

...Welcome To The Next Step in Human Evolution...

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Tao
of the
New
Consciousness

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...verses of The Elder

Tao of the New Consciousness

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...Welcome To The Next Step in Human Evolution...

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Table of Contents

Foreword – A Brief Introduction to New Consciousness

Eighty-One Verses of *The Elder*

Afterword – My Relationship with *The Elder*

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Tao of The New Consciousness
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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. We are discovering, very simply, that the 'I' that I feel and the 'I' that you feel is the same "I". We are all connected as unique parts of One Universal Consciousness.

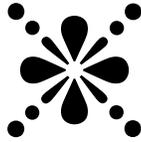
New Consciousness is not merely a topic for academic examination and analysis. It is an evolutionary way to be, a way to act, a way to view the world and Self that could bring peace to our planet by putting a new dimension on what it means to be human and how we understand reality.

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 for the Ultimate?

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

whatever name you use
is not the real name

it simply separates you
from those who use

a different
name

* * *

#2

When you say "I AM"
to describe yourself...
you are speaking fact

Hindu... Christian... Muslim... Jew...
male... female... old... young...
black... white... rich... poor...

these words you add are merely adjectives...
temporary filters through which you experience the world...
how boring it would be if all of us were exactly the same

up till now humans have related only to these adjectives...
the separate bodies... ideas... experiences... emotions...
that make us look and feel different from each other

yet deep inside these adjectives that separate us
is the one thing we all have in common...

"I AM"

when humanity realizes this... it will be big

* * *

#3

“I” is what “I” is...

...a singular reality...

...pervading the universe...

...source of all human consciousness...

...and therefore...

...foundation of both science and religion

* * *

#4

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

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

the human mind 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

* * *

#5

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.

* * *

#6

There is a boundary...
between inside and outside

I am in here... not-I is out there
the boundary defines who I feel I am

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

where do wind and silk meet?

* * *

#7

It is only with movement
that the feeling of being
comes into existence

before movement...
before space/time...
nothing even is

then something happens...
what happens?
I do not know

“I” am not
even here...
till then

* * *

#8

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

contrast is needed in order to see...
to know that something exists

it is the same with the feeling of '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 is time for humanity
to learn something new

* * *

#10

Solutions are best when they work for all...
since "I" am in all...
why would 'I' want it any other way?
which part of "I AM"
is not worthy of succeeding?

humanity has been looking at the world
through small Is
I want what is best for me...
the hell with you
which is why conflict and unhappiness continue to exist

'I' also want what is best for me...
but 'I' know we are One...
so why would 'I' want to hurt myself?
life works best
when all are joyful

* * *

#11

Humanity! pay attention

it is 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...
not the way it truly is

when you move the boundary inward
all the way to your very core
and focus on the world out there...
you feel one with everything you see...
this is the way it truly is

big difference

you might want to give it a try

* * *

#12

One way or another it will happen
you are going into the light
this is just how it works

you come from the light
you go into the light
it is who you are

now you have a body
but at some point
the body dies

you still exist
the light continues
why are you so surprised?

* * *

#13

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 universe...
...in an unbelievably diverse number of ways

one of which is you... the one 'now' having the thought about
...a single overriding consciousness

* * *

#14

It is very easy to evolve...
you can do it in your head

simply know that "I AM" is real
and everything else is just an adjective

then see all those adjectives...

the thoughts... the emotions...
the likes... the dislikes...
the talents... the handicaps...

...as well as 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

this is you!!! how special is that?

now use those adjectives for the good of all

* * *

#15

“I” am inside everything.
the universe spreads out around “ME”
waves of consciousness forming a vortex
returning and surrounding Oneness

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

facing the outer world “I” have created...
interacting with waves from countless directions...
consciousness coming together from different perspectives...
this is what creates the material world

“I” is having cool experiences... looking for Seself.
yet, I just relate to what I see out there...
not to the inner source of energy that created it all
this is who “I” really am... each individual I.

I am “I”

and when I know that

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...

...when I point straight up...

I am happy

I AM

* * *

#17

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 is who I really am
and when I am able to return...
‘I’ will have evolved and can live in joy

‘I AM’

* * *

#18

Dear friend...

pages ago...
lifetimes ago...

...we have met before...

...hard to tell...

...time has
...no meaning

when it is always

‘now’

* * *

#19

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

* * *

#20

'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 now

my purpose is
to make you aware
of where you are looking

why?
is it not obvious?
so you don't screw up so much!

* * *

#21

Knowing my feeling I
is the same as your feeling I
is awesome

knowing my feeling 'I'
connects with your feeling 'I'
is beyond awesome

knowing there is
ultimately only one "I"
how absolutely awesome is that!

* * *

#22

The first question had to be...
“who are you?”
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

* * *

#23

'I' am in several places at once

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

as "I" ... "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!!!

* * *

#24

The big shift was realizing I did not have to leave anything behind. It was all right to just sit here and do nothing but grow older.

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

Back then, when I left a trail, it was not 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.

* * *

#25

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

...everything else is
...there... outside
outside the skin

that is what separates me from you
I am inside... you are outside

and you know exactly what I mean
because it is the same for you

when you say 'I' and 'I' say 'I'
we point in the same direction
...inside ourselves...

so, obviously, if we work it right
we should be able to see

'I' to 'I'

* * *

#26

When 'I' realize that the "I" within
illuminates all 'I's within...
I will have evolved

when all Is evolve
and we see 'I' to 'I'...
it will be a world of peace

* * *

#27

Stop and look around...

ask yourself... how is it going?
outside your window... outside your eyes
ever better?
good

ask yourself... how is 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?

what will 'I' feel when the worst thing about 'my' day is...
my coffee is cold

* * *

#29

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

...ever better

* * *

#30

.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 is next!!!

...

[modern reframing of an old Tibetan saying]

* * *

#31

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' exist

* * *

#32

It keeps coming back to the basic question...

who am I

...not

what is my name

...not

what do I do

...not

what are my skills

...not

a listing of adjectives

...but

who am I...

...plain and simple...

if I exist at all...

who am

“I”

* * *

#33

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 is 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

* * *

#34

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... from where I stand

* * *

#35

Some days the morning dawns into fog
and buildings a stone's throw away
have disappeared and no longer exist...
or are they still there and I just cannot see them?
like the connection between all things
might they, too, continue to exist
even though my eyes cannot see what is really there.

* * *

#36

“On Beyond Human”...

That is what Dr. Seuss would have called it...
this evolutionary leap you are about to take.

it will not look like much of a change...
from the outside...

you will still look like humans...
from the outside.

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

been there... done that

human to where you are going next?

just as big!!!

* * *

#37

The Three Rules of Life

Be Happy

Be Kind

Ever Better

* * *

#38

Normally, you tend to look outside at the world around you...
the trees, the news, the neighbors, your bank account.
you hardly ever look inside and ask the question...
who is it who is looking outside in the first place?

* * *

#39

I have an inside...

...I have an outside.

without both

I have nothing...

not even my

I

* * *

#40

'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
both worlds 'I' see are 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 are in conflict...
my goal is to bring them together
and make them... ever better!

* * *

#41

Look at the world around you
listen to the nightly news
how can you do what you do to each other?
how can you do what you do to yourselves?

what if you knew who you really were?
what if you knew you were really all One?
would you still treat each other this way?
would you still think life is a contest?

* * *

#42

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 is not a bad place to start
ever better

* * *

#43

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...
would it not 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...
is there something we can 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 is easy to say... I will

it is better to say... I did

* * *

#45

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

clearer... more direct... more 'obvious'
why did I not think of this earlier?

maybe "I" did!

* * *

#46

"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 is what "I" want to see

* * *

#47

Humans do not eat each other any more...
cannibalism is a thing of the past
my, my, my...
just look how far you have evolved

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

* * *

#48

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

* * *

#49

New Consciousness...
opening the shutter...
to an existing light...
'I AM'
'I'

...Old Consciousness
...a light going on
...in the darkness
I AM
I

here is the fun part...
you are free to be...
whichever one...
you want to be...

...once it is in your head
...it is too late
...to find out
...where it came from

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

* * *

#50

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

from Gothic cathedral
to log cabin

from Beethoven sonata
to punker's rap

from Van Gogh painting
to tagger's art

... and that goes for the Universe as well...

* * *

#51

The problem is...
you and I do not always agree
on what path will bring us joy

even that would not be a problem...
if we did not think our way
were the only way

There has got to be a better plan...
like following our own path
and letting others follow theirs

what a concept...
recognizing our differences
and still seeing 'I' to 'I'

* * *

#52

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

* * *

#53

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

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

* * *

#54

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

* * *

#55

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

* * *

#56

We all have to cross the finish line

for humanity to fully evolve

it is not that important

to be the first one across

... just do not be last!

* * *

#57

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

* * *

#58

Humanity...

how could you have come so far
Without realizing how far
you have strayed
off the path?

* * *

#59

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

I AM

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

just imagine...
the first time some being felt...

'I' AM

the feeling that 'I' am not separate...
from what is out there

what a difference!

* * *

#60

'I' is what happens
when you stop
thinking about it...

...and just be

* * *

#61

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

but even beings without an evolved brain
can know 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 is there and it 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 is the old way of doing it.

* * *

#62

Out there is still out there...
through the window of 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.

* * *

#63

“I” stand between darkness and light
between matter and energy
“I” am what creates and connects them
at the speed of light squared

energy coming through me
the light spraying patterns
on the darkness of my mind
so many possibilities

spray enough patterns
and the chosen possibilities manifest
into three-dimensional time and
so so solid matter.

* * *

#64

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 is 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!

* * *

#66

Life is a game if you do it right...
nothing really matters that much

win or lose... it is fun to play
a nice way to spend the day

* * *

#67

What is the purpose of creation...
if not for the joy of it?

why else would "I" do something...
"I" did not have to do?

* * *

#68

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

“I AM” hardened into
space/time

when “I” slow down
“I” split in two...

half solidified into matter
at the speed of light

take that speed of light...
square it...

and poof...

here “I AM”

* * *

#70

I am dying
The body I have 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?

* * *

#71

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

and yet you exist
so if that is not you...
ask yourself...

who am 'I'?

* * *

#72

$$\begin{aligned} e &= mc^2 \\ C &= c^2 \\ \therefore C &= \frac{e}{m} \end{aligned}$$

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

* * *

#73

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

* * *

#74

When I get into the right space
I see possibilities...
actually I do not 'see' them
out there
I 'feel' them...
in here

a sudden knowing...
this vision in my mind
that I wish would happen
could become a real
measurable thing
in the 3D world

all I need do is focus
my energy

and turn all these waves into
particles

* * *

#75

It does not 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 present...
it is 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

* * *

#76

Sat-chit- ānanda...
that is what some people call the Oneness

three Sanskrit words
Existence... Consciousness... Bliss...

from the inside it feels like
“I am... I am aware that I am... Wow!”

Sat-chit- ānanda...
how wonderful to feel this way!

* * *

#77

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...

enough... stop thinking... choose one
that was the challenge from the very beginning

* * *

#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?

* * *

#79

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'?

* * *

#80

Yes... my friend... you are "I AM".
and so is everyone else.

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

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

* * *

#81

We do not have to work on it
it all comes naturally

we do not 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 plus 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 so much, 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*

www.rovingI.net

* * *