

Journey of Consciousness

Consciousness is a subtle energetic field that carries the information necessary for our thinking, perception, and speech. It functions like the “informational code” of our brain activity—a pattern that determines how we process the world. Together with our senses, consciousness defines what we feel and perceive in any given moment; every experience that happens to us or around us passes through this inner filter.

Our abilities largely depend on the development of our conscious field. Different types of conscious fields exist: the creative, generative consciousness that supports writing and artistic expression, and the memory-based consciousness responsible for remembering and recalling information.

With the help of consciousness, we can tune into these different fields as if switching channels. Channeling is essentially a journey of consciousness from one state to another, where the brain aligns with different frequencies and brainwave patterns. This includes altered states of consciousness—sleep, hypnosis, meditation—as well as wakeful states.

During a journey of consciousness, we can enter realities that exist only in the realm of thought. This is the space of possibilities, the field of probabilistic potential from which physical life later takes form. Through our thoughts and words, we move within this realm and shape our future. We can imagine our life as an open book written by our consciousness: we choose the settings, and we write the story.

Our decisions embed our visions into reality. The power to act lies within us—every human being carries the force of creation. When we cultivate love toward ourselves and others, we create a positive field, and the world responds in kind. If, however, we send out negative emotions, we attract negative events, and life becomes a struggle. Our journey of consciousness can thus turn into a roller coaster where opposites—the yes and the no—continuously compete.

In the modern world, many people confuse the realm of thought with the material world. Books, mobile phones, the internet, and television all create virtual spaces that strongly influence our conscious field and significantly shape our decisions and who we become as physical beings and creators.

At the end of every journey of consciousness, we always return to ourselves. Every thought, feeling, and inner image is a step along the path on which we shape our existence. Consciousness is not merely an observer but a creator of the world we live in. As we dive deeper into our inner landscapes, it becomes clear that our life is not a series of accidents but a delicate weave of choices and insights.

The journey of consciousness teaches us that reality does not come from outside—it begins within us. Love, attention, gratitude, and awareness are forces capable of transforming the world around us. When we create harmony within, the outer world reflects that harmony. When we carry peace in our hearts, the world becomes more peaceful for us as well.

Ultimately, we are all travelers in the infinite landscapes of consciousness. Each day offers a new opportunity to see more clearly, feel more deeply, and act with greater wisdom. The journey

of consciousness is a return to the inner light that has always burned within us—the light that can illuminate the path of our life and through which we may become the true creators of our own destiny.