Soul Engineering Primer

Connecting Artificial Intelligence, Education, Linguistics, Psychology, Qualilty Control, Systems Engineering, and Spiritual Transformation

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A Soul Engineering Book

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Acknowledgements

To Those Energies that have
Expanded my life
Into a place of
Passion, Serenity and
Connection to the Divine

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Preface

Being

a practicing engineer and professor of engineering

while, at the same time, being

a trance channel of divine light,

used to be a complicated way to live for me.

My life-long interest in Artificial Intelligence – trying to get what is in the human mind into a computer – has taken me on many unexpected paths. And as a young man, I never expected that my left brain, logical mind **would integrate my deep engineering expertise and my experiences of spirit into one cohesive whole**. But that is what has happened. That is how things became easy. That is where I live now.

I started programming a computer at the age of 16, which, being before the era of microcomputers, was very early in life! I have a B.S. in Computer Science and Electrical Engineering, an M.S. in Computer Science and Statistics, and a Ph.D. in Educational Psychology. I am an expert in Artificial Intelligence, Database Systems, Enterprise Resource Planning, Genetic Learning, Neural Networks, Software Development, Statistical Quality Analysis, Systems Engineering, and Web Design, and deeply studied in Education, Linguistics, and Psychology.

I started having profound shifts in consciousness at the age of 4, when my reality suddenly shifted into an amazing, bright, beautiful experience beyond expression in words. I kept this experience and all that followed to myself. For they were gifts from the universe. I could not cause them to happen. I couldn't understand these shifts or describe them well. Yet, perhaps 30 times in my life, the shift has happened, lasting from maybe ten minutes, to as long as 7 hours.

This book is a short introduction into the new area of Soul Engineering. We are **not** two separate things in life, a logical human with a mind and an intuitive being with deep connections to all of life. We are, each one of us, a whole being. We seem to be the first entities on our planet that have this combination of experiences in life. But we are whole, and must learn to integrate both parts of us into a complete, powerful, passionate, and joyous human being.

This is <u>not</u> a book on religion in any way.

Soul Engineering is about the spiritual, full-bodied experiences
that we all have at some time in our lives,
those moments of magic and flow.
And Soul Engineering is about
how to spend ever more of our lives
in this higher level of consciousness.

PLEASE CONSIDER READING THIS CLOSELY –
BECAUSE THE WORLD NEEDS YOU,
YOUR HELP, YOUR BRILLIANCE, YOUR PASSION,
YOUR VITALITY, YOUR GENEROSITY, AND YOUR WISDOM.
THE WORLD IS RAPIDLY CHANGING IN MANY WAYS.
WE MUST BE AWARE AND READY
IN ORDER TO MAKE THE COMING TRANSITIONS
GENTLE FOR ALL OF THE PEOPLE INVOLVED!

1.Soul Engineering

The world is in a difficult place. We are all more aware of it every day from a multitude of resources of information.

Now as you read the following points,

breathe deeply and realize

the immensity of the tasks that lay before us.

AND

know that, absolutely,

we can find a way to solve the problems,

and THAT, is what Soul Engineering is about!

But first let's consider just a few of the issues we face on a global scale:

1. Water[i] – according to water.org, 783 million people are without access to clean water around the world. A full 3.4 million die every year of water related disease – more than any war claims through guns.

2. Food[ii] - according to CNBC, 870 million people on the planet suffer from hunger every day, some countries with hunger rates over 35%.

3. Energy[iii] – the International Atomic Energy Agency estimates that 1.6 billion people have no access to electricity at all. As developing countries like China and India undergo rapid

economic growth, global demand may be 50% higher than it currently is by 2030! Wow!

4. Fukushima Daiichi nuclear disaster[iv] – 3 of 6 nuclear reactors melted down because of the conjunction of an earthquake and tsunami. It is expected to take decades to solve this problem. CNN estimates that 300 tons of toxic groundwater seep into the Pacific Ocean every day! And no existing technology can remove the melted fuel rods causing the radiation!

5. War[v] – People shooting and killing each other is going on everywhere. As of March 2014, Africa has 144 skirmishes in 24 countries. In Asia, 125 skirmishes in 15 countries. Europe has 68 conflicts across 8 countries. The Middle East has 167 conflicts across 8 countries. And in the Americas, there are 25 conflicts across 5 countries. That is a total of 530 armed conflicts across 60 countries around the world! And the 5 companies making the most money from war are Lockheed Martin, Boeing, BAE Systems, Raytheon, and General Dynamics[vi]

6. Health care[vii] – 56 million people die every year. Heart disease kills 17.5 million. Another 18.5 million die of cancer, diabetes, and lung diseases. Over 7.5 million children die of malnutrition and preventable diseases. 33.4 million people are living with AIDS/HIV. Tuberculosis kills 1.7 million each year. Pneumonia, 1.6 million. Malaria causes 225 million

acute illnesses. Disease kills far more people than all the wars do!

7. Top Soil[viii] – All nutrition begins with plants… they are the bottom of the food chain. All land based plants grow in topsoil – and it is estimated that our topsoil is degrading so rapidly that within 60 years it may be gone! We have no good replacement.

8. Global Warming[ix] – no matter what you view the source to be, predictions are for an increase in temperatures between 3 and 9 degrees higher by the end of the century. The impacts are many. Sea level could rise by almost 2 feet – the impact to coastlines would be devastating! Wildlife around the globe are already being affected… with potentially 1 million species dying off because of the warming. Weather predictions suggest more droughts, wildfires, heavy rainfalls, and hurricanes. The healthcare system will be affected as mosquitoes spread disease farther, air borne allergies increase, and extreme heat attacks the young and old alike.

9. Pollution[x] – let me just quote from the World Wildlife Organization: "Human activities contaminate ecosystems around the world—from pole to pole, from the highest mountains to the ocean deep. Toxic chemicals can be found in pristine forests and the blood of Arctic animals. Litter floats beneath the surface of oceans miles away from land.

Even excess noise and light are interrupting natural patterns and disrupting the lives of animals and people." We may have to pay the piper sooner than any of us think.

10. Population[xi] – Most estimates of how many people the earth can support are between 4 billion and 16 billion. So at a little over 7 billion now, we may already have exceeded the capacity the earth has. Clearly, increased population interacts with many of the other issues on the planet – water, food, energy, and pollution to name a few. A deep question is, at the current US living standard, how many people can the earth support? Because the world media continually shows the US style of living to everyone on the globe, so many people want to strive for that level of luxury!

11. Financial Equality[xii] – Oxfam International reports that the 85 richest people in the world have the same wealth as the bottom half of the world population, the poorest 3.5 billion people! And this "Rich get richer while poor get poorer" situation is increasing. Preserving functional democracies around the world demands a more broadly shared prosperity!

WOW! OK!

Take a deep breath and slowly let it out!

Looking at the deep problems that exist around the world

can be sobering and scary!

But let's be clear how we got here. How did our world get into this state? How can we have so many issues that are so far reaching in effect? What has gone wrong?

The answer, a few years ago, came directly from the discipline of Systems Engineering. As we humans build ever more complex systems – whether we are talking about global supply chains to build computers, or global food chains to feed our citizens, we need help in answering a simple question:

What is the global impact of a local decision?

You see, at the current time, <u>we do not generally know the answer to that question</u>. Let me give a simple example that illustrates the problem.

At one time, I worked with one of the major US auto companies to build an Artificial Intelligence system to design bumpers on cars. At that time, the company had three major kinds of bumpers – a steel beam, a plastic bumper with many individual cells like an egg crate, and a plastic bumper filled with foam. The plastic bumpers were injected molded, which means a big mold is created, held together with hydraulic pressure in a machine, while melted plastic is pushed into the

mold. After the plastic cools, the mold is popped open to reveal a finished bumper.

So here is the story. A plastic bumper was tested for rigidity. It was NOT rigid enough. So the design engineer looked at the bumper and saw that there were several plastic ribs going up and down on the back of the bumper that defined rigidity (see the figure below). The engineer looked at these ribs, and decided to double their width. That would absolutely make the bumper rigid enough.
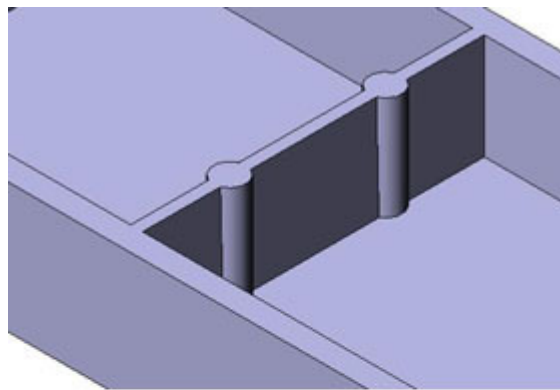

Figure 1 A rib providing rigidity – it will be made thicker

It seemed like a simple change. Make that rib thicker. So it is stronger. So it provides more rigidity.

Well, it turns out that by making the rib thicker, the rib became the thickest part of plastic in the entire part. Because it was the thickest part, it meant that the changed design took longer to cool. The time it took to make each plastic part went

up by 10%. The company was already running the machines to make bumpers full time. And they were now getting fewer bumpers than they needed, because they had to wait longer for the plastic to set. So they went out and had an extra mold made to put into another machine to make up the difference. Ah, but all the machines were busy with other molds. So they had to buy a new machine as well as the new mold. Great. Except that the factory floor was already totally filled. So they had to knock down a wall of the factory and put an extension onto the building to make room for the new machine. Whew! A lot of expense to make that bumper more rigid!

Oh.

But instead of doubling the width of the rib, if the engineer had simply placed a second rib of the same size an inch further down the bumper, all they would have had to do was adjust the molds they had and they would not have needed a new mold, a new machine, and an extension on the factory.

How could that engineer anticipate the global implications of what seemed like a simple decision – make the rib thicker?

This is the purview of Systems Engineering. It helps us track some of the larger implications of the decisions being made. Yet Systems Engineering is not perfect. The Boeing Dreamliner was delayed in its production precisely because of

similar issues of not understanding the complexity of our world. Trying to figure out the implications of a decision is so hard!

And yet, as I worked and taught in Systems Engineering, I realized that one of the major things left out of this engineering process was the true deep needs and desires of people, our culture, our environment, our world, and our soul.

So I have developed <u>Soul Engineering</u>
as the next step above Systems Engineering.

Soul Engineering asks that we pay attention
to every aspect of our human journey through life
as we make any and all of our decisions.

That litany of problems on the prior pages comes from one place – the human species making trillions upon trillions of decisions from a low level of awareness and understanding.

Our hope for the future is
for us, as a species,
TO RAISE THE LEVEL OF AWARENESS
AND UNDERSTANDING THAT WE HAVE,
AND MAKE ANOTHER TRILLION UPON TRILLION DECISIONS
FROM THAT HIGHER PERSPECTIVE.

We can do this. We have to do this to avoid major increases in human suffering. So let's get to it and make this happen! You can make a difference, today!

We all know the truth! If we invented unlimited household fusion power tomorrow, somehow we would mess it up. We are still at a level of understanding where it is viewed as a good thing to spend 100 million dollars on one catamaran that races in the America's Cup, while all the problems listed above become more prominent every day.

It will be so exciting when we all become more aware, when we look at the big picture of the entire human domain as we make our daily decisions. Everything we think and all of our actions make a gigantic difference in how our lives unfold.

2.*Spaces of Awareness*

When diverse bodies of knowledge are brought together, insights and perspectives previously unknown can become apparent. In this work, I bring together the perspectives of the field of artificial intelligence, the field of linguistics, the field of systems engineering, the field of educational psychology, and the experience of profound spiritual revelation to bring forth a powerful new understanding of how to live your life better.

The nature and quality of the life you live

depends primarily upon the Space of Awareness

in which you experience every moment.

Fundamental questions face every human on the planet every day. Some of them seem simple. How do I get food? How do I get water? How do I get shelter from the weather? How do I achieve sexual gratification? If I am ill, what can I do to get better? Note how these simple questions lean toward biological issues of our body.

Other questions are more complex. How do I spend my time? What goals should I have for my life? How do I know when I've lived the day well? How do I know when I've lived my

life well? How do I love? How do I get people to love me? Am I valuable?

> ***As a worldwide culture,***
>
> ***we have not yet discovered***
>
> ***the unified, integrative, scientific, spiritual***
>
> ***theory and experience***
>
> ***that we can all share***
>
> ***that will give us all the best lives***
>
> ***that are possible.***

So what we have right now are beings extraordinarily rich and those profoundly poor and dying because of it. We have a culture that is filled with hard working people, taking responsibility for their lives, and we have other cultures that feel victimized and entitled to societal repayment. We have religious differences so profound that some religions actively move to kill those of other religions, while some religions are so pale that they never seem to do any good for anyone outside of themselves.

So, if it is not totally apparent, let us agree together:

> ***Our world needs a better way to live.***

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One of the reasons we have not yet found our way to this better world is simple:

You are what you are

AND, what's amazing is that,

you don't even know what that is.

Are you an animal? Are you the only intelligent form of life in the universe? Were you created in an instant by a "God" above all things? Are you the result of a long sequence of evolution? Does it matter whether you are "good" or "evil"? Deep question after deep question! People the world over have opinions – yet clearly the opinions are not proof, or there would be no argument.

Is there any argument about gravity? Of course we might use different words for it (according to Google translate: English – gravity, Spanish – gravedad, French – pesanteur, German – Schwere, Greek – βαρύτητα, Russian – вес, Somali – cuf, traditional Chinese -重力， etc, etc). AND we never argue about whether gravity exists or not! WE ALL EXPERIENCE GRAVITY AND THAT IS PROOF ENOUGH!

Yet when it comes to a concept like "God", people argue with passion and even sometimes violence, as they espouse their perspective to be the one and only correct view. The problem is that not all people "experience" God in the same way. For someone raised, say, in Christianity, an Easter church service might be transformational while someone raised in Islam might not be moved at all by the service.

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People do not have a common, universal experience of God.
If we did, we would not debate it.

So we do not agree on God. Which means that concepts of "good" and "evil" are not grounded. Yet, the concept of "God" is central to many people's definition of themselves!

Not understanding ourselves is bad enough. To compound the issue, we do not really understand our world and universe any better than we understand ourselves!

Our mental models of the universe suggest a universe that is ever-expanding. The speed at which light travels is 186,282 miles every second, and the nearest star is 4.2 light years away. 186,282 miles per second, times 60 seconds per minute, times 60 minutes per hour, times 24 hours per day, times 365 days per year, times 4.2 – the nearest star is a long way away. The nearest galaxy is 2,500,000 light years away!!! We think we understand?!

Your state of awareness affects every aspect of your life.
Understanding, changing, and improving your state of
awareness, makes everything better in your life.

Researchers have estimated that the brain processes 400 billion bits of information each second. Of these 400 billion bits, we are consciously aware in our logical mind of only 2000.

If you calculate this out, this means we are **<u>consciously</u>** aware of only 0.0000005% of the information coming into our being. What this implies is that most of the things that are happening to us in each moment are not understood by our logical mind yet still processed somewhere inside the total neural system of our body.

These numbers are staggering. We sit with our logical mind thinking that we are understanding and operating well in a certain environment. And the truth is, that at a conscious level, we have ignored virtually all the information that is coming into our being, and the information coming into our being is a miniscule amount compared to everything in our known universe!

We have all experienced exactly the confusion that comes from this. The confusion comes when our logical mind, with its 0. 0000005% of information to work on, says one thing, and our being, our body, our totality, that has access to 100% of the input says something else. We all know that feeling when our logical mind tells us that X is true, but for some reason in our heart it feels like Y is true.

Take a simple example. A woman is planning to leave work and go to her car. It's a dark night, most of the other people at work have left, and her car is at the far distant edge of the parking lot. She might have her logical mind tell her, "They'll

be no problem, just go get your car." And yet there might be some part of her being that says, "No, don't do it. Wait for someone else to go out and go with them."

Here, there is a tension between what the logical mind concludes with its very limited sampling of all the information available to the body, and what the full body itself concludes, processing all of those 400 billion bits of information each second.

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On the macro scale, there are three levels of awareness, three spaces of being, that we can all enter in this lifetime.

These three major spaces of awareness are Mental Awareness, Intuitional Awareness, and Enlightened Awareness.

Mental Awareness is the state of being that is normal for the technological world. Mental awareness is centered upon the verbal nature of the human mind. When we are mentally aware, we hear, listen, and think in words. The problem with mental awareness is that words are imprecise, even though our logical mind is convinced they are quite precise.

For example, thinking about the word "dog", different people have different experiences, and therefore different understandings. One person may have spent an entire life raising little, tiny Chihuahuas. While another has spent an entire

life interacting with St. Bernard's. As these two people try to communicate concerning taking the dog for a walk in the park and cleaning up after the dog, they truly have different understandings of these events because they have different experiences of the events.

Intuitional Awareness is the state of being in which we are at a much higher place of creativity. When we are in an intuitional space, we are turning down the volume of our verbal, logical mind. With that volume turned down, as we sit in quiet, all the subtle knowledge organized by our complete neural system can integrate, resonate, and bubble up into our awareness. This is the place from which we should make all major decisions. Unfortunately we do not. Decisions are being made personally, in families, in business, and government, that come only from Mental Awareness. ***THIS HAS TO CHANGE!***

The reason that almost everyone loves rhythms and music is simply because rhythms and music bring us into the body, into the full neural system, out of the sterile Mental Awareness. In our body, in Intuitional Awareness, ***WE KNOW SO MUCH MORE*** than in the mental state. And we still have access to the conceptions of our logical mind as well!

Enlightened Awareness is a state of being in which the light comes into your body – the light of creation, the light of "God", the power of the universe, the "force" from Star Wars,

or whatever conception of the energies that constructed the universe that you wish to use. Enlightened Awareness is not a state that we can enter of our own choosing. It is, instead, a deep and profound reward given by the universe to the human species when we reach a place of total surrender to the flow of events in the entire universe.

When in Enlightened Awareness,
the vista and depth of understanding
goes past your own neural experience of life
into the conjoined energies of intelligence
that extend well past your own body.

3. *Mental Awareness*

Looking more deeply at Mental Awareness, two things are quite apparent.

First, it is Mental Awareness that has supported most of the development of science and technology. Though our Mental Awareness is never completely correct because we never know what we do not know, it has been correct enough for us to develop our ever expanding and ever more correct comprehension of our universe.

For example, all of the learned men of the ancient world stroked their gray beards and congratulated themselves on the profound understanding from Ptolemy that the sun orbited around the earth. They knew they were right! It was obvious because every day the sun come up in the east, traveled across the sky, and set in the west.

Then, Copernicus changed our Ptolemaic conception of how the earth and sun intertwine in the sky. The earth spins around the sun! He came to this better mental model by paying more attention to the subtleties of the situation.

In a similar historical context, Newton described the movement of objects under forces, describing position, velocity, and acceleration with wonderful equations. Those same learned

people of another generation accepted them as correct and were happy with their learning, for indeed they accounted for much phenomena observed in the world. Then, Einstein expanded Newtonian physics to account for behaviors of matter as its speed approached the speed of light, and we have the famous

$E = mc^2$. He looked at more subtle aspects of movement of objects in the universe.

Second, the reason that Mental Awareness has been pivotal to advances in technology and science is that **mental concepts can be communicated well among people**. Though such communication is ultimately **imprecise**, it is, nonetheless, far more precise than any other communications that can be made. Furthermore, Mental Awareness can be written down. It can be stored outside of the human mind. It can store information from history. It permits new generations to learn from the experiences of past generations.

So let us not ever complain about our Mental Awareness. For mental awareness is the single thing that has allowed the human race to build up the structures of our entire civilization.

An interesting question is, however, how does the Mental Awareness limit us? How do we know when a mental

model is inadequate? What do we not perceive by believing in a particular model?

For one thing is true:

Being in Mental Awareness is being inside the box.

That famous "box" is exactly a model built of Mental Awareness. And so, when in Mental Awareness, the focus is always to match the current, real-time situation to existing mental models stored in the logical mind. Then, once the situation is matched to past experience, the application of strategies and solutions that have been previously effective are applied to the current situation.

This is a fantastic strategy as long as the environment is stable.

Truly, if I have learned that the loud roar of a lion can predict pain and suffering for my tribe, then hearing the loud roar of a tiger would suggest that I stay inside the mental model I have built and run away from that sound, really fast! Whew! Just made it to safety!

The problem comes, of course, that

in our modern world,

our human universe,

is always in flux.

Much of our experience of life comes from human culture, which is always changing. In this era of continual, rapid growth in technology, the very tools and processes by which we live our lives are forever changing. ***When change is this rampant, we absolutely cannot live inside the box.***

And so we have a very difficult situation, in general, for all human existence. In the current moment, we do not know if our existing "in the box" models will work this time around, or whether we must develop a new solution to the current situation.

Just to be clear, let's double check some of our inside-the-box models that clearly are not correct:

1. Global warming – even scientists cannot agree on WHY
2. Worldwide mortgage crisis – we can't envision the outcomes of political decisions about money
3. Boeing Dreamliner delays – even the best engineers in the world couldn't get things done properly with the best computer support available
4. Genetically Modified Food – what are the implications of GMO whatever? We do not know!
5. Bigger is better – the American way may be exactly the opposite of what the world needs to support humanity. Efficiency is NOT the only measure of quality.

6. Sex, violence, and crudity in media is good? What does the constant barrage of ever more sex, violence, and crudity in imagery do to the people that watch it?

This list could go on and on and on. At every level of human endeavor our mental models are incomplete: in politics, science, family, entertainment, survival, finance, the environment, and so forth.

Ultimately, with age and time and attention and motivation, every human being realizes that Mental Awareness is not enough. Those that think they "understand" their spouse, end up divorced. Those that continue to repeat the past without rethinking the current moment become like the American automotive companies that struggled to survive in the new moment when using perspectives developed in a different era.

The truth is that
MENTAL AWARENESS
DOES NOT CAPTURE ENOUGH OF THE SUBTLETIES
OF LIFE FOR US
TO LIVE WELL WITH ONLY MENTAL AWARENESS!

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4.Intuitional Awareness

Intuitional Awareness is beyond language, beyond words. It asks us to use every aspect of our entire body, our entire nervous system, to deal with every present moment of our lives. The very thing that we love about Mental Awareness, that ability to communicate it to others, is missing from the Intuitional Awareness space.

Intuitional Awareness is informed by far much more information than is Mental Awareness. And yet it is much harder to grasp, because we do not have words to describe it.

In part, subtle differences might exist among our physical bodies. For example, when one person sees a particular object that is the color "blue," another person's body might have a slightly different experience with that same "blue" object. Since everything else about our body systems varies from person to person (height, weight, skin color, eye color, IQ, etc etc etc), we would expect sensory experience to vary as well. With such variance, communication would not be as effective because experience is different.

Just as significant in Intuitional Awareness is that, to include all the subtleties of our full body experience in a communication, we would have to describe far more of the situation than we do with the way we use language now. If a

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person did not know what it meant to "wave your hand", how many words would it take to describe it?

Let's consider some simple examples of the full use of your body's knowledge, of Intuitional Awareness.

Ripe fruit begins to spoil with time. You are getting ready to eat a peach, and, as you pick up the piece of fruit and lift it toward your mouth, great amounts of information are coming into your body. You have the visual appearance of the peach. Accompanying this is the feel of the firmness of the peach in your hand. As you raise the peach towards your mouth to take a bite, the gentle fragrance of the peach is breathed in and you smell this food you are about to consume. Then you bite into the peach, and the taste buds are activated and you have a sense of the nourishment and the quality of what is coming into your body. Think of all the volumes of information that are coming into you every second as you eat that fruit. And yet the only words that we have to associate with that experience are perhaps unripe, ripe, and spoiled.

In the office of every CEO of every company, complex decisions need to be made. For example, a few years ago the Vice President of a major automotive corporation had to decide where to build a new assembly plant. This was a multi-billion dollar decision. So, of course, reams of mental data were collected. Construction costs. Taxes. Available labor.

Transportation costs. Expected lifetime. Supply chain access. More and more and more information pours in. But how could such a complex decision be made? How can large numbers of separate mental models about these things all be, somehow, combine to lead to a decision?

As every CEO knows, at some point, you go into Intuitional Awareness, sit with all of the knowledge that you have been exposed to, and let the proper decision arise into you. You get a "gut feel" as to what the best choice is… because of, or in spite of, all the information that was collected. This is not to imply that the collection of the information was unimportant. It does point out that the integration and aggregation of this information into a decision goes beyond any mental models we have. In the end, we have to just permit our body to integrate the information for us, using algorithms that we do not explicitly know, so that a good choice can be made.

Intuition has long been thought to be the realm of women.

The truth is a little more complex than that.

In fact, Intuitional Awareness is available

to both men and women.

It requires the quieting of the judgmental, verbal mind. Quieting the mind is most easily done be reaching deep into the physical

experience of the body, grounding yourself in the real physical experience in the moment.

Women find this grounding easier in two ways. First, because of their cycles, they more naturally must turn to the physical reality of their experience. Secondly, some research seems to indicate that the corpus collosum, that structure that connects the two sides of the brain together, may be more effective in the female brain. Indeed, brain scans indicate that the non-verbal, performance, right side of the brain is almost always turned on for women, where men can go into a total mental space.

History provides some profound examples of human beings that have lived primarily from intuitional awareness. Perhaps the best-known example is that of Leonardo da Vinci. Da Vinci demonstrated creative expression in many fields across science, technology, and art. The manner by which this was done was by using techniques to adjust the level of awareness at which Leonardo lived. Rather than being continually drawn in to the aspects of Mental Awareness, it is our conjecture that he lived primarily from the Intuitive Awareness space.

5.Enlightened Awareness

Enlightened awareness is the most profound place from which human beings can experience life. Everyone who pays attention discovers that profoundly, extraordinary awareness can come through the body at certain pivotal points in one's life. Perhaps it is at the birth of a child, or the death of a loved one. These moments transcend ordinary mental reality and intuitional reality.

In these moments of enlightened awareness, we have the chance to experience oneness or unity with all things. And that experience is lovely beyond words, transformational and long-lasting in effect. This is the Garden of Eden or Heaven on Earth.

It is apparent throughout the history of human kind that many beings have entered into the Enlightened Awareness. The best known avatars through the ages, no doubt, entered this awareness. Buddha. Christ. Mohammed.

The one certainty is simple. Anyone that experiences Enlightenment Awareness has the same general reaction. WOW – what a complete and magical place to be. HOW can I get back there and stay there as long as I can. NOW – I know what to say

to every other human about every other situation, specifically, let's all move in the ways we can to get to Enlightened Awareness.

Several characteristic experiences indicate a person's experience with Enlightened Awareness:

1. The feeling of unity – mentally knowing that we are each a bunch of atoms experiencing consciousness among unaccountably more atoms in our universe is only a thought. When you enter Enlightened Awareness you feel in your body the reality of your connection to all things. You can observe and learn from the butterfly, the comet, the oak tree, your family members, and all else in your existence because you are part of it all… and so delighted with it.

2. Pure bliss – enlightened awareness is a state of bliss because all mental judgments of the logical mind have been shut down. The relief and the release that comes from stopping all judgment of life (and, therefore, all of your obligation to "fix" life) is an extraordinary delight. Staying in bliss changes every aspect of everything you thought you knew.

3. Moving outside the box – when entering an enlightened awareness, everyone experiences the truth that they went in a direction that they had never tried before. The truth is

that the mind subtly insinuates itself into every aspect of your life. It encourages you to believe that you are special, that only you can save the universe from all of its errors. In fact, you are special, but you are special because you are a unique part of the universe. The universe expects you to be exactly where and as you are. When nothing at all is wrong, your mind does not know what to do – so it invents problems.

Reading these words is not enough to take you into an Enlightened Awareness. According to history, it took Buddha almost his entire life to reach this state of awareness. So what about you?

> **The focus of Soul Engineering**
> **is to start to give everyone**
> **an experience of moments**
> **of Enlightened Awareness.**

To taste this domain takes no effort – but sometimes that is profoundly difficult because we all believe that we must always work hard in life. And we start to make an effort to not make an effort… oops… I'm making an effort again!

This is why many of the aspects of Soul Engineering involve relaxation and meditation – the things that encourage us   to   not   effort.

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6.*Awareness and the Body*

One last point, across all of the levels of awareness, is the primacy of the body as the means by which the experiences occur. Our Mental Awareness comes from our logical mind. Our Intuitional Awareness is the summed integration of all aspects of our complete neural system. Enlightenment Awareness is the further integration of everything we are with a much larger consciousness. Is it merging with all of life? Is it merging with God?

In every case, we experience within the body. So, what happens when we abuse our body? What happens with too much junk food, alcohol, drugs? What happens with too little exercise, vegetables, and care?

Very simply, our system does not perceive as well or learn as well. We miss the subtleties. We misunderstand the current situation. We cannot hear our intuitions.

Mistreating our bodies will always be about being less than we can be!

7.References

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