

## THE ESSENCE OF YOUR COSMIC IDENTITY

Your cosmic identity called the Ashankaran (spiritual ego), is the vessel of intrinsic knowing for both spiritual, worldly and mystical powers. You are an agent of healing forces and compassionate insight, as well as, an instrument of transformation. Your Cosmic Identity encapsulates the vibrational codes of your higher dimensional expressions of limitless time and space and exists in perpetuity.

Our true duality is the moment of individuality (the experiencing avatar) and our cosmic identity of the Source Energy. Up to now, your avatar (Ahankara) has been living amidst layers of illusion that are part of our mental body that if not understood does create serious problems (passions) like jealousy, anger, greed, lust, gluttony, intoxication, and attachments. This identity, such as belonging to a certain nation, community, or whatever else, are necessary for this identity's survival in a particular society. But it cannot think beyond this because it is functioning only from intellect, and the intellect takes its sustenance from ahankara. Therefore, only along the axis of ahankara, can the intellect function. The intellect cannot transcend this, because that is its nature.

The ahankara brain is divided into two hemispheres. Each hemisphere consists of four lobes: the frontal, parietal, temporal and occipital. The rippled surface of the cerebrum is called the cortex. Underneath the cerebrum lies the brainstem, and behind that sits the cerebellum.

The frontal lobe is important for cognitive functions, such as thought and planning ahead, and for the control of voluntary movement. The temporal lobe generates memories and emotions. The parietal lobe integrates input from different senses and is important for spatial orientation and navigation. Visual processing takes place in the occipital lobe, near the back of the skull.

The brainstem connects to the spinal cord and consists of the medulla oblongata, pons and midbrain. The primary functions of the brainstem include relaying information between the brain and the body; supplying most of the cranial nerves to the face and head; and performing critical functions in controlling the heart, breathing and levels of consciousness (it's involved in controlling wake and sleep cycles).

Between the cerebrum and brainstem lie the thalamus and hypothalamus. The thalamus relays sensory and motor signals to the cortex. Except for olfaction (sense of smell), every sensory system sends information through the thalamus to the cortex. The hypothalamus connects the nervous system to the endocrine system where hormones are produced via the pituitary gland.

The cerebellum lies beneath the cerebrum and has important functions in motor control. It plays a role in coordination and balance and may also have some cognitive functions.

The brain also has four interconnected cavities, called ventricles, which produce what's called cerebrospinal fluid (CSF). This fluid circulates around the brain and spinal cord, cushioning it from injury, and is eventually absorbed into the bloodstream.

In addition to cushioning the central nervous system, CSF clears waste from the brain. In what's called the glymphatic system, waste products from the interstitial fluid surrounding brain cells move into the CSF and away from the brain. This waste clearance process mostly happens during sleep. Clearing potentially neurotoxic waste from the brain or "taking out the trash" through the glymphatic system is why sleep is so important. This process can be very poor at taking out the trash.

This is important to understand the process and functioning of the avatar. Once your ahankara takes on an identity, your intellect functions only in that context. It is important to function beyond the intellect, because the intellect is seriously enslaved to this identity. This we know as the inefficient mind and the deliverer of falsehoods!

On the other hand, your Cosmic Identity is the most important element of creation. The Avatar does not exist without the Cosmic Identity. The ancient text tells us this is the "Air, water, earth, fire, sky, mind, intelligence" of the Cosmos. As we traverse the absence of falsehoods into truth, it leads us to the steps of twenty-dimensional minds of truth offering us levels of existence or consciousness that represent a higher spiritual consciousness. These are the logical thoughts of the cosmos.

This process is a continual journey throughout all dimensions, time, and space. It is one that comes about through persistence in taking the steps. It requires your free will and your desire to know the truth of your Cosmic Identity. Moving from your avatar, into your Ashankaran, is a long journey of detaching from the third dimensional worlds you experienced and became used to, and learning about the other levels of awakening through your Higher Self.

This is like receiving a major upgrade in your operating software and DNA hardware. It's as if your mind, body, and soul are designed as the newest fastest computer that operates smoothly at the speed of light! It will require you to reboot using the Antaskarana (meditate, exercise, and natural/organic diet) which will make your body and mind much more stable, and expansive. You'll naturally have a sharp creative mind and clear memory. Overall, life becomes much easier to operate. This is truly moving beyond our human state of consciousness.

The most important aspect of your Cosmic Identity is that this is how every other energetic form is able to recognize you. Extraterrestrial beings are able to recognize and get to know you via your Cosmic Identity. Not by the solid physical form you show in your outer state.