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Liberation of Consciousness: the Ultimate Stage of Spiritual Growth



liberation Freedom from confinement.

ultimate Latin *ultimatus*<*ultimare*, to come to an end. Farthest extent, last, final.

spiritual growth Development or emergence of innate spiritual capacities.

When a person's innate urge to be spiritually awake is weak or is not nurtured, the usual inclination is to complacently adapt to existing circumstances and continue to allow egocentric tendencies to dominate thoughts and behaviors. When the innate urge to be spiritually awake is compelling, those who allow it to be influential are inclined to sincerely endeavor to have their awareness restored to its original, pure wholeness.

To be liberated is to be permanently free from conditions which confine awareness and weaken or diminish intellectual and intuitive powers. The primary restrictive condition is lack of Self-awareness, caused by allowing attention and emotions to be overly involved with modified mental states and outer circumstances. Without Self-awareness, a false sense of self-identity may prevail. That is why so many people believe themselves to be mere physical beings, think and act from that point of view, and experience the sometimes unpleasant effects of their erroneous notions and misguided behaviors.

Choose to Have the Freedom That You Can Have

Complete liberation of consciousness should be actualized in your current incarnation rather than be thought of as perhaps being possible to accomplish in the distant future.

Acquire accurate knowledge of your true nature, the reality of God, and how to overcome or rise above conditions that keep your awareness confined. Conform your thoughts, feelings, and behaviors to your highest aspirations until they are always entirely constructive and life-enhancing. As your powers of con-

centration improve, it will be easier to be self-disciplined and to make right decisions.

At What Stage Are You On Your Spiritual Path?

Which of these categories best describe your habitual modes of thinking and behaving? Mark more than one if necessary, as it is common to have a mixture of these characteristics.

- [] Do not believe God exists or am not certain that God exists. Think of God is a cosmic person who rewards good behavior and punishes bad behavior. Believe that an evil force exists. Prefer to believe a religious doctrine rather than want to know higher realities.
- [] Believe in God. Believe in angels. Interested in wanting to contact friends or relatives who have left this world or more highly spiritually advanced souls, channeling, remembering past incarnations, various kinds of psychic phenomena, and hypnosis. Believe that karma (subconscious conditionings) and/or planetary influences primarily determine one's life.
- [] Believe in a Higher Power. Mainly interested in being happy, successful, prosperous, and having satisfying personal relationships. Interest in learning metaphysical principles and meditation practices is primarily for the purpose of improving functional abilities and personal circumstances.
- [] Certain that the Reality commonly referred to as God exists and can be known. Desire to experience spiritual growth is demonstrated by profound metaphysical study, meditation practice, and holistic living regimens.
- [] Have clear perceptions of higher realities and an intuitive awareness of the wholeness of life. Intellectual abilities and intuition are highly developed. Meditative superconscious states are easy to experience and often superconscious at other times. Almost always alert, attentive, decisive, and mentally and emotionally calm. Thinking is almost always rational and urges and impulses are usually easy to control.
- [] Self-realized, with only a few troublesome subconscious influences yet to be weakened and neutralized or a few erroneous beliefs to discard. A vivid sense of communion with a

larger Reality is always present. Living effectively is easy, enjoyable, and satisfying. Aspiration to be fully liberated is unwavering.

Three attributes of one Reality that pervade the universe and regulate cosmic forces can influence the consciousness, mind, and behaviors of human beings. Their influences 1) purify and redeem; 2) transform; 3) resist movement or change.

When purifying, redemptive influences are dominant or are nurtured by constructive thinking and holistic living, it is easy to be healthy, happy, and successful, and for rapid, authentic spiritual growth to spontaneously occur.

Transformative influences regulated by influences that are purifying and redemptive are constructive and life-enhancing. When mental or emotional restlessness is allowed to prevail or a sense of meaningful purpose is not clear, transformative influences may cause one to think irrationally, act unwisely or selfishly, or to cause or attract unsatisfying circumstances.

When inertial influences are allowed to prevail, moodiness, apathy, blurred awareness, mental dullness, diminished intellectual ability, and feelings of hopelessness, helplessness, and of being physically heavy may be experienced.

How to Awaken From Where You Are to Where You Want to Be

To nurture progressive, authentic spiritual growth, cultivate constructive mental attitudes, emotional maturity, kindness, compassion, and behaviors which enable you to successfully accomplish worthy purposes. Replace harmful thoughts, feelings, and actions with positive thoughts, feelings, and actions.

Demonstrate your resolve to be fully liberated by purifying your mind, clarifying your consciousness, and daily meditating until you are firmly established in superconsciousness. When superconscious influences constantly pervade your mind and body, all of the psychological and physical obstacles to natural spiritual growth will be removed. Intellectual discernment and intuitive insights of what is observed will replace false beliefs and illusions. You will become increasingly cosmic conscious.

Self- and God-realization will prevail when you are engaged in ordinary activities.

Your capacity to experience rapid spiritual growth need not be determined by your previous thoughts, actions, memories of events or experiences, or external circumstances. Choosing now to be spiritually awake and doing what is necessary to allow it to occur will empower you to be fully Self- and God-realized.

Enlarge your capacity to be spiritually awake. Bring forth your innate qualities and have them actualized. Improve your powers of discriminative intelligence until you can discern the difference between your true essence of being and the characteristics of your mind, personality, and body.

The freedom you are destined to have can soon be realized by unwavering aspiration to be liberated that is supported by your right endeavors.

Affirmation

I support my aspiration to be liberated with my right endeavors.