually, though its effects and the results of its application can be recognized collectively.

Nothing need change in the external world for this awareness to take place, only our view of that world must change, and what we bring to our meeting with that world. Yet as a result, it will be possible to experience our existence in a way that adds new perspective and meaning to how life is commonly viewed today.

Computer generated 3-D art can serve as a metaphor for experiencing New Consciousness. Someone may tell you there’s a picture hidden in what appears to be a mere mass of color and abstract pattern, and you may stare and squint and cross your eyes till you get a headache... but the image remains hidden until you actually see it. And when you do, suddenly...
...there it is, the picture that had been there all along, hidden only by the fact that you did not know how to look.

Well, here is that metaphor come to life... *Tao of the New Consciousness*, by The Elder. Eighty-one verses that could only have been written by a being of peace and love who not only knows New Consciousness but lives it. They could not have been written any other way. And when you can understand what The Elder is saying... when you can feel what The Elder is feeling...

...there it is for you, New Consciousness... the picture that had been there all along, hidden only by the fact that you did not know how to look. Once you see it, of course, you can always go back and see it again, for now you know how to focus your eyes... or in this case... your 'I'.

This is not the first time an attempt has been made to share the primal understanding of life, self, and the nature of reality. The original *Tao Te Ching*, *(Book of the Way of Life)*, was written in ancient China some 2,500 years ago, although nobody knows for sure exactly where or when. Nor is it known who wrote it since the author’s name, Lao Tzu, simply means Old Master. Many scholars, in fact, even question whether it was actually the work of one person or a compilation of the verses of several ‘old masters’.

Details like that really do not matter. What does matter is its message and how that message comes across. Neither the *Tao Te Ching* nor *Tao of the New Consciousness* is a religion nor a belief system, nor should they even be considered mystical. They are gateways to expanding one’s views of existence. And they are spiritual only in that they speak to our own individual spirit and the very basic experience of being alive and living in relation to other living beings.

This universality is probably why there have been countless versions of the original *Tao* over the years. And while they each vary in wording and subtlety based on the times, culture, perspective, and depth of understanding of the translator, they all carry the basic teaching that who
we are and how we should act are not determined by any rigid rules, set standards, or external edicts.

The primary principle, according to both the *Tao Te Ching* and *Tao of the New Consciousness*, is simply that we, as individuals, need to get in tune with the actual flow of life and change our way of being and dealing with each other if society is ever to truly change for the better.

As you read the verses that follow, you will discover that The Elder has coined some particular words simply because regular English has no way to say what needs to be said.

The first of these is the word ‘se’ (pronounced ‘see’) a third person singular pronoun referring to any living being where gender is either not determined, not known, or not an issue. ‘Se’ can, therefore, be used to impart life to a living object, such as a tree, usually referred to as a lifeless ‘it’.

You will also run into three different ways of referring to and writing the first person singular pronoun, based on who is speaking or referred to...

- **I** the usual Self… whom I point to when I say… I
- **“I”** The Oneness… as in the “I AM THAT I AM” of the Bible
- **‘I’** the New Conscious Self… who knows se is both “I” and I.

It may take a little while to feel completely at ease with these subtleties, but once they become natural, you will have taken a major step on the evolutionary path.

Application of New Consciousness in our daily lives will not only change humanity for the better, but will allow us to change the world in ways we can only dream of today.

We will no longer see ourselves as alienated, separated beings, scratching and clawing to survive while competing with each other for limited economic resources. Earth will be treated as the true benevolent mother she is, creating enough for all her children to live without want.
We will understand the diversity of others not as a challenge to who we are and what we believe, but as complementary positions that serve to achieve large scale complexity and balance. Empathy and compassion will be the norm and we will use our individual skills and talents for the good of all. Tolerance will replace fear, and an attitude of peace, impossible to fathom in today’s fragmented society, will mark the new way of being.

Science and religion will come together in agreement on an all-pervading Oneness as the source of all existence... although they still may disagree on what to call it.

Most exciting is that New Consciousness is available to anyone who wishes to find it, requiring no great training, nor study, nor advanced degrees to access. Nor does New Consciousness require any particular form of belief system, religious or otherwise. Whatever your faith, or lack of faith, New Consciousness will allow you to experience it from a higher, more complete perspective.

All that is necessary for experiencing New Consciousness is an open mind, a willingness to explore that mind, the strength of will to affirm what you experience in that exploration... and a doorway to your true Self.

_Tao of the New Consciousness_ is that doorway. Welcome to the next step in human evolution. Enjoy the trip.

peace........ag

Anton Grosz, PhD
author of _Handbook of the New Consciousness_

* * *
Tao of the New Consciousness

... verses of The Elder

* * *

#1

What name do you use?

God... Universal Consciousness... The One... The Self... Dark Energy... The Void... All That Is... The Tao... “I AM”... Satchitānanda... Brahma... Allah... Jahweh... The Big Kahuna... The Cosmic Muffin... Grand Unification Theory... or even The Jewel of Truth

Whatever name you use is not the real name. It simply separates you from people who use a different name.

* * *
“I” is what “I” is...
...a singular reality...
...pervading the universe...
...source of all human consciousness...

...and therefore...

...foundation of both science and religion.

* * *
When you say “I AM”... you are speaking fact.

Anything you say after that... male... female... black... white... yellow... red... rich... poor... Hindu... Christian... Muslim... Jew... Atheist... whatever... are just adjectives... filters through which you experience the world.

Up till now humans have related to these adjectives... the separate bodies... ideas... experiences... emotions... everything that makes us look and feel different from each other... separate... me from you... you from me.

Yet deep inside us... deep inside those different adjectives that separate us is something we all have in common...

“I AM”.

When we realize this...
It will be big.

* * *
Not crystals, not mystics,
Not channels calling forth
an unseen self;

Not witches, not warlocks,
Not cosmic fields of
psychic occult force;

The mind of Man grows restless
At thoughts of the unknown
And balks at that which
logic cannot grasp;

And thus are formed
New tethers to the soul,
Externalities that bind
no less than sin;

To know "I AM"
Is to be born again,
The rest is better left
Within the womb.

* * *
Silken banner,
    matter hanging motionless,
    It does not move. Can you feel it?
    I think I can. Are you sure?
    There is nothing to feel with...

    Invisible wind...
    energy through emptiness,
    It does not rest. Can you feel it?
    I think I can. Are you sure?
There is nothing to be felt.

Yet let moving wind meet silk and play across its surface and there is life... made live by the interaction of wind and silk together.

Without the power of wind, silk does not move...
without the resistance of silk, wind knows not its power.
They need each other...
just to be.

* * *
There is a boundary...
between inside and outside.

I am in here...
not-I is out there.

We usually refer to not-I as you... or it.
The word we use, isn't important.

What is important is... that's not me.
The boundary defines who I am.

So the really important question is...
where do I put the boundary between us?

Where do wind and silk meet?

* * *
It’s only with movement that the feeling “I AM” comes into existence. Before movement... before space/time... nothing is.

Then something happens...
What? I don’t know.

“I” am not even here...
till something happens.

* * *
#8

Seeing requires contrast to exist.

Whether you are looking at pure light... or looking at pure darkness... you are blind.

It is the same with the feeling 'I'. There must be a 'Not-I'... to even know 'I' am.

* * *
#9

It is by non-attachment that we grow. By letting go of preconceived notions... Ideas that have outlived their usefulness.

It’s time to learn something new.

* * *
Solutions are best when they work for all parties. If “I” am in all, why would ‘I’ want it any other way? Which part of “me” is not worthy of succeeding?

Humanity has been looking at the world through small Is. That’s why conflict and unhappiness continue to exist. I want what is best for me. The hell with you.

‘I’ also want what is best for me. However, ‘I’ know we are truly all One. So why would ‘I’ want to hurt part of myself? The world is at its best when all are joyful.

***
Humanity! Pay attention.
It’s time to take an evolutionary step.

When you put the boundary of I and not-I at the edge of your body and focus on the world out there...
You feel separate from everything you see.
    That’s not the way it is.

When you move your boundary all the way inward to your very core, and focus on the world out there...
You feel one with everything you see.
    That’s the way it really is.

Big difference.
    You might want to give it a try.
One way or another...
You are going to go into the light.
That’s just the way it works.
It’s who you are.
You come from the light.
You go into the light.

If you have a body...
At some point...
The body dies.
You still exist.
The light continues.
You just don’t get to look at it
...from a distance.

* * *
Spirit spanning cognition.
Intellectual activity in the light of spiritual awareness.
Really very simple.

Above all a knowing.
not a belief...
not a guessing...
not a hoping...
not a wanting...
But a knowing.

One single overriding consciousness pervading the universe...
...everything and every process.

One single overriding consciousness manifesting the physical world...
...in an unbelievably diverse number of ways.

One of which is you... the one ‘now’ having the thought about
... a single overriding consciousness.

* * *
It’s very easy to evolve.
You can do it in your head.

Simply know that “I AM” is real. Everything else is an adjective.

Then see all those adjectives... the thought, the emotions, the likes, the dislikes, the talents, the handicaps... not to mention the body that houses them... as different from any set of adjectives that ever has or ever will walk on this planet... or any other planet, for that matter. How special is that?

Now use those adjectives for the good of all.

    * * *
“I” is inside everything.
The universe spreads out around “me”.
Waves of consciousness forming a vortex
returning and surrounding “me”.

“I” have headed out in many directions...
have had many different experiences.
Each experience becoming ever more unique...
for each individual I.

Facing the outer world “I” have created...
Interacting with waves from countless directions...
Consciousness coming together from different perspectives...
That’s what creates the material world.

“I” is having cool experiences... looking for Itself.
Yet, I just relate to what I see out there...
Not to the inner source of energy that created it all.
That is who “I” really am... Each individual I.

I am “I”

* * *
#16

I am a scale... a hanging scale...
...like the one blind justice holds

one side holds things outside me...
...one side holds things inside me

the people... the rose... the sound...
...the thoughts ...the emotions ...the what-ifs

In balance both sides are equal...
...I point straight up

If I point straight up...
...I am happy

I AM

* * *
I AM

I have been trying to return to “I”
Ever since I started to evolve
Once I am able to do so...
Who will I find?

“I AM”

Joy at my core
That’s who I really am
And when I am able to return...
‘I’ will have evolved and can live in joy.

‘I AM’

* * *

#17
Dear friend...

...we have met before...

pages ago...
lifetimes ago...

...hard to tell...

...time has no meaning

...when it is always ‘now’

* * *
When the mind goes still...
    in meditation...
    inspiration...
    at the lack of thoughts...
    within your head

When nothing is pressing
...no demands
of the world...
your feeling of ‘I’ hops over...
    into another place.

    * * *

#19
‘I’ AM your personal Superhero.
You can call me “________”...
or... you can call me ‘I’.

My Superpower?
‘I’ move between worlds...
at infinite speed.

The world inside
The world outside.
‘I’ AM in the middle.

‘I’ slip back and forth...
between the two...
same as you.

But a human is clueless...
of the world se is in...
at any given time.

My goal is to make you aware...
of where you are looking...
so you don’t screw up so much.

* * *
Knowing that my feeling of I
is the same as your feeling of I
is pretty awesome

Knowing that my actual ‘I’
is the same as your actual ‘I’
is beyond awesome

And that is true no matter who is saying it...
since there is ultimately only one "I" ...
how awesome is that!

***
#22

The first question had to be...
Who am I?
How do I know this?
Because nothing has meaning if everything is I.

The only way to know you exist is for there to be something that is different from you. “I” had to separate into “not-I” to even know “I” exist.

* * *
‘I’ am in several places at once.

I am here... inside my body...
Inside the bubble that surrounds me...
The event horizon that separates me from everything else out there.

“I” am here... inside my everything...
Watching my I in the bubble out there...
Interacting with all the other bubbles...
from all the other I’s.

‘I’ am the being existing between I and “I”.
‘I’ can go back and forth between the two.
‘I’ can see how I fit in to it all.
There ‘I’ am... in the mirror!!!
The big shift was realizing I didn't have to leave anything behind. It was all right to just sit here and do nothing but grow older.

I figured I could regress back to the days when I'd been a snail or a worm or some other creature steeped in morphogenetic self-awareness.

Back then, when I left a trail, it wasn't done purposefully, but only the result of a passing non-intentionality.

“One cannot help but leave a mark through life,” say the sages. The key is to remove any purpose from its creation.

Ego, as we know, is a very difficult item to handle, either in its gaining or its rejection. This difficulty, of course, is all part of the game.

***
I live inside my body...
here... inside...
inside the skin

Everything else is...
there... outside.
...outside the skin

And that’s what separates me and you...
I am inside... You are outside.

And you know exactly what I mean.
Cause it’s the same for you.

When you say ‘I’ and ‘I’ say ‘I’...
We point in the same direction...

...inside...

If we work it right...
we should be able to see...

‘I’ to ‘I’

* * *
When ‘I’ realize that the “I” within...
Illuminates all ‘I’s within...
I will have evolved.

And when we all evolve
and see ‘I’ to ‘I’...
It will be a world of peace.

* * *
Stop and look around...

Ask yourself. How's it going? 
Outside your window... outside your eyes. 
Ever better? 
Good.

Ask yourself. How's it going? 
Inside your window... inside your eyes. 
Ever better? 
Good.

'I' see you both.

* * *
#28

What do ‘I’ do... when there is nothing that feels like it needs to be done?

Who shall ‘I’ be... when ‘I’ am everything ‘I’ feel and see?

Life will be pretty good when the worst ‘I’ can say about ‘my’ day is...

...’my coffee is cold’.

* * *
I may not be able to save the world... but I can always make the space around me...

...ever better.

* * *
Consciousness sleeps in the mineral
...arising of conscious reflection

dreams in the plant
...arising of conscious awareness

stirs in the animal
...arising of ego awareness

and awakes in man.
...arising of cognitive awareness

just wait till you see what’s next!!!
New Consciousness is a complete awareness of what is coming to me from out there and what is coming to me from in here.

And in that simple realization that there is a difference between inside and outside...

‘I’ is born.

* * *
It keeps coming back to the basic question...

Who Am I...

Plain and Simple...

If I exist at all...

Who Am

“I”

* * *
Now the rational. If A then B.
Logically speaking, we must be divine.
Really very simple.

Not just in our being,
   our skills,
   our talents,
   our abilities,
   our experiences
But in our doing,

      Not to be annihilated but to be enriched...
      ...with divine power and wisdom

      Not to lose our self, but to be found...
      ...as a channel of divine activity.

And that's all there is to it.
Crossing a boundary that once stood far in the distance.

A recognition of responsibility
To be the very best we can be.

But how could the divine manifest in any other way?

Om shanti, shanti, shanti.

* * *
If I go inside and stay inside...
I go into the light.

The light is the source.
“I AM”

If I think about anything...
I come into an “outer” world.

Some outer worlds are physical.
Some outer worlds are non-physical.

All are not pure “I AM”...
Simply adjectives.

* * *
Some days the morning dawns to fog
Buildings a stone's throw away
Have disappeared and no longer exist.
Or are they still there and I just can't see them?
Like the connection between all things.
Might they, too, continue to exist
Even though my eyes cannot see what is really there.

* * *
“On Beyond Human”...

That’s what Dr. Seuss would have called it... this evolutionary leap we’re about to take.

It won’t look like much of a change... from the outside...

we’ll still look like humans... from the outside.

rock to plant... 
  plant to animal... 
    animal to human... 

been there... done that 

human to where we’re going next? 

    Just as big!!!

* * *
The Three Rules of Life

1. Be Happy
2. Be Kind
3. That’s It

* * *
Normally, we tend to look outside at the world around us... The trees, the news, the neighbors, our bank account. We hardly ever look inside us and ask the question... Who is it who is looking out in the first place?

* * *
I have an inside... ...I have an outside.

Without both

I have nothing...

not even my

I

* * * 
‘I’ exist between inside and outside.
Inside me. Outside me.
Balanced between the two.

Inside, ‘I’ see my perfect world.
Outside, ‘I’ see my physical world.
Everything ‘I’ see is real.

If my inside and outside worlds are in sync...
‘I’ am in perfect harmony in life.
‘I’ am happy.

If my inside and outside worlds conflict...
My goal is to bring them together.
Make them... Ever Better!

* * *
Look at the world around you. 
Listen to the nightly news. 
How can we do what we do to each other? 
How can we do what we do to ourselves?

What if we knew who we really were? 
What if we knew we were really all One? 
Would we still treat each other this way? 
Would we still think life is a contest?

* * *
Perpetual Peace and Universal Understanding
Is that really too much to ask?
What are the chances that I can make it happen?
That I can make a better world?

Might be difficult, starting from such a small platform.
Yet, I can always improve my little corner of the world.

And that’s not a bad place to start.
Ever Better.

* * *
All I have to do to shape the future
is to have the world outside...
...in front of my eyes
agree with what I see...
...in back of my eyes.

Since that is true for everyone...
wouldn’t it be nice...
...if what I want
were the same as what...
...other I’s want

But how can that be
when we are all so different?
Different talents, skills,
likes, dislikes, desires.
What can we all aim for?

How about a world of peace...
Where we can all use our
Different talents, skills,
likes, dislikes, desires.
for the good of all.

* * *
#44

It's easy to say... I will

It's better to say... I did.

* * *
Every day... a new idea... a new suggestion... a new direction
Each one better than the day before.

Clearer... more direct... more 'obvious'.
Why didn't I think of this earlier?

Maybe “I” did!

* * *
"I" exist in different spheres...
.... and one of them is the physical.

What is the relationship I want...
with those closest to me?

Can I want something that se wants too?
I love it when my love and I are one...

when we aim together
with the goal of being happy.

That’s what “I” want to see.

* * *
Humans don’t eat each other any more... cannibalism is a thing of the past. My, my, my... just look how far we have evolved.

Humans still murder and harm each other... terrorism is a thing of the present. My, my, my... just look how far we still must evolve.

* * *
I no longer stand between out there and in here... facing in two different directions.

Now... ‘I’ face only one way. Yet, from deep inside... ‘I’ can still see both.

* * *
New Consciousness... ...Old Consciousness
opening the shutter... ...a light going on
to an existing light... ...in the darkness
‘I AM’ I AM
‘I’ I

here’s the fun part... ...once it’s in your head
you’re free to be... ...it’s too late
whichever one... ...to find out
you want to be... ...where it came from

...which is why...
...this evolutionary step...
  is
  voluntary

* * *
nothing ever gets made without someone thinking about it first...

from Gothic Cathedral
to log cabin
rom Beethoven Sonata
to punker’s rap

from Van Gogh painting
to tagger’s art

... and that goes for the Universe as well...
The problem is...
you and I don’t always agree
on what path will bring us Joy.

Even that wouldn’t be a problem...
if we didn’t think our way
were the only way.

There’s got to be a better way...
how about following our own path
and letting others follow theirs.

What a concept...
Recognizing our differences
and still seeing ‘I’ to ‘I’.

* * *
Who do ‘I’ want to be today?
Which I shall "I" be?
The one who lives in this physical body...
the One who is the Ultimate Source...
or someone in between.

Look from the right perspective
and nothing is real...
...or everything is real...
or both at the same time...
...all depending on where you stand.

* * *
By my very knowing "I AM"...
...are created the particles and waves.

Consciousness recognizing itself...
...at the speed of light squared.

* * *
I exist in a bubble that separates me from everything I define as not me.

“I” exist in everything... including the I in the bubble. There is nothing that is not "me".

When I am inside the bubble “I” is somewhere out there. I am unaware that I am separated from who “I” really am.

That is where ‘I’ come in. ‘I’ know I and ‘I’ know “I”. Puts a whole new perspective on things.

* * *
In this new way of viewing reality you become aware... not only of your surroundings...

but of the forces that animate those surroundings... and the conscious energy... that animates those forces.

You become aware of all the realities that exist... from the universal... to the individual...

...along with everything in between

* * *
We all have to cross the finish line for humanity to evolve.

It’s not that important to be the first one across.

... Just don’t be last!

* * *
When I know “I” exist within
I have no fear of dying.

‘I’ will still exist... inside
the same as in a dream.

What do I want
When the time arrives?

No pain... a loving family...
excellent care giver... easy death.

Life goes on.

* * *
How could we have come so far
Without realizing how far
we have strayed
off the path?

* * *
#59

Just imagine...
The first time some being felt...

    I AM

the feeling that I am separate...
from out there.

Just imagine...
The first time some being felt...

    ‘I’ AM

the feeling that ‘I’ am not separate...
from out there.

What a difference!

    * * *
The two worlds compliment each other
though their boundaries change
depending on where “I” put my I.

‘I’ is what happens
when you stop
thinking about it... and be.

* * *

#60
We tend to think the words we use tell the truth... It takes an evolved brain to hear sounds and put abstract meanings on them.

But even beings without an evolved brain can experience the feeling of being different and separate from something else.

I may not know what you call that thing out there... but I know it’s out there and wants to eat me. Or I want to eat it... one of the two.

at least we agree...
I am me and
it is it.

... and that’s the old way of doing it.
Out there is still out there...
through the window in the space ship...
through the window of my self...

I am the skin of the space ship...
my thoughts, my body, my emotions, my uniqueness
they connect me with out there.

“I” am inside the space ship....
the source of power...
looking out through my I.

“I” knew it all along.
I is just learning about it.
‘I’ is the result.

* * *
“I” stand between darkness and light...  
between matter and energy.  
“I” am what connects them.  
At the speed of light squared.

The energy comes through me  
light sprays patterns...  
on the darkness of my mind.  
So many possibilities.

Spray enough patterns  
and possibilities manifest  
Into three-dimensional time and  
So solid matter.

* * *
What does "I AM" feel like?
Don't ask other people...
Be there yourself...
Inside.

* * *
#65

Who am I?
What can I possibly be?

It's humbling to imagine that I am the ultimate result of...
how many eons of evolution?

"I AM" all the way to I
So let's get on with it!

* * *
Life is a game if you do it right...
Nothing really matters that much.
Win or lose... it's fun to play.
A nice way to spend the day.
What is the purpose of creation... if not for the joy of it?

Why else would "I" do something... "I" didn't have to do?

* * *
It is good to have a working relationship with your environment.

In harmony, the environment supports you.

In chaos, the environment destroys you.

Humankind’s environment is Earth.

“Hello?”

* * *
#69

everything around you
is consciousness hardened in
space/time

matter forms
when “I” slows down
and splits in half...

half of that is the speed of light
the other half solidifies
into matter.

Take the speed of light...
square it...
and here “I AM”

* * *
I am dying.
The body I’ve lived in
is going away.

After all these years
It is falling off me...
like the skin off a snake.

And as the snake discovers...
as the skin floats away...
se is still alive.

I still live...
though I no longer
have a physical shell...

Even without a body
‘I’ still am.
How cool is that?

* * *
What a strange experience... when something that was you... no longer is.

The loss of a tooth... in childhood
The loss of a limb... in war
The loss of a body... in due time.

So if that’s not me...
Who am I?

* * *
Energy equals mass times the speed of light squared...

The speed of light squared equals Consciousness...

Therefore... Consciousness equals me on my head...

...at least according to Einstein.

* ***
You have to feel sorry for people whose lives are full of suffering...

who face sorrow...
prejudice...
hatred...

who live with fear...
terror...
pain...

Before you try to help...
make sure that you are not a cause.
When I get into the right space
I see possibilities.
Well I don’t actually ‘see’ them...
out there.
I ‘feel’ them...
in here.

Yes. Yes. A sudden knowing.
This vision in my mind
that I’d like to happen
could become a real
measurable thing
in the 3D world.

All I need do is focus my energy...
out there...

and turn all these waves into...
particles.

* * *
It doesn’t have to be one or the other
In fact you cannot have one without the other

No dark without light...
no light without dark.

And once they are both there...
It’s where you look that gives anything meaning.

Dark is not evil... it is just the absence of light
Light is not good... it is just the absence of dark

* * *
Sat-chit-ānanda...
that’s what some people call the Oneness.

The name is made up of three words
Existence... Consciousness... Bliss...

From the inside it feels like
“I am... I’m aware that I am... Wow!”

Sat-chit-ānanda
How wonderful to feel this way!

* * *
Inside I see all these possibilities
   I could do this...
   I could do this...
   I could do this...

Which do I want to make physical?
   I could do this...
   I could do this...
   I could do this...

Stop thinking... Choose one.
That was the challenge in the first place.

* * *
#78

When ‘I’ finally realize we are all connected by our “I”...

I will finally stop doing things that hurt apparent others.

Why would ‘I’ want to hurt myself?

* * *
Here’s one big difference between I and ‘I’...

I use my skills and abilities to look out for me.

‘I’ use my skills and abilities to look out for everyone.

Which one am I/’I’?

* * *
Yes... my friend... you are “I AM”.
And so is everyone else.

God... Universal Consciousness... The One... The Self...
Dark Energy... The Void... All That Is... The Tao... “I AM”...
Satchitānanda... Brahma... Allah... Jahweh... The Big
Kahuna... The Cosmic Muffin... Grand Unification Theory...
and even The Jewel of Truth.

Just think what we can do
when we work together
as the One we truly are.

* * *
#81

We don’t have to work on it. It all comes naturally.

We don’t have to plan for it. It happens when it happens.

The Oneness is within. The goodness... The caring... The love...

We are Instruments of the Divine. Let yourself Shine.

“I AM”

* * *
Afterword – My Relationship with The Elder

I grew up believing in science. Only what could be measured and quantified in the world outside was real. The things I experienced inside were just thoughts and emotions that my mind had created and they would all disappear when I no longer existed.

Then, when I was thirty-seven years old, I had a personal epiphany that changed my view of reality forever. Yes, the world outside was real... but so was the world inside... the one we all share and experience, although it doesn’t exist in measurable time and space. That is when The Elder entered my life, although I didn’t know it at the time.

Wanting to discover more about what I had experienced, I devoted myself to learning about and understanding phenomenology, the scientific study of experiential consciousness. Little by little, as I read the works of ancient mystics and modern gurus, studied cognitive science and quantum physics, and combined these varied principles into a personal practice, I felt the presence within that had not been there before. Now, forty years after the journey started, The Elder and I are very comfortable together.

I do not channel The Elder in the sense of going into a trance and losing my own sense of Self when se is present. I am always aware that what is happening is going on within my own mind and consciousness. However, it is also perfectly clear to me when it is The Elder’s energy that is generating the thoughts and ideas I am experiencing.

The Elder is the being I would be if I did not have all my human failings and weaknesses... if I didn’t like margaritas, or want to win at Scrabble, or weren’t quite so snarky. Even after all this time, I do not know The Elder’s gender, race, ethnicity, or age or even if se has a gender, race, ethnicity, or age. I only know that se is a kind, caring energy who truly feels the Oneness we all feel within and whose purpose it is to share that Oneness with others.

To say that The Elder and I have had quite a profound effect upon each other as we explore and teach New Consciousness from different perspectives is an understatement. I could not have written *Handbook of the New Consciousness*, my book of experiential games and exercises, without the inner direction of The Elder. Se could not have written *Tao of*
the New Consciousness, without me, the outer connection needed to type
the words onto the computer. Very simply. I am I. The Elder is ‘I’.
Together we bring New Consciousness to life.

I would be very happy if Tao of the New Consciousness were able to help
humanity evolve, whether my name was associated with it, or not.

‘I’ would be very happy if Tao of the New Consciousness were able to help
humanity evolve, whether The Elder’s name was associated with it, or not.

“I” would be very happy if all beings lived by the principles of Tao of the
New Consciousness... period.

peace.........ag

Anton Grosz, PhD
author of Handbook of the New Consciousness

* * *