

Stage 6

With the cloaks of illusion and limitation in place, your mind, intellect, and self-awareness take form. In this stage of universal creation, the all-pervasive, infinite, eternal pure Consciousness becomes you, as you know yourself to be. Shrouded by illusion and forgetting its own nature, the limited individual experiences a world of duality through the mind's faculties of self-awareness, mental comprehension, and intelligence:

- **Self-awareness:** In this stage, the self-conscious ego takes birth, which is not the sense of "I" as the highest "I Am" consciousness, but rather the ego's "I am this but not that" awareness of being a separate, limited individual who thinks of everything in terms of: me, me, me, and me.
- **Mental comprehension:** Along with this limited "I" consciousness comes a thinking, perceiving mind, which is also called the "lower mind." This thinking mind builds worlds of experience from the internal and apparently external materials of images, concepts, and words.
- **Intelligence:** Mixed in with this mental bundle at stage 6 is the superior mind, or intellect. In Sanskrit, this higher intelligence is called *buddhi*, which is related to the name of the spiritual figure Buddha, who is said to have achieved the great unfoldment of this superior mind.

The buddhi brings forth intuitive perceptions and intelligent understandings that penetrate deeply into the nature of things. This superior intellect can become the doorway for the lower, limited person to re-enter the higher realms of experience.

Consider

Calming your mind and ego by reading potent spiritual philosophies and doing practices such as meditation and inward reflection can help to strengthen and polish your higher intelligence.