

question *i would like to ask a question about awareness
what is the way to remain aware the whole time ?
how to be herenow and not to lose this state ?
how not to fall out of this state of awareness ?
i had several experiences when i lose the state of
consciousness...losing consciousness physically...
and i would like to understand the way not to have
such an end...*

two different questions...
losing consciousness and awareness
these are two totally different questions
do not mix them together

first you are asking how to remain alert...in a state of awareness...
when you peak your energy to a heightened state...vertically heightened...
that is the state of awareness
awareness is a state
a heightened state of alertness
functioning from at least the third eye
when the energy moves to this peak it becomes one
this heightened state is a state of awareness present within you
it is present within you in moments of sudden danger...sudden peaks
it heightens and becomes awake in you
how to keep it there constantly ?
no need...let it settle down...
let it relax into the heart
what will you do with it ?
if it is gone...let it go away
because the moment you say you want more of it
then mind has entered
you have entered...your desire has entered...
and that is taking the energy away

moments and moments will appear when you are at a peak
and then the peak disappears
let it disappear...
let it settle...
the body knows that you do not need it right now

overflowing energy moves to the state of awareness
when you do not have that extra energy
it will go to take care of the body...the mind and its emotional needs
it is like a pyramid
few glimpses will come
and the rest of the time the pyramid also needs to be taken care of...
the body...the mind...the emotion

so do not worry
whenever these moments come
be grateful
drink it silently
and let it disappear
become aware of them when they are coming
become more sensitive that now the peak is coming

every day you will have three to four to six peaks
and this applies to everybody here
you have minimum four peaks a day
learn your cycle
maybe at seven o'clock in the morning you have a peak
maybe at three o'clock in the morning you are at your peak
see your cycle
and just observe
be respectfully silent to it
and slowly slowly the window will open
bigger and bigger and bigger