

# CONSCIOUS TEMPLATE

**Self-Evaluation Quiz**

**for  
Becoming Conscious**



**By**

**... glen** A small icon of two hands joined together in a prayer or offering gesture.

# Conscious Template

## Self-Evaluation Quiz for Becoming Conscious

Conscious Template  
is a  
Paradigm of Paradigms  
That Organizes All Paradigms  
Into  
a  
Unified Meaningful Whole

By

...glen 

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# Contents

OVERVIEW	1
Introduction	1
Who Am I?	9
Consciousness Does Not Suffer	14
The Inward-Direct Path and the Outward-Indirect Path	15
Differences On the Two Paths	21
Parenting	25
The Understanding of Metaphors	31
A Final Review	34
 1. PRIMARY CHARACTERISTICS	46
Stages of Consciousness According to the Primary Motivating Drive	47
 2. SECONDARY CHARACTERISTICS	49
1) Stages of Consciousness According to One's Curiosity	49
2) Stages of Consciousness According to Dependency	51
3) Stages of Consciousness According to One's Sexuality	53
4) Stages of Consciousness According to Friendship	56
5) Stages of Consciousness According to Who One Identifies With	58
6) Stages of Consciousness to What One Identifies With	59
7) Stages of Consciousness According to Parenting	61
8) Stages of Consciousness According to Perception of self	64
9) Stages of Consciousness According to Religion and/or Spirituality	65
10) Stages of Consciousness According to Thinking	67

3. OVERVIEW OF THE STAGES OF CONSCIOUSNESS	70
Stages of Consciousness	70
Primary Motivating Drive/Secondary Characteristics	70
By Rank Order	72
About the Author	75
Other Books Available and a Partial Listing of Future Books:	77

# Overview

## Introduction

This “Overview” is a distillation and condensation of the *Conscious Template Manual for Becoming Conscious* which is a distillation and condensation of *Conscious Template Book for Becoming Consciousness*. The *Conscious Template Manual for Becoming Conscious* will help you understand how to use the internet to locate the information needed to eliminate any problems you may have physically, emotionally, psychologically, or in your relationships. The *Conscious Template Book for Becoming Conscious* is a significantly longer and more comprehensive journey into health and wellness. Although my intention was to distill and condense a sufficient amount of Conscious Template to enable one to take the quiz after reading only the “Overview”, I would still recommend taking the quiz after reading the *Conscious Template Manual for Becoming Conscious* and then once again after reading the *Conscious Template Book for Becoming Conscious*. Even if you have read both the Conscious Template manual and book, please read the “Overview” as a quick refresher. It is well worth reading. Words are the fingers

pointing to the moon, and this final condensation is using as few fingers as possible. Although ultimately truth is simple, it is extremely complicated to make it simple and this “Overview” is as simple as I can make it. As the saying goes, “Sometimes less is more.” To fully understand the “Overview”, however, will necessitate reading both the Conscious Template manual and book.

To minimize confusion, let us initially focus on the terminology and nomenclature. Mind, time, and ego are inextricably linked, and are synonymous. One cannot exist without the other. Pre-egoic is synonymous with pre-mind, egoic with mind, and post-egoic with post-mind. I am, self and the egoic activity of thinking, feeling, emoting, and sensing are synonymous and refer to ego. Soul and Self are synonymous and refer to finite, localized, limited consciousness. Spirit, Supreme Being, Existence, and God are synonymous and refer to infinite, non-localized, unlimited consciousness. For expediency, finite localized limited consciousness and infinite non-localized unlimited consciousness will be shortened to finite consciousness and infinite consciousness, respectively. I Am refers to either the finite consciousness or infinite consciousness. Feelings are defined by Conscious Template as sensations and/or emotions contaminated by thinking. The interaction of thoughts with sensations and/or emotions creates feelings. Sensations arises out of the sensate brain, emotions out of the emotional brain and thinking out of the thinking brain. Affect is the innate uncaused love, peace, and happiness inextricably linked to consciousness and is also called, “The peace that passeth all understanding,” that is veiled by thoughts.

Conscious Template is made up of seven stages of consciousness that overlap and include the developmental stages of consciousness. Conscious Template is an all inclusive meta-theory that can be overlaid over other theories to gain additional insight and understanding. Over twelve domains and/or theoretical models were triangulated during a time period of almost fifteen years, using critical thinking to create Conscious Template. These stages can be seen unfolding both developmentally at the individual level, and cultur-

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

ally at the collective level. There are four yang (i.e. masculine principal) stages and three yin (i.e. feminine principal) stages that alternate between yang and yin. Stages of consciousness cannot be skipped over. A fight response, anger, uncooperativeness, and exclusivity are characteristics of the yang stages and a flight response, fear, cooperativeness, and inclusivity are characteristics of the yin stages. The two pre-egoic stages are yang Survival and yin Pleasure Consciousness, the three egoic stages are yang Power, yin Social, and yang Actualization Consciousness. The two post-egoic stages are yin Realization and yang Integration Consciousness. The two pre-egoic and two post-egoic stages are spiritual, and the three egoic stages in the middle are religious. Spirituality involves one's sensory and emotional relationship with Existence, and religion one's intellectual, social, and psychological relationship with Existence. While religions are dependent on beliefs, spirituality is not dependent on beliefs and is more experiential.

The stages of consciousness are named after the primary motivating drive of each stage of consciousness. The secondary characteristics can be uploaded and—if the person is chronologically old enough—downloaded. Since the primary motivating drive is the defining characteristic of a stage of consciousness, it can neither be downloaded nor uploaded. The primary motivating drive for pre-egoic Survival Consciousness is survival, for pre-egoic Pleasure Consciousness pleasure, for egoic self-interest Power Consciousness power, for egoic Social Consciousness altruistic social-interest, for egoic Actualization Consciousness actualization of self for personal growth, for post-egoic Realization Consciousness realization of Self to transcend ego, and for post-egoic Integration Consciousness integration of the previous stages of consciousness for understanding. In post-egoic Realization Consciousness, there is the realization that I Am not my thoughts, feelings, emotions, or sensations but rather finite consciousness that is part of infinite consciousness. In the final stage of post-egoic Integration Consciousness arises the understanding that finite consciousness is one with infinite consciousness

and that includes thinking, feeling, emoting, and sensing that makes up, permeates, and contains all of Existence. “The Father and I are One,” Christ. Or, in other words, I Am That, You are That, Everything is That, and that’s That.

In each successive stage of consciousness there are biochemical, bioelectrical, and structural changes in the brain. The brain becomes increasingly integrated in each subsequent stage of consciousness. The sensate reptilian base brain is associated with Survival Consciousness, and the emotional mammalian limbic brain with Pleasure Consciousness. The thinking brain (i.e. neocortex) is divided into the right neocortex, the left neocortex, and the frontal neocortex and comes online in that order. Increased activation of the right neocortex is associated with Power Consciousness, the left neocortex with Social Consciousness, and the frontal cortex with Actualization Consciousness. The pineal gland is associated with Realization Consciousness and—with a final integration in Integration Consciousness—the integration of the brain is complete. Evolutionarily, the brain evolved from the bottom up and from the back to the front.

Intelligence, sexuality, parenting, cultures, psychological disorders, curiosity, primary motivating drives, values, and so on and so forth are qualitatively different in each stage of consciousness. An example of this would be the sensate intelligence of Survival Consciousness, the emotional intelligence of Pleasure Consciousness, the intellectual pre-logical representational and conceptual thinking intelligence of Power Consciousness, the intellectual inductive reasoning and concrete logic intelligence of Social Consciousness, the intellectual deductive reasoning and abstract logic intelligence of Actualization Consciousness, the intuitive intelligence of Realization Consciousness, and the integrative intelligence of Integration Consciousness. In the prehistoric past, pre-egoic Survival Consciousness was associated with survival clans and the matriarchy with pre-egoic Pleasure Consciousness. The matriarchy originated in resource rich areas where there was little changes in the

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

weather. A written language originated in tribal, patriarchal, egoic Power Consciousness. A written language allowed a culture to organize itself and plan for war to acquire slaves to build civilizations. A national identity is associated with egoic Social Consciousness and internationalism with egoic Actualization Consciousness. Post-egoic Realization Consciousness is global, and post-egoic Integration Consciousness is universal.

The internal underlying primary motivating drives are responsible for external behaviors. Although the behavior may look the same externally, the various underlying motivating drives that are driving the various behaviors are quite different. And, unless one identifies the primary motivating drive that is driving those behaviors one will not know how—as a therapist or a parent—to intervene. For example, in Survival Consciousness sex is pursued for the survival of the species, in Pleasure Consciousness for pleasure, in Power Consciousness for power, in Social Consciousness for love, in Actualization Consciousness for actualization of ego (i.e. personal growth), in Realization Consciousness for realization of Self (i.e. transcend ego), and in Integration Consciousness for integration of the previous stages. The procreation of pre-egoic Survival Consciousness, the polyandry of pre-egoic Pleasure Consciousness, the polygamy of egoic Power Consciousness, the monogamy of egoic Social Consciousness, the serial monogamy of egoic Actualization Consciousness, the polyamory of post-egoic Actualization Consciousness, and the sexual integration of post-egoic Integration Consciousness are examples of how sex is qualitatively different in each stage of consciousness. While the pre and post stages are neither jealous nor possessive, the egoic stages are both jealous and possessive.

Once Conscious Template is understood, one can identify what stage or stages of consciousness created or are responsible for a behavior, a movie, a book, a psychological disorder, a culture, a relationship, a theoretical model, an ad, a religion, a political party, an economical model, a song... or virtually anything. For example, the

genre of a movie indicates what stage of consciousness created a movie. Apocalyptic movies are created by Survival Consciousness, romance movies by Pleasure Consciousness, revenge movies by Power Consciousness, and so on and so forth. Values are different in the different stages of consciousness. A virtue in one stage of consciousness is often a vice in another, and vice versa. For example, the Ten Commandments do not state that thy shall not lie, but rather, “Thy shall not bear false witness.” Not impugning someone’s reputation is the focus and concern. Lying is often seen as being clever in the secrets and lies of patriarchal Power Consciousness. Many theologians believe that the Jewish Ten Commandments originally applied only to fellow Jews. Only later, with Christ, with the awakening of Social Consciousness were the Gentiles included.

Developmentally, pre-egoic yang sensate Survival Consciousness is between birth and six months, pre-egoic yin emotional Pleasure Consciousness between six months and two years, and egoic yang Power Consciousness between two years and seven years. There is less overlap with the timings of the stages of consciousness and the developmental stages after egoic Power Consciousness. Social Consciousness typically occurs between seven and puberty, Actualization Consciousness between puberty and nineteen, Realization Consciousness between nineteen and twenty-nine, and Integration Consciousness after twenty-nine. In actuality these are simply the earliest possibilities. The timings of these later stages beyond egoic Power Consciousness are often later and/or not at all. Getting into the later stages of consciousness beyond Power Consciousness is only a possibility. Both nature (i.e. genetics) and nurture (i.e. environment) are involved in creating these differences between the stages of consciousness.

At the collective level, most of the world’s population is still stuck in patriarchal Power Consciousness. Even within first world countries, a significant percentage of the population is still in egoic Power Consciousness. This means that most of the world’s population and activities are reflecting the possessive love of self-interest

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

Power Consciousness and not the altruistic love of social-interest Social Consciousness. The origin of capitalism is self-interest Power Consciousness. Republicans reflect more self-interest non-empathetic, sympathetic Power Consciousness and Democrats arguably more social-interest empathetic, altruistic Social Consciousness. Increasingly, beyond self-interest Power Consciousness there are less people in each of the later stages of consciousness. Society and one's upbringing can either help or hinder reaching social-interest Social Consciousness. Beyond Social Consciousness, however, it is one's initiative that determines if one makes it into the later stages consciousness. Using critical thinking, Conscious Template was triangulated from psychology, biology, history, theology, anthropology, psychophysiology, and over a half dozen other domains over a period of approximately fifteen years.

Truth, love, and beauty are the three ways to experience the divine. Through the intellect one experiences truth, through the senses beauty, and through the emotions love. The scholar is in search of truth, the artist beauty, and the lover love. In truth there is doubt, in beauty awe, and in love trust. Beauty is associated with the sensate brain, love with the emotional brain, and truth with the thinking brain. All three are experiencing the divine through a different filter (i.e. through a different portal). Through the senses one experiences beauty, through the emotions love, and through thought truth. Depending on one's inclinations and proclivities, one may be attracted to one or the other, or a combination of the three. For me it has been truth. Doubt that arises in Actualization Consciousness is necessary in the search for truth. Beliefs are the death of truth. Beliefs are seen as sacred and a virtue in pre-logical Power Consciousness, and as somehow or another responsible for one's salvation. One's faith becomes more important in Social Consciousness and—in scientific Actualization Consciousness—beliefs are seen as a vice and replaced by possible hypotheses. In prelogical and pre-reasoning Power consciousness beliefs are immutable and conditioned. While relentlessly chasing after one

epiphany after another for over fifty years, my understanding has increased with each eureka. With each aha of how this is related to that, Conscious Template slowly emerged.

Inductive reasoning associated with Social Consciousness is necessary to see how this is connected to that in order to create domains/theoretical models. A domain is more inclusive and includes theoretical models. For example, psychology is a domain and all the psychological theories are theoretical models (a.k.a. paradigms). A moment before an “Aha!” there is an increase in the lower frequency brain waves, followed by a burst of high frequency brain waves. By connecting the dots using the inductive reasoning associated with Social Consciousness one experiences a pleasant rush of mental energy. Like a flash of light going off in one’s head, hence the light bulb that often represents this experience. The inductive constructive reasoning of Social Consciousness from the specific to the general is inclusive. The deductive deconstructive reasoning of Actualization Consciousness from the general to the specific is exclusive. With the completion of the books, there are increasingly less and less dots to connect and the eurekas are becoming less frequent. The bioelectrical bursts of energy are becoming less and less. Doubt is being replaced by trust and awe. As my “gotta know” fades, love and beauty are coming more to the forefront.

As an EEG biofeedback therapist, it was quite apparent that the bioelectrical changes in each client’s brain were creating cascading biochemical, structural, emotional, and behavioral changes. EEG biofeedback necessitated reducing and taking children off their medications. If their medications were not reduced, as their behavior, attention, impulsivity, sleep, intelligence, cooperation, grades and attitude improved, they would get worse instead of better. I had to hire a medical director to reduce and eliminate their various medications. No doubt aha moments also alter the bioelectricity, biochemistry, and structure of the brain as well, creating new neural pathways connecting different parts of the brain. Meditation, biofeedback, reading, prayer, yoga, martial arts, dance, and so on and

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

so forth all reprogram the biocomputer software that we call our mind. The ability of neural networks in the brain to change through growth and reorganization is now accepted by science and is referred to as neuroplasticity. When I started doing EEG biofeedback in the early nineties, the medical community adamantly denied that this was even possible. Ongoing research has showed that they were incorrect in their assumptions.

### Who Am I ?

Existence (a.k.a. Spirit/God/infinite consciousness) is perceived differently in each stage of consciousness. In pre-egoic yang Survival Consciousness, the focus is on surviving and survival after death. In pre-egoic yin matriarchal Pleasure Consciousness, everything has life, goddesses reign, and everything is magical. On the mystical/shamanic border of Pleasure/Power Consciousness, associated with the use of psychedelics, the magic continues. In egoic yang patriarchal Power Consciousness the magic is lost and replaced by an all powerful frightening male God, or gods. This stage of consciousness is mythological and takes things rather seriously. One can be smitten dead for almost anything. In more egalitarian egoic yin Social Consciousness, God becomes love. In scientific egoic yang Actualization Consciousness God is often thought of as energy. Regardless of how God is perceived, arguably the one common characteristic that all the stages of consciousness can agree upon is that God is conscious (i.e. aware). Any Supreme Being, no matter how it is perceived or whatever form it takes, would have to be conscious.

In the pre-egoic stages of Survival and Pleasure Consciousness, awareness is lost in sensations in Survival Consciousness and emotions and embedded sensations in Pleasure Consciousness. Without representational and conceptual thinking, awareness is in the proverbial Garden of Eden outside of time in the Eternal Here and Now. With the representational thinking of egoic Power Consciousness, the child's, "No," creates resistance and with, "Mine," identifi-

cation. The egoic I am is born. “I think therefore, I am.” With an imaginary future and a remembered past, finite consciousness no longer walks with God in the Garden. In the egoic stages of Power, Social, and Actualization Consciousness awareness is now lost in the thoughts and feelings (i.e. sensations and emotions contaminated by thinking) of the egoic stages and the embedded sensations and emotions of the pre-egoic stages. In the post-egoic stage of Realization Consciousness, there is the realization that I Am the finite consciousness which is part of infinite consciousness (a.k.a. God). And finally, in post-egoic Integration Consciousness, there is the understanding that finite consciousness is one with infinite consciousness and everything is contained, made of, and permeated by infinite consciousness. In the post-egoic stages, Existence (a.k.a. God) is perceived as finite consciousness (a.k.a. awareness) that is part of infinite consciousness in Realization Consciousness and in Integration Consciousness infinite consciousness contains, permeates and makes up everything.

As mentioned, for those who suspect that there is some sort of god, consciousness may be the only characteristic of God that everyone can agree on. That all of life shares the characteristic of consciousness is obviously true. Even a plant will turn towards the light. For the first two years of life, without thinking, there was no egoic thinking but undeniably there was consciousness. As a hospice therapist I often saw the dissolution of the ego with Alzheimer's and dementia. Over time they returned to the pre-egoic stage of Survival Consciousness. Even the pre-egoic stage of Pleasure Consciousness was dissolved. Sensations, emotions, and thoughts are dependent on biochemical and bioelectrical activity and brain structures. Awareness of sensations is the last awareness to fade away before death. Psychedelics, meditation, EEG biofeedback, working in a hospice, and the search for truth has led me to the conclusion that who I Am is infinite consciousness that began life as finite consciousness. Although atheists may deny the existence of any sort of god whatsoever, even they would have to logically concede that if there were a

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

god, consciousness would be a necessary characteristic of that god. So, from this concession, let's propose the possibility that infinite consciousness interfaces with matter and becomes the finite consciousness called life.

I recently read that Pope Francis once declared that animals also go to heaven. Maybe he is correct, if finite consciousness is part of infinite consciousness, then finite consciousness merging back into infinite consciousness could feasibly be perceived as going to heaven. In the pre-egoic stages of Survival and Pleasure Consciousness there is simply finite localized consciousness lost in sensations and emotions. Before the age of two, children are still in the Garden with all of creation. Not until one partakes from the Tree of Knowledge of Good and Evil is one cast out of the Garden. The knowledge of good and evil necessitates the duality of representational thinking. Representational thinking creates thou and I, and with that duality a finite consciousness in which one no longer, "walks with God," in the Garden. With the understanding in the post-egoic stage of Integration Consciousness that, "there is no other," finite consciousness is back in the Garden and once more, "walks with God." With the understanding in post-egoic Integration Consciousness that, "the Father and I are One," finite consciousness is One with God. Not only is the, "Father and I are One," all of Existence is contained, composed of, and permeated by God. Previously, in the egoic stages of Power and Social Consciousness, Christ Consciousness and the Buddhafield are examples of finite consciousness connecting with infinite consciousness, but still remaining lost in and identified with the egoic activity of thinking.

Around the age of two, the increased activation of the right neocortex in the egoic stage of yang Power Consciousness allows for representational thinking. The I am of self— of the egoic stages is born. Not until Power Consciousness is there an egoic I am outside of time. Previously, in the pre-egoic stages of Survival and Pleasure Consciousness, without representational thinking there was neither time nor ego in the Eternal Here and Now. For egoic activity to

emerge, the representational thinking of egoic Power Consciousness is needed to usher in time, ego, mind, resistance, and identification. Finite consciousness is now lost in the egoic activity of thinking and feelings and the embedded emotions and sensations. There is a shift out of the here and now into the transitory there and then in Power, Social, and Actualization Consciousness. Feelings are defined by Conscious Template as the interaction of thinking with sensations and emotions. In other words, sensations and emotions contaminated by thinking. Although the entire brain is active in the different stages of consciousness, the later evolved parts of the brain become increasingly active in the later stages. The right neocortex becomes more active in Power Consciousness, then the left neocortex in Social Consciousness, and finally the frontal neocortex in Actualization Consciousness.

To reiterate, in the pre-egoic stages of Survival and Pleasure Consciousness there is no egoic I am. There is only finite consciousness lost in the sensations of pre-egoic Survival Consciousness, lost in the emotions of pre-egoic Pleasure Consciousness and embedded sensations. Without the representational thinking of egoic Power Consciousness, there is neither identification nor resistance. One of my earliest memories after the age of two is crying. I noticed that the more I allowed myself to cry the less I felt the hurt and when I completely gave up all resistance to crying the hurt went away completely. Shifting into the embedded pre-egoic stage suffering ceased. Identification and resistance necessitates thinking and are responsible for egoic suffering. For the first two years of life there is no egoic I am identifying with sensations or emotions and resisting sensations or emotions. Outside of time there can be no becoming, only Being. With representational thinking, identification and resistance arises with mine and no. With the child's first, "Mine," there is identification and with, "No," resistance. With egoic identification and resistance, egoic suffering awakens. Identification and resistance continues in the inductive reasoning and concrete logic of Social Consciousness and the deductive reasoning and abstract logic

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

of Actualization Consciousness. Lost in the emotions and sensations in the pre-egoic stages and thoughts, feelings and embedded sensations and emotions in the egoic stages, consciousness is lost in experiences.

In post-egoic Realization Consciousness there is the realization that I am not thoughts, feelings, emotions, or sensations but finite consciousness that is part of infinite consciousness. This is called dual awakening. This realization in post-egoic Realization Consciousness that I Am finite consciousness replaces the identification with I am thinking, feeling, emoting, and sensing in the previous egoic stages of Power, Social, and Actualization Consciousness. Previously, in the egoic stages, the egoic mind activity of thinking and feeling and the embedded body activity of emotions and sensations are seen as an entity. This is reflected once again in Descartes' famous quotation, "I think, therefore I am." Finite consciousness lost in thinking in the egoic stages has become identified with thinking and is further lost in experiences. Thinking takes one out of the here and now and into an imaginary future or remembered past. Thich Nhat Hanh expresses this understanding with, "I think, therefore I am not here." This changes in the post-egoic stage of Realization Consciousness. The ego is no longer seen as an entity, but simply as the egoic activity of thinking and interacting with sensations and emotions to create feelings. In the post-egoic stage of Integration Consciousness—with the understanding that finite consciousness is one with infinite consciousness—thinking, feeling, emoting, and sensing are seen as the activity of infinite consciousness as finite consciousness. This is called non-dual awakening. In the post-egoic stages, the here and now take priority over the there and then. I Am conscious, therefore I Am here. In the post-egoic stages, experiences are lost in consciousness.

## Consciousness Does Not Suffer

Let us look at how infinite consciousness interfaces with matter to become finite consciousness and the logical implications of not being one's thoughts, feelings, emotions, or sensations but consciousness instead. If finite consciousness is only aware of thoughts, feelings, emotions, and sensations this would also imply that finite consciousness is only aware of being anxious, depressed, sad, in pain, or suffering. This is important to understand in order to reduce resistance and to alter identification. By reducing resistance, suffering is reduced. And by eliminating resistance, suffering is eliminated. If consciousness cannot think, feel, emote, or sense but can only be aware of the egoic activity of thinking, feeling, emoting, and sensing then consciousness can only be aware of anxiety, depression, sadness, pain, or anger, as well. Therefore consciousness does not suffer but is only aware of suffering. Not being aware of this understanding consciousness becomes lost in experiences. Understand that this isn't dissociation. Disassociating necessitates suppressing and/or repressing one's awareness of one's experiences. To reduce identification, one needs to be more aware of one's anxiety, depression, sadness, pain, or suffering to also reduce and eliminate resistance. Paradoxically, it is only by opening to and being more aware (i.e. more conscious) of one's suffering that one can reduce and eliminate resistance and thereby reduce and eliminate suffering. Attempting to escape from one's suffering through drugs, sex, alcohol or the pursuit of power only prolongs and deepens one's suffering. Changing and altering one's identification reduces and eliminates resistance, and reducing and eliminating resistance changes and alters one's identification.

In the egoic stages, there is a selective identification with this thought, feeling, emotion, and sensation but not that thought, feeling, emotion, and sensation. The possessive adjective 'my' and the possessive pronoun 'mine' both indicate ownership. Ownership creates attachment and identification. Whatever one calls mine one

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

perceives as being a part of oneself. I once asked a colleague and dear friend of mine how a person that we both knew could be so nice to his kid and yet such an asshole to everyone else. Her response, “His kid is an extension of himself,” and that perfectly answered my question. On what is called the outward-indirect path, the emphasis is on reducing and/or eliminating resistance and on the inward-direct path the focus is more on identification. Just as a thorn is needed to remove an embedded thorn, in order to realize that I Am finite consciousness which is part of infinite consciousness, it is first necessary in Realization Consciousness to eliminate identification with all thoughts, feelings, emotions, and sensations.

Eliminating identification with all thoughts, feelings, emotions, and sensations allows finite consciousness to identify with infinite consciousness instead. This is a necessary first step. Identification creates possessiveness, and eliminating identification eliminates possessiveness. With the realization in post-egoic Realization Consciousness that I Am not my thoughts, feelings, emotions, or sensations but finite consciousness which is part of infinite consciousness (i.e. enlightened duality) experiences are now lost in consciousness. With the understanding in Integration Consciousness that everything is made up of infinite consciousness, there is also the understanding that finite consciousness and infinite consciousness are one and the same. That includes thoughts, feelings, emotions, and sensations—eliminating duality (i.e enlightened non-duality).

## The Inward-Direct Path and the Outward-Indirect Path

As you may have ascertained by now, there are two major paths. One is called the direct-inward path, and the other the indirect-outward path. Understanding both paths is useful in reducing suffering in self and others. Let’s continue to focus on the two paths. Once again, around the age of two in egoic Power Consciousness two of the first words uttered are, “No,” and “Mine.” The utterance of no is resis-

tance, and mine identification. Resistance is fairly easy to understand. It is simply saying no to what is. At the core of all suffering is no. Wanting anything to be anything other than what it is in the now. Understand that one doesn't need to say no to what is to change what is. One can say yes to what is and still intend for something in the future to be different than what it is currently. In fact, saying no to what is more often than not makes it significantly more difficult to change what is. For example, if you have a flat tire then you can say no to the situation, get upset, and change the tire or say yes to the situation, not get upset, and change the tire. Saying no to the situation (i.e. to what is) will create negative action and saying yes positive action. Either way, the tire needs to be changed!

As I often told my clients, "You are only going to be as miserable, depressed, anxious, overweight—or whatever—for as long as you don't want to be." Or, as the saying goes, "What one resists persists." Only by embracing one's misery, depression, anxiety, obesity, or whatever ails one does it become infinitely easier to reduce or eliminate it. The external world does not cause one to experience suffering it is saying no and resisting that is causing the suffering. As a hospice therapist I have seen patients accept their dying and shift in the Eternal Here and Now into, "the peace that passeth all understanding." Understand that an intention is different than a want. An intention can be thought of as a direction and a want as a destination. There is a flexibility in an intention that is missing in a want. Intent is reflected in, "Not my will (i.e. finite consciousness) but God's will (i.e. infinite consciousness)." As one embraces the present moment and goes deeper into the now the journey becomes the destination.

Think of identification as being inextricably linked to possessiveness. When one says my car, my wife, my child, my nation, or whatever or whoever is perceived as an extension of oneself— one identifies with whatever or whoever as being part of self. Egoic suffering by the egoic activity of thinking or feeling is created either by egoic identification through possessiveness or resistance by

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

saying no to what is. Eliminating identification (i.e. possessiveness) and resistance (i.e. no) eliminates egoic suffering and one (i.e. finite consciousness) is back in the Garden. Pushing away or grasping creates egoic suffering. Neither resisting nor clinging... let it come and let it go. Before the awakening of the mind (i.e. ego), around the age of two, sensations and emotions were uncontaminated by thoughts. There were sensations and emotions before the awakening of the ego, but no thoughts or feelings (i.e. sensations or emotions contaminated by thoughts). As previously mentioned, resistance and identification necessitates representational thinking.

On the direct-inward path of Vedanta innate uncaused love, peace, and happiness is inextricably linked with consciousness. This means that love, peace, and happiness is one's birthright. In the pre-egoic stages—unless the innate uncaused love, peace and happiness was veiled by sensory overstimulation in pre-egoic Survival Consciousness or emotional overstimulation in pre-egoic Pleasure Consciousness—one dwelled in the proverbial Garden of Eden, outside of time in the Eternal Here and Now. All of life other than humans are still in the Garden. The uncaused, innate uncaused love, peace, and happiness that was veiled only occasionally by overwhelming sensations and emotions in the pre-egoic stages is veiled almost constantly by thoughts and feelings in the egoic stages. Thinking creates a simulation (a.k.a. matrix) that takes one out the here and now and into the there and then. The present is only a, "means to an end." one cannot think and be in the present moment. One can only be in the present by losing the mind and coming to one's senses. The insatiable wants of egoic Power Consciousness or embedded Power Consciousness only gives the illusion that fulfilling one's wants is responsible for love, peace, and happiness. In actuality, the fulfillment of a want only parts the cloud of words (i.e. thinking) long enough for the innate uncaused love, peace, and happiness that is intrinsically linked to consciousness to shine through temporarily in the egoic stages, until the egoic activity of thinking and feeling creates additional insatiable wants to close the clouds of

words, veiling once more the innate uncaused love, peace, and happiness.

To eliminate suffering one needs to eliminate both resistance and inappropriate identification, but for now let us simply focus on resistance. As a therapist I taught people that saying no causes resistance, which increases suffering and that saying yes or okay reduces and eliminates resistance, thereby reducing and eliminating suffering. Since saying yes can make an unpleasant experience pleasant, one must be careful about what one says yes to. Saying okay also decreases and eliminates resistance, but without making it pleasant. If one simply says yes to something without telling oneself that it felt good or tasted good one will not twin to it. There are definitely things that one shouldn't make pleasant. There are things that one should neutralize instead. Saying okay simply neutralizes the experience but again so does saying yes if one doesn't tell oneself that one liked it. It simply is as it is. Depending on self talk, one can learn to like, dislike, or neutralize anything. Sado masochism is associated with opening to something that is unpleasant and saying yes to it and telling oneself that one liked it. If one is simply cultivating a taste for beer, whiskey, or spicy food or if it crosses over into something like unhealthy S&M depends on how frequent it is and one's self talk. It is highly unlikely that initially anyone really likes the taste of beer, whiskey, or spicy food but over time one learns to cultivate a taste for it. This is fairly normal and healthy. Twinning pain with sex, however, crosses the line into S&M. To reiterate, depending if one says yea or no one can make something naturally pleasant unpleasant, something naturally unpleasant pleasant, or neutralize something being pleasant or unpleasant.

I have frequently used this technique in pain management, to get rid of addictions, and to eliminate negative emotions. The more one says no to being upset the more upset one becomes upset. As a therapist it became obvious that most people are upset about being upset, a lot more than they are simply upset about something specific. Getting upset about getting upset perpetuates being upset. Some

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

people even learned as children to make themselves upset to get their way and what they wanted as children. This is called emotional blackmail. There are diminishing returns with emotional blackmail as one gets older. One's spouse, coworkers, employers, and friends are less likely to care that one is upset as much as one's mother did! Over time, even one's mother is likely to care less. Making it okay to be upset minimizes and eliminates the impact of being upset. Teaching clients to focus on what they want instead of what they don't want changes everything. Telling oneself it is okay to be upset neutralizes being upset. I have had two root canals done without Novocain by opening to the sensation, focusing on the sensation, giving up all resistance to the sensation and telling myself yes, and thereby neutralizing a normally very unpleasant sensation and turning it into an intense but neutral sensation instead.

Finite consciousness in humans begins in the pre-egoic stages of Survival and Pleasure Consciousness, on the inward-direct path associated with identification. Undifferentiated, finite consciousness instinctually differentiates itself by the process called neti neti (i.e. not this not that) with objects and others. By not identifying (i.e. not this not that) with a crib, toys, dogs, a brother, an aunt and so on and so forth finite consciousness differentiates itself from objects and others. In the first egoic stage of Power Consciousness, instinctual neti neti of the direct-inward path stops with representational thinking. The acquisition of representational thinking in Mind-One Power Consciousness creates a representational linguistic world that completely differentiates oneself from the external world (i.e. including Mom) and from the egoic I am with a clearly differentiated me and you. A switch from the instinctual neti neti (i.e. not this not that) of the inward-direct path in pre-egoic Survival and Pleasure Consciousness to the outward-indirect path in the egoic stages of Power, Social, and Actualization Consciousness is needed to calm the mind-body before venturing once more on the neti neti of the inward-direct path in the post-egoic stage of Realization Consciousness.

Finite consciousness in pre-egoic Survival and Pleasure Consciousness is not differentiated from the internal world of emotions and sensations, but is lost in experiences. Objects and others are differentiated from finite consciousness (i.e. neti neti) on the inward-direct path in the pre-egoic stages, but not the pre-egoic activity of sensing or emoting. Finite consciousness can still be overwhelmed in the pre-egoic stages by overwhelming sensations and emotions. With representational thinking, the instinctual not this not that of the pre-egoic stages is replaced with this and that instead. The focus switches from not identifying with this or that to identifying with this or that. A selective identification of objects and others emerges in the egoic stages. The discipline and structure of the outward-indirect path in egoic Power Consciousness continues embedded in Social and Actualization Consciousness and displaces the instinctual inward-direct path of neti neti in the pre-egoic stages of Survival and Pleasure Consciousness.

Representational thinking in Mind-One Power Consciousness creates a cloud of words that comes between one's sensations and emotions. Increasingly finite consciousness is more aware of the linguistic representation of sensations and emotions (i.e. thinking and feeling) than the actual sensations and emotions. With language becoming increasingly sophisticated through inductive reasoning and concrete logic in Mind-Two Social Consciousness and deductive reasoning and abstract logic in Mind-Three Actualization Consciousness, finite consciousness is increasingly lost in the egoic activity of thinking and feeling. Finite consciousness getting lost in thinking and feeling in the egoic stages and the sensing and emoting in the embedded pre-egoic is how finite consciousness becomes lost in experiences.

In the egoic stages of Mind-One, Two and Three of Power, Social, and Actualization Consciousness with the child's first, "No," the emphasis switches to the outward-indirect path associated with resistance. A yang child is more inclined to fight and the yin child to flight. Initially in the pre-egoic stages the child has no ability to

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

either fight or flee. Later in the egoic stages a fight response predisposes a child to be uncooperative, and a flight response to be cooperative. Regardless, all children will need the discipline and structure of the outward-indirect path in egoic Power Consciousness between the age of two and seven. The yang child, however, will need more discipline and structure and the yin child less discipline and structure. The more yang the child, the more discipline and structure will be needed. There are some yin children who practically raise themselves, and there are some extremely yang children who without sufficient discipline will need the intense discipline and structure of a military school to avoid ending up on multiply psychiatric medications. The shift from the conservative parenting of the fifties to the liberal parenting of the sixties has prevented the yin cooperative children from being traumatized but has open up the floodgates for yang children to be spoiled. As a child therapist for the last twelve years of my career I saw virtually no traumatized children, almost all the children were spoiled who hadn't been told no as toddlers and weren't discipline appropriately as young children.

## Differences On the Two Paths

Returning to the States I found Rupert Spira, who is a spiritual teacher of the neo vedantic perspective associated with the inward-direct path. Listening to him on YouTube, I realized that the inward-direct path was the missing piece of the puzzle that I had been searching for decades. Awakening from the different stages of consciousness appears very different externally. Rupert Spira awakened in post-egoic, non-hierarchical Realization and Integration Consciousness using the inward-direct path after traversing the egoic stages of Power, Social, and Actualization Consciousness on the outward-indirect path. Although extremely rare, awakening can also occur in the egoic stages on the inward-direct path. Ramana Maharshi was enlightened in egoic hierarchical Power Consciousness, using the inward-direct path. Rupert is a college educated artist,

married, a father, dresses in Western clothes, and sees his students as his friends. Ramana Maharshi, on the other hand, was an uneducated celibate childless monk, dressed in a loin cloth who was worshiped by his followers. Although both of them awakened, their outward appearances and behaviors are strikingly different. Ramana Maharshi didn't go through the later egoic stages of Social and Actu-alization Consciousness, so his external appearance and behavior is consistent with someone awakening in patriarchal Power Consciousness.

Discipline associated with the outward-indirect path is needed in Mind-One Power Consciousness to civilize a child to modulate insatiable wants. Previously, in pre-egoic Survival Consciousness there were only needs. Only unconditional love was needed. In pre-egoic Pleasure Consciousness, preferences are added to the needs that were necessary for survival. Boundaries are now needed in pre-egoic Pleasure Consciousness. With mine in egoic Power Consciousness there is the awakening of endless insatiable wants. While unconditional love is necessary to take care of the child's needs, and boundaries to boundary the child's preferences, discipline is imperative to modulate the child's insatiable wants. Mine—associated with identification—creates a sense of ownership, and with no there is resistance and conflict.

Children need discipline in Power Consciousness more than any other stage of consciousness to minimize resistance and conflict. While a child is easily traumatized in the pre-egoic stages, in egoic Power Consciousness—unless the child is very yin—it is difficult to traumatize them. In pre-egoic Survival Consciousness the role of the parents is one of a **caretaker**, in pre-egoic Pleasure Consciousness a **guide**, and in egoic Power Consciousness a **coach**. A coach doesn't explain why when they give a command, and an immediate response is expected. In spite of what liberal parenting may say, explaining to children why they need to do what they are told to do needs be reserved for the later egoic stages, beyond Power Consciousness. Understand that children in pre-logical, pre-reasoning, non-empa-

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

thetic Power Consciousness are unable to see or understand another's point of view. Empathy doesn't arise until the inductive reasoning of Social Consciousness, allowing children to see how this is connected to that. This is why teaching etiquette and manners are critically important in self-interest Power Consciousness before they can see another's point of view and empathize in social-interest Social Consciousness. What appears to be empathy in Power Consciousness is either sympathy or empathing.

Beyond the pre-egoic stages of Survival and Pleasure Consciousness, in the egoic stages of Mind-One, Two, and Three of Power, Social, and Actualization Consciousness discipline is needed to reduce and eliminate resistance. On the inward-direct path, the focus is inward to unidentify with this or that. On the outward-indirect path the focus is outward, using discipline to reduce and eliminate resistance. Prayer, meditation, yoga, chanting, breathing techniques, biofeedback, dance, gymnastics, and jogging are all associated with the outward-indirect path of calming and/or disciplining the mind-body. Organized sports are also very effective in teaching structure and discipline. While a yogic approach is associated with discipline and effort, and is more appropriate with more yang individuals a tantric approach is associated with flow and surrender, and is more appropriate with more yin individuals. For example, Tai chi is more tantric, and the hard style of martial arts more yogic. Your yin child is more likely to enjoy tai chi and with your more competitive yang child, the hard style martial arts will be more of a challenge.

A tantric emphasis on flow and surrender in yin Social Consciousness is useful only after sufficient discipline and effort has been learned in yang Power Consciousness on the yogic path. Both the tantric and yogic approaches are needed in yang, scientific Actualization Consciousness to balance out the excessive taking of self-interest yang Power Consciousness and the excessive giving of social-interest yin Social Consciousness. At some point in Mind-Three Actualization Consciousness—when one has learned enough

discipline on the outward-indirect path to sufficiently calm the mind-body—a switch to an emphasis on the inward-direct path is increasingly appropriate and necessary in the post-egoic stages of Realization and Integration Consciousness.

To reiterate, initially in finite consciousness—lost in sensations in Survival Consciousness and emotions in Pleasure Consciousness—there is an instinctual use of the inward-direct path. Neti neti, which translates as “not this nor that”, is how body is differentiated from objects and others. There is an instinctual selective differentiation in the earlier pre-egoic stages of Survival and Pleasure consciousness that allows the child to partially differentiate body from objects and others (e.g. the crib, sibling or the family cat). There are labels in pre-egoic emotional Pleasure Consciousness but none in pre-egoic sensate Survival Consciousness. Both, however, are pre-mind and outside of time in the Eternal Now. In the pre-egoic stages of Survival and Pleasure Consciousness finite consciousness lost in sensations and emotions initially differentiates body from objects in pre-egoic Survival Consciousness and later begins to partially differentiate body from others in pre-egoic Pleasure Consciousness. There is no differentiation egoic I am of self in the pre-egoic stages.

The acquisition of language (i.e. representational thinking) in the egoic stages of Power, Social, and Actualization Consciousness increases identification with specific objects and others that the inward-direct path initially decreased in the pre-egoic stages of Survival and Pleasure Consciousness. With the acquisition of language, the neti neti (i.e. not this not that)—unlike the pre-egoic stages—also includes and implies the opposite. I am not a vegan, a democrat, a male, straight, and so on also implies that I am a meat eater, a republican, a female, gay, and so on. On the Mind-One, Two, and Three stages of Power, Social, and Actualization Consciousness there are diminishing returns with neti neti (i.e. not this not that) on the inward-direct path that began in the pre-mind stages of Survival and Pleasure Consciousness with differentiating body from objects and others. With the acquisition of language in the egoic stages, not

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

identifying with this or that, one automatically identifies with some other this or that (i.e. some other object or other). A switch to the outward-inward path becomes necessary in the egoic stages. In post-egoic Realization Consciousness, neti neti once again becomes necessary to eliminate identification with activities of mind (i.e. thinking, feeling) and brain (i.e. emoting and sensing). Think of mind as software and the brain as hardware.

## Parenting

Developmentally, for the first six months, a child needs unconditional love in pre-egoic Survival Consciousness and in pre-egoic Pleasure Consciousness between six months and two years a child needs to learn boundaries and the meaning of no. This is explained extensively in the Conscious Template parenting manual and book. On the outward indirect path in egoic Mind-One Power Consciousness (i.e. two years to seven years) a yogic approach (i.e. discipline and effort) is needed and in Mind-Two Social Consciousness (i.e. seven years to puberty) a more tantric approach (i.e. surrender and flow). In Mind-Three Actualization Consciousness (i.e. puberty to nineteen) finding a balance between the first two stages is needed. Every developmental stage needs an entirely different parenting model. The conservative parenting model and the liberal parenting model are both correct... and both incorrect depending on the developmental stage that the child is in.

If one is more yang, one will need more structure and discipline and if more yin then more surrender and flow on the outward-indirect path. As mentioned, beyond Power Consciousness (i.e age two to seven years) there is a lot of variability in regards to the timings of the later stages. It is usually much later than the possible timings, and the majority of people in the world are stuck in Power Consciousness, the border of Power/Social Consciousness, or at best Social Consciousness. The timings given for the later stages beyond Power Consciousness are the earliest possibilities and not the

specific designated timings. Partially due to the internet, there are individuals in every stage of consciousness in virtually any culture at the collective level. Alas, it appears that patriarchal Power Consciousness is still the center of gravity for the world. Due to globalization the matriarch at the collective level is found only in a few isolated cultures. And due to immense inequity Survival Consciousness is still found at the individual level even in the wealthiest countries. Only a few countries appear to have a center of gravity on the boarder of Power/Social Consciousness and even fewer in Social Consciousness.

Children need to be taught to take care of self in self-interest Power Consciousness before they can be taught to take care of others in social-interest Social Consciousness. Manners and etiquette is needed in non-empathetic self-interest Power Consciousness before a child can be taught consideration of others in empathetic social-interest Social Consciousness. Every stage of consciousness needs an entirely different parenting model, the lessons that the child needs to learn are different, and the role the parents need to assume are different. In egoic, satiable social-interest Social Consciousness there is gratitude and appreciation and in insatiable, egoic self-interest Power Consciousness there is neither gratitude nor appreciation. Downloading gratitude and appreciation into self-interest Power Consciousness from social-interest Social Consciousness is extremely powerful in switching someone in Power Consciousness to Social Consciousness. Bedtime and mealtime prayers are useful in Power Consciousness to facilitate gratitude to shift a child into Social Consciousness. A gratitude diary after the age of seven is extremely useful in switching one from self-interest Power Consciousness into social-interest Social Consciousness. Understanding what is or isn't appropriate for each stage of consciousness is covered extensively in the Conscious Template manuals and books.

In self-interest Power Consciousness it is about me, and in social-interest Social Consciousness it is about others. In scientific Actualization Consciousness it is about us. Power Consciousness

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

takes, Social Consciousness gives, and in Actualization Consciousness a balance is sought. Excessive taking is the dark side of Power Consciousness, and excessive giving is the dark side of Social Consciousness. Excessive taking manifests as taking too much alcohol, drugs, wealth, or virtually anything. Military exploits, hoarding, and collecting (e.g. cars, stamps, or coins) are characteristics of Power Consciousness. Power as the primary motivating drive of Power Consciousness is associated with insatiable greed. A billionaire addicted to insatiable power and greed is just as much an addict as any alcoholic. Virtually all billionaires are in insatiable Power Consciousness. Arguably the vast majority of them are narcissists, sociopaths, psychopaths and/or Asperger's. How otherwise could anyone amass, maintain and hoard that much wealth?

Love is possessive in self-interest Power Consciousness and becomes altruistic in social-interest Social Consciousness. Altruistic love is the primary motivating drive of Social Consciousness and is often associated with sacrifice. The excessive giving of social-interest Social Consciousness is codependency. Through individualization, self-determinism, and the resolving of unresolved issues the ego is actualized in egoic Actualization Consciousness. A shift into post-egoic Realization Consciousness is needed to transcend ego. Only rarely does someone awaken in the egoic stages, and awakening in the pre-egoic stages of Survival or Pleasure Consciousness simply isn't possible. There is no ego (i.e. egoic activity) to awaken from in the pre-egoic stages of Survival or Pleasure Consciousness. Someone awakening in the egoic stages is extremely rare and almost always very arduous.

The primary motivating drive of Realization Consciousness is to transcend ego, and generally this isn't possible before the age of around twenty-nine. Some theologians believe that Jesus began awakening when he started teaching at around the age of twenty-nine, and didn't fully awaken and become Christ until he was crucified at the age of thirty-three. Gautama began his search at the age of twenty-nine, and awakened as Buddha at the age of thirty-five. Tolle

had a sudden spontaneous enlightenment at the age of twenty-nine. The dark night of the soul is associated with awakening in the egoic stages of Power Consciousness or Social Consciousness. Suffering is unavoidable in Power and Social Consciousness, peaks in Social Consciousness, and is unnecessary for personal growth in Actualization Consciousness or spiritual awakening (i.e. transcending ego) in post-egoic Realization and Integration Consciousness.

Once again, if one has successfully traversed the outward-indirect path in the egoic stages, eventually there is the realization on the inward-direct path in post-egoic Realization Consciousness that I Am not the egoic I am of my thoughts, feelings, emotions, and sensations but the I Am of finite consciousness. There is the realization that the egoic I am of self is not an entity, but the egoic activity of thinking, feeling emotions and sensing. Finite consciousness unidentifying with thoughts, feelings, emotions, and sensations is a necessary step so finite consciousness can identify with infinite consciousness instead (i.e. dual awakening). Then continuing on the inward-direct path there is the understanding in Integration Consciousness that everything including thoughts, feelings, emotions, and sensations is made up of consciousness (i.e. non dual awakening). This is elegantly expressed by Christ with, “The father and I are One.” To reiterate, before the understanding in post-egoic Integration Consciousness that finite consciousness is one with infinite consciousness and the universe is made out of consciousness (i.e. non dual awakening) it was necessary that finite consciousness in post-egoic Realization Consciousness be differentiated (i.e. unidentified) from thoughts, feelings, emotions, and sensations to realize that finite consciousness is part of infinite consciousness (i.e. dual awakening).

A lot more people would reach the later stages of consciousness if children were parented appropriately in each developmental stage. This observation is based on the dramatic changes I observed in children when the parents that I was seeing in therapy began to parent their children with the appropriate parenting model for their child's

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

stage of consciousness. Each developmental stage requires an entirely different parenting model. This cannot be over emphasized. If a child was brought to me between the ages of three and seven, the results were nothing short of miraculous. The first seven years of parenting are critical. Each developmental stage builds on the previous stage. If parenting isn't done correctly in the earlier stages, then in each succeeding developmental stage intervention becomes much more difficult. As mentioned, in every stage of consciousness values, curiosity, intelligence, parenting, perception, relationships, cultures, sexuality, and so on and so forth are different. Inappropriately downloading the values of the latter stages of consciousness into the earlier stages, while parenting, is frequently disastrous. Each developmental stage needs a totally different parenting model. Once again, this cannot be over emphasized. Parents tend to download the values from the stage of consciousness that they are in. As mentioned, downloading the values from a later stage of consciousness into an earlier stage of consciousness while parenting is frequently disastrous. An example of this is downloading the values of Power Consciousness into parenting before the child is in the developmental stage of Power Consciousness and thereby, traumatizing the child.

While children need unconditional love in pre-egoic Survival Consciousness and gentle boundaries in pre-egoic Pleasure Consciousness, in egoic self-interest Power Consciousness children need discipline. As a therapist, ironically, I often saw parents coming from the later stages of consciousness—who were parented with boundaries and discipline themselves—were now as parent trying to parent their children without boundaries and discipline. Conscious Template refers to this as green parenting. Green parenting is the downloading of unhealthy parenting from post egoic Realization Consciousness that has been uploaded from the undisciplined and poor boundary parenting of Pleasure Consciousness—that is often associated with countries in patriarchal Power Consciousness.

While the men have a center of gravity in Power Consciousness

in patriarchal countries the women are more often in Pleasure Consciousness parenting the children without boundaries or discipline. This keeps patriarchal cultures in Power Consciousness. The parenting keeps the boys developmentally in Pleasure Consciousness until puberty when there is often an abrupt shift into Power Consciousness. In Japan the shift isn't until around five years old and this is why Japan is the only patriarchal country that is economically a first-world country. The patriarchal culture contextually shifts the child into Power Consciousness and文明izes the child. Mothers in Western cultures emulating the parenting style of the mothers in a patriarchal culture doesn't work the same. In non patriarchal cultures in the West without the patriarchal culture to contain the child the child isn't civilized.

At a meditation retreat I watched a young mother who had no control whatsoever over her spoiled yang five year old. Apparently she had spent time in India before she had the child and was parenting the child in a similar manner as she had seen in India. After a while I finally said to her, "Do you remember telling yourself that you would never raise your child the way you were raised?" She looked shocked and surprised, "How did you know that?" "Well, you may want to reconsider that," I replied. Over the next few days I taught the young mother how to create boundaries and appropriately discipline her child, and the resulting changes were nothing short of miraculous. Downloading the parenting model that is appropriate for a later stage of consciousness into an earlier stage of consciousness will neither文明ize nor socialize a child. A child needs to learn obligation in Power Consciousness, before learning duty in Social Consciousness, and before learning responsibility in Actualization Consciousness. In India they don't learn that they are obligated to do what they are told to do until after puberty. If you want your child to reach to the later stages of consciousness this needs to be learned beginning at the age of two—and before that, around the age of six months, boundaries need to be learned. Children need to learn that they are obligated to do what they are told to immediately,

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

and without hesitation or questioning in non-empathetic, pre-logical self-interest Power Consciousness before they learn duty in empathetic, inductive, social-interest Social Consciousness and responsibility in logical, deductive, scientifically-oriented Actualization Consciousness.

### The Understanding of Metaphors

The use of metaphors is helpful to understand Conscious Template. A metaphor is when something is understood as being symbolic and not literal. If someone believes that the Garden of Eden or the Tower of Babel is symbolic then they are understood as a metaphor. A literalists will believe that all the stories in the Bible are to be taken literally; that they actually happened. That there was a literal garden, a literal apple, and a literal snake in the garden that literally spoke. Something being expressed as a metaphor doesn't diminish what it symbolizes. In fact, just the opposite is true. Hidden in a metaphor is a depth of meaning and understanding that often can not be understood in any other way. This is why Christ spoke in parables. A parable can be thought of as metaphor that has been turned into a story. People in the pre-logical egoic stage of Power Consciousness are likely to interpret things literally and—increasingly in the later logical and rational stages of Social and Actualization Consciousness—are increasingly likely to interpret things metaphorically.

A few metaphors that are used here will be broken down so they will be more easily understood. Like a movie on a screen, thoughts, feelings, emotions, and sensations are inextricably linked to finite consciousness. Think of the thoughts, feelings, emotions, and sensations as being the movie and consciousness as being the screen. While watching a movie, finite consciousness becomes lost in the movie and forgets that it is only a movie. Then there is a commercial or phone call and suddenly finite consciousness is no longer lost in the movie. The same thing also happens in real life. Finite consciousness (i.e. the screen) also gets lost in thoughts, feelings, emotions,

and sensations (i.e. the movie). This is why it was necessary in post-egoic Realization Consciousness to separate out finite consciousness (i.e. the screen) from thoughts, feelings, emotions, and sensations (i.e. the movie) in order to eliminate identification with one's experiences (i.e. the movie) on the inward-direct path in Realization Consciousness before understanding in Integration Consciousness that everything—including thoughts, feelings, emotions, and sensations (i.e. the movie)—is made up of consciousness (i.e. the screen). Like the currents in a sea are the activity of the sea, and a movie is the activity of the screen, so too are thoughts, feeling, emotions, and sensations the activity of consciousness. The above requires inductive reason and/or abstract logic. This can also be understood in Power Consciousness without inductive reasoning if deductive reasoning and abstract logic has been downloaded (i.e. into Power Consciousness).

The screen has no resistance to the movie, and neither can consciousness (i.e. screen) resist thinking, feeling, emoting, or sensing (i.e. movie). Finite consciousness (i.e. who you really are) can neither resist nor identify with thoughts, feelings, emotions, or sensations. The thinking mind (i.e. the egoic activity of mind) is resisting and identifying not finite consciousness. Finite consciousness is only aware of the egoic activity of resisting and identifying. Finite consciousness cannot resist thoughts, feelings, emotions, or sensations anymore than the screen can resist the movie. Using another metaphor, consciousness cannot resist thoughts, feelings, emotions, or sensations anymore than empty space can resist matter. As consciousness contains thoughts, feelings, emotions, and sensations—space contains energy and matter. And as matter is made up of energy, and both matter and energy are made up of space, everything is made up of consciousness.

Finite consciousness does not worry, feel anxious, get angry, or feel pain. Worrying, feeling anxious, getting angry, and interpreting a sensation as being painful are all egoic activities of thinking and feeling that finite consciousness is aware of. Finite consciousness is

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

only aware of the egoic activities of worrying, feeling anxious, being angry, or interpreting a sensation as being painful. Finite consciousness is simply aware of the egoic activity of mind. Even the understanding of this is an egoic activity of mind that consciousness can only be aware of. Being aware of this understanding, however, eliminates resistance and identification. With this awareness, finite consciousness is no longer lost in the experience called suffering.

Think of thinking as a simulation of sensations and emotions. Words are a representation of sensations and emotions. Words are not the actual sensations or emotions but the linguistic representation of sensations and emotions. Words are the clouds that come between awareness and the sensations and emotions to create feelings dulling the awareness (i.e. experience) of sensations and feelings. Before the activation of thought in egoic Power Consciousness, sensations and emotions were not contaminated and veiled by thought. There is no egoic activity of thinking and feeling in the pre-egoic stages of Survival and Pleasure. Thinking creates an imaginary future and a remembered past that expels one from the Eternal Here and Now and the proverbial Garden of Eden into the there and then. Words dull and cloud the actual sensations and emotions from consciousness. Psychedelics temporarily regresses one back to the pre-egoic stages of Survival and Pleasure classes by shutting down the thinking brain and returning one to the proverbial Garden of Eden.

Resisting and identifying are egoic processes that finite consciousness has become lost in. Finite consciousness is initially lost in sensations in pre-egoic Survival Consciousness, and then lost in emotions and embedded sensations in pre-egoic Pleasure Consciousness. Finally, finite consciousness (i.e. the screen) becomes lost in thoughts, feelings, emotions, and sensations (i.e. the movie) in the egoic mind stages of Power, Social, and Actualization Consciousness. Thinking and feeling veils and clouds the underlying emotions and sensations. In Vipassana meditation, one simply focuses on the sensations of breathing and returns to the breath whenever a thought, feeling, emotion, or other bodily sensation

comes up. By returning awareness to the breath one loses one's mind and comes to one's senses. Meditation has no doubt reduced my thinking by over 95%. "The mind (i.e. thinking) is a terrible master but a wonderful servant." Finite consciousness—lost in the fantasies and memories of thinking—loses contact with the actual sensations and emotions of the here and now. Both meditation and psychedelics are an attempt to lose one's mind and come to one's senses. While psychedelics are only a temporarily fix, mediation provides a permanent solution.

Years ago while doing an intensive breathing exercise I experienced a past life as an Indian beggar and another time, while on psychedelics, I experienced switching bodies with someone momentarily. If these were real or only imagined I have no idea. There is no way to determine the validity of either experience. The only thing that any longer appears absolutely certain to me is that I Am finite consciousness, and if there is a Supreme Being of some sort the one characteristic that everyone can agree upon is that this Supreme Being is also conscious and can best be understood as infinite consciousness. A relentless lifelong search has led me to the conclusion that if there is infinite consciousness finite consciousness in all its manifestations is one with infinite consciousness. Therefore, it no longer matters if the previous experiences were real or imagined. It has become a moot point. Ultimately, there is no there and then, there is only the Eternal Here and Now. All else are one's memories or one's imagination, simply the dead past or the unborn future. The present moment is no longer a means to an end and is an end in and of itself.

## A Final Review

To review, in the pre-egoic stages first there are sensations in Survival Consciousness and emotions in Pleasure Consciousness. Finite consciousness merges into sensations in Survival Consciousness and becomes lost in sensations and merges into emotions in

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

Pleasure Consciousness, and is then lost in emotions. In the initial pre-egoic stages of Survival and Pleasure Consciousness there's no resistance, identification, feelings, or thoughts just consciousness lost in sensations and emotions. Then, in the egoic stages of Power, Social, and Actualization Consciousness finite consciousness interfacing with thoughts becomes lost in not only uploaded sensations and emotions, but also thoughts and feelings (i.e. the interaction of thoughts with emotions and sensations).

Representational thinking creates both resistance and identification in egoic Power Consciousness. Words are symbolic representations of sensations and emotions. For example, the word apple is a representation of the visual, olfactory, gustatory, tactile sensations and emotional responses to the various sensations that is called apple. Obviously, the word apple compared to the complex rich sensory and emotional experiences pales in comparison. When language is overlaid across one's senses and emotions one is expelled from the Garden. All the adjectives in the world cannot do justice to one's senses and emotional responses to one's senses. As mentioned, psychedelics temporarily shuts down the thinking brain opening, "the doors of perception," allowing for a brief sojourn back to the Garden. Adjectives and adverbs are used in a somewhat futile attempt to bring back some of the sensations and emotions that are lost in linguistic representation. The word fruit is an even poorer conceptual representation of a collection of fruits that includes apple.

For an example of a verb instead of a noun, let us use the word run. Run is a linguistic representation of an observed, remembered, or imaginary behavior. Psychedelics became popular in the sixties because initially these drugs have the ability to temporarily shut down the thinking brain and regress finite consciousness temporarily back to the pre-egoic stages of Survival and Pleasure Consciousness. Over time, however, the thinking brain is able to reawaken and one again resume its dominant role over feelings, emotions, and sensations. Regardless of the increasing amounts of

any substance imbibed, thinking reestablishes itself and finite consciousness is once again back and one is expelled from the Garden.

With thinking, humans are expelled from the Garden. Since other animals cannot think or feel (i.e. using Conscious Template's definition of thinking or feeling) there is neither the egoic activity of resistance nor identification in animals other than humans. Humans are the only animal capable of identifying, resisting, thinking, and feeling (i.e. sensations and emotions contaminated by thinking). I am not saying that animals with an emotional brain don't feel, or that animals without an emotional brain don't sense. What I am saying is that other animals do not have representational thinking and are, therefore, incapable of thinking and feeling. Humans are the only animal outside of the Eternal Now of the Garden in time.

No other animal spends most of their time wanting to be somewhere else, doing something else and being with someone else. Only humans use the present moment as a means to an end. The finite consciousness in other animals with an emotional brain is aware of emotions and sensations but not thoughts or feelings. The finite consciousness of other animals further down evolutionarily, without an emotional brain, is only aware of sensations. Without a thinking brain for emotions and sensations to be turned into feelings—once again using Conscious Template's definition of feelings and thinking—animals other than humans do not feel or think. That said, the finite consciousness in all life forms sense and in birds, marsupials and mammals emote.

Finite consciousness is limited by the mind-body to four dimensions (i.e. height, width, depth and time). According to mysticism, the pineal gland that produces DMT (i.e. a psychedelic) is associated with post-egoic Realization Consciousness, and is the doorway to other dimensions. From the late-sixties to the early to mid-seventies I focused on shamanism and the use of psychedelics to explore these other dimensions and realms of consciousness. After attending a music festival in the early-seventies, however, I became so disillu-

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

sioned with what I saw at the festival and the rampant abuse of drugs that I became interested in meditation and eventually lost my interest in shamanism and psychedelics and became interested in meditation, instead. Later on, at a meditation retreat in the mid-seventies at the Lama Foundation in the Sangre de Christo Mountains of New Mexico I found myself listening to Ram Dass explaining the chakras one starry night. That began a life long interest in the chakra model.

The problem is that none of the books on the chakras could agree on the timings and characteristics of the chakras. I later included the chakra model as one of the twelve primary domains/theoretical models that made up Conscious Template meta-theory. Triangulating the chakra model with over eleven other primary domains/theoretical models allowed me to determine the specific timings and characteristics of the various chakras that the various books disagreed on. Once again, a domain is more inclusive than a theoretical model. For example, psychology is best understood as an inclusive domain that is made up of many less inclusive theoretical models (a.k.a. paradigms). Freudian psychology, Gestalt, Rational Emotive Therapy, Behaviorism and a host of other of psychology would be considered theoretical models within the more inclusive domain of psychology. The various religions are smaller theoretical models that are included in the domain of religion.

By the mid-seventies, I had come to the conclusion that shamanism and psychedelics had originated and were both focused on pre-egoic first and second chakra and was situated on the border of the 3rd/4th chakra. This insight I later incorporated into creating Conscious Template. Years later I also figured out that the sensate meditations of Mind-One Power Consciousness and the meta meditation of Mind-Two Social Consciousness had originated in the East and were being uploaded in the West during the sixties/seventies into the later stages for personal growth in Mind-Three Actualization Consciousness and to transcend ego in post-mind Realization Consciousness. Prior to then, prayer had taken center stage in Power

and Social Consciousness in the West. In the mid seventies I attended a meditation retreat at a Catholic monastery where Buddhist monks were teaching Catholic priests how to meditate.

I continued using the various tools of sensate meditations of Power Consciousness, the meta meditation of Social Consciousness, and EEG biofeedback and the technology of Actualization Consciousness on the indirect path in the post-egoic stages with diminishing returns. Awakening was as elusive and ephemeral as when I began. It took me awhile to figure out why. I stopped any sitting practice and switched to simply being aware of being aware. Ironically this is called mindfulness. Mind in more modern day spiritual writings is generally thought of as the egoic activity of thinking and the brain as the physical construct. The reason that it is called mindfulness is that in the past being mindful in Zen meant being aware. So in the ancient Zen scriptures when being mindful was used in more current writings being conscious would more likely be used. While living in the Cotswolds in England I noticed signs that read "Mind Your Head" in the low ceilings of ancient taverns.

Years later, I learned that being aware of being aware was associated with the inward-direct path. I was beginning to understand that who I Am is consciousness when I found Rupert and the inward-direct path a few years ago (2019). Instead of finite consciousness, focusing outwardly on thoughts, feelings, emotions, and sensations finite consciousness had turned around and had begun to focus inwardly on itself. And with this, there was the realization that I Am not the thinking, feelings, emoting, and sensing but finite consciousness in post-egoic Realization Consciousness.

Think of the movie the *Matrix*. Finite consciousness is experiencing a kind of simulation created by thoughts, feelings, emotions, and sensations. Understand, that finite consciousness cannot experience existence directly, only indirectly. Existence can only be experienced by finite consciousness as the biochemical/bioelectrical activity of the mind-body. Finite consciousness isn't experiencing the external

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

world, but the biochemical/bioelectrical activity in the brain. This is why finite consciousness can experience sensations in one's imagination or memory. The brain uses imagination or memory to recreate the same biochemical/bioelectrical activity that the senses created. This a rather difficult and abstract idea to understand, but finite consciousness cannot experience—nor has it ever experienced—the outside world. What is being experienced is the biochemical/bioelectrical activity of the internal world. Humans experience a very different set of realities than other animals, the likes of which we will never know.

Thinking becomes increasingly complex and sophisticated in egoic Social and Actualization Consciousness. Like clouds blocking out the sun, emotions and sensations are veiled by thoughts and are turned into feelings. With thinking, humans are expelled from the Garden in Mind-One Power Consciousness. Finite consciousness becomes lost in thoughts. Instead of sensations and emotions, finite consciousness is increasingly experiencing the linguistic representation of sensations and emotions. Instead of the sensory experiences of an apple, the linguistic word apple is overlaid across the sensory experience veiling the sensory experience. One isn't experiencing the world through, "the eyes of a child," in pre-egoic Survival and Pleasure Consciousness, but through a cloud of words that represent and veil the sensations and emotions.

Affect is the innate uncaused eternal love, peace, and happiness that is inextricably entwined with consciousness and veiled by thoughts. Also called, "the love that passeth all understanding." Finite consciousness in the egoic stages of Mind-One, Two, and Three of Power, Social, and Actualization Consciousness on the outward-indirect path focuses outward on thoughts, feelings, emotions, and sensations to create discipline and/or increased focus and attention. In the initial egoic stage of Mind-One Power Consciousness, discipline and effort are needed. With the acquisition of discipline in Mind-One Power Consciousness, surrender and flow are possible in the next egoic stage of Mind-Two Social Conscious-

ness, and a shift from sensate meditations to meta meditation (i.e. meditation focused on emotions).

Calming the mind-body through meditation in the egoic stages is particularly helpful in reaching the post-egoic stages, helpful... but not absolutely necessary. There are other disciplines such as hatha yoga, ballet, playing a musical instrument, and even crocheting that will calm the mind-body. At a lecture Ram Dass was once told by a little old lady, who had been sitting in the front row crocheting during his lecture, that she had experienced everything he had attributed to meditation through crocheting. Awakening in the post egoic stages is infinitely easier and ubiquitous and is maybe just some old lady that everyone in the family loves... who loves to crochet. By resolving unresolved issues in the earlier stages of consciousness the ego is polished up in the final egoic stage of Mind-Three Actualization Consciousness. This is also called cooking uncooked seeds.

In comparison to the outward-indirect path of yoga and tantra the inward-direct path of vedantic is used less in the post-egoic mind stages of Power, Social, and Actualization Consciousness. As mentioned, Ramana Maharshi used the direct-inward path to become enlightened from egoic Power Consciousness before getting into the later egoic stages of consciousness. Although married, he was a celibate monk who dressed in a loin cloth, never had children and was worshipped as a guru. The neti neti process in Power Consciousness seems to have limited finite consciousness to the characteristics of the egoic stage that the enlightenment occurred. In other words, one would have the outward characteristics (e.g. curiosity, sexuality, interests) associated with that stage of consciousness that one became enlightened in.

Once again, compare Ramana Maharshi becoming enlightened in egoic mythological Power Consciousness to someone like Rupert Spira who is married, has a child, is apparently sexually active, was an artist, lives in Oxford, has traveled the world, and sees his students as his friends and became enlightened in the post-egoic

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

stages of Realization and Integration Consciousness. Awakening in the post-egoic stages is infinitely easier and is perceived as nothing extraordinary. Awakening in egoic Power Consciousness is so difficult in comparison that one is seen as a God or at least the Son of God. And in egoic Social and Actualization Consciousness it doesn't appear significantly easier.

Enlightenment in Power Consciousness is inevitably shrouded and drenched in the mythology of Power Consciousness that spills over into Social Consciousness. This can be seen in the teachings of Buddha or Christ. Someone who has made it into Mind-Two Social Consciousness may still hold unto the mythology of Power Consciousness that Christ or Buddha is shrouded and wrapped up in. There are a number of saints that appears to have been enlightened. Awakening is dramatic, and experienced as being something extraordinary in both egoic Power and Social Consciousness, as something much less extraordinary in egoic Actualization Consciousness and in the post-egoic stages of Realization and Integration Consciousness as nothing extraordinary at all. Awakening is dramatically easier in the post egoic stages.

Separating consciousness out of thinking in post-egoic Realization Consciousness is the realization that I Am finite consciousness. This isn't the I am of the egoic activity of thinking and feeling of egoic Power, Social, and Actualization Consciousness but the I Am of finite consciousness in the post-egoic stage of Realization Consciousness. Once again, think of this as enlightened duality. This is a necessary step in post-egoic Realization Consciousness to untangle finite consciousness that had been lost in the selective identification and resistance to thoughts, feelings, emotions, and sensations in the egoic stages. With this realization, an understanding arises in the post-egoic stage of Integration Consciousness that finite consciousness pervades, permeates, and contains thoughts, feelings, emotions, and sensations and is made up of infinite consciousness. Christ's proclamation, "The Father and I are One," illustrated this next step. Think of this as non-dual enlighten-

ment. Once again, like the currents of the sea being made up of the sea, everything is made up of infinite consciousness.

To summarize, finite consciousness in the pre-egoic pre-mind stages of Survival and Pleasure Consciousness is lost in sensations in Survival Consciousness and emotions in Pleasure Consciousness. The inward-direct path of neti neti (i.e neither this nor that) is instinctual in the pre-egoic stages of Survival and Pleasure Consciousness to differentiate objects and others from finite consciousness. In the egoic mind stages of Power, Social, and Actualization Consciousness finite consciousness also becomes lost in thoughts and feelings. Finite consciousness is lost in experiences. In the egoic stages, thinking creates resistance and identification. While the outward-indirect path is dominant in the egoic stages of Power, Social, and Actualization consciousness to reduce resistance to thinking, feelings, emotions, and sensations the inward-indirect path becomes dominant in the post-egoic stage of Realization Consciousness to eliminate identification (i.e. not this not that) to thoughts, feelings, emotions, and sensations and to identify with finite consciousness instead. Once identification to thoughts, feelings, and emotions is eliminated and identification to finite consciousness is complete, then understanding arises in Integration Consciousness that I Am infinite consciousness that includes not only finite consciousness but everything in Existence including thinking, feeling, emoting, and sensing. Thinking, feeling, emoting, and sensing are activities of infinite consciousness. Experiences are now lost in consciousness.

With meditation being so popular during the seventies I originally thought meditation had originated in post-egoic Realization Consciousness and had been downloaded somehow into egoic Power Consciousness. Then, while on an extended visa run to Sri Lanka I realized meditation is being uploaded from the East from Mind-One Power and Mind-Two Social Consciousness to resolve unresolved issues for personal growth in Mind-Three Actualization Consciousness and transcend ego in post-egoic Realization

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

Consciousness. This was a major insight. This meant that it was appropriate and useful to teach sensate meditation to children between the ages of two and seven in the developmental stage associated with Power Consciousness. Ideally, meditation should be taught as an adjunct to martial arts. Without the meditation training there is the potential that the martial arts training will be used for offense instead of defense. Since metta meditation arose in Mind-Three Social Consciousness, it is advised that meditating on emotions or affect be taught after the age of seven.

I have only been on the direct-inward path for about three years, after having traversed the outward-indirect path for around forty-three years and the shamanic path for almost six years. I had come to what felt like a dead end on the outward-indirect path. Awakening seemed like an impossible task in this lifetime. As mentioned, I started in shamanism and psychedelics in the sixties, tried yoga, switched to yogic meditations, visited India, dabbled in the martial arts, shifted to tantra, immersed myself in the technology of peripheral and EEG biofeedback for almost three decades, and returned to India for almost twelve years. Awakening seemed elusive and something rare and extraordinary and then, a few years ago, after returning to the States to launch my books and manuals I stumbled upon the inward-direct path and realized and understood that awakening is nothing rare or extraordinary at all.

Although discovering the direct-inward path was a fortunate event, it took another three years to integrate it into Conscious Template. I was planning on having the books and manuals finished before now (2022). If I had found the direct-inward path when I began my journey things would have turned out very differently. My journey would not have taken so many twists and turns. Without the twists and turns, however, I would not have had the depth of understanding of the outward-indirect path to pass on in the books. It is as it is. I suggest that you, the readers, embrace both from the beginning. Switch back and forth. Read the Conscious Template manual and book for a simpler, deeper, and clearer understanding of how

this is done. The discipline of the outward-indirect path is essential for calming one's mind to reduce resistance, and the understanding of the inward-direct path is crucial in working with one's identification. The two paths overlap. Reducing and eliminating resistance impacts identification, and altering one's identification reduces and eliminates resistance.

Once again, as finite consciousness merges into the pre-egoic stage of Survival and Pleasure Consciousness finite consciousness is lost in sensations and emotions. Becoming lost in thoughts in the egoic mind stage of Power Consciousness, finite consciousness is expelled from the Garden. In the egoic stages of Power, Social, and Actualization Consciousness finite consciousness is lost in the I am of thinking, feeling, emoting, and sensing. In the pre-egoic and egoic stages, consciousness is lost in experiences. In post-egoic Realization Consciousness, there is the realization that I Am not thoughts, feelings, emotions, or sensations but finite consciousness which is part of infinite consciousness. In the post-egoic stages experiences are lost in consciousness. The wave becomes the ocean. Finite consciousness is back in the Garden. In the final stage of Integration Consciousness, understanding that everything—including thoughts, feelings, emotions, and sensations—is made up of infinite consciousness; the ocean becomes the wave. This understanding was expressed by Christ with, “I Am the All. Split wood, I Am there. Lift up a stone and you will find Me there.” Consciousness is not simply back in the Garden, it is the Garden. “I Am the Alpha and the Omega, the First and the Last, the Beginning and the End,” Christ. I Am That, You are That, Everything is That, and that’s That.

To recap, I began my search for truth in childhood in the hell and damnation of Old Testament Christianity, associated with egoic Power Consciousness. By the time I was nine years old I was having panic attacks and an ulcer from pondering eternal damnation. While attending college I switched to shamanism and psychedelics during the sixties, on the border of pre-egoic Pleasure/egoic Power Consciousness. I majored in the hard sciences, associated with scienc-

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

tific Actualization Consciousness for my first five years of college and then switched to the soft sciences of psychology, associated with both Social and Actualization Consciousness for another five years. In the mid-seventies was when I became interested in meditation on the outward-direct path, associated with egoic Power and Social Consciousness and went to India in the late seventies.

I began working in crisis intervention in the emergency room of a psychiatric hospital and later switched to working as a hospice therapist. As a therapist, I became interested in peripheral biofeedback in the late seventies. With the birth of my daughter I stayed home with my two children as a full time house husband and attended post graduate training at the Gestalt Institute in group therapy for three years. In the early nineties I became interested in EEG biofeedback, associated with egoic Actualization Consciousness. I opened up the Counseling Education and Meditation Center in the eighties, and when I got into EEG biofeedback in the early nineties and renamed my center the Neurotherapy Counseling Center. EEG biofeedback is similar to meditation on steroids and training wheels. I returned to India in 2006, and lived out of the country for about twelve years while working on several books. I returned to America in the fall of 2018 to finish up and launch the books and manuals. In 2022 I finally launched the books and manuals.

# 1. Primary Characteristics

**E**ach stage of consciousness has a different defining primary motivating drive.

First, check the boxes for the types of drive that are true (or mostly true) or false (or mostly false) for you.

Secondly, go back (i.e. 1 through 7) and rank the order of the drives (i.e. 1 through 7) that motivate you. The earlier stages and their motivating drives are inclusive and embedded in the later stages of consciousness, and are active to some degree or other. The primary motivating drives cannot be downloaded or uploaded into another stage of consciousness. There is nothing scientific in regards to these quizzes. They are simply questions pertaining to particular characteristics that correlate with specific stages of consciousness. Correlating this with that using inductive reasoning to connect the dots does not indicate causality. Only scientific studies, based on the scientific method, that employ deductive reasoning and abstract logic can indicate causality.

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

### Stages of Consciousness According to the Primary Motivating Drive

- 1) True [ ] False [ ] Rank [ ] Yang Survival Consciousness: I am conscious of being motivated and driven by survival. I am preoccupied by thoughts of preventing death, injury and/or disease. I am aware of my senses. I enjoy extreme sports that bring me to my senses. I consider myself a survivalist.
  
- 2) True [ ] False [ ] Rank [ ] Yin Pleasure Consciousness: I am conscious of being motivated and driven by pleasure. I am aware of my emotions. Food and/or sex are very important parts of my life. I am playful, creative, and imaginative but non-competitively.
  
- 3) True [ ] False [ ] Rank [ ] Yang Power Consciousness: I am conscious of being motivated and driven by power. I am competitive. I keep score when I play and I play to win. I feel shame when I lose or fail. When I do something for someone, I expect them to reciprocate. I like to be acknowledged.
  
- 4) True [ ] False [ ] Rank [ ] Yin Social Consciousness: I am conscious of being motivated and driven to help others. I will help others, even at my own expense. I am altruistic and I don't expect others to reciprocate. I am willing to suffer and sacrifice for others. I feel guilt when I let others down.
  
- 5) True [ ] False [ ] Rank [ ] Yang Actualization Consciousness: I am conscious of being motivated to actualize my ego (i.e. actualization of self). I am interested in personal growth, changing my beliefs, changing my personality, self-determinism, and individualization. I

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am conscious of being motivated and driven to understand, even if it invalidates my conditioned beliefs. Science interests and fascinates me. I want to know how things work. Doubt is a virtue. I value being reasonable and rational. I have my doubts regarding spirituality.

6) True [ ] False [ ] Rank [ ] Yin Realization Consciousness: I am conscious of being motivated and driven to transcend my ego (i.e. realization of Self). Not existing appeals to me. I am no longer interested in merely consoling my ego. The internal world is primary, and the external world is of secondary importance. I am no longer interested in using the now as a means to an end. The only salvation there is resides in the here and now. I realize that I am finite consciousness that is part of infinite consciousness and not the egoic activities of thinking, feeling, emoting, and sensing. Ego is like a change of clothes, useful but not who I really am.

7) True [ ] False [ ] Rank [ ] Yang Integration Consciousness: I am non-judgmental and I am able to recognize and honor the truths of the different drives without emotional judgement or reaction. It isn't better to be in one stage of consciousness than another. I identify with all of Existence.

True [ ] False [ ] I have a strong center of gravity in one drive. If this is checked as true, my center of gravity would be in ( ) \_\_\_\_\_ - Consciousness for drives.

The rank order for drives is [ ] [ ] [ ] [ ] [ ] [ ]

## 2. Secondary Characteristics

### 1) Stages of Consciousness According to One's Curiosity

**E**ach stage of consciousness has a different curiosity. First, check the boxes for the types of curiosities that are true (or mostly true) or false (or mostly False) for you.

Secondly, rank the order of those curiosities. The various curiosities are embedded in the later stages of consciousness and are not exclusive of each other.

1) True [ ] False [ ] Rank [ ] Survival Consciousness: I am curious about who can support and/or help me. I am interested in remembering the names of people. I live in the here and now. I don't think about the past or future. I am primarily aware of sensations.

2) True [ ] False [ ] Rank [ ] Pleasure Consciousness: I am curious about what is pleasurable. I am good at remembering names and nouns. I live in the here and now. I don't concern myself with the

past or the future. I tend to be impulsive. I am primarily aware of emotions. I am interested in being creative.

3) True [ ] False [ ] Rank [ ] Power Consciousness: I am curious about the question of where and where things are. I am interested in geography and I find maps interesting. Although I tend to live in the present, I am more focused on the past than the future. I find history interesting, especially mythology. If I am upset, I am more prone to depression than anxiety. Today takes priority. Celebrities fascinate me.

4) True [ ] False [ ] Rank [ ] Social Consciousness: I am curious about the question when and when things need to be done. Being on time is important. I am more interested in the future and I can be anxious for no apparent reason. I am interested in the soft sciences (e.g. sociology and psychology). I have a broad interest that spans many domains. I am interested in how things are interconnected.

5) True [ ] False [ ] Rank [ ] Actualization Consciousness: I am curious about the question of how and how things work. I am interested in the hard sciences (e.g. biology and physics). I am more interested in one particular domain (i.e. area of interest). I am more of a specialist than a generalist. I am more interested in the future than the past. I find science fiction interesting. If proven wrong, I am willing to question, change, and/or abandon any of my biases or beliefs. I am skeptical of religion or spirituality.

6) True [ ] False [ ] Rank [ ] Realization Consciousness: I am attracted to the notion of suchness (i.e. it is as it is). Science may be able to explain how, but I find myself attracted to silence instead of words. I

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

am interested in spirituality, not intellectually but emotionally and sensationally.

7) True [ ] False [ ] Rank [ ] Integration Consciousness: I am curious about everything. I am more of a generalist than a specialist. It is not only the how of science that I pursue, I am also curious about the existential why behind it. The why more aligned with spirituality. Science may explain how everything evolved, but not why it evolved. I recognize and honor the truths and curiosities of the different stages of consciousness.

True [ ] False [ ] I feel that I have a strong center of gravity in one type of curiosity. If this is checked true, that center of gravity would be in ( ) \_\_\_\_\_ Consciousness for curiosity.

Rank order for curiosity (if applicable) is

[ ] [ ] [ ] [ ] [ ] [ ]

## 2) Stages of Consciousness According to Dependency

Each stage of consciousness has a different dependency.

First, check the boxes for the types of dependencies that are true (or mostly true) or false (or mostly false) for you.

Secondly, rank the order for the types of dependencies in your life. Although the stages of dependency are embedded, they are somewhat exclusive of each other from one stage to the next.

1) True [ ] False [ ] Rank [ ] Survival Consciousness: Note: with severe dysfunction, one may not be aware of being dependent (e.g. late

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stage Alzheimer's or psychosis). I do not want to be dependent on anyone or the government. It is the survival of the fittest.

2) True [ ] False [ ] Rank [ ] Pleasure Consciousness: I am conscious of being dependent on others. I am comfortable being dependent on others. I like being dependent on others. I enjoy attention. I am good at helping others.

3) True [ ] False [ ] Rank [ ] Power Consciousness: I am conscious of being anti-dependent. I do not like owing a favor to anyone. I like delegating and having assistants or servants. I enjoy being waited on and having others do things for me. I enjoy having power over others. I am good at coaching.

4) True [ ] False [ ] Rank [ ] Social Consciousness: I am conscious of being co-dependent. I like doing things for others. Neither do I like, nor am I good at delegating. I do not enjoy being waited on and having others do things for me. I like being considerate. I am good at supporting others.

5) True [ ] False [ ] Rank [ ] Actualization Consciousness: I am conscious of being independent. I do not like being dependent on anyone or anyone being dependent on me. I am good at managing others, but I don't enjoy telling people what to do. I am good at teaching.

6) True [ ] False [ ] Rank [ ] Realization Consciousness: I am conscious of being interdependent. If someone is unwilling to provide what I

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

need or want, I will simply seek what I need or want elsewhere. I am neither jealous nor possessive. I am good at mentoring.

7) True [ ] False [ ] Rank [ ] Integration Consciousness: I am non-judgmental and I am able to recognize and honor the truths of the different stages of dependency.

True [ ] False [ ] I have a strong center of gravity in one level of dependency. If this is marked true, the type of gravity would be in ( ) \_\_\_\_\_ Consciousness for dependency.

The rank order for dependency (if applicable) is

[ ] [ ] [ ] [ ] [ ] [ ]

### 3) Stages of Consciousness According to One's Sexuality

Each stage of consciousness has a different sexuality.

First, check the box for the type of sexuality that is true (or mostly true) or false (or mostly false) for you.

Secondly, rank the order of any sexuality that may characterize you. The embedded stages of sexuality tend to be inactive and/or exclusive of each other.

1) True [ ] False [ ] Rank [ ] Survival Consciousness: I do not particularly enjoy or get any significant pleasure from sex. I am driven by lust. Sex is simply a release of extra energy. Sex should only be done for procreation (i.e. survival of the species).

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2) True [ ] False [ ] Rank [ ] Pleasure Consciousness: I am neither jealous nor possessive. As long as I am sexually attracted to the person, I am fairly indiscriminate and promiscuous. I am comfortable with casual sex. I feel neither guilt nor shame. Sex is pleasurable. I fall in and out of love easily. I enjoy recreational sex. I am auto-erotic and often prefer masturbation.

3) True [ ] False [ ] Rank [ ] Power Consciousness: I am jealous and possessive. I do not want my sexual partner to have sex with anyone else, but I will have sex with others if the opportunity presents itself. I have no intention of letting my sexual partners know about my sexual relationships with others. I am turned on by being dominated or dominating and I could be attracted to S&M and/or anal sex. I am more interested in my sexual pleasure than the other's sexual pleasure. I am comfortable with casual sex. I feel shame if exposed for violating external social norms. Men and women cannot be friends.

4) True [ ] False [ ] Rank [ ] Social Consciousness: I am jealous and possessive, but I have no need to be because my spouse and I are only sexual with each other in a committed, exclusive, honest relationship. Monogamy and/or celibacy are equally valued for both men and women. Marriage is for, "better or worse, in sickness and in health, till death do us part." Although I can be neither emotional nor physically intimate with more than one person at a time, I can be intellectually intimate with more than one person of the opposite sex or the same sex (i.e. if gay or lesbian). Sex can be beautiful only between two committed sexually exclusive individuals. I am more interested in my partner's sexual pleasure than my own. I feel guilt if I violate my internal values.

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## Conscious Template Self-Evaluation Quiz for Becoming Conscious

5) True [ ] False [ ] Rank [ ] Actualization Consciousness: I am somewhat jealous and possessive, but knowing my sexual partner is my friend reduces my jealousy and possessiveness. I have exclusive sex with only one person at a time, but it would be illogical and irrational to stay in a relationship if I were unhappy. Nevertheless, I am still hopeful that I will find and/or stay in a long term, committed, happy relationship “till death do us part.” I can be emotionally and intellectually intimate with more than one person at a time, but if I am in a serious relationship I can only be physically intimate with one person at a time. I am equally interested in the other’s sexual pleasure. Shame and guilt are illogical and irrational.

6) True [ ] False [ ] Rank [ ] Realization Consciousness: I am neither jealous nor possessive. An open relationship is okay with me. If I have an open relationship, however, I expect everyone to be open, honest, and transparent with each other. Unless I care and love the other(s) and consider them to be friends, I wouldn’t be interested in having sex with them. I am not interested in casual sex. I can be emotionally, psychologically, spiritually, and physically intimate with more than one person at a time. Relationships are to make one conscious, not happy. I am interested in tantra and extended sex spiritually.

7) True [ ] False [ ] Rank [ ] Integration Consciousness: I am non-judgmental and I am able to recognize and honor the truths of the different stages of sexuality.

True [ ] False [ ] I have a strong center of gravity in one level of sexuality. If this is checked true, my center of gravity would be in ( )  
\_\_\_\_\_ Consciousness for sexuality.

The rank order for sexuality (if applicable) is

[ ] [ ] [ ] [ ] [ ]

#### 4) Stages of Consciousness According to Friendship

Each stage of consciousness has a different friendship.

First, check the boxes for the types of friendships that are true (or mostly true) or false (or mostly false) for you.

Secondly, rank the order of the types of friendships in your life. The embedded stages of friendships are more or less active and inclusive i.e. individuals in the later stages of consciousness have acquaintances, family members, alliances and allegiances, close loyal friends etc.

1) True [ ] False [ ] Rank [ ] Survival Consciousness: I have no friends, just acquaintances that help me get by and survive.

2) True [ ] False [ ] Rank [ ] Pleasure Consciousness: I have lots of friends, but no real close friends. The only people that one can depend on are immediate family.

3) True [ ] False [ ] Rank [ ] Power Consciousness: Friendship is based on alliances and allegiances of the same sex. As long as a relationship benefits me, I am interested in maintaining and continuing that relationship. Friendship really cannot exist between the sexes. The only people that one can depend on are immediate and extended family.

4) True [ ] False [ ] Rank [ ] Social Consciousness: I am a loyal and dependable friend. I am willing to suffer, sacrifice, and go out of my way for a friend. If one is in a serious committed relationship,

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

emotional or physical intimacy with the opposite sex is inappropriate, but intellectual intimacy is OK.

5) True [ ] False [ ] Rank [ ] Actualization Consciousness: There has to be a balance in the giving and taking in a relationship. Fairness and reciprocity are important. I am willing to go out of my way and inconvenience myself for a friend, but suffering and sacrifice is illogical and irrational. If one is in a serious committed relationship physical intimacy with the opposite sex is inappropriate, but intellectual or emotional intimacy is okay.

6) True [ ] False [ ] Rank [ ] Realization Consciousness: There is no salvation through relationships. One cannot find fulfillment through a relationship. Relationships are to make one more conscious, not fulfilled. Except for children, no one knows what is best for someone else. Accepting others as they are and not wanting to change them or fix them but instead accepting them as they are is the only sane way to be in an adult-adult relationship. Treating adults as children and children as adults creates dysfunctional relationships. One can protect oneself from others, but one cannot change anyone except oneself.

7) True [ ] False [ ] Rank [ ] Integration Consciousness: I am non-judgmental and I am able to recognize and honor that friendship is appropriately different in different stages of consciousness.

True [ ] False [ ] I have a strong center of gravity in one level of friendship. If this is checked true, my center of gravity would be in ()  
\_\_\_\_\_ Consciousness for friendship.

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The rank order for friendship (if applicable) is

[ ] [ ] [ ] [ ] [ ]

## 5) Stages of Consciousness According to Who One Identifies With

Each succeeding stage of consciousness, starting with Pleasure Consciousness, identifies with a larger and more inclusive group of people.

First, check the boxes for the types of identity that are true (or mostly true) or false (or mostly false) for you.

Secondly, rank the order of who one identifies with in your life. Although the embedded stages of who one identifies with tend to be inclusive and active, one identifies primarily with one's primary stage of consciousness and who one identifies with may or may not be active in the later stages of consciousness.

1) True [ ] False [ ] Rank [ ] Survival Consciousness: Undifferentiated oneness associated with infancy.

2) True [ ] False [ ] Rank [ ] Pleasure Consciousness: I identify with my immediate family.

3) True [ ] False [ ] Rank [ ] Power Consciousness: I identify with my tribal origin and extended family. I have certain sports teams that I identify with and watch. I identify more with sports teams than individual sports, and with my state more than my country.

4) True [ ] False [ ] Rank [ ] Social Consciousness: I identify with my country. I am patriotic.

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

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5) True [ ] False [ ] Rank [ ] Understanding Consciousness: I have an international identity. I identify with others who share my career or interests, no matter what country of origin they may be from.

6) True [ ] False [ ] Rank [ ] Self-Realization Consciousness: I am eco-global in my identity. We are all on this planet spaceship, Earth, together.

7) True [ ] False [ ] Rank [ ] Integration Consciousness: I identify with all of existence. I have a universal identity.

True [ ] False [ ] I have a strong center of gravity in one level of identity. If this is checked true, my center of gravity would be in ( )  
\_\_\_\_\_ Consciousness for identity.

The rank order for identity (if applicable) is

[ ] [ ] [ ] [ ] [ ] [ ]

### 6) Stages of Consciousness to What One Identifies With

What one identifies with depends on their stage of consciousness. Until Realization Consciousness, what one identifies with is generally embedded, inclusive, and active.

First, check the boxes for what is true (or mostly true) or false (or mostly false) for you.

Secondly, rank the order of what you identifies with. Except for post-mind Realization and Integration Consciousness, the embedded stages of what one identifies with are generally more or

less active and inclusive. Post-mind stages of Realization and Integration Consciousness are not identified with thoughts, feelings, emotions, or sensations.

1) True [ ] False [ ] Rank [ ] Survival Consciousness: I am identified with my senses.

2) True [ ] False [ ] Rank [ ] Pleasure Consciousness: I am identified with my emotions

3) True [ ] False [ ] Rank [ ] Power Consciousness: I am identified with my thoughts, and especially with my beliefs - which I know are absolutely true.

4) True [ ] False [ ] Rank [ ] Social Consciousness: I am identified with thoughts, but my faith is more important than my beliefs. I like figuring out how things are connected.

5) True [ ] False [ ] Rank [ ] Actualization Consciousness: I am identified with deductive reasoning and abstract logic. I am skeptical of faith and religious beliefs.

6) True [ ] False [ ] Rank [ ] Realization Consciousness: I am identified with consciousness itself. I realize that I am not my sensations, emotions, feelings, or thoughts. I do not identify with thoughts, feelings, emotions, or sensations

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## Conscious Template Self-Evaluation Quiz for Becoming Conscious

7) True [ ] False [ ] Rank [ ] Integration Consciousness: I am identified with consciousness, but I also understand and honor how others identify with sensations, feelings, and thoughts.

True [ ] False [ ] I have a strong center of gravity in one level of identity. If this is checked true, my center of gravity would be in ( ) \_\_\_\_\_ Consciousness for identity.

The rank order for identity (if applicable) is

[ ] [ ] [ ] [ ] [ ] [ ]

## 7) Stages of Consciousness According to Parenting

Each stage of consciousness parents differently.

First, check the boxes for the types of parenting that are true (or mostly true) or false (or mostly false) for you.

Secondly, rank the order of the types of parenting in your life. The embedded stages of parenting tend to be somewhat exclusive.

1) True [ ] False [ ] Rank [ ] Survival Consciousness: Parenting is instinctual. I don't think about it.

2) True [ ] False [ ] Rank [ ] Pleasure Consciousness: Parenting is instinctual. I identify with liberal parenting. Generally, children need to be nurtured, taken care of, pampered, and spoiled. Until the child is a teenager, there should be very few boundaries. Until children are seven or eight years old, they should not have to do things for themselves. The family bed is appropriate for children, regardless of their age. Breast feeding is appropriate after the age of two. Note that patriarchal cultures in Power Consciousness don't parent children

from Power Consciousness, but from Pleasure Consciousness. The reason for this is that although the men in a patriarchal culture are generally in Power Consciousness the women who do virtual all the parenting are more in Pleasure Consciousness.

3) True [ ] False [ ] Rank [ ] Power Consciousness: Children need to see their parents as the boss and in charge. I believe in conservative traditional parenting. Children need love, but they also need discipline. Both positive and negative consequences are needed, and occasionally corporal punishment may be necessary. Children need be taught to follow simple positive commands without hesitation. Children lose respect for parents who repeat themselves. Reasoning with a child undermines the parent's authority. Children need to be taught manners, learn delayed gratification, and respect for their elders. Children also need to be taught how to take care of themselves. Children need to learn that they are obligated to do what they are told to do immediately, without hesitation or questions. Children need to be taught that they are children and that they do not have the same rights, privileges, or responsibilities as adults. The family bed is appropriate for only young children, before the age of two.

4) True [ ] False [ ] Rank [ ] Social Consciousness: I generally agree with the parenting associated with Power Consciousness. Overall, however, parenting should be gentler, less harsh, and with minimal corporal punishment and negative consequences. Time-out should be used instead. The family bed interferes with the husband-wife relationship and teaches the child poor boundaries. The family bed is only appropriate for infants. Infants should be kept in a cradle or bassinet next to the parents' bed. After six months, children should be moved to a crib. After the age of two, children should be moved to their own room.

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## Conscious Template Self-Evaluation Quiz for Becoming Conscious

5) True [ ] False [ ] Rank [ ] Actualization Consciousness: I generally agree with the conservative parenting model, but children should also be reasoned with. Corporal punishment needs to be eliminated and negative consequences should be minimized. Time-out and reasoning with children afterwards should be used instead. The family bed is inappropriate. Infants should be kept in a cradle or bassinet next to the parents' bed. Between six months and two years the child should be moved to a crib in the corner of the room. After the age of two, children should be moved to their own room. Breast feeding beyond the age of two is inappropriate.

6) True [ ] False [ ] Rank [ ] Realization Consciousness: I am a liberal parent. I am in agreement with most of Pleasure Consciousness parenting. Children should not be told no unless absolutely necessary because it stifles their creativity. Breast feeding until children want to quit is preferable to forced weaning. The family bed is healthy for children, even when they are older. Children should not be made to do something they don't want to do. If you treat children with respect, they will respect you in return. Only positive reinforcement should ever be used. Negative consequences and corporal punishment should never be used. Instead of time-out, *time-in* should be used where you hold the child and explain to them what they did was inappropriate and why. Children are innocent and want to please you.

7) True [ ] False [ ] Rank [ ] Integration Consciousness: I realize that each stage of childhood needs a different parenting model. Liberal and conservative parenting models are both needed at different stages.

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True [ ] False [ ] I have a strong center of gravity in one stage of parenting. If this is checked true, my center of gravity would be in ( ) \_\_\_\_\_ Consciousness for parenting.

The rank order for parenting (if applicable) is

[ ] [ ] [ ] [ ] [ ] [ ]

## 8) Stages of Consciousness According to Perception of self

Each stage of consciousness has a different perception of self.

First, check the boxes for the types of perception of self that are true (or mostly true) or false (or mostly false) for you.

Secondly, rank the order of the perceptions of self in your life. The embedded stages of self are generally active and inclusive.

1) True [ ] False [ ] Rank [ ] Survival Consciousness: My perception of self is a sensor.

2) True [ ] False [ ] Rank [ ] Pleasure Consciousness: My perception of self is a feeler.

3) True [ ] False [ ] Rank [ ] Power Consciousness: My perception of self is a doer.

4) True [ ] False [ ] Rank [ ] Social Consciousness: My perception of self is a lover.

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## Conscious Template Self-Evaluation Quiz for Becoming Conscious

5) True [ ] False [ ] Rank [ ] Actualization Consciousness: My perception of self is a thinker.

6) True [ ] False [ ] Rank [ ] Realization Consciousness: My perception of self is spirit (i.e. consciousness/Self).

7) True [ ] False [ ] Rank [ ] Integration Consciousness: I understand that the perception of self differs in each stage of consciousness. I understand that who I Am is consciousness.

True [ ] False [ ] I have a strong center of gravity in one perception of self. If this is checked true, my center of gravity would be in ( ) \_\_\_\_\_ Consciousness for perception of self.

The rank order for perception of self (if applicable) is

[ ] [ ] [ ] [ ] [ ] [ ]

## 9) Stages of Consciousness According to Religion and/or Spirituality

Each stage of consciousness has a different religion or spirituality.

First, check the boxes for the types of religion and/or spirituality that are true (or mostly true) or false (or mostly false) for you.

Secondly, rank the order of religion and/or spirituality. Except for Integration Consciousness, the embedded stages of religion and/or spirituality are generally inactive and exclusive.

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- 1) True [ ] False [ ] Rank [ ] Survival Consciousness: Except at funerals and/or when people die, religion and spirituality never cross my mind. My senses let me know what is true.
  
- 2) True [ ] False [ ] Rank [ ] Pleasure Consciousness: God is female. God is the creative feminine energy of existence. I feel connected to nature. Everything has spirit, and I am part of that spirit. My “feelings” let me know what is true.
  
- 3) True [ ] False [ ] Rank [ ] Power Consciousness: God is an all-powerful male being. Disobedience and refusing to surrender to God result in being separated, isolated, and banished from God’s presence. I feel bad *for* others when others are upset (i.e. sympathy). The fear of God is the beginning of all wisdom and knowledge. My beliefs let me know what is true. I believe God is justice. Doubt is a sin.
  
- 4) True [ ] False [ ] Rank [ ] Social Consciousness: God is all loving and all forgiving. God is a loving father. My faith lets me know what is true. I feel bad *with* others when others are upset (i.e. empathy). I believe God is love.
  
- 5) True [ ] False [ ] Rank [ ] Actualization Consciousness: I am skeptical and tend to question the existence of God and spirit. My reason and logic allow me to know what is true. I believe in science. Doubt is a virtue.
  
- 6) True [ ] False [ ] Rank [ ] Realization Consciousness: Consciousness is God. God and awareness are synonymous. I am aware of thoughts, feelings, and sensations and that aspect of me that is aware is the

## **Conscious Template Self-Evaluation Quiz for Becoming Conscious**

divine. I feel love for others when others are upset (i.e. compassion). My intuition lets me know what is true.

7) True [ ] False [ ] Rank [ ] Integration Consciousness: I honor religion and spirituality at all levels of consciousness.

True [ ] False [ ] I have a strong center of gravity in one stage of religion and/or spirituality. If this is checked true, my center of gravity would be in ( ) \_\_\_\_\_ Consciousness for religion and/or spirituality.

The rank order for perception of self (if applicable) is

[ ] [ ] [ ] [ ] [ ] [ ]

### **10) Stages of Consciousness According to Thinking**

Each stage of consciousness has a different thinking.

First, check the boxes for the types of that are true (or mostly true) or false (or mostly false) for you.

Secondly, rank the order of the thinking in your life. The embedded stages of self are generally active and inclusive.

1) True [ ] False [ ] Rank [ ] Survival Consciousness: I rarely think linguistically or pictorially. I am mostly aware of sensations. At times, I have a gut instinct about something that later proves to be correct. Most of the time I live in a world of sensations, or I space out.

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2) True [ ] False [ ] Rank [ ] Pleasure Consciousness: I rarely think linguistically. When I think, I think mostly pictorially. I empath other's feelings but often confuse their feelings for mine. Most of the time I live in a world of emotions, or I day dream. I had imaginary friends as a child.

3) True [ ] False [ ] Rank [ ] Power Consciousness: I have an excellent rote memory. I think linguistically. I like bibliographies, religious stories, revenge genre movies, or mythology. I still believe in my religious upbringing and/or training.

4) True [ ] False [ ] Rank [ ] Social Consciousness: I am good at connecting the dots and seeing how things are connected or related to each other. I still believe in my religious upbringing, or I have shifted my perspective somewhat and now believe God is more benevolent and loving then I was raised to believe. I am interested in the soft sciences like psychology, sociology, or anthropology.

5) True [ ] False [ ] Rank [ ] Actualization Consciousness: I like science fiction. I prefer non-fiction over fiction. I am interested in science. I am a skeptical. I tend to analyze and question what I have been told to be true as child and I am willing to change my beliefs and perspectives. I am interested in the hard sciences like biology, chemistry, or physics. Doubt is a virtue.

6) True [ ] False [ ] Rank [ ] Realization Consciousness: I trust my intuition. At times I have known things without any explainable reason. I use thought, but I am not identified with thought. I experi-

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

ence love, peace, and happiness for no reason whatsoever. I spend an increasing amount of my time being aware of feeling love, joy, and peace in the here and now and for no apparent reason.

7) True [ ] False [ ] Rank [ ] Integration Consciousness: Every stage of consciousness has some truth for me. I seem to shift from one stage of consciousness to the next. I use thought, but I am not identified with thought. I spend a lot of time just being aware in the here and now.

True [ ] False [ ] I have a strong center of gravity in one. If this is checked true, my center of gravity would be in ( ) \_\_\_\_\_ Consciousness for thinking.

The rank order for thinking (if applicable) is

[ ] [ ] [ ] [ ] [ ] [ ]

### **3. Overview of the Stages of Consciousness**

#### **Stages of Consciousness**

**1** ) Yang Survival Consciousness, 2) Yin Pleasure Consciousness, 3) Yang Power Consciousness. 4) Yin Social Consciousness, 5) Yang Actualization Consciousness, 6) Yin Realization Consciousness and 7) Yang Integration Consciousness

#### **Primary Motivating Drive/Secondary Characteristics**

If you have a center of gravity for your primary motivating drives and secondary characteristics 1) curiosity, 2) dependency, 3) sexuality, 4) friendship, 5) who one identifies with, 6) what one identifies with 7) parenting, 8) perception of self, 9) religion and/or spirituality, and 10) thinking - include it below.

My stage of consciousness for primary motivating drive is.. ( ) \_\_\_\_\_

Not applicable [ ]

## Conscious Template Self-Evaluation Quiz for Becoming Conscious

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1) My stage of consciousness for curiosity is..... ( )

Not applicable [ ]

2) My stage of consciousness for dependency is..... ( )

Not applicable [ ]

3) My stage of consciousness for sexuality is..... ( )

Not applicable [ ]

4) My stage of consciousness for friendship is..... ( )

Not applicable [ ]

5) My stage of consciousness for identity (i.e. who)..... ( )

Not applicable [ ]

6) My stage of consciousness for identity (i.e what) .....( )

Not applicable [ ]

7) My stage of consciousness for parenting is.....( )

...glen 🙏

Not applicable [ ]

8) My stage of consciousness for perception of self is.....( )\_\_\_\_\_

Not applicable [ ]

9) My stage of consciousness for religion and spirituality is...( )\_\_\_\_\_

Not applicable [ ]

10) My stage of consciousness for thinking is.....( )\_\_\_\_\_

Not applicable [ ]

## By Rank Order

My rank order for drive (if applicable) is .....

[ ] [ ] [ ] [ ] [ ] [ ]

My rank order for curiosity (if applicable) is .....

[ ] [ ] [ ] [ ] [ ] [ ]

My rank order for dependency (if applicable) is .....

[ ] [ ] [ ] [ ] [ ] [ ]

My rank order for sexuality (if applicable) is .....

[ ] [ ] [ ] [ ] [ ] [ ]

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## **Conscious Template Self-Evaluation Quiz for Becoming Conscious**

My rank order for friendship (if applicable) is .....

[ ] [ ] [ ] [ ] [ ] [ ]

My rank order for identity (if applicable) is .....

[ ] [ ] [ ] [ ] [ ] [ ]

My rank order for parenting (if applicable) is .....

[ ] [ ] [ ] [ ] [ ] [ ]

My rank order for perception of self (if applicable) is .....

[ ] [ ] [ ] [ ] [ ] [ ]

My rank order for religion and spirituality (if applicable) is...

[ ] [ ] [ ] [ ] [ ] [ ]

My rank order for thinking (if applicable) is .....

[ ] [ ] [ ] [ ] [ ] [ ]



## About the Author

Among other things, I have been a psychotherapist, lecturer, teacher, and author. I majored in biology and geology, before completing another five years in psychology. This diverse interest in the hard sciences of biology and geology, and the soft sciences of psychology, led to a lifelong interest and pursuit of knowledge in the fields of psychophysiology, biofeedback, and meditation.

I became certified in both peripheral and EEG biofeedback, and licensed as a Clinical Counsellor to independently diagnose and treat emotional and mental disorders. I first visited India in 1979, after completing my undergraduate and graduate degrees. My areas of expertise include—but are not limited to—EEG biofeedback, stress management, crisis intervention, relationships, parenting, cross-cultural differences, hospice, religion, spirituality, teaching, meditation, chronic pain, headaches, bipolar disorders, anxiety disorders, Asperger's, insomnia, ADHD, and depression.

I taught classes at the University of Akron in such diverse fields as biofeedback, stress management, meditation, relationships, human sexuality, emotional disorders, dream analysis, psychophysiological disorders, insomnia, and psychological disorders. I've also served as the clinical director of the Counseling Education and Meditation Center, and later at the Neurotherapy Counseling Center, before returning to India in 2006 to research and write.

First and foremost, I see myself as a teacher and a lecturer. Not a writer. I started off, back in college, planning to be a teacher. After becoming a psychotherapist I started writing as a means to an end,

so I could teach. I figured that if I wrote a few books, not only could I help a lot more people but it would also provide me with a larger audience.

I have done my best to present my teachings in written form as best as I could. You may find my writing to be a little redundant at times, but keep reading, the information I am attempting to give you is priceless and the repetition will be helpful for many. I have recently (2018) returned to the States to finish and release the following books, and to follow my bliss of teaching.

## Other Books Available and a Partial Listing of Future Books:

- Free: *Conscious Template Self-Evaluation Quiz for Conscious Parenting* (2022)
- Free: “Applying Conscious Template to Various Domains and Paradigms” (2022)
- *Conscious Template Manual for Conscious Parenting* (2022)
- *Conscious Template Manual for Becoming Conscious* (2022)
- *Conscious Template Autobiography of a Yankee* (2022)
- Conscious Template Book for Conscious Relationships
- *Conscious Template for Conscious Education*
- *Conscious Template Book for Conscious Psychology and Psychotherapy*
- *Conscious Template for Conscious Religion and Spirituality*
- *Conscious Template for Conscious History and Anthropology*
- *Conscious Template for Conscious Enneagram*
- *Conscious Template for Conscious Business*
- *Conscious Template for Conscious Culture*



