



**THE
INCREDIBLE
REALITY
OF
YOU**

*A Spiritual Guide
to the Awakening of Consciousness*

LUCIALORN

DEDICATED TO ALL SEEKERS OF TRUTH

You hold in your hands the key to the true awakening to the ultimate reality of your existence, and to the continued unfoldment of Consciousness. Journey into Truth as you read about the stages and states of Consciousness and open to deeper realities of your Self and the universe on the path to total Awakening. May this book be a guiding light on your journey into ***the Incredible Reality of You.***

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PREFACE

IF YOU ARE not interested in expanding your consciousness to its limits, and beyond, or in knowing the real truth about your existence, then this is not the book for you. If you are interested in awakening to reality as it actually is, gaining a deeper appreciation of subtle levels of creation, deepening your knowledge and experience of the total range of consciousness, and experiencing real freedom, peace and joy, then read on.

This book is about Reality as it really is, not the way it appears through the senses or is understood by the mind. It is about awakening to the true reality of who and what you are beyond all labels and conditioning, beyond all concepts and beliefs, and beyond your wildest imaginations.

This Awakening does not happen through your mind, intellect or emotions. It happens within the innermost core of your being: to the sense of “I am, I exist”. It is the same sense of Being and existing you are experiencing now, only not entangled with your thoughts, sensations, emotions or perceptions. On its own level, beyond the mind, your real inner Self is unlocalized, unbounded and universal.

This book is written to that innermost sense of pure Being, not to your mind. It provides the knowledge of the states of Consciousness on the path to total Awakening. Awakening to the true, boundless reality of your inner self is called Self-Realization, and awakening to the true reality of the world and universe is called Enlightenment. This book is about Self-Realization and Enlightenment.

Though much has been written about it by seers throughout the ages, Enlightenment cannot be described in words. It can only be awakened within the innermost core of your Being. For this reason, this book is geared to a gradual buildup and deepening of experience rather than an emphasis on the accumulation of knowledge or information.

You can gain great benefit from this book without understanding any of it. It is not written to your mind, but to your very soul.

If you can stay simple, innocent and open while reading this, something somewhere deep within will resonate with these words and open you to a deeper sense of truth and reality than could ever have been conveyed through words and their meanings.

We have been living only a partial experience of life, conditioned by the seemingly real appearance of the obvious, but asleep to the deeper universal realities of our existence and to what our life here on earth is all about.

This book provides the knowledge of the full range of human consciousness. It begins by bringing to light a few scientific truths to show that the world is not the way it appears to be from the perspective of the mind and senses. It then progressively opens you to a clear understanding of the stages and states of Consciousness on the path to total Awakening.

Throughout the book, there are exercises that take you step by step into the direct experience of expanded levels of consciousness. These are not typical mental exercises. They are designed to stimulate the remembrance of unbounded Awareness within the innermost core of your being. They help to bring your conscious awareness to deeper levels of the experience of its true boundless reality, offering opportunities for true Awakening.

Beyond that, this book is meant to take that inner Awakening into its continuing unfoldment so you can know by direct experience, beyond all belief and imagination, the ultimate reality of all existence. This book is for all seekers and finders of Truth. If you have already awakened, this book will help deepen your experience and add a wider dimension to your knowledge and understanding.

This book is a true account of the field of Consciousness itself, beyond the mind, body and all perceptions, and beyond the false sense of a separate individual self. It is only necessary to read and reread these pages with a simple, innocent, open mind to gain the benefit. Your real Self is infinite, unbounded and beyond everything you now experience yourself to be. It is the most important part of your existence, and the doorway to the unfoldment of the ultimate reality of life. To awaken to that unseen unbounded, absolute reality of all existence, and to open to its total divine reality, is the ultimate purpose of your life.



PART I – THE INNER BEING

REALITY

PATH TO REALITY

Who am I? Why am I here? How did I get here? What is the real purpose of my existence? What is the universe? What is my role in the overall scheme of things? What is the ultimate reality? What is God? What is enlightenment? What happens after enlightenment? What is life all about?

If you have been asking yourself questions like this, and have chosen to read this book, it means the time is right for you to know the truth about your life, and about the true reality of the world and universe. You may think the world you are experiencing through your mind and senses is real, and you may think you play only a small part in the overall scheme of things, but you are about to discover what the world really is and just how important you really are.

Our personal life experience and perceptions of the world provide us with a seemingly convincing picture of reality. But what was once thought to be known for certain has been found to be untrue—the world is not flat and the sun does not revolve around the earth. Everything we believe, perceive and know now, is bound to change in the light of greater knowledge and awareness, especially when faced with a profound truth that resonates deep within the inner core of our being.

Discoveries in science continue to force us to question the validity of our concepts and beliefs, and even our perceptions of the reality we experience through our senses. The more scientists probe into the finer quantum fabric of life, the more they realize that the world and universe is not at all what it appears to be. Quantum mechanics is the underlying basis of all physical life and a deeper reality of our own existence, and yet it is completely mystifying to the

scientific mind. The quest to discover what Reality is through science is, in a sense, a spiritual quest.

Real spiritual pursuit is not based on faith or belief. Real spiritual pursuit is the search for the *direct experience* of the true reality of life. The spiritual path is a *Path to Reality*—a path to reality as it really is, not the way it appears. Anyone who is investigating into the hidden realities of life (from the subtleties of the quantum world, to the cosmic dimensions of outer space, to the inner expanse of the mind, heart and consciousness) is on a spiritual path. Anyone seeking Truth is on a spiritual path. Anyone seeking real peace, freedom and joy is on a spiritual path. We are all on a spiritual path whether we realize it or not.

But it is not possible to experience the true reality of life, or to achieve a lasting state of real peace and freedom, without first awakening to the true reality of your Self. Your real Self is the pure Awareness that enables experience to be experienced. It is the Awareness that impartially observes all experience. That impartial Observer is not your thinking mind or intellect, or anything you have been referring to as “me”. It is that which observes the “me”. Your real Self is the silent Observer of your thoughts, feelings, actions and perceptions. Without the direct experience of the true unbounded reality of your Self, it is not possible to know the true reality of the world or universe.

Your real Self is the innermost sense of being and existing, the sense that “I am, I exist”. It is the most intimate, essential aspect of your life and the fundamental reality of your existence. Your real Self is closer to you than your body and senses, closer than your own mind and intellect, closer than your emotions and feelings, closer than your own breath. Ordinarily you do not experience it or even realize it is there. It is so subtle, so abstract, that its true reality is imperceptible to the mind. It has been overshadowed by thoughts, feelings, sensations, perceptions and experiences. The direct experience of your true Being has been obscured in the act of living due to the overshadowing influence of perceptions and experiences, and identification with your body and mind.

And yet, that pure sense of Being is who you really are. It is your real Self. It is the source of your existence. Without the sense of Being, the reality you are experiencing now would not exist. You would not exist. Without the sense of Being, nothing would exist for anyone. It is the one undeniable, irrevocable, irrefutable absolute truth. Without a sense of Being, there would be no one to perceive the experience of existence.

Your sense of Being, my sense of Being, everyone’s sense of Being, is the same sense of Being. It is the one common experience of all beings who have ever, or will ever live. Everyone experiences the sense that they exist. When associated with the mind and body, this universal sense of Being appears to be a personal sense of being. In reality, it is the same one universal

sense of Being and existing experienced by every living thing. It is the unbounded, eternal, pure sense of Being, the true absolute essence of all life.

This universal sense of Being is pure Awareness, pure Consciousness. It is the same conscious awareness you are experiencing now, only experienced on its own level by itself, not associated with or overshadowed by thoughts, emotions, sensations or perceptions. It is beyond your mind and body, and yet it pervades, permeates and animates your mind and body and your total life experience. It is the reason you are awake and aware. Responsible for all things known and seen, pure Awareness itself remains unknown and unseen.

Pure Awareness cannot be perceived by the senses, understood by the mind, or felt by the feelings; yet, it is that by virtue of which your senses can perceive, your mind can think, and your feelings can feel. It is that which is enabling you to think, feel and perceive right now. It is neither objective nor subjective; it is the timeless silent source of all subjectivity and objectivity. It is unmanifest absolute universal pure Being. It exists on its own level, all by itself.

Pure Awareness is absolute Peace, boundless Freedom and innocent, pure Joy. Everyone experiences some degree of pure Awareness because it is the essential reality of Life. It is your real Self and the underlying basis, source and reason for your existence. Awakening to the direct abiding experience of *being* that absolute, unbounded, universal reality of all existence is called Self-Realization.

Self-Realization is the natural state of spontaneously maintaining unbounded pure Awareness within the boundaries of living. It is the essential first stage of awakening to full enlightenment and the true reality of what you, the world and universe really are, as described in detail in further chapters.

Self-Realization is not an intellectual realization, an attitude, a feeling or a belief. It is a deeply profound inner awakening that spontaneously occurs within the innermost core of your being as it awakens to its unbounded universal reality. It is not the result of faith, belief, understanding, study or practice. It happens beyond the mind, body, emotions and senses, and can only arise and awaken within you of its own accord. There is nothing you can do to make it happen. It happens naturally, in simple innocence and openness, when the time is right. It can happen to anyone at any time. It can happen to you.

If read with simple innocence and openness, without the intention to study or analyze, this book can act as a catalyst for that inner awakening, and for the continued unfoldment of consciousness...

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