

the easiest way to generate more awareness within you  
is to move consciously  
each time you move consciously...  
you are creating a space within you  
to allow that experience to settle  
so each and every movement of your body...  
move consciously  
create space within the form  
do not ask for more  
live more  
be more conscious in your actions  
because if consciousness is not in your action  
is it in the brain

do not ask more...live more  
and you will have more of its intensity  
more of that state  
but it is not more  
it is simply deeper...thicker  
it is not more  
that word more is of the mind

you say you fall unconscious  
that is a different story  
i do not know what happens when you become unconscious  
do you black out ?

**questioner** *yes i black out*

no problem...black out  
i used to black out many times  
when energy goes to a certain point in the brain  
and if there is not enough space to receive it  
the brain shuts down...you black out

if there is too much impulse in a certain area of the brain  
the brain blacks out  
so it could be a great advantage  
people who have gone into coma...  
black...all is black...  
they wake up  
and something is fresh around them

a mystic and a meditator  
will try to make some use out of it  
i do not know your condition  
but i can tell you  
there will be some secret message within it  
something within you wishes to open  
and the moment you reach there you black out  
wait...wait...

a small experiment before it happens again  
close your eyes  
feel how it triggered  
how you came to this experience where things blacked out  
is it when your energy is moving upwards ?  
going higher and then the blackout happened ?  
or when you are going depressed and sad  
and then the blackout happened ?  
if it is going upward then it is a spiritual experience  
so wait !

there is a window hiding somewhere  
so when you are peaking...peaking...  
and suddenly everything goes black  
then wait and see...  
it is a blessing  
it has happened to many mystics before  
they go into a blackout space