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**“SPIRITUALITY AND THE AWAKENING SELF”
(Excerpts) Book by DAVID BENNER**

TRANSFORMATION-AWARENESS -CONSCIOUSNESS

The book is about transformation thru awareness to a developing spiritual consciousness. <http://spiritualsolutions.tv/PS-5-READING-AND-LITERATURE-5.html>This is a transcendence and transformational awakening and an unfolding to a Spirit centered level of consciousness.

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God is in you and you are in God. The journey of soul [Back to Practical Spirituality — CLICK HERE](#) is for you to become at one with everything else through the transcendent Spirit of God.

This increasing presence to self, others, and God is an important marker of progress on the journey of awakening and transformation.

This integration of head and heart is another important marker of increased awakening and transformation. We see the illusion of our separateness. It's me in God and God in me. Our consciousness is dominated by the experience of being at one with spirit and therefore at one with everything that is.

Our freedom comes from being servants of all those not yet ready to live in the freedom of truth and love.

Dreams make a contribution to the healing of psychic wounds. this means that they not only identify unresolved conflicts or traumatic experiences but also represent an unconscious effort on the part of the psyche to resolve them. Think of dreams as communication from your depths. The will from the spirit sent for your well-being. Whoever denies the existence of the inner world does not escape it's frightening aspects but renders one's self more vulnerable to them.

Immediately upon awakening write a complete report of any dream on which you wish to work. Note as many details as you can recall including your feelings you now have what you will need when you are ready to return to it.

MEDITATION

As Lao Tzu correctly realized stillness is the birthplace of awareness and awareness the birthplace of awakening.

Learning to release thoughts is the route to stillness and the goal of meditation. In meditation one aligns oneself with an inner observer, and simply watches the flow of energy, as thoughts and emotions ebb and flow. The final cluster of meditative approaches is based on surrender, here there is no need to watch thoughts or emotions as they arise in consciousness, you simply release them.

In its essence meditation is to accomplish two things: inner stillness and expanded awareness. It is increased awareness that is transformational, inner stillness is not so much the goal as the method. But the encounter with the divine happens in the midst of an equally important encounter, that occurs when we are still and we encounter ourselves.

Releasing what we encounter in meditation is the route to stillness. This is the essence of detachment and the core of surrender. Meditation is not the time to think about what arises in consciousness. It is rather the time to release whatever may arise within consciousness even thoughts of God are to be released.

The most basic rule of meditation is to let go of whatever comes into consciousness. It is this active release offered in stillness and presence to self and to God that makes meditation such a powerful engine of transformation. It is also in this context of stillness of presence and letting go of whatever arises in consciousness that awareness develops. We will become aware of deeper realities when we release our attachment to the more superficial things that normally fill consciousness.

Meditation once more encourages us to notice and then release the meaning of experiences that now come to consciousness. As we do so we move into the even more spacious realm of the Spirit.

Meditation and contemplative prayer is open in faith to the spirit who is working in your depths. This is a time to simply note the things that float to the surface and then release them to God. But as you recognize their presence you become aware of what exists within you and you have an opportunity to peek at the deep hidden work of healing and transformation that God is doing in your soul. This is the transformational way in which contemplative prayer works.

The Buddha taught the releasing of attachment.

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