

Awakening and the emergence of the Authentic Self

Awakening experiences are most commonly experienced in times of personal turmoil at crisis point the cause of which is the expression of the authentic self emerging. The expression of our authentic selves is an integral part of a greater collective and universal expression.

An acceptance of this interconnectedness helps those having the awakening experience to recognise, embrace and express their authentic self which brings permanency of the awakened state.

My area of research interest involves studying whether the cause of awakening experiences is ones authentic self emerging as an integral part of a greater collective and universal expression. I also want to research if an acceptance of our interconnectivity can help those having the experience to commit to that expression which then sustains the wakened state.

While I have not as of yet completed any research into this topic I would have in the past adopted the Intuitive method of inquiry searching for data and thereafter reflecting on the interpretation of this data to complete the research. My past degrees and qualifications would all have encouraged this form of inquiry. For example when I was completing my BA in Philosophy and studying Immanuel Kant the literature etc was studied but I can't help but accept that much of the commentaries I wrote came from my own internal perspectives on Kant and what I believed his philosophical views were and projected by the love I had for his teaching. My studies were always driven by my hunger to find meaning for my internal transpersonal experiences. I think it has also been influenced by my culture and how I have been reared by my parents and studies to date.

Indirectly, I would also have incorporated Organic Inquiry with my own life stories influencing the topics researched and research coming from integrations with people I have met in the personal development area who would have been closely related to my personal development experiences. I spent quite a lot of time studying Primordial Sound Meditation and Vedanta with Deepak Chopra during which the interconnections with other participants and their stories influenced the direction of my own transpersonal study.

In considering the most useful method of research inquiry for my topic I believe that the Integral method is best suited. It encompasses a variety of levels which will appeal to many. Questioning the very nature of the experience and how awakening experiences have in the past been defined brings about an overview of past understanding which can facilitate an understanding of how the question has evolved until now. Then the exploration of the triggers and accompaniments to the awakening experience brings further understanding to the reasons for the emergence of such experiences. Then the question of the end qualities and effects of the experience has the ability to bring deeper understanding and meaning for the experience.

In relation to my own awakening experiences I can relate to a number of Brauds (2011) list of knowings or stones. Specifically, in relation to the sudden awakenings I would have experienced developing a new sense of knowing which would begin with a physical sense. It always materialised as a tingling sensation, an emotional release, and then a sense of an emergent shift. This deeper sense of knowing always seemed to be beyond the intellectual realm embodying the whole self.

There was always an intuitive sense that the knowing was already there emerging by virtue of an uncovering to the true nature of its reality. On reflection it would seem that the trigger to the awakening facilitated an expansive state of awareness and consciousness which in itself then allowed for the dissolution of my conditioned intellect allowing the new knowing to come through.

I remember specifically one awakening experience in nature reflecting on a small portion of the hillside realising the expansiveness of the universe and at the same time understanding the interconnectedness of all of us and the earth. This experience was triggered by an intuitive sense of something bigger triggered by the miraculous complexity of what was being observed.

Another awakening experience from a breath work regression facilitated an expanded state of consciousness and dissolution of the ego separateness so that I had an experience of the divine or unity consciousness. This knowing far beyond the intellectual realm came about from a shift and expansion in consciousness.

References:

Braud, W. (2011). Seeing with different eyes. On the varieties of knowing. Retrieved from https://learning.aleftrust.org/access/content/group/40d09dd4-c6ae-47df-aab3-d20ac07ed394/Required%20Reading%202017/Braud%202011%20Seeing_With_Different_Eyes.pdf