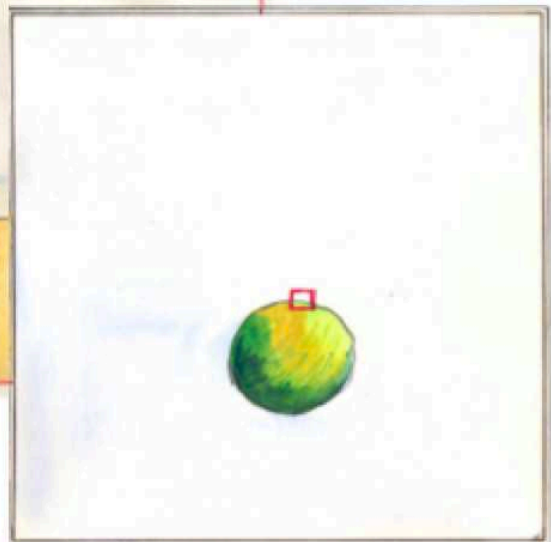


## INDIVIDUALITY & CONSCIOUSNESS

Based on earlier reflections of June 29th, 1985

In the cosmos I am a clot of matter in a sea of spirit, a condensed clot of spirit.



What are we as individual beings.  
Sometimes individualists, sometimes in groups together. But always  
individual beings on their own.

A water surface mirrors the light, so that the world below it is not visible or not clear.

The visible world looks like individuals, though connected in families, ancestral generations, populations, however . . . still ever individuals.

You may consider that water surface as border and scope of the visible, our consciousness. To the degree the surface is higher we see the people around us more as separate individuals with everybody having its own independent interests.

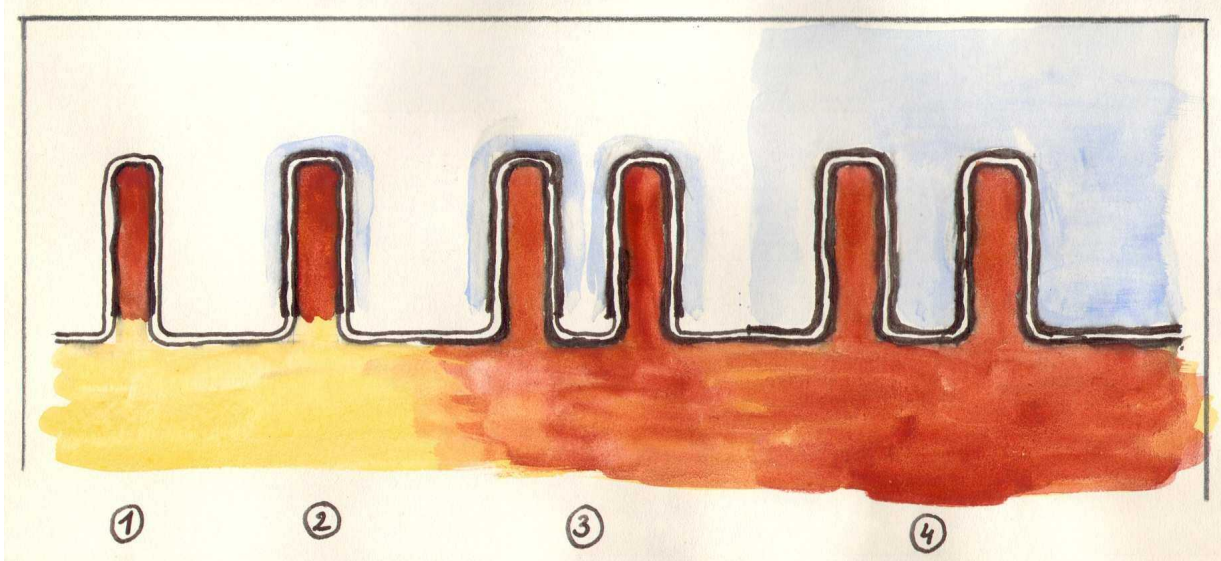
To the degree that surface becomes lower, the insights and awareness become deeper, more relations become visible, and the consciousness increases that we are only for a smaller part independent individual beings on our own and are for a much larger part of our being connected or interrelated.

In analogy with trees and their root system in a continuous exchange with the earth and their crown and foliage in exchange with the air and photosynthesis with the sun light as one interrelated metabolic process also our physical beings are a continuous metabolic process with the earth . . . or we are "protuberances" of earth and atmosphere.

In that sense also our spiritual being develops itself in a continuous “spiritual” metabolism (absorption, digestion, excretion) of impressions, experiences, and thought.

With a temporary existence and life phases: young beginning, full blossoming and shrinking/disintegrating and subsequently being taken up again in the cycle.  
Like the leaves of a tree.

#### Individuality with different levels of being conscious



1. Only or mainly a physically conscious experience world
2. On its own standing physical/ spiritual consciousness of individuals, who are aware of both the physical and spiritual aspects of their existence . . . . the big majority of humanity
3. When spiritually penetrating deeper under the surface of the direct, short term awareness of the physical everyday world gradually the realization starts to commence that we are all actually temporary “metabolic compositions” from the same earthly matter reservoir and with an own spiritual identity.
4. Becoming aware that our spiritual identities are linked to a larger consciousness and that all of us are just individualized expressions in time and space – identities expressing themselves temporarily in matter in view of the experiences – being part of the great Infinite Spirit or God.

Presumed differences between individuals are related with:

- limited/ shortsighted/ one-sided perception
- different degrees of consciousness



The full entity has 2 aspects (like with yin and yang

The inner and external aspect, the spiritual and material, like stamp and imprint, like design and produced object (Mind is the builder), like intention and expression, like pattern and result, like idea and realization.

1. young child
2. spiritual development towards adulthood
3. social being
4. further developed awareness of connectedness, relativizing individuality