**Stages of the Observer**

Although becoming the Observer and meditating go hand in hand, we will consider becoming the Observer as a necessary first step prior to meditating. The main purpose for becoming the Observer is *to guide in the purification process*.

*Once again, we are reminded that the activities in consciousness happen over a long periods of time!* Becoming the Observer happens in stages, and plays an important role on the Path of Liberation.

There are 3 distinct stages for becoming the Observer.

* **Stage of Mental Observer**
	+ In the initial stages of going within, you observe …using a mental focus as you peer into the void of your mind.

In this stage the lower mind itself holds the observing awareness. Here you are aware of the contents of your mind, your desires, thoughts, and the forces of your etheric body.

* **Stage of Pure Awareness**
	+ In this stage, the Soul is experienced as awareness. You steadily look within to see *what you are* and come to the awareness that you are the one who is observing, with pure perception, pure consciousness, and pure seeing. The sense of "I" is strong, and the duality of "self and other" is fully present.
	+ In these first two stages, you realize you have been developing and expanding your consciousness.
* **Stage of Non-Duality**
	+ In the advanced stage of pure awareness, the ‘I’ awareness of the Personality-Observer, or the one who has been observing disappears all together – as there’s just One awareness, that of the Buddhic Plane. There we discover our nature is one of radiance, where all creation is experienced as a manifestation and expression of the Higher Self. We see that the "Soul" is not something located somewhere within or even outside our own nature, but you come to see yourself and Higher Self in everything.
	+ But realize the Divine, by its nature is – non-Dual, i.e. there’s no separation of any kind. So at some point you will have to relinquish your separative “I” nature and completely at-one or merge with the higher consciousness.
	+ This understanding provides a pathway for purification to clear out ALL that blocks you from becoming One with the Divine. This is an unswerving focus upon initiation and upon awakening to the non-dual Reality, and the unfoldment of the naturally existing “Divinity” within.