

# DEEPENING OF EMBODIED STATES

w/ Miles Kessler



## MEDITATIVE STATES AS A FOUNDATION TO EMBODIED FACILITATION

MILES KESSLER

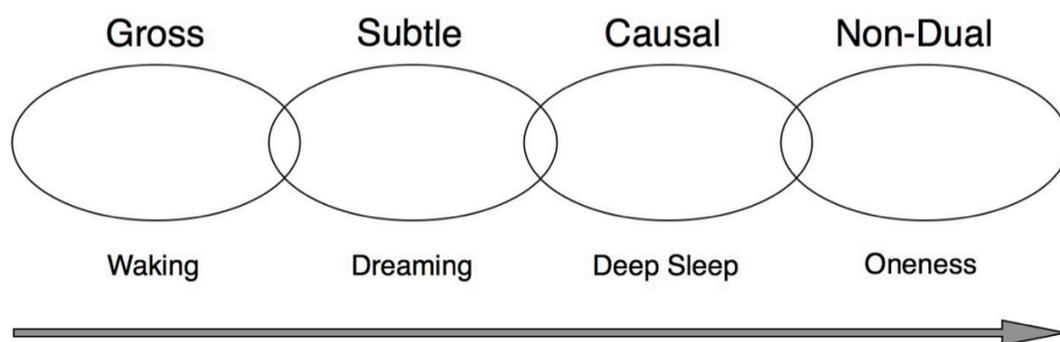
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## THE SPECTRUM OF CONSCIOUSNESS



### The Progression Through The Spectrum Of Consciousness

- 1) **The Gross State:** The “Gross State” of consciousness corresponds to the “waking state” of consciousness. This is your ordinary, waking state of consciousness. It is linear thought process, rationality, and logic. This is the field of space and with past, present and future. Material reality is concrete, and objects have clear and separate boundaries.
- 2) **The Subtle State:** The “Subtle State” of consciousness corresponds with the “dreaming state” of consciousness. Boundaries of time and space begin to relax and change. In the subtle state you experience energy, that moves between solid objects. Your physical boundaries, as well as boundaries around you begin to distort and dissolve. At the level of the mind you have an enhanced intuition, non-rational thinking, and process oriented consciousness.
- 3) **The Causal State:** The “Casual State” of consciousness corresponds with the deep sleep state. In the casual state time and space recede to the background, or even disappear. You shift into the timeless now with each moment arising fresh and new. This is a state of “non-conceptual” reality where all conceptual filters disappear and you experience each moment directly without interpretation.

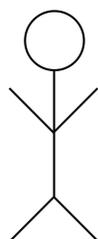
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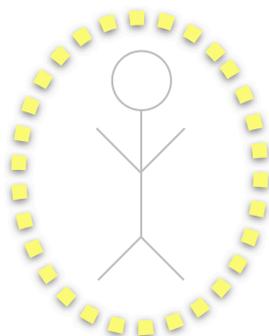


## EVERY STATE HAS A BODY

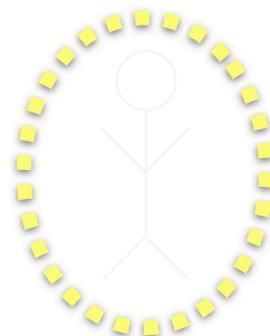
GROSS BODY



SUBTLE BODY



CAUSAL BODY



*Every meditative state has a corresponding “State Specific Body”*

- 1) The Gross Body:** The “Gross Body” has clear and distinct boundaries the self and other. You have rational and linear thinking. In Embodiment the “gross body” is the realm of body techniques, mechanical usage, posture alinement, working with space and distance, forms, etc. The “Gross Body” the physical dimension and is bound up in the self/ other dichotomy. Other is only seen as out there and the boundaries are constantly being negotiated.
- 2) The Subtle Body:** In the “Subtle Body” boundaries begin to relax and become flexible. You begin to experience inner and outer energy. Furthermore, you experience the energy moving beyond and between boundaries. You directly experience the universal principles that condition all bodies, such as centering, grounding, connection, listening, aligning, etc. You have more sensitivity and and enhanced intuition of self, other, and nature.
- 3) The Causal Body:** The “Casual Body” is experienced as without boundaries. The mind shifts into “non-conceptual” reality and is experienced as selfless, timeless, and effortless. This is the realm of pure curiosity, sustained mindfulness, “No Mind” (non-conceptual awareness). Since there is “No Self” there is a remarkable reduction of fear. No self, no problem. No other, no fear.

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## *“SPECTRUM OF CONSCIOUSNESS” INQUIRY WORKSHEET:*

### *3-Step Contemplation: “Everything That Isn’t Self”*

- 1) Make a list of everything about yourself that in your opinion *is not essential to Embodiment practice* ( the styles, the clothes, the rituals, the terms, the language, etc). Question everything!:

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- 2) Make a list of everything that is remaining that in your opinion is essential to *Embodiment practice*:

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- 3) Rest in mindfulness (meditate) and on the remaining essentials then ask yourself; *“If I take these away, what remains?”*