

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