

Higher States of Consciousness

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1 Introduction

Meta-2 consciousness, which is awareness not just of psyche but of its study, psychology, remains an esoteric skill. Many think at Meta-1 about Meta-0 cognition, but few think at Meta-2 about Meta-1 metacognition. Until the current epoch, this has never posed a problem, but it does now. Meta-1 consciousness, now that it has disposed of the naive God, lacks the means with which to recognise psychic duality. The ancient juxtaposition of human and external deity (which requires Meta-1 thinking for its acceptance, but thereafter only Meta-0 thought for its sustenance) is no longer rationally tenable, yet its higher-altitude replacement - “God is the unconscious psyche” - which is Meta-1 in itself, can only be taken on at minimum Meta-2.

Hence, we are stooped beneath a glass ceiling.

Consider an analogy from chemistry.

The energy input required to initiate a chemical process such as burning is known as activation energy. A spark, for example, provides the activation energy to ignite a gas burner, which, thereafter, burns by itself. The initial energy required to kickstart the reaction is often higher than the self-sustaining level that keeps the reaction going thereafter. Likewise, initial conceptualisation often requires a higher level of consciousness than any subsequent use of the concepts so generated. It takes more awareness to build concepts than it does to maintain them.

This is true of the God-concept.

The creation of a Meta-0 deity such as Yahweh required (historically) and requires (now) an activation level of Meta-1 self-awareness: the need for a God is based in a sense of subject/object division. But the Meta levels are rarely permanent: one doesn't achieve Meta-1 and henceforth stay there. Once the God-concept is built, a naively religious person can identify wholly with ego, and, following such Meta-1 activation, slip back into simple, dogmatic Meta-0 cognition, with the shadow projected externally as God/devil. Meta-1 con-

sciousness, the higher activation threshold, is followed by Meta-0 conceptualisation of duality.

Now, to the higher-altitude equivalent.

The construction of G/U as a conceptual framework requires thinking at Meta-2. For the initiation of such a psychological consideration of duality, one must consider and understand the statement “God is the unconscious psyche”. This requires significant activation energy: Meta-2 consciousness. But, once the conceptual framework is established, the model can run itself on a lower level, and we no longer require constant metametacognition. Indeed, we don’t want such a thing. We want to unify at Meta-1. In the helix, once all thoughts are self-aware, there is no longer any division, and the baseline is reset. This brings the “childlike” nature of wisdom described in Taoism. Total Meta-1 consciousness is, in the end, the same as Meta-0 consciousness.

But to achieve this total Meta-1 consciousness, we require Meta-2 activation. And this is the trouble. Our egoic Meta-1 worldview has become so “complete”, so hubristic, that the Meta-0 God has become unworkable as a rational concept. Yet very few are capable of taking the next step, that is to say, generating the Meta-2 activation consciousness required to construct the Four Concept Model. Indeed, there is no general recognition that such higher consciousness is even possible, because, in order to recognise higher consciousness, one must have it. Even to address the idea of the Meta levels, a mind must appreciate the difference between cognition and metacognition, which requires thinking at minimum Meta-2, and, while Western culture is happy for its people to be first-level self-aware, it doesn’t want more, because such thinking means coming face-to-face with God.

Thus, we have a Catch 22.

A relationship with G/U requires Meta-2 consciousness. Meta-2 consciousness requires clarity of mind. Clarity of mind requires transparency. Transparency requires a relationship with G/U. Hence the glass ceiling beneath which we stoop. So the question is, how do we break it? Well, we follow the airline adage: “Fit your own mask before helping others.” We already have a robust psychic model for God, so the next task is to understand altitude itself. Because to understand the concept of higher consciousness is, in fact, to have it. And, while higher consciousness isn’t sufficient for the attainment of wisdom (just think of Moriarty as opposed to Holmes), it is, post-religion, necessary.

Now, the division inherent in the human condition is at the Meta-1 level, because the ego is, by definition, metacognisant: it consists of all those psychic contents which are witnessed. So the archipelago is, in fact, a Meta-1 archipelago. Thus all transcendent thoughts and actions, those which engender

OT₀, must function at (a minimum of) the Meta-1 level. Drunken Meta-0, ignorant bliss, is not transcendent: consciousness has no part in it. Soulfulness involves self-awareness. So the meaningful thoughts and actions that are essential to living as an individual are soulish, Meta-1 actions. In the ego desert, in the land of dry Meta-1 self-awareness, soul is the water that sustains, the *sine qua non* of spiritual survival.

2 Altitude

In a desert, how does one find an oasis?

Well, a desert is two-dimensional: it is a planar subset of three-dimensional space. And sources of drinking water are likewise planar: puddles, rivers and springs are ground level. Thus, other than by stumbling on some, a human has no way of finding water, because a human cannot see the plane from within it. The two-dimensional desert surface can be viewed in its entirety only from a third dimension, that is to say, with the aid of e.g. a drone or a satellite. With the aid of such an eye in the sky, finding a waterhole becomes simple. The planar desert can keep no secrets from something which has access to a higher dimension.

The individual's life is often one long mistake: we're forever losing our way, forgetting ourselves, swirling around in the eddies of ego. And yes, by such errors, we learn. But blundering around at ground-level, stumbling from dune to dune, it takes decades of Meta-1 trial and error to build up any kind of picture of what is soulful and what isn't. Without perspective, it is so much harder to win clarity of mind. Without Meta-2, it is virtually impossible to tell the difference between the ego-pleasurable Meta-1 mirage of OE₀, and the real thing, eudaimonia. Without higher-level psychological differentiation, the two feel the same: good. But, with psychic altitude, the learning process multiplies exponentially. Just a single journey to altitude, just a single foray into Meta-2 space can reveal the entire Meta-1 desert.

An example: the psychic caveat.

This is the technique of placing an expression such as "I think", "I believe", or "I find" before any statement of opinion, thereby turning Meta-0 opinion into Meta-1 transcendence. So "men are slimy" becomes "I find men slimy", and is no longer a useless gripe about men, but is, instead, a self-examinatory statement. It is a revelation about the speaker's psyche. The former is Meta-0 opinion, and does nothing for its speaker, whereas the latter is personal truth. Such a raising of level is genius. But it is only possible for a human being to maintain such a tactic (bombarded with consumerist shit as we are) by recognising the tactic's value at a conscious level. This requires an altitude greater than that of the tactic. Only at Meta-2, with a consideration of transcendent psychology,

can a commitment to Meta-1 consciousness be seen as beneficial.

Thus, higher-level strategising is essential.

In his autobiography, Benjamin Franklin said: “I made it a Rule to forbear ... the Use of every Word or Expression in the Language that imported a fix’d Opinion, such as certainly, undoubtedly, &c., and I adopted, instead of them, I conceive, I apprehend, or I imagine a thing to be so or so; or it so appears to me at present.” This is a Meta-2 statement, an activation statement. It guaranteed him a steady flow of Meta-1 statements, each of which had the potential for transcendence. Thus a single Meta-2 thought - “In matters of opinion, make only Meta-1 assertions” - can alter the course of an entire life. It did so for Franklin. “I soon found the Advantage of this Change in my Manners. The Conversations I engag’d in went on more pleasantly. The modest way in which I propos’d my Opinions, procur’d them a readier Reception and less Contradiction; I had less Mortification when I was found to be in the wrong, and I more easily prevail’d with others to give up their Mistakes & join with me when I happen’d to be in the right.”

The same logic of Meta-2 strategising applies to the inner monologue. The classic mistake of Meta-0 consciousness, the classic point-source mistake, is to identify with the inner monologue, which is the voice of the ego, assuming that, since it has the psychic microphone, what it says is the truth. The point-source fallacy takes the inner monologue as being the individual, when, in fact, the inner monologue is not the voice of the individual, but merely of ego. This is no minor slip. Such ego-identification precludes OT₀ growth, not just once but at every moment of every day, because the Meta-0 proclamations of ego are thereby taken as gospel, which leaves no defence against “I’m a bad person” or “I’m a good person.” But to gain the skill of stepping back and listening to the voice of the ego requires activation, a period of higher Meta-2 consciousness that elevates all subsequent Meta-0 judgements into Meta-1 statements about the psyche.

3 Decisions

How does a culture gain skills?

Simple: *education*.

We go about teaching what actually matters.

As it stands, we do nothing of the sort: education is mute on the subject of consciousness. There is, post-religion, no description of what it is to exist, what it is to be self-aware, what it is to come of age, what it is to be higher-level conscious, what it is to be human; there is no mention of psychic duality; there is no mention of the human condition; there is no mention of... the root of every psychic disorder, the font of all meaning, the path to enlightenment,

the home of love, the road to hell, the cause of addiction, the source of all joy, destiny, wisdom, greed, the alpha and omega of bigotry - racism, sexism, ageism, everyism - the essence of devotion, hatred, hope, despair, purpose, sorrow, bliss.

Our “culture” doesn’t want to know.

Thus whole generations trudge to the grave without ever being given the slightest awareness of what they are up against. In the West, education (both scholastic and parental) ignores the most important thing there is. Instead, it feeds children a bullshit dream. A dream in which there is no need for wisdom. A soulless dream. And Icarus heads straight for the sun, because old man Daedalus is proud of his boy: “All the best for a resplendent future.” Our egoic training - ego blind to ego - spoils its charges rotten: it praises cleverness, applauds talent, and gives pride of place to preeminence. In doing so, it produces hordes of excellent brats, who wait until their midlife crises to realise (or not) that, in fact, they had it wrong the whole time.

The temptation, of course, is to believe that what is now has always been the case. That would exempt us from action. But such a notion is infantile. For an aeon, for many aeons, in fact, the deep was at the very centre of all education. Every subject was rooted in theology. It was desperately naive, yes, but at least it was something. It is only in the modern era, only really in the last century that the study of psyche and consciousness (which is, of course, what religion is) has been removed from the curriculum. The human condition has been expunged from popular consciousness. And - who would have thought it? - we find ourselves surprised at mental health epidemics. At trolls, haters, bigots, world-plunderers. What else could possibly be the result of silence on the subject of life?

But just suppose we did something about it.

Suppose we could be proud of ourselves again. Suppose our culture acted as a culture, not just as the pawn of money. Suppose we stepped up and began teaching the stark reality of things. Suppose that children were taught about what actually goes on in their minds. Suppose that, instead of the mouldy bones of some or other jaded religion, children were given fresh food to eat. Useful information. Real information. Stuff that might actually mean something to them. Suppose we reshouldered our responsibility - the true responsibility of society - and retaught, at higher altitude, the age-old fact that happiness isn’t an ego thing.

One thing is for sure: if we remain within the current worldview, our children will never gain the consciousness required to allow them to understand themselves, and they will seek material success. Everyone will seek material success. What then? We keep pretending that making everybody cleverer will

help, but that's a preposterous idea. Cleverness is merely Meta-1 skill, and no amount of it is ever going to make the slightest bit of difference to the real problem, the death of meaning. That can only be addressed at Meta-2. The alternative is this: the glass ceiling remains intact, and, as humanity grows and grows, we are forced to hunch ever lower, until we are all reduced to Nietzsche's "spiteful dwarfs".

Children learn what culture decides.

The cry goes up: "But psychology is too complex for the young!"

What?!

Every subject is too complex for the young!

That's precisely what teaching is for!

Besides, linked duality - G/U, ego, soul, Self - isn't complicated. It's extremely simple. Island-Bridge-Island. In this form, which can and has been explained in a million allegories (for starters, every myth and fairytale ever written), G/U psychology could be taught to anyone. Not in the expectation of a light-bulb click, but as groundwork for a conscious future, so that those destined to feel their division (exactly those interesting, high-tensile people who have the chance of ending up as either wise or else as a rich, powerful disaster) are equipped for the task. Then, when their dark night comes, they might know which way to turn.

That's what a culture is for, isn't it?

So why not explain the real roots of addiction? Why not allow for meaning in nightmares? Why not give a home to imaginary friends? The fact that most adults don't understand such things is no excuse. Their children can teach them! Every day, the young outstrip their parents. Why shouldn't they do so where it matters? Why shouldn't they do it in the right direction?

But, if we are honest, the West's hesitation in teaching its young has nothing to do with the practicalities. While they are significant - colossal, even - we've always been enterprising folk. Difficulties are surpassable. Consider the task of teaching mathematics, a subject that many people openly hate. It is brutal for some, and yet there is progress: it's considered important, so we've learnt how to teach it. Before long, the same will be true of duality.

To see a shift from the teaching of outer to inner as too seismic is defeatism. Courage is contagious. Hope is contagious. Belief is contagious. Self-awareness is contagious. Every genuine person, every true individual, every Meta-2 consciousness sows the seeds for many more. Wisdom breeds wisdom. We need no destructive revolution, just a massive rethink of priorities. And such things happen. The atheist/materialist paradigm will fall: if history has taught us anything, that much is inevitable. And, when the post-religious, atheist bubble

bursts, psychic duality will come to feel as obvious as evolution.
As obvious as the God-concept once was.

Worldviews don't fade out, they *explode*.
The only question is when.