

MEDITATION MYSTICISMS (ALTERED STATE OF CONSCIOUSNESS)

Q1: Once during meditation I saw a flashing white light even though my eyes were closed. I felt very light, my mind was calm, peaceful and all tightness in my body disappeared and it was a wonderful feeling. I couldn't feel any existence of my body.

A1: This wonderful experience is the first awakening of your Buddha nature = spiritual energy which overcomes physical obstructions. Now you know there is a force from beyond that will enrich your own life force. You should not try to attain this force. It should come naturally. The harder you try the more it doesn't come. Some people call it the Buddha light but don't be confused.

The word 'Buddha' means enlightenment (not Shakyamuni) and we all have this light naturally from within and from without. For example, a Christian may describe it as 'touched by the holy spirit'. These personal experiences vary and deepen; they are descriptive and subjective. Since everyone interprets it differently; it is not subjected to scientific definitions although scientists are working hard to quantify it.

Q2: My teacher said it's the first state of consciousness. Are there many states of consciousness in scientific terms?

A2: Scientifically, we describe levels of consciousness very differently from personal experiences. Here is the scientific table below. The measurement of consciousness level is in log scale. Source: Book "Power versus Force – David Hawkins, MD, PhD"

God-view	Life-view	Level	Log	Emotion	Process
Self	is	Enlightenment	700-1,000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	600	Bliss	Illumination
One	Complete	Joy	540	Serenity	Transfiguration
Loving	Benign	Love	500	Reverence	Revelation
Wise	Meaningful	Reason	400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	310	Optimism	Intention
Enabling	Satisfactory	Neutrality	250	Trust	Release
Permitting	Feasible	Courage	200	Affirmation	Empowerment

Indifferent	Demanding	Pride	175	Scorn	Inflation
Vengeful	Antagonistic	Anger	150	Hate	Aggression
Denying	Disappointing	Desire	125	Craving	Enslavement
Punitive	Frightening	Fear	100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	75	Regret	Despondency
Condemning	Hopeless	Apathy	50	Despair	Abdication
Vindictive	Evil	Guilt	30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination