

A Brief Tour of Higher Consciousness

Welcome aboard for the excursion of a lifetime as Itzhak Bentov, the celebrated engineer, inventor, and mystic, takes you on a tour of the universe, pure consciousness, and all that lies beyond. Using comical sketches, simple metaphors, and his famous wit and humor, Bentov explains the nature of reality, points out the sights in Nirvana and the Void, and eventually takes you to a meeting with your higher self. Along the way, Bentov illuminates the Kabbalistic principles of number and sound, the meaning of cosmic shapes and symbols, the consciousness of devas, and the nature of the absolute. Ultimately, he shows that the universe and thought are inseparable, and that the thoughts of all human beings affect each other and in turn the whole universe—an idea with obvious and far-reaching implications.



by OL booksummary

The Model of the Universe

Our universe has the shape of a torus, like an elongated hollow doughnut. In the center of it is a focal point, a consciousness, or the Creator, represented by the white and black holes back to back. The Creator is like a seed containing all the information about the universe in potential form, as the acorn contains the pattern of the oak tree.

A jet of radiation emerges from the white hole and begins to flow around the Creator, forming a skin or the surface of the torus, which is the universe. Matter is born as it issues from the white hole, at first in the form of light radiation. As it cools down, stable particles are formed—protons, neutrons, and electrons. Then helium and hydrogen gases are formed. These condense into stars with heavier elements in their core.

As the jet of matter continues to flow out of the white hole, it slows down and begins to be pulled back by the gravity of the original seed, the source in the center. The jet reverses its direction and eventually is drawn back into the seed through the black hole. This gravitational collapse causes matter to become transformed into energy, as it passes from the black to the white hole, and it reemerges from the white hole as a new universe. It is a continuous cycle of birth and death of matter.



The universe is a hologram or interference pattern in which all parts are interconnected, containing information about each other and thus about the entire universe. As galaxies move along the surface of the torus, they radiate information waves about themselves. These waves interweave into an interference pattern and form a hologram, which fills the hollow space inside the torus, as well as extends into the surrounding void.

This hologram of information could be called the Universal Mind, because it contains all the information there is about the entire structure. Each individual human consciousness is part of that hologram; therefore, by projecting one's consciousness into the Universal Mind in a heightened state of awareness, one can obtain knowledge about the whole universe.

The Nature of the Absolute

There are two things that can be said about the void, or the Absolute: It is **pure consciousness** and at the same time it contains all there is in **potential**, that is, nonmanifest or nontangible form. It is infinite creative energy in a potential or resting nonvibratory state. In order for matter to appear, and later for forms to appear, a vibratory motion has to be introduced into the Absolute.

Vibration means simply the movement of anything between two points of rest or two poles, as in a pendulum when it stops and reverses its direction. In other words, whatever vibrates fluctuates between its extreme poles. The movement of a pendulum can be represented by a sine wave. The crests of the waves are the points at which the pendulum stops before swinging back.

As the frequency of a wave increases, its amplitude (vertical distance between crests) becomes smaller. In other words, **the points of rest come closer together**. Imagine now a wave of such intense frequency that the points of rest come so close together they overlap, turning the sine wave into a straight line. This would represent infinite speed and total rest at the same time.



Low Frequency Vibration

Large amplitude, widely spaced points of rest, representing slower movement and more distinct polarities

Medium Frequency Vibration

Medium amplitude, closer points of rest, representing faster movement and less distinct polarities

Infinite Frequency

Zero amplitude, overlapping points of rest, representing infinite speed and total rest simultaneously

In the Absolute, opposites merge and are reconciled. At infinite speed it takes no time to get anywhere; one is everywhere at once, omnipresent, in a state of total rest. The paradox is resolved. This is the nature of pure consciousness, where all dualities dissolve into unity.

Things Manifest and Potential

To illustrate further the principle of vibration, let us imagine a soundproof room. We sit in the total silence of this room; now we take a flyswatter and start moving it through the air. As it moves, the flyswatter compresses the air ahead of it and rarefies the air behind it. This action creates two new states or a **duality** in the air that has been quietly sitting there: air that is more compressed and air that is less compressed, or rarefied.

The same happens to our void or Absolute, or pure consciousness. When it is stirred by someone or something, it wiggles, and these wiggles spread through the void like waves to form an electromagnetic field. When this wiggly consciousness interacts with the retina of our eye, it may appear to us as a particle of light, or a photon. A photon is just a small piece of this vibrating void or electromagnetic field.

Consciousness in a vibratory state manifests itself as our familiar matter, from which the different forms that we see around us are made. The table, the flowers, the scent of the flowers, and our bodies are all made of rapidly vibrating consciousness.

The Atom's Structure

Visualize the nucleus of a hydrogen atom as being about one millimeter in diameter, or the size of a pinhead. The size of the electron's orbit would be a circle approximately thirty feet in diameter. All the space between the nucleus and the shell is void, vacuum! So, the atom is made mostly of void, which is pure consciousness.



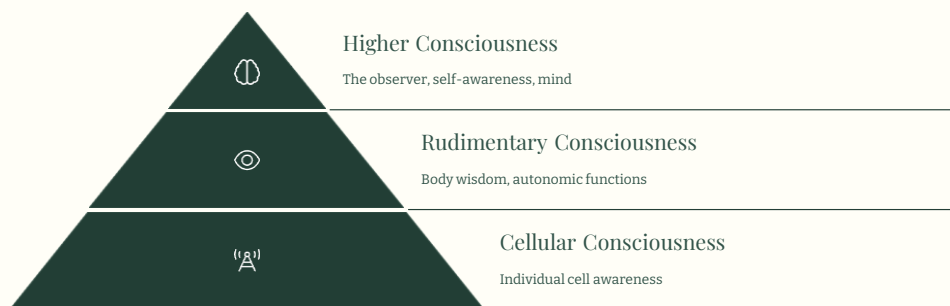
It is quite sobering to realize that the interstellar medium—the void between the stars and galaxies—is the same void that fills the atoms of our bodies. It is one continuous medium. Visualize our bodies as being composed of very thin, filmy sponges immersed in an infinite ocean (the void), with the water penetrating them throughout. The void is everywhere, a matrix in which everything exists and which permeates everything.

If whoever is vibrating this consciousness ceases to do so, the forms that we see—and those that we are—will disappear, and consciousness will come to a state of rest. Everything will revert to a potential, unmanifest form. Consciousness comes in two forms: vibratory and therefore manifest (what we call matter); and nonvibratory and therefore unmanifest, but containing All-there-is in a potential state, serving as a blueprint for matter.

Rudimentary and Higher Consciousness

As we have seen, consciousness has two aspects, manifest and unmanifest. Let's look at our body as consciousness in manifest form and watch it in action. Imagine a scenario where you are knocked unconscious. Your breathing remains slow and regular. Your heart continues beating. What has happened? **You** have lost consciousness, but your body has not. It seems to be functioning quite well and appears to have its own consciousness that directs the activity of the organs.

Let us call this the **rudimentary consciousness**. It is the "wisdom of the inner parts" of the body. When you regain consciousness, your awareness as we commonly know it returns. There appear to be two kinds of consciousness occupying our body. One is a **higher consciousness**, which is easily dislodged from our body by a relatively mild blow on the head. Then there is another, more rudimentary consciousness, which knows how to run a body, even when the higher consciousness is gone.



If we put together the consciousness of all the organs in our body, including consciousness of the bones, skin, blood, et cetera, we end up with a very intelligent being who is the total consciousness of all the living cells in our body. This is the rudimentary consciousness, which runs the body when we are out—that is, lose consciousness—or are asleep or, for that matter, awake.

But then, what about the higher consciousness that worries about the lost wallet, telephone bills, and income tax? This is a being superimposed on the body and using it as a vehicle to experience this physical reality. It is using this body of ours to carry around our sensory mechanisms. The higher consciousness, which inhabits this body and exploits it for its own use, is a more intelligent consciousness; it acts as an "observer," includes our mind, interprets our sensory experiences, and gives us our **self-awareness** as individuals. Let us temporarily call it the **soul**.

The Devas: Consciousness of Forms

We can apply the principle of two types of consciousness to other systems. For example, think of our planet as a big body, consisting of a mass of minerals, organic matter, water, and so on. The total consciousness of its atoms constitutes the rudimentary consciousness of this body—the being that is the physical planet. Then we can also say that there must be someone occupying this big body, just as the soul occupies our physical body.

There is a consciousness, to be sure a very big one, that is the higher consciousness, the observer or soul of this planet. This big being can be called for all intents and purposes the soul or the God of our planet. We, human beings, are part of this large being. We are contained within its consciousness, as are all the animal species and the beings that have no physical bodies.

The name given to a being that is the rudimentary consciousness of any structure is **deva**. This is a good short word that means **god** of a form. For instance, there is a deva of a tree, a mountain, or a bottle of ginger ale. Sometimes these beings are visible to persons with developed sight.

Devas of Nature

A mass of air or water contains so many molecules. The sum of these molecules is a deva, a being. So, we have a deva of the wind, or of the sea. Just like the deva of a mountain, they are the consciousness of the matter composing them.

Communicating with Devas

You can talk to devas. You address them as "Miss So-and-So," because all the devas of Creation are female. To negotiate with them, the currency of exchange is love. Just send the deva a lot of love, which will stimulate her evolution.

Collective Intelligence

Take ants. They are such an intelligent, organized community, but if you examine the nervous system of an ant, it's very simple. The great intelligence of the ant colony is the deva, the total consciousness of millions of ants.

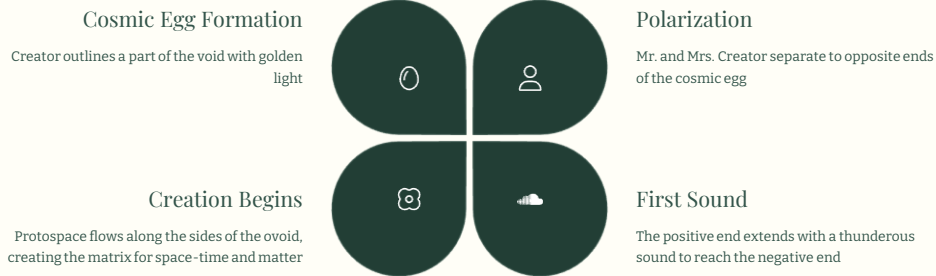
Our physical bodies are also represented by a deva, sometimes called the **lower self**, which is the rudimentary consciousness we have been discussing. Occasionally, there is a conflict between the lower self and the higher self, as in the case of suicide. The emotional and possibly the rational parts of the higher self say, "Enough. I want to die." But the lower self or the deva of the body steps in. The body will struggle for air, try to swim and get out of the water, while the emotional and the rational selves will try to sink it.

Devas are territorial creatures, bounded more or less by the size of the form or territory they occupy. This is not unlike animals who do their thing on bushes and posts to proclaim ownership of their territory, which is somewhat an extension of their bodies, and they protect their property jealously. So do the devas. The moment you approach their domain, they appear and question your intentions, sometimes in a manner not altogether friendly.

Mr. and Mrs. Creator and the Making of a Universe

The boss of the universe, the Creator, is in the business of making universes; it's His profession. We will try to describe how He creates a universe, although this sounds rather preposterous. How can anyone describe anything that happened before he (we) was created? But remember that whatever happens anywhere, anytime, is embedded in the hologram, the Universal Mind. Each of us is a part, admittedly a small one, of that hologram and contains all the information about the total structure, including the information about its origin.

It starts as one part of the infinite expanse of the dark void begins to stir and becomes individualized: Our Creator, having sat in the void in unmanifest form for a long time, contemplating, has finally decided to move and become manifest, in order to evolve. After He has gone through the red tape and hassles involved in obtaining a building permit and has picked a volume of void from the powers that be as a suitable place to build His universe, the Creator outlines a part of the void by enveloping it in an ovoid (egg shape) of golden light.



Creators are great beings, they are large consciousnesses, and they appear in three forms: (1) unmanifest form, appearing only as a powerful source of light; (2) manifest, unfurled form, that is, in the form of an active physical universe; and (3) occasionally approximating the human form. They take the latter shape simply for the sake of convenience, to communicate with human beings. A Creator may also manifest Himself simultaneously in all three forms.

Mr. and Mrs. Creator are two aspects of one Creator. To activate the process of evolution, they have to separate and move into opposite ends of the cosmic egg. The dynamics of Creation is based on the interaction of the negative and positive polarities. Once separated, they want to come together again, because opposite polarities attract each other. The whole cosmic egg is shaking with tension from this separation.

To continue our story of Creation, let us see what happens after the positive and negative polarities reunite. They continue to perform separate functions: Mr. Creator is the male, active principle, involved in the evolution of consciousness; while Mrs. Creator is the feminine principle, the Mother-Nature, the deva of all forms. All the nature devas—of galaxies, solar systems, and planets—come from Her body. She projects everything that exists, visible and invisible, into being. Every atom, the whole Creation, is the body of Mother-Nature.

Meeting Your Higher Self

You have traveled through the universe, beyond the cosmos, and into the infinite void. You have witnessed the structure of creation from atoms to the Manifest Creation containing All-there-is. But one question remains: Who is running the show? There must be someone minding the store. It's just too big a place to be without a boss.

You decide to call on the being responsible for All-there-is. So you stick out your chest and say in a challenging voice, "I want to see the top God. Who is in charge here, anyway?" Suddenly, a great column of blinding light appears in front of you. The light is so powerful, and the vibrations emanating from the column so overwhelming, that for a moment you feel like the sorcerer's apprentice. You bit off more than you can chew.

You notice that the bottom of the column of light is open. It's like a tube or skirt, and the light emanating from it is not as powerful. With some trepidation, you peek under the rim of this column of light, and to your great surprise find that it is just a hollow tube. It's a tall tunnel of light, disappearing far up in the distance. "Well," you think to yourself, "a tunnel is an invitation to enter." So, up the tube you go.



After a while you feel that the tube is bending; it's bending some more, and more, and you feel that you have made a U-turn. Now you are moving downward very rapidly. Suddenly, you see the end of the tube, and something is sitting there. You pop out of the tube and there, in front of you sits... the Lord of the system. He sits cross-legged—and guess who it is? It is **yourself**. It is your SELF. It's a carbon copy of your physical body, completely immobile, calm, unperturbed, and impersonal.

Since verbal communication makes little sense here, you decide to use the old tested merging technique. You turn around and start backing slowly into your body. This is done very carefully, just like trying to back a car into a very tight garage. You are almost merged with your body, when suddenly you just click into it, and—BANG! The whole thing explodes! There are no bodies, just the void. You have become the void. You **are** the void.

It is quite clear now that the SELF is the void. You have been the void all along. You are pure consciousness or pure awareness, and that is the supreme SELF that has been guiding you through the long and eventful trip back to **itself**. This was the observer looking through the pupils of your eyes over hundreds or thousands of lifetimes, making sense of your experiences. That pure awareness, which is the void, gave you your awareness of self, or self-awareness.