
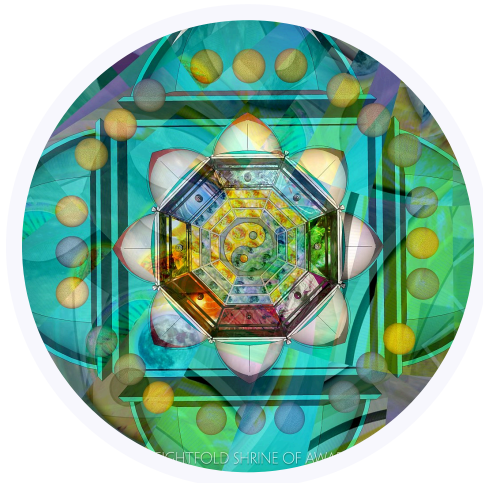


EIGHT REALMS OF CONSCIOUSNESS

Primary Frames of Embodied Awareness

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*"Journey across the realms – our fields of consciousness...
We may discover and harmonize the eight inner stations."*

The Eight Realms of Consciousness



The Eight Realms of Consciousness are the eight *stations of the life-cycle* and the eight *centers of manifest awareness*. This *ancient octagon* finds countless expressions in the spheres of culture, spirituality, and the passages of nature.

- #1 **Being:** Embodied Presence
- #2 **Seeing:** Vision and Orientation
- #3 **Feeling:** Immersion and Emotion
- #4 **Dreaming:** Possibility and Aspiration
- #5 **Willing:** Intention and Assertion
- #6 **Working:** Endeavor and Transformation
- #7 **Harvesting:** Integration and Distillation
- #8 **Fulfilling:** Alignment and Unification

We tune into these **realms of consciousness**, the primary framings or domains of *existence in a process*. We rotate the prism of awareness, we tune into the specific beams of our living experience. Into eight stations in the journey of our awareness:

❖ In short inquiries: First, "**I Am**" – but "*What am I as?*"... Then, "**I See**" – but "*What do I see?*"... Then, "**I Feel**" – but "*What do I feel?*"... Then, "**I Wish**" – but "*What do I wish?*"... Then, "**I Will**" – but "*What do I want?*"... Then, "**I Work**" – but "*What do I*

construct?"... Then, "I Harvest" – but "What have I gathered?"... Finally, "I Consume" – but "How am I whole?"...

❖ In the narrative: *We land here as embodied beings – incarnated into raw presence. We perceive an environment – we recognize and orient. We receive impressions – our feelings emerge. We conceive possibilities – we dream and explore. We establish our will – we plant our resolve. We undertake works – we transform our world. We harvest our essence – we integrate our lives. We consummate our being – we align into our fullness.*

❖ In the abstract: There is "inward" – there is "outward". There is "impression" – there is "expression". There is "intention" – there is "endeavor". There is "integration" – there is "culmination".

These are all specific tunings of awareness – inquiries into eight major fields of our engaged consciousness. Each of them is a vector for metacognition, attending to them a gateway into more comprehensive self-awareness. From the recognition of simple presence as "I simply am", into recognition of "I am seeing", of "I am feeling", of "I am wishing", of "I am intending", of

"I am executing", of "I am distilling", until "I am culminating".

The actual contents and objects of seeing, feeling, wishing, willing, etc. are not our central concern. Our primary concern here is a plain and simple recognition of the existence of these basic tunings and functions of consciousness. First, "there is seeing", "I am seeing" – a baseline recognition, we witness its presence. Then, "what is this seeing", "how is this seeing" – we witness it in operation, recognizing its merits and conditions.

...and in the rhymes below, we explore pointers into these eight stations – angles into these abstract yet tangible domains – principles of sentient evolution in their many manifestations.

✱ **Alternative images:** Classic ♦ Realistic ♦ Chakras

Root ⇔ Ground ⇔ Grasslands



We enter the field of **Root**

& the nature of **Ground**

— Welcome to **Grasslands!**

We say, "**I Am**".

Here are **Existence & Physical Being.**

Tune in and **Be Neutral!**

Settle into Presence

and **Rest in Stillness**

— seek to **Abide in Peace.**

Meet your ever-present friends:

Newborn Child & Innocent Incarnation.

You are the **Basic Substance...**

Ask yourself, "**What am I?**"

When in the **Grasslands,**

Establish your **Root** in the **Ground.**

Third Eye ⇔ Mountain ⇔ Peaklands



We enter the field of **Third Eye**
& the nature of **Mountain**

— Welcome to **Peaklands!**

We say, "**I See**".

Here are **Orientation & Vision**.

Tune in and **See Clearly!**

Find Your Bearings

and **Discern Reality**

— seek to **Behold Actuality**.

Meet your ever-present friends:

Sincere Seeker & True Observer.

You are the **Attentive Inquirer...**

Ask yourself, "**What do I see?**"

When in the **Peaklands**,

Unveil your **Third Eye** in the **Mountain**.

Heart ⇔ Stream ⇔ Riverlands



We enter the field of **Heart**
& the nature of **Stream**
– Welcome to **Riverlands!**
We say, "**I Feel**".

Here are **Emotion & Immersion**.
Tune in and **Feel Vividly!**
Embrace Your Intuition
and **Touch Your Essence**
– seek to **Flow with Feeling**.

Meet your ever-present friends:
Heartfelt Healer & Sensitive Poet.
You are the **Reflective Resonator...**
Ask yourself, "**What do I feel?**"
When in the **Riverlands**,
Bathe your Heart in the **Stream**.

Throat ⇔ Wind ⇔ Highlands



We enter the field of **Throat**

& the nature of **Wind**

– Welcome to **Highlands!**

We say, "**I Wish**".

Here are **Dreams & Aspirations**.

Tune in and **Unveil Possibilities!**

Open Your Imagination

and **Expand Your Horizons**

– seek to **Liberate Your Potential**.

Meet your ever-present friends:

Inspired Explorer & Fantastic Dreamer.

You are the **Curious Wayseeker...**

Ask yourself, "**What do I hope?**"

When in the **Highlands**,

Refresh your **Throat** in the **Wind**.

Sacrum ⇔ Thunder ⇔ Strangelands



We enter the field of **Sacrum**

& the nature of **Thunder**

– Welcome to **Strangelands!**

We say, "**I Will**".

Here are **Resolve & Intention**.

Tune in and **Harness Determination!**

Assert Your Objectives

and **Anchor Your Baseline**

– seek to **Establish Your Purpose**.

Meet your ever-present friends:

Undaunted Pioneer & Relentless Digger.

You are the **Resolute Commander...**

Ask yourself, "**What do I want?**"

When in the **Strangelands**,

Implant your **Sacrum** in the **Thunder**.

Plexus ⇔ Flame ⇔ Heatlands



We enter the field of **Plexus**

& the nature of **Flame**

– Welcome to **Heatlands!**

We say, "**I Work**".

Here are **Crafting & Transformation**.

Tune in and **Develop Expertise!**

Cultivate Your Abilities

and **Refine Your Skills**

– seek to **Master Your Practice**.

Meet your ever-present friends:

Skillful Blacksmith & Adept Alchemist.

You are the **Proficient Reformer...**

Ask yourself, "**How is it done?**"

When in the **Heatlands**,

Forge your Plexus in the Flame.

Cranium ⇔ Ocean ⇔ Deeplands



We enter the field of **Cranium**

& the nature of **Ocean**

– Welcome to **Deeplands!**

We say, "**I Harvest**".

Here are **Integration & Reconciliation**.

Tune in and **Embody Your Wisdom!**

Weave Your Matrix

and **Aggregate Your Essences**

– seek to **Consolidate Your Life**.

Meet your ever-present friends:

Profound Mystic & Seasoned Sage.

You are the **Holistic Harvester...**

Ask yourself, "**What do I have?**"

When in the **Deeplands**,

Integrate your **Cranium** in the **Ocean**.

Crown ⇔ Heaven ⇔ Rainbow Spire



We enter the field of **Crown**

& the nature of **Heaven**

– Welcome to **Rainbow Spire!**

We say, "**I Absolve**".

Here are **Fulfillment & Unification**.

Tune in and **Align Existence!**

Consummate Your Entirety

and **Reconcile Your Reality**

– seek to **Rejoin Wholeness**.

Meet your ever-present friends:

Liberated Saint & Transcendent Unifier.

You are the **Harmonic Whole...**

Ask yourself, "**Am I complete?**"

When in the **Rainbow Spire**,

Perfect your Crown in the Heaven.

 <https://ananda.icu/texts/kernel/eight-realms-of-consciousness>