

THE EYE OBSERVING THE I



*One can know their divinity when
they learn to identify with the
Above Observer
—Vecchio—*

*There are two beings in us,
one on the surface, our ordinary
exterior mind, life, body
consciousness, and another behind
the veil, an inner mind, an inner
life, an inner physical
consciousness.*

*All constitute another or inner
self.*

— Sri Aurobindo —

UNDERSTANDING CONSCIOUSNESS

*Email:
innerscape@depthwork.com*

WWW.ERNIEVECCHIO.COM



UNDERSTANDING CONSCIOUSNESS

by

Ernie Vecchio, Psychologist

Author of

The Soul's Intent

An Interview with the Divine

DREAM

...when you are awake.



Discover the terrain of your inner life while learning self-mastery and self-direction.

Recover and integrate the self and experience conflict being replaced with harmony and peace.

Embrace your inner angst as inherent in physical, vital, and mental consciousness.

Aspire to obtain genuine freedom from all identifications.

Maintain alignment with your Soul's Intent which brings with it an abiding peace.

THE PROBLEM

ONE

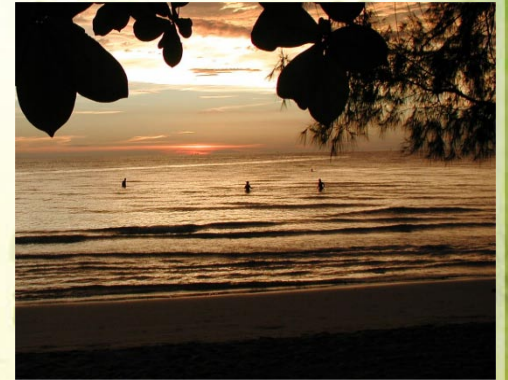
Given our contemporary view of human nature, we are faced with two basic problems:

— *understanding ourselves*

Most of the time we do not know how, why, or the reasons we feel or act the way we do. This is because we are unaware of which part of our being is responsible. Not knowing the source of our thoughts, feelings, and actions, leaves us barely able to intelligently control or direct them.

Emotions are first and foremost experienced in relation to the body, and it is via the body that they are expressed.

—Rhawn Joseph—



TWO

—*resolving the inevitable conflict between our opposing energies*

Because of the complex make-up of our inherent nature it is inevitable that we experience what psychology calls inner tension.