

A silhouette of a woman in a meditative pose, sitting cross-legged on a rocky shore. She is facing right, looking out over a vast ocean under a sunset sky with hues of orange, red, and blue. The text is overlaid on the lower half of the image.

H.T.S.O.T. ®

# 5 LEVELS

OF CONSCIOUSNESS

PETER SISKIND

# **The 1st Level of Consciousness:**

## **You can change the location of the center of your consciousness.**

Ask yourself where you are, right now, while reading this. Well, you know you are inside your body. But, where within your body is your consciousness located? As you ask yourself this answer you will notice, that the center of your consciousness, your awareness, is concentrated in a specific area of your body.

Maybe it is in your head, it may be in your heart, or possibly in your gut. There is no right or wrong answer. The specific area in which your consciousness is concentrated is not relevant to this exercise. What is important is that you become aware of the center and its location within your body.

**So, I ask you again. Where are you within your body?**

Take a couple of deep breaths. Relax, scan your body and allow yourself to really feel the center of your being.

You may be asking why this is important. The first level of consciousness is defined by becoming fully aware of this concentrated energy we call consciousness and mindfully identifying and intentionally moving the center of your being anywhere in your body.

## **Exercise:**

Stand or sit in a relaxed position. Relax and bring your full attention to your body. Take a moment to become aware of what you are feeling in the tip of your left index finger. Then intentionally move your awareness to the tip of your left index finger, and become aware of what you are feeling there. You have just moved the center of your consciousness that spot.

Now, move your awareness to the tip of your right index finger, and become aware of what you are feeling there. The center of your consciousness has now intentionally moved there.

This exercise can be used for relaxation and stress relief. By moving your conscious awareness from one body part to another with the intent to relax it, you can create very profound relaxation. This is a very important preliminary step in awakening the extra human potential. But the possibilities go much beyond this.

Creating a limitless life begins here. Acknowledging your innate and powerful capability to take control of your well-being.

# **The 2nd Level of Consciousness:**

## **Energy always follows your intent.**

Wherever your conscious awareness goes...energy follows. This is just how things work. Quantum physics is taking great strides in proving, that it is our continued focus and intention that creates reality.

In individual terms, this means that if you bring your awareness to an area of your body, energy will amass there, and will keep gathering there, as long as your conscious awareness stays there.

There are some areas in the body which, if they receive extra energy, create certain effects. Effects at different levels of your being. These effects can be physical, emotional, mental, or spiritual.

When you bring your awareness to your throat and keep it there for a while, so that more energy can gather there, (since it follows your attention) then you will stimulate your ability to express yourself, to communicate truthfully, and to organize and plan things.

If you place your awareness to the area above your nose and between your eyes and keep it there for a while. The third eye, then you stimulate your intuition and clairvoyance.

When you keep your awareness in the heart area, in the center of your chest, you stimulate your ability to love and to forgive. As well as the capacity for compassion towards others and towards yourself. You will feel an extreme ease towards self-acceptance, forgiveness, and self-worth.

## **Exercise:**

Practice holding your energy in a specific area of your body and moving this energy within your body with ease. Take notes on a personal journal of the feelings and changes that arise during your practice.

With time you will learn, where to hold your awareness and where to move it in each moment, in order to obtain specific effects in consciousness or in the brain.

Holding your awareness in specific locations of the body creates certain effects, depending on which location is being used. There are some locations in the body, which have the capacity to store energy and then exponentially increase the energetic potential; the total of the energy that you can use.

Traditionally, these locations are not shared openly or only passed on to a closed inner circle. The reason for this is that when the energetic potential increases, abilities come within your reach. Abilities that are not accessible at a lower energetic level.

The Healing at the Speed of Thought online course can teach you how to harness powerful energy and use it in many ways, to greatly enhance your well being and your life, in general.

# **The 3d Level of Consciousness:**

## **You can place the center of your consciousness outside of your body.**

To recap, the first level of Consciousness was the ability to focus on one spot within your body. The second level was your ability to move your consciousness from one specific point within your body to another. The third Level is that you can place your conscious awareness outside of your physical body.

Mind blowing what your intention and attention can do on an energetic level. This shows you that your consciousness is not constrained to the limitations of your physical body. This also transcends mechanisms which depend purely on operations in the brain.

The first "consequence" of this, is that you can also move your conscious awareness to an area in the body of someone else. In this way, you can enhance healing in another person. Energy will flow to the location in the body where you place your conscious awareness. Reiki Healers are "Attuned" for this. They can heal themselves AND others energetically.

## Exercise:

Once you have mastered moving your center of consciousness within your body, it time to take the next step. Create space and sit quietly and mindfully. Focus on a point outside of your body and practice moving your energy to that spot. Take note of any feelings that may arise during your practice.

Every level of consciousness and each exercise aims to bring you to the irrefutable truth that you are powerful and in control of your well-being.

## **The 4th Level of Consciousness:**

**Everything with which you are connected energetically, can bring information from your consciousness to that with which it is connected.**

The fourth level of consciousness allows you to place your center of consciousness in an area of someone else's body so that energy will move there and stimulate recovery, and healing. You can place your center of consciousness in whatever you can connect with energetically.

Water is a specific example.

Water can actually store energetic information. It is done automatically. And it can be positive or negative. This is something which is being used in many cultures and traditions. Water is charged with a specific intent, for example through mantra or visualization. Many people thank the water they drink before they drink it.

A group of negative people can energetically alter the energetic state of the water without knowing it. (one should learn about being mindful 24/7)

These days many people are familiar with the work of Masaru Emoto. He is one of the scientists, but definitely not the only one, who did extensive research into the effect of intent on the structure of water. His scientific research, irrefutably, shows us through a lot of pictures of how positive words transform polluted water into pure clean crystals.

While negative thoughts often caused broken and ugly shapes in the structure of water molecules. You too can charge water with a positive intent, by visualizing it in the water. And this water you can then drink yourself or give as a present to someone else. You can do interesting experiments by giving plants such water. It is also something to keep in mind when you are preparing food for others.

## **Exercise:**

The best way to see factual proof of the 4th level of consciousness is to try it for yourself. Choose a plant that looks like it could use some extra love and attention. Begin by setting an intention and charging your water. Apply this water to your plant over a couple of weeks. Take notes of the transformation and changes that occur.

# **The 5th Level of Consciousness:**

## **Clairvoyance and Remote Viewing**

Everything with which you have an energetic connection can transfer information to your consciousness, from that with which you are connected.

There are so many practical examples which illustrate this principle. This is for example how psychometry works. With psychometry, you hold an object or a picture in your hand so that you can make an energetic connection with the energy contained in it. Then you read the information which is present. And, this information can then flow into your conscious mind. In this way, you can, for example, read the impressions from the consciousness of someone who is in a picture or who had the object in their possession for a long time.

A practical example would be finding a missing person. Or, checking out a candidate for a job interview from a different angle. But, this is just the first phase.

After a while, you discover that you don't actually need the object to make the connection. As long as you can get an energetic connection established

somehow, with the object, person, or the location. You can then transfer information to your consciousness through it.

The old kahunas, shamans from Hawaii, imagined this like threads. This is called remote viewing.

In remote viewing, you first make a connection with a person, animal, event, location, and then you “read” the information contained in the energy.

Creating an energetic connection with the people and things around you allows for a deeper and truer reading of information. Everything in this universe is made of energy. It is the only true essence of everything you see.

The first level of consciousness taught you how to pinpoint the energy within yourself and the fifth level will teach you to pinpoint this same energy in the world that surrounds you.

If you want to experience this yourself ...you can!

## **Exercise:**

In the very beginning of your practice, we encourage you to connect to people you know and objects that are familiar to you. Try connecting to an object that belongs to a family member or a friend. Hold it in your hands. Focus your attention on establishing a connection. What information comes into your mind?

Take notes of anything that arises. Sometime a seemingly strange idea or image can turn out to be key.

Once you have practiced connecting to objects, try connecting to a person. Again, choose people who are familiar to you. This will allow you to retrieve feedback about your energetic connection and will help you progress in your practice of the fifth level of consciousness.