Beginning Self-Transformation

Lecture Seven: States of Consciousness
Matter, Energy, and Consciousness
Definitions of Consciousness

1. The state of being conscious; knowledge of one’s own existence, condition, sensations, mental operations, acts, etc.
2. Immediate knowledge or perception of the presence of any object, state, or sensation.
3. An alert cognitive state in which you are aware of yourself and your situation.
Powers of Consciousness

• Awareness: Broad spatial perception
• Attention: Focused specific perception
• Mindfulness: Recognized continuity
• Visualization: Non-physical imagery
Three Degrees of Cognizance

- First: time; how long did we remain cognizant?
- Second: frequency; how many times have we awakened our consciousness?
- Third: amplitude and penetration; what was one cognizant of?

—Samael Aun Weor, *Fundamentals of Gnostic Education*
The Four States of Consciousness

- Sushupti: Profound sleep
- Swapna: Dreaming sleep
- Jagrat: Waking consciousness
- Turiya: Spiritual illumination
1. **Eikasia** εἰκασία - "imagination"  
εικόνων Eikonon - "images"

2. **Pistis** Πίστις - "belief; faith"

Πιστεύω Pisteuo - "to trust, to have confidence, faithfulness, to be reliable, to assure"

3. **Dianoia** διάνοια – "imagination, thought, mind, perception"  
from diά, "thoroughly, from side-to-side," which intensifies noiéō, "to use the mind," noús, "mind"

4. **Nous** νοῦς – "mind, intellect, intelligence"
The Solar Logos