

# About Consciousness

## Consciousness

From Old French conscience, from Latin conscientia ("knowledge within oneself"), from consciens, present participle of conscire ("to know, to be conscious (of wrong)"), from com- ("together") + scire ("to know").

Du latin conscientia composé du préfixe con- (« avec ») et scientia (« connaissance »).

Intern sens existing on its own, nothing physical. A center in ourselves that can be active in our life. Consciousness is what does that we are human beings and not animals. As etymology is showing us, consciousness is the fact that we have Knowingness in us

## My Consciousness

My consciousness, my own, it is my consciousness, it is my part of the Knowingness, the hole knowingness of all. This part is in me, what ever happens, whatever I choose to do with it. I have mine and you have yours

## Mass Consciousness

It is by definition the impersonal consciousness. It is all what "we" known without really knowing from where. Something like we knew that the earth was flat, that the white people are more intelligent than others, or just knowing who are the good guys. Mass Consciousness is the picture of the knowingness of the human mass at a given time. A kind of impersonal now consciousness

## The unconsciousness of Consciousness

I think that it is the most common reality for humans on the planet. We get born and grow in mass Consciousness and journey in our life without ever getting conscious of our own consciousness. Nothing in mass Consciousness is prepared to open up the human to its own Consciousness. Mass Consciousness does what it can to keep control of its reality in the now moment, it is even ready "to fight" to keep things the way they are.

## My consciousness of my own consciousness

So, we all have a consciousness, no one came in without it, a cosmic

evidence. I can though witness that there can be many different way of being conscious of ones own consciousness. I can see humans going around in their life in a kind of doing what is showing up, not really wondering about anything while there is other humans asking themselves questions, wondering how things are the way they are. Getting conscious of my consciousness is the birthing of my relation with my I Am, the spark, the beginning of deeper questions, the feeling of the choice that exist in every step, the search for answers. Changes will then happen in my life. It will be too the beginning of new relations for me between my Consciousness and mass Consciousness, who Am I to allow myself to pretend that the Earth is round when the rest of humanity is sure that it's flat ? It is the time where I'll get more aware of my intuition, of what I feel deep inside me, and it is too there that my mental is going to tell me that I am getting nut. Here comes some steps in Knowing and Trusting this Consciousness that is in me, becoming intimate with this new reality coming in my life.

### **My consciousness of my consciousness of my consciousness**

So now we are there where it is a fact that I am conscious of all this consciousness of my own consciousness. At some time I must realize that I have in me all the Knowingness that Consciousness in reality is, the Wisdom. This is the point where questions don't exist anymore because the answers are here in the moment. It is for the most of us a new Consciousness reality that is now to be integrated. I just have to trust in myself, to believe in me and to discover what is in me, what always have been here. At this time frame, it can look like I am a little bit alone, like other people can have a hard time "understanding" me. Mass consciousness can not(yet) comprehend and does what it can to keep me in the box. That can in no way stop Me to be Me, the one that I really Am. Earth became round because some got out of the box on their own journey, following something they, in a way, knew in themselves. The only thing that matter from there is for me to be authentic, to be Me, a conscience in full consciousness of its existence, allowing what is to come to be.

**I exist**