



*Into a Spiritual  
Journey*

**Jessy Desjardins**

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# Into a Spiritual Journey

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To all masters, spiritual seekers, and all those who do not  
yet know they are seeking.

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# Introduction

Everyone is searching. Some people realize it, and others don't. Admitting it or not, we are all seekers. But searching for what? Fame? Health? Happiness? Money? Purpose? Success? Love? Stability? Spiritual attainments? Anyone who has achieved one of these "goals" could admit they haven't found what they were truly looking for. Most people spend their time striving for an experience that will tell them, "Not here... Try again".

As long as searching goes on an "emptiness" is felt. This void is what we try to fill in any possible way. So, we set ourselves some of those "goals" along the way to give us hope. However, hope doesn't remove pain. It only gives it a possible, although provisional, end.

The spiritual journey is quite similar to one another. Yes, we may have a different colour of skin, culture, and childhood, but even if every human being walks the path in his own way, the road is the same for everyone. My goal here is to bring an overview of the different steps along this road, to describe each one of them, and to give you some insights to make your own inner examination. Words can be a beautiful form of expression, but it can also be limiting. Please, do not focus on the "human part" of this book (words). Instead, listen to what the message triggers in you and look at the direction the inner ripples are pointing.



# Chapter One



# Consciousness Evolution

In this chapter, I will describe the different consciousness levels and how they are linked together. By “levels”, I don’t mean a hierarchy, but rather various stages of our journey. Most of us have already experienced those levels of consciousness. Unconsciousness is the state of a “deep sleep” in the sense of not being aware. Subconsciousness is the realization of our sleeping state and seeking for a way to wake up would be consciousness.

Some people prioritize spirituality in their lives. For others, spirituality comes at the end of the list. One is not better than the other. To be fruitful, we must have the humility to go at our own pace, the one that sings in harmony with our spiritual maturity.



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The spiritual dimension is part of every human experience. It is the core of our being. Our choice lies in the intensity and attention we give this dimension.

We all walk along the same road, all going in the same direction, so inevitably we will all meet at the “end” of this journey. It is just a matter of time. Time being nothing more than an illusion; worrying about our pace, or comparing ourselves to others is useless.



# Unconsciousness

Ignorance is the source of unconsciousness, but it's only later that we realize it because unconsciousness means to be unaware. So we are not aware of our unawareness. In opposition to what people may think, unconsciousness is not painful. Unawareness makes pain unnoticed. A person at this stage just doesn't know he or she is suffering. Since the pain is not identified. Therefore, not experienced with awareness. It is stored in the next level, the subconscious. We will get there later. The unawareness makes it a pretty “comfortable place”. This is one of the reasons we sometimes miss being a child. We miss the unawareness we had toward life and its challenges. Unconsciousness gives us the comfort of ignorance because being unaware of our sufferings prevents their emergence.

## Consciousness Evolution

Unconsciousness is to be ignorant of what we want, what we say, what we think, what we do, and their roots. We have no desire to get better because we don't see what has to change. There is no self-inquiry, and never will there be.

Since the beginning of time, we have used all kinds of addictions to distract and keep ourselves in this state of total ignorance. But why do we want to stay in a sea of ignorance? What do we want to be unaware of?

The answer is simple: we try, in any possible way, not to become aware of our true nature. Unconsciousness succeeds well in this simple task. But why do we want to be unaware of our true nature? Because of fear. Imagine I tell you that tomorrow you will wake up to your true self and become an infinite void. Everything you have ever known will change, you won't recognize yourself or others. Your beliefs and what you have been working for, all your life, will appear as meaningless. What you took as real will now be perceived as an illusion. You will shatter into pieces in a state of complete nothingness. Scary isn't it? Our ego, our thoughts, and our emotions terrified by this profound transformation, feeling their loss of control over us, will try everything to prevent this reality from happening. However, as scary as it sounds, this reality is heaven on earth.

# Unconsciousness to Subconsciousness

Someone asked me once: "If unconsciousness is so comfortable, why would we want to leave it?" It would be like giving our place while we are well seated in a comfortable and soft couch. But after a certain time, whatever the level of comfort, we will need to stand up and stretch our legs. Unconsciousness also has this need, but this time, it is to stretch our moral and spiritual lethargy.

What will make us leave unconsciousness is the "blank" that we feel, like a thirst driving us since we were born. We try to fill it with all sorts of things, but satisfaction only last for a very short time and as soon as these things are "digested", our craving arises again. We spend a lot of time trying to quench this thirst in every possible way. At some point in our lives, we grow tired of that "survival game". This yet unnoticed feeling of tiredness starts growing in our guts and transforms into a "need-for-change". At first, we might try to hide it. It may work for a period of time, but at some point, it will become so urgent and so strong that it will be nearly impossible to continue ignoring it. To accept this transformation is to give it the necessary space and attention for it to happen.

Then, significant changes can occur: we might quit our job, our lover, sell our house, go travelling, change our diet, move to a different location, etc. It will be difficult to

understand what is going on, but we will be convinced of one thing, we need to make changes in our life. Most of us will let this "movement" take place, hoping that it brings some peace.

When we allow ourselves to experience these changes, even if we do not know their underlying reasons yet, we have a chance to enter subconsciousness. To transform this opportunity into a clear possibility, we have to understand that these outside urges are only an excuse, a pretext, for the real need: a change on the inside. If we do not realize this, we will remain in this need for unceasing changes. We will move from one place to another, from one relationship to another and so on... always in need of changes, feeling unable to stay in one place for an extended period of time and always feeling unfulfilled. However, when we understand that this urge is mostly meant inward, we enter the questioning and purifying state known as subconsciousness.

## **Subconsciousness**

In itself, the subconsciousness is the tunnel between unconsciousness and consciousness. All the pain and suffering that have occurred since our childhood are stored here. Can you imagine how much suffering there is? This inner suffering has defined our patterns of behaviour, our thoughts, and our actions all along.

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Entering this questioning state will make us question everything we ever did, needed, dreamed, thought, said, etc. We might feel astray, confused, or even lost since there will be pain all around and no exit in sight. Perhaps we will return to unconsciousness drowning ourselves in this ocean of ignorance to flee this new reality. However, as deep as we can go in this sea, the current of life will bring us back to the surface.

A tunnel is meant for crossing from one end to another, it is not home, only a way to reach it. But for now, the accumulation of repressed suffering blocks the way. The only way through is by first, cleaning it.

# **Subconsciousness to Consciousness**

Now, in order to clean this tunnel, we need to deal with all these pains for them to disappear and clear the way. What I mean by "to deal with" is that every pain has to be opened, one by one and experienced fully. Every stored pain is like a little dose of poison, the more we have, the more intoxicated we are. They need to be removed through a healing process. Let us be courageous and heal ourselves!

Find a way to let it out. If it's anger, be angry! Punch a pillow, scream! If it's sadness, be sad, cry until tears run dry. If it's guilt, speak with the people related to this

## Consciousness Evolution

handicapping feeling. No matter how profound and painful our sufferings are. We need to listen to their needs and without mercy, burn them all through the fire of expression. Then, and only then, we will be free from them.

Being in a society where crying is a sign of weakness, unhappiness, and sometimes immaturity is another obstacle. Certain religious and spiritual circles also hamper the expression of emotions implying that once "happiness" has been acquired, emotions have no place. On the contrary, by crying we clear the path to happiness. Letting our anger, sadness, or any stored emotion out is a valid indication of spiritual evolution. Happiness only truly comes from spiritual growth. Restraining ourselves from experiencing all these stored emotions, not only will prevent us from cleaning up the tunnel but will also make it dirtier. Like any infected wounds, we have to let the infection out for it to heal. If we don't, it only gets worse.

Now that we are in the cleaning process, go one day at the time, and return to unconsciousness if needed. This time, this none-conscious state will feel a little different. We now become aware of our unawareness. In other words, we consciously go to unconsciousness to have a break and nothing more.

By removing the wall of pain, brick by brick, a path starts to appear and with it a glimpse of hope. On the other side, consciousness awaits us. It will feel like seeing the sun after years living in a cave.

# Consciousness

Even if consciousness feels kind of “sunnier” compared to the cave of subconsciousness, it is far from being “storm-free”. Henceforth, when pain arises, we have to deal with it right away. There is nowhere to store it. Yes, it is not as overwhelming as subconsciousness. Everything does not come all at once, but instead, it comes a little every day.

If we compare consciousness to a ladder leaning against a house, unconsciousness would be the ground and superconsciousness the roof. Being for hours, on this uncomfortable ladder of consciousness can be very exhausting, especially, since there is nowhere to flee and run. Going back to the ground and taking breaks is normal until we are strong enough to reach and stay on the roof. Unconsciousness is not a failure. We can use it as a rest time to make our training toward the roof more efficient.

In this state, there is still some healing to do. Our tunnel has been cleaned enough to let us go across, but far from being spotless. Going back and forth between unconsciousness and consciousness, and questioning our inner conscious mind and spirit will ensure the continuity of this cleaning process.

Consciousness is known as the conscious searching state. The “blank” feeling starts to be heavy. In the earlier stage, we were not totally aware of that painful unfulfilled feeling. Now our awareness is meeting face-to-face with it. We feel like this blank is preventing us from real happiness and it is.

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Human nature being what it is, we keep on searching for a way to fill the blank, but this time, we are looking for a conscious one. At this point, some might be attracted to embrace a particular set of beliefs, often through the adherence to a religion. We might inquire about religion because it speaks of a certain truth. That truth echoes with the freedom of this unknown void. Know that religion is a double-edged knife. On one side, it's an excellent way to start since spirituality can be overwhelming at first, but on the other hand, it can hinder our consciousness expansion.

Religion cannot detain superconsciousness. It would be like trying to contain an ocean into a cup... If you choose to become an active member of a religion, remember that what you are seeking is not within it, but beyond.

Religion can help you go forward, but it can also prevent you from going any further. Superconsciousness is so infinite it can't be possessed by any religion or spiritual movement. So, how can we experience this beyond state?





# Chapter Two



# Super- consciousness Phases

Before I explain how to enter superconsciousness. It is important to describe in detail how this state, “feels like”. This way, you will be able to identify it when it arises.

Everything is a journey, even superconsciousness. There are two phases of superconsciousness, which are different sides of the same page. One of the biggest obstacles to superconsciousness is our ignorance of it. We don’t know what it feels like, so how can we know if we are living the experience?

In this chapter, I will try to describe these phases the best I can with our limited language. Please, let us not get tangled with the words used here, words are subject to

interpretation, on my part for the expression, on yours for the understanding. Their sole intention is to point a direction. Looking and focusing on the finger instead of the direction pointed will only get you confused.



# Nothingness

This first state has various levels of intensity. That's the reason we have a hard time putting our finger on it. We might experience this state in different depths, and if we are not paying close attention, we might think they are completely different happenings. Old Hindu scripture mentions that if we experience a very deep version of that state, we won't be able to move or talk.

It is possible that many of us have already experienced a subtler version, without even realizing it. I will describe both the light and the deep version of this state of nothingness. Knowing the two extremes anything in between will be easier to identify.

In the light version, we are present to everyone and everything around us. We witness our surroundings like never before. Everything looks interconnected like in a painting, with different shapes and colours, making a whole.

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There is a profound peace, a kind, which has never been experienced before. All our worries have vanished.

We have the impression to be drunk, similar to the alcohol effect. However, this time, our divine drunkenness leads us to superconsciousness rather than unconsciousness.

All emotions and thoughts become quiet. Emotions still happen in the body, but we witness them instead of being drawn in their overwhelming roller coaster. Thoughts come and go, but this time, we have them on a tight leash, not the other way around.

Happiness is there, and nothing has to be done to sustain it. When I say happiness, I do not relate to the temporary feeling of joy and excitement that comes with buying a new thing or receiving a compliment. What I mean is an undisturbed happiness that emerges from the peacefulness of not running after anything (happiness included). It feels like, for the first time in our lives, we have a break, a real break. As if we had run all these years and suddenly, we stop, sit down, and take the time to breathe.

We become witnesses of ourselves as if we were halfway out of our body and looking from above. We feel like we do not own this body. The deeper we go in that state, the stronger this "outside of body" experience is felt.

We can experience dizziness as if we are going to faint in a few seconds. In the light version, this sensation is very subtle. While in the deep version, this sensation is unavoidable.

## Superconsciousness Phases

The deep version has most characteristics of the light version, but in addition, verbal communication and movement seem meaningless, we can spend hours in contemplation in front of a white wall.

We see our surroundings, but our attention is rather inward. A little like when we are absent-minded, without being totally immersed in it.

It feels like we are in a space that supports us, wraps around us, and makes us feel at home.

What characterizes the superconsciousness of nothingness, no matter the depth, is this global detachment from our human dimension. In this state of divine connection, we experience and realize that we have identified ourselves with this human body and everything that comes with. However, it is not who we truly are... But only the shell that keeps our true self.

## **Everythingness**

This superconsciousness of everythingness is one of the hardest to describe in words. It is a little different from the state of nothingness, although they have many similarities.

In the superconsciousness of nothingness, the surroundings appear interconnected like in a painting. Witnessing this interconnection also implies our distinction from it. Our ego

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is dissolved, but we still have a sense of “individuality” that allows us to witness things outside ourselves. In this state the “I” disappears, the “Self” remains.

In the state of everythingness, the “I” dies, the “Self” is. There is no interconnection, only wholeness. “This” and “that” does not exist anymore; only oneness does. Our individuality is completely dissolved. As if we were looking distinctly at each element of the earth and suddenly we contemplate it from space where we can see each component and individual (ourselves included) dissolve into a whole. We become simultaneously the observer and the object observed.

What mainly characterizes the superconsciousness of everythingness is the shifting into a supreme oneness. Before, “everything” was being witnessed, but now we become that wholeness. There is nothing here anymore to relate to our individuality. We have gone from “empty to full”, from “nothing to everything”, from “nowhere to everywhere”.



# Chapter Third



## The Pillars of the Bridge to Super- consciousness

Our superconsciousness evolution is fascinating and mysterious. It would be endless to explain how we must cross the bridge to superconsciousness since the crossing is unique to everyone. I will instead explain what foundation this bridge needs to support our crossing.

For centuries, masters used different techniques to reach this state of profound communion with the divine. I cannot promote one method more than another because they are all good. It comes down to our affinity with them. Some people find it easier to have an inner concentration by sitting down in silence, while others need to sing mantras, paint, or walk in nature. The ways are countless, like the ones to fall asleep.

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If these techniques exist, it is because they worked for someone. Maybe none of them will be efficient for you. Find the one that suits you.

The techniques used are not the point. The important is to realize that those techniques guide us toward an environment or a dimension where the awakening to the state of superconsciousness happens. Describing and explaining every technique one by one would be endless. Instead, I will highlight what all those techniques have in common to set the best conditions to reach superconsciousness.



# Atmosphere

Before we start, it makes things easier, to create an outside atmosphere that is complementary to our technique. For example, if we meditate, make sure the outside environment is quiet, calm, and distraction free.

Now, for the inward atmosphere, if we are emotionally moved or troubled by something going on in our lives, I suggest dealing with it first and then doing our practice. Being submerged by our emotions makes it harder to let it go and can lead to anger and discouragement.

To make our practice easier and fruitful, our emotional body has to be in a “normal” state. That doesn’t mean our lives have to be problem-free. Our practice will eventually help us to become completely detached from any happening in our life. But for now, let’s avoid practising while being obsessed with a problem.

After a while, we will learn to enter this borderless state anywhere at any time. However, it does help when we start, to create the best environment for our practice.

## **Physical Relaxation**

What I mean by relaxation is not necessarily physical stillness. We can move, but it has to be free from any tension and stiffness. Let’s take dancing, for example. When we start, we are far from being relaxed. We are thinking of our next moves, worrying what others might think, wondering if we are doing it right. But after a while, when we allow ourselves to relax into the moment, we feel our body moving completely free from our mind. It almost seems like we do not control it anymore as if it moves by itself. In a way, this relaxation is the separation from our physical body.

Physical relaxation is connected to our breathing. Breathing slowly, deeply, and steady helps to relax. No matter what we use as a practice, it is important to remember to breathe.



Relaxation cannot be achieved with power. We have to let go of any desire and need for control. Only then we'll be able to sink into relaxation and be free from tension and stiffness. It might seem like moving will take more time to master than sitting still, but not necessarily. For some people, sitting still is one of the hardest things to do. Pain arises and disturbs the concentration.

The root of the desire to control comes from tensions and tensions do not exist without attention. If we master our attention, we master control. Let's yourself be, let go of control, relax, and enjoy.

## **Emotional Let Go**

Emotional let go does not mean having no emotions or repressing them. This human body has and will always have emotions. Letting go means to change our relationship with them. Instead of seeing them as our dictator, we have to see them like a heartbroken child who needs love and acceptance.

Most emotions are related to a particular code we give ourselves. This code draws the line between good and bad and links our action or inaction to certain emotions. For example, if we feel guilty it's because in our code a particular action we did or should have done is perceived as bad and linked to a guilty feeling. The wheel of our code that connects our actions to an emotional reaction turns endlessly.

When I say, “letting go of our emotions”, I don’t mean letting go of each emotion one by one, but rather to turn off the switch of this moral code and way of conduct. This code is unique to each one of us and is built from past experiences. Don’t worry you are not going to do evil things without this code. There are universal laws based on love beyond our code. Let’s leave our code at the door and pick it up after our practice.

The more we spend time in subconsciousness sorting our emotional disorder, the clearer our code and its structure will appear. At some point, we will realize that this human-made inner system, created from past sufferings, is doing us more harm than good. Then, we will leave it behind permanently. In the meantime, try letting go of your code during your practice, and don’t forget to take some time to enjoy this exciting and thrilling feeling we call freedom.

## **Mental Focus**

No matter the technique used, it is important to turn our attention on the inside. Our focus has to be directed inward but nowhere specific. Just let it float there, inside you. Our mental will most likely get kind of crazy; running and jumping between thoughts, but we have to understand that our tiredness comes from trying to follow and control them. Trying to control our thoughts will only drive us crazy. We all have a tendency for control and especially toward ourselves. Instead of participating in this insane mental race, we have

to sit back and let it get crazy by itself. Release all focus. Who knows? We may end up laughing at ourselves.

Using the word focus makes us think there is an object to focus on, but this time, there is none. Don't try to find one. Just release your focus once inside you. Let it float freely... quietly...

## **Spiritual Freedom**

Now that we have let go our physical, emotional, and mental body, there is still our spiritual body to let go. Our spiritual body includes beliefs, spiritual expectations, and desire to experience superconsciousness. Letting go of our beliefs is not to stop believing in them, but to realize the grip they have on us. Nothing is wrong with our beliefs, but if we give them too much power, they control our way to think, act, and speak. So we are bound instead of being free.

We cannot experience the awakening if we are expecting it or if we have already some made-up ideas about it. We have to be in a state of total opening free from any expectation. This is one of the subtlest bodies to free ourselves from because our practice itself is part of our spiritual dimension. What I am trying to say is we have to let go of our practice even if we are using it. Remember, there are many ways to reach superconsciousness. Ours has nothing special except the affinity to work with us, but that's all. It is harder to let

go of something we found special and unique because we often identify ourselves with it, but by remembering that our spirituality and practice are only “pointers” that indicate a direction to follow. We prevent ourselves from taking it too seriously, and we avoid making the same mistake of many religions. Don't simply practise the letting go, but let go as well your practice.

## **State of Inner Quietness**

Applying these notions in our practice will allow us to enter the state of inner quietness. This is the environment where superconsciousness will come and take us away. It is like falling asleep. We never know when it will happen, but the first thing we know, we wake up the next day.

We have to practise entering this state of supreme inner quietness without expectation. To just let ourselves soak into this calm and enveloping lake. Superconsciousness might not take us away the first time, let us be patient, and keep going. One day while we are swimming in this sea of silence, a divine current will pull us away.

## Drop

While we are in that state of complete quietness, something will happen. I call it the “drop”. It feels like when we are on the edge of falling asleep, and we feel our physical body sinking into the bed. The main difference here is that it is not only our physical body experiencing a “drop” but all parts of our being (mental, emotional and spiritual bodies). The bigger the drop, the deeper will be the state. If we want to see it this way, this feeling is the disconnection with our human nature and the connection with our divine self.

This drop is a wake-up call. We drop who or what we thought we were and we fall face-to-face with the truth. Superconsciousness can't be reached without this drop, as it is impossible to be sleeping if we haven't fallen asleep.



# Chapter Four



# The Four Stages of Super- consciousness

Since the beginning of time, many spiritual masters have walked the earth. Since our ignorance limited our understanding, we have separated their teachings. But they all spoke of the same truth. Only their approaches were different.

If we look deeper into the world religions, we would see that they are similar to one another. They all speak of a state of supreme freedom, using different words to relate to it. This state of total freedom is a journey in itself.

Now that we have seen what the bridge needs to support our crossover, the crossing itself can be divided up in about four stages, depending on the religions.

In some religions, the parallels are harder to identify. I will relate to a few here.



## Awakening

The first stage is known as the awakening because we wake up from a dream we used to call “I”, into another sphere of perception, a divine one.

The awakening is a temporary state of superconsciousness. An experience is considered an awakening when, for the first time, we realize what is going on, while being in the core of the experience.

Some Buddhists, call this stage Srotapanna, which means the stream entered. We first entered the stream of supreme freedom and happiness.

In the main branch of Christianity, it is the Baptism, known as the admission to God. In other words, truly experiencing God for the first time.

In Islam, this first stage is called Dhikr, which means the remembrance of Allah. It's the remembrance of our inside God, what we truly are.

## The Four Stages of Superconsciousness

In Hinduism, they have something they call the four stages of life. The first is Brahmacharya, which means the student stage. The awakening is the start of our superconsciousness school.

The main difficulty of this first stage is the ignorance we have toward it. How could we identify a state we know so little or nothing about? Some people have already experienced it. They only haven't realized it yet. If we expect singing angels to come down, to shake our hands and congratulate us, we will be searching as long as this expectation last. There is nothing magical about it. It is only a wake-up call to the plain and simple truth.

## Return

The second stage is the return. The biggest difficulty in this stage is our desire toward it. Imagine, you experience the greatest thing you ever had, and then suddenly it stops. Who wouldn't do everything in his power to find a way to experience it again?

However, this state cannot be experienced or sustained by trying to grasp it. Just like when we try to grasp the air by closing our hand, all the air escapes. Often, people get stuck here for a while because they want it so badly. We might get annoyed to have experienced something amazing and not being able to recreate it. But remember, it is only by letting go of this desire to recreate it that it will appear again.



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Some Buddhists, call this stage Sakadāgāmī, which means the once-returned. They put even more emphasis on the first return, definitely the hardest.

In Christianity, this second stage is the first communion, which is the first reception of the sacrament of the Eucharist (Jesus). The awakening was just a happening. The return is an intentional reception of God, to be in total communion.

In Hinduism, this stage is called Grihastha, meaning being occupied with home. Well, the return is being occupied to return home, which is superconsciousness.

## Practice Reminder

I call this third stage the practice reminder. This stage is mainly about the repetition of the experience. The more we enter superconsciousness, the more our understanding of it grows, we start finding “shortcuts” to enter this state of total awareness. What used to take a few hours now takes minutes or even seconds.

The obstacle is not the practice. Let me explain. Every time we enter this peaceful state, there is a little part of us that stays there. Which means, the more we practise, the better we feel. However, the reminder we used was our pain and suffering. Now that our pain is vanishing slowly where is our reminder? Fading away too.

## The Four Stages of Superconsciousness

Of course, feeling unhappy gives us a reason to seek happiness. But when this reason goes away, we also need another reminder. The best motivator I have ever found was "truth". If we take a coin, for example, we only truly know it once we have seen and discovered both its sides. It is only by experiencing the wholeness of something that we can discover its truth. So if we take the truth as our guide, we won't stop even if we feel better, because as good as we might feel we still haven't experienced its wholeness yet. The truth is not halfway it is the entire thing.

Some Buddhists, call this third stage Anāgāmi, the none-returner, which describes well the process of not returning to "unhappiness".

In Christianity, this stage is called Sanctification. This happens when we give ourselves totally to God to be in His steps and guided by His hands day after day. It is the process to become sacred and holy. This describes well the day-to-day practice.

In Hinduism, it is called Vanaprastha, the hermit stage. This stage is known for its devotion to spirituality.

## **Self-Realization**

This is the permanent state of superconsciousness. At this stage, we stop going back and forth. We are now always in it, only the intensity changes.

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Some Buddhist, call this stage Arahant, the name we give to a fully awakened person or an enlightened being. While for others, it is called Samadhi. It could be translated as the attainment of wholeness.

In Christianity, it is called Glorification. This is known as the final removal of sin. It is the state in which we become a saint.

The Hindus call it Moksha. It could be translated as the liberation or the freedom of ignorance.

In Islam, this fourth stage is called Ihsan. Known to be the level of perfection itself.

Other religions mention similar steps. I referred to only a few, to demonstrate the glimpse of truth they have in common.



# Chapter Five



# Super- consciousness Evolution

Our evolution toward superconsciousness will transform us. Most people cannot make the difference between being “awake” and being “asleep”. However, our circle of acquaintances might notice some phases in our evolution. In this chapter, I will describe the main “side effects” we might experience throughout our evolution. These phases are temporary and unpredictable. They might come at any time, and we might have more than one emerging simultaneously. Some will flash in and out while others will grow slowly. Although many of them may be disturbing, they are necessary steps. Try to embrace them as they come.



## **Relational Freedom**

A distance might appear between us and others. When our consciousness rises but the one's of our friends and family rises more slowly, it is normal that a gap appears.

It feels a little like when we go away travelling for a while. On our return, we can have the strange sensation of not being the same person, as if we have changed a lot compared to the people who stayed behind. Some relationships might fall apart, while others will survive, and new ones will be created.

At first, the distance between the others and us might be disturbing but remember those gaps help us toward our relational detachment. This transformation is mandatory for our evolution. It doesn't mean we stop talking to relatives and friends, but instead, it's to be free from all obligations related to the word "relationship". Over time, we will discover another connection that touches every being without exception, a connection of pure love.

## **Truth**

The more we mature spiritually, the more our perception opens up to a different reality. This new reality makes the old one meaningless. Intolerance to "small talk" might

## Superconsciousness Evolution

develop. This kind of talk is meaningless information for our consciousness level. It is certainly not a discussion about the weather or the last shopping at the grocery store that will help us return to superconsciousness. A lot of conversations can go under the “small talk” category. There is even “spiritual small talk”.

We are seeking the truth, so our relationship and conversations will have to be based on truth. We will yearn for authenticity. How can a relationship or a conversation be based on honesty if the other is not a truth seeker or simply not true to himself? It makes things easier, to be surrounded by people of the same maturity. These encounters are rare, but not impossible. We might even feel like we have to go into a previous consciousness level to have any connection with some people. Instead, try becoming a witness. Be attentive to their being, energy, and vibration while they are open, sharing with you. If we are attentive enough, we will feel, see, and understand where they are stuck in their evolution and why they are preventing themselves from raising their consciousness. We will see “through them” as if they were made of glass. Witnessing their suffering and their defence mechanism can be difficult to sustain, but it will transform any trifling conversation into profound revelations that sing in chorus with compassion.

# Discouragement

Discouragement has two important phases. The first one touches us directly. When we realize that many changes had to occur in our lives to get to where we are, an expectation starts growing, hoping that those shifts in consciousness will keep happening at the same frequency. We relate to those transformations as spiritual advancement. However, as we go further down the road of spirituality, the road straightens. So, less extreme changes need to happen. This might make us feel like we are not evolving because no "major transformations" are happening. This very idea is an illusion, a result of taking an unbalanced gauge. What I am trying to say is to stop comparing our spiritual evolution with the changes or experiences we are going through. Instead, we should relate to how free and peaceful we feel.

The second phase of discouragement concerns the others. As we grow into the understanding of the truth, we identify what is "meaningless". So when we look at people, cultures, society, government spending precious time in pursuit of an illusion, we might be discouraged by the world we are living in, even ask ourselves what are we doing here? In today's world, the spiritual realization has little importance. This itself can be the source of our discouragement. We have to understand that what is meaningless to us might be meaningful to others. It comes down to our spiritual maturity. Let them run after their mirages if they want. They will realize it's fake when they touch it.

## Desire to Share

Growing into the beauty of superconsciousness will make us want to share it. What is more natural than wanting to share the most valuable discovery we ever did with the people we love?

When we are in superconsciousness, everything is great, simple, beautiful, but when we come back and face the lack of possibilities to share this state with our family and friends, it can be hard. As if we have found a treasure that contains more money than we could ever spend, and when we try to share it, people think it's fake, stolen, or worse, that we are crazy.

We might feel like no one really understands us. Well, how can people understand something they have never experienced? Can we know and understand the taste of an apple if we never had one?

It's hard to come to peace with the realization that our magnificent discovery can't be shared with most people. But by understanding that people will realize, accept and experience this reality in their own time, peace arises, followed by love for them.



## On and Off

As we start experiencing superconsciousness more often, we enter what I call the “on and off” stage. This phase will alternate between our old self, the one we have been for so many years, and our divine nature, the state of superconsciousness where our “identity” is entirely dissolved. This “roller coaster” is even worse if we enter a deep state of superconsciousness because then we become a witness of everything around us including ourselves and any communication seems meaningless, almost impossible. People might even see us as bipolar or confused. On one end, we feel like we have discovered the source of happiness, and on the other, our friends and relatives are telling us that we look “unhappy”. This is because most people understand happiness as an emotion. So when they see us in our emotion-free state, they worry. Let them be! Worrying about the worries of others is a vicious circle. Don’t get tangled in it.

This wavering phase is one of the reasons in Asia, truth seekers, yogis, and monks often leave their family and friends to make a retreat in the jungle or in a cave alone. This makes the on and off stage easier for everyone. But we don’t have to hide or run away. We can prepare our family and friends by reminding them that this is a temporary stage of our spiritual evolution.

# Aloneness

Now we are most likely not to be understood at all by our friends and family. That our “on and off” phase makes them feel like they are losing us when on the contrary, we feel like we are finding ourselves. A gap will be created between most of our relationships. Now, what? We will feel isolated and alone in our spiritual journey. This aloneness is what we tried to avoid all along. We kept our attention outside of ourselves fearing the realization that we are a void and no one can truly help us except our “divine self”, the one we barely know.

This realization is painful and hard to accept, but it is the last push we needed to jump over the fence. Maybe we were preventing ourselves from going forward because we wanted to share with others, but now we understand that everyone will come when they are ready. They have to fully experience their consciousness level to develop the desire to go further. Everyone has their own pace; we can't push or pull them.

This phase was the last push we needed to fully embrace our true nature.

## **Abiding**

Every time we enter superconsciousness a little part of us stays there. Now that we have made peace with our friends and relatives, we can practise even further. We now enter a light version of superconsciousness when people are around, and we enter a deeper version when we are by ourselves. After a while, we will no longer leave the state of superconsciousness. We will be completely dissolved in it, and become its very source. The only thing that will vary is the depth level.

Now that we are 24 hours a day, 7 days a week in this state of nothingness let's enjoy it! Nothingness has everything we ever wanted, an inner peace that provides an abiding joy and happiness. Do we really need to experience the state of everythingness? For now, superconsciousness of nothingness is a balance and harmonious home.

## **Everythingness Stage**

We will experience the state of everythingness when we have completed our experience of nothingness. Throughout our evolution, it is possible to see and taste some glimpses of it. It is only once we have fully experienced all of nothingness that we will turn the coin of truth to experience the other side.

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The transition from one to another will be subtle and smooth. We will first notice that there are no more gaps between the world and us. The fluctuation of states will stabilize.

There is not much we can do to push ourselves to this everythingness field. Truth comes in its time. Actually, one thing we can do is not pushing ourselves. It will happen when it needs to. Only remember that truth is the key that creates the environment where we dissolve into oneness.

What happens after everythingness? The next stage is in a dimension external to the human incarnation, and death is the gateway to it. Some spiritual masters wait until death comes, while others choose the moment by transcending. Transcendence is the conscious choice of leaving this human body definitively. Everythingness is one of the final stages of our incarnation in this world, but not the end of the road. The environment changes but the road keep ongoing.



# Conclusion

There is no real way to conclude this journey into spirituality because there is neither an end nor a start. It may seem complicated, but it all comes down to a road with a choice: go forward, or stop and rest.

This book was only a reminder of the simplicity of spirituality. A simple choice... with only two options... Now, the choice is yours!



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Lots of love

Jessy

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