

The Light of SELF
Consciousness, Spiritual Practice and Learning to
Breathe

Robin Fennelly

Serpent's Gate Publishing
February 2018

Table of Contents

Introduction	9
Part One: Consciousness	11
Me, Myself and I	19
Awareness	21
All of the World is The Stage	29
Energy Follows Awareness	31
The Great Work of Consciousness	39
Part Two: Spiritual Practice	41
A Practice of Your Own	45
Meditation	51
Cultivating Gratitude	54
Your Inner Temple	57
The Great Work of Spiritual Practice	63
Flowing Into Community	65
Part Three: Learning to Breathe	69
Breath Work	73
Part Four: Illuminated Being	79
Knowledge	83
Wisdom	93
Gnosis	95
Seeing Through the Veil	97
Journeying	101
A Pathworking of Anchoring	103
The Great Work of the Illuminated Being	109
Resources: Recommended Reading	113

INTRODUCTION

Let me begin by saying that this book is not a scientific discourse on the nature of consciousness. However, I am, at best, a novice science geek who has explored the esoteric and spiritual nature of consciousness with the same fervor and dedication any scientific researcher would.

With that being said, the nature of consciousness is only one portion of this book. Spiritual practice and its development on the path of honoring the spiritual nature of our being are guided and informed by our personal and collective understanding of consciousness. And, finally the last component I've included is the metaphor of learning to breathe.

This is the breath that flows through all of your endeavors that are Divine, spiritual, magickal or whatever, term you may use within your own chosen path of what is ultimately a path of self-awareness.

You will note that in the Title of this book "SELF" is spelled with all capitol letters. This is not a typo. I've used this as an acronym for many of my teachings and in the context of this book's trinity of components, SELF can be perceived as:

Self **E**nlivened **L**ife **F**orce
Spiritually **E**ngaged **L**ife **F**ulfillment

Or, the traditional dictionary definition of:

"...a person's essential being that distinguishes them from others, especially considered as the object of introspection or reflexive action."

Throughout the book you will find "self/SELF" spelled in either way. Using the traditional meaning, the use of all capital letters is

the Highest form of that *“essential being that distinguishes them from others.”* This is, after all the goal of spiritual practice and pursuit.

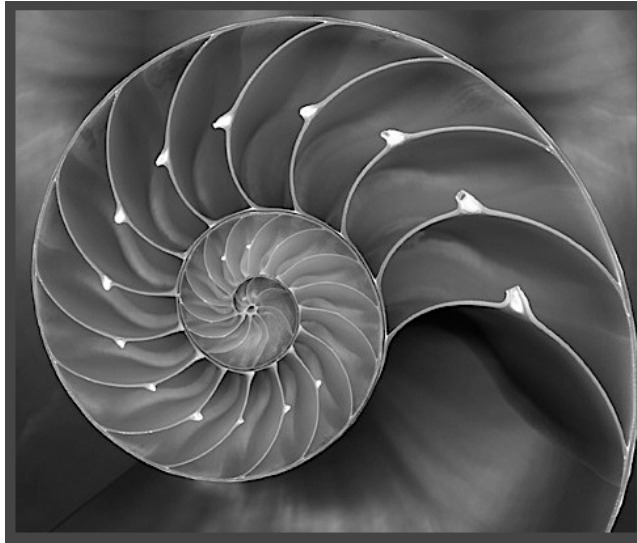
How to Use This Book:

My intention is that this book will become a resource that you return to as you move along your chosen path. Each change, and every nuance of who and what you come to believe will impact each of the three topics I've chosen for this book. I have used poetry throughout the book as a tool to directly inspire the subconscious. Much like the dream state this style allows the images to form and the space of response to fill in the blanks for your own interpretation. Part Four contains a very special pathworking that may be used at anytime throughout the year to enhance your work. Instructions on how to get the most from the pathworking are included as well and I would encourage you to revisit it multiple times.

Putting It All Together:

Awareness of yourself as a being of consciousness catalyzes and becomes the foundation upon which your spiritual practice thrives and grows. A self-driven spiritual practice reminds you of the importance of moments where the most beneficial thing you can do for yourself is simply breathing into the process. Surrender and an exhale of breath that is infused with all that is the highest form of yourself allows you to truly live in accord with your path and with the world as an active participant. Many blessings as you quicken the Light of SELF..... Robin

Part One



Consciousness

Definition of...

- a: the quality or state of being aware especially of something within oneself;
- b: the state or fact of being conscious of an external object, state, or fact;
- c: awareness; especially : concern for some social or political cause;
- d: the state of being characterized by sensation, emotion, volition, and thought : mind;
- e: the upper level of mental life of which the person is aware as contrasted with unconscious processes.

The study of consciousness is a hot topic these days. What occultists and Eastern Mystics have known for centuries, science is now embarking on the quest of dissecting, analyzing and identifying. In fact, we are seeing this collaboration between the ephemeral and science overlapping and supporting one another in a conscious stream of applied intent.

As corporeal beings seeking our spiritual truths, we realize the importance of cultivating awareness of our states of consciousness and how these varied states reflect the inner landscape we are hoping to create. Years ago, as a student of the Eastern mysteries my view of consciousness was separated into the more traditional psychological approach, with a three-fold division described by Freud as the:

- **Conscious Mind:** what we are aware of in everyday life;
- **Pre or Sub-conscious Mind:** where we store information we have learned;
- **Unconscious Mind:** where we keep information that is not yet readily available to us (unpleasant memories).

As I expanded my explorations into Western Hermetics and magickal studies my perspective has also expanded to see these traditional three to have the addition of a fourth, that was directly related to spiritual matters; the higher or super consciousness. Additionally, these four can also be understood as subsets of each other. In other words, within each of the primary state of consciousness there are varying levels of the other three modulating and adjusting the quality of the primary:

Unconsciousness of The **Unconscious**

Sub-Consciousness of The **Unconscious**

Consciousness of The **Unconscious**

Super/Higher Consciousness of The **Unconscious**

Unconsciousness of The **Sub-conscious**
Sub-Consciousness of The **Sub-conscious**
Consciousness of The **Sub-conscious**
Super/Higher Consciousness of The **Sub-conscious**

Unconsciousness of The **Conscious**
Sub-Consciousness of The **Conscious**
Consciousness of The **Conscious**
Super/Higher Consciousness of The **Conscious**

Unconsciousness of The **Higher Conscious**
Sub-Consciousness of The **Higher Conscious**
Consciousness of The **Higher Conscious**
Super/Higher Consciousness of The **Higher Conscious**

Perceiving consciousness in this way provides a space of continual dialogue and overlap that moves in adaptability and is the direct result of stimuli, environment, sensorial engagement and more.

The Layers of Consciousness

Within the Unconscious we are able to deflect those experiences that we do not wish to bring into the state of awareness given by the conscious mind. To some degree our dream state is reflective of this state, for in reality we leave our physical bodies and awakened consciousness behind dipping deeply into what could be consider a state of unconsciousness.

This state of unknowing informs at varying levels what you bring into the transition from sleep to awakening as the Sub-conscious acts as interface between that deepened state of sleep and returning to the state of being fully present, awake and conscious of the beginnings of a new day. The memories stored in the sub-conscious provide the information that tells you where you are (the same room, bed, etc. where you went to sleep), what the next physical