

## SCIENCE OF RELEASING:

Ongoing releasing in a deep way leads to the state of 'Clear' and 'Awake'.

# CLEAR and Awake

- proposing a Definition

## Definition of 'Clear' and 'Awake' 1

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A Clear and Awake person has archived a high level of consciousness. The balance between the subconscious and conscious has shifted to a stable state of awareness and knowing.

The dominance of the body-related subconscious has been broken; and with that also the urge to individuate due to fears and safety-reasons. The whole concept of Survival does no longer depend on a body or attachment to a 'special something'. There is therefore no need to uphold and run a continuous subconscious defense-routine to protect and defend the body. The spirit can create its own goals and reasons to exist. As the attachment to the body and concerns about its survival ceases, the importance of the basic polarities and their poles vanish and the poles will discharge and merge. This discharge is possible because the spirit is capable of being both sides of any polarity,

## Definition of 'Clear' and 'Awake' 2

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Once Clear & Awake is fully attained there is no more exclusion of one side of a polarity. The overcharged matching poles will discharge against each other. Polarities such as 'Me' and 'Others' will subside; 'Love (attachment)' versus 'Freedom' will even out; likewise the ridge of 'Create' versus 'Destroy' will disappear. 'Body' and 'Spirit' will co-exist in harmony as the Being has risen to the level where the split originally happened.

The Being can freely connect to the Whole (Being the Whole) again. He can still create and maintain a self-created individuality – but is free to choose to be both at the same time. He is operating at a level above logic (cause and effect) and a fixed individuality.

Even though there is a precise shift where the person reaches Clear & Awake, there are many levels above the shift. Due to the fact that we are all connected and part of the Whole, the highest echelon is not reached until all Beings have experienced the shift and are consciously reconnected to the Whole.

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(text edited by Rolf Dane)

To connect with Mark for a session or just to ask questions:

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