

Journeying between the Outer and the Inner Realms

Although the human mind is a subject of study, the mysticism of the mind has not been much experienced or widely understood. It is intriguing that the morphological structure and physiological functions of the brain are more or less the same in every human being, but the nature, attitude and perceptions of the mind are starkly different in each individual.

We exist physically in three dimensions and we are also subject to the dimensions of time and space, but our real deeper consciousness begins at the fifth dimension where feelings prevail and intuition sparks, inviting us to explore infinite dimensions of mystical and spiritual experiences with which we start to perceive the world far more clearly than before.

We are fifth-dimensional beings as we live mainly through our feelings, imagination, intuition and experiences.

Sleep is a pause between the waking and the dream. We understand many things without reading or listening, the traditional methods of learning. Our existence is in the middle of both the inner and outer universes. The outer universe is characterized by a rational approach and experiences are gained through the senses and the physical body. The experience of the inner universe occurs primarily through intuition, the heart, the emotional self and the spiritual self. When we view the world from a logical perspective, we all understand it in the same way. However, when the perception of the world reaches our core, it is different from what others may perceive and it is also somewhat different from what we ourselves perceived previously.

At the level of the heart, everyone is in oneness and oneness is in everyone.

The outer universe is physical, whereas our individual inner universe is a reflective experience of the same outer universe at either the microcosmic or macrocosmic level. The process of experiencing the inner universe is spiritual. It is a personal experience. As we go deeper into our inner being, we realize oneness. We all have the choice whether to progress in reaching the outer universe or in exploring the inner universe. The process of reaching the outer universe with our consciousness, with our intellectual and physical resources, is scientific and systematic. The process of reaching the depths of our inner universe is spiritual and inspirational.

We cannot access both the inner and outer universes equally in life. We are always pulled more towards one or the other. Though we all have a similar physical brain, we have trained our minds to progress in a particular field of study, such as art, medicine, philosophy or economics. We cannot gain mastery over all subjects equally. If we progress only towards reaching the outer universe, we grow intellectually. We increase the quantity of information in our brains, but we may feel emptiness. If we attempt to descend into the inner universe, we may be criticized by people who have progressed in the material sense. However, as we discover the depths of the inner universe, we feel contentment, satisfaction and the elevation of our spirits.

Our physical body is local (physical presence restricted to one location), but, spiritually, we are gifted with the ability to become non-local, with our consciousness hardly affected by our local physical presence. This is a mystical experience. We travel in many directions with our thoughts. After a while we return to our main co-ordinate, the physical body.

Cells within our body function individually, yet they contribute collectively to our body's overall activity. Every cell within the body has its own magnitude of consciousness. We have discovered exquisite intracellular mechanisms of genetic coding in our DNA, as well as a vast array of cellular receptors and intercellular messenger molecules, which are thought to facilitate cellular function. However, each cell is powered in essence by the spirit within us.

Similarly our inner universes are powered by universal consciousness. When we communicate only on an intellectual level, we often end up misunderstanding or misinterpreting others. When human communication is embellished by the touch of our hearts, then clarity, harmony and oneness can be found. We can only feel oneness in the universe, oneness with everyone, when we gaze spiritually from our inner universe. Younger children experience oneness regardless of their backgrounds. People who are advanced in age experience the same oneness that children do because the level of consciousness is the same at the two extremes of life. There is conflict between these stages, but newborn babies, young children and people of advanced age live mainly in their inner universe.

As we descend into the depths of the inner universe, we embrace the outer universe simultaneously. If we descend one micro-millimetre into the inner universe, our understanding and perception of the outer universe extends thousands of miles. This is the scale of our spiritual journey. Keeping in touch with our inner Self through silence, meditation or *Dhyana is only to reassure us that we are progressing*. Once we are consciously aware of our true nature, we will continue to evolve. As we gain experiences on the journey, we will become more confident of our inner treasure. We can brighten up the light of our spirits with our will. The effects of this mystical light can then be observed by others.