



Consciousness Development System

How to use

CDS uses two factors together: 1) A specific meditation technique. 2) Audio technology.

The meditation technique

1. (Withdrawal of attention/focus) While listening to the CDS meditation audio, you sit up and withdraw your attention to the third eye center. Experience that you *are* there. Let thoughts pass by like clouds in the sky and maintain awareness of being in the third eye center. If you want to use any mantra(s) simultaneously, repeat them within, with your mind. When half the audio has passed, there's a subtle but clear sound marking this.

2. (Let go, Observe) The rest of the time you do nothing but simply observe inner experiences. Remain seated or lie down where you are. Let go completely. If you wish to continue part 1 instead, for an extended time period, go ahead and do that.

3. Optional / Advanced:

Afterwards you can turn off the sound and remain still, laying down. You may have various experiences here, even if you fall asleep. In time, this can bring lucid dreams, out of body experiences, inner light and sound, astral travel etc.

The Technology:

1. During part 1 your brain is gradually guided to deeper and deeper relaxation. Brain hemispheres are synchronized.
2. At half time in the audio there is a very gentle but clear marker so you'll know you can move to part 2 (let go, observe). Now the brain is guided into a deep meditative state.

Inner experiences

After some time, lights may start flashing around your inner vision of any color. After that you may start seeing for instance, stars in the sky, sun, moon etc. Just stay in your focus and observe, *remain in the third eye center* and gaze at the center of what appears and you eventually start going through them automatically. Do not move towards what you may hear or see, as that will make it go away. It comes to you if you remain in the center. You may hear inner sounds like tones, drums, thunder, birds or bells. If you do, pay attention to them but don't follow them. (The sounds referred to here are sounds within you and not sounds from your headphones). If you hear any inner sounds, remain in the third eye center and listen from there. Prioritize sounds you hear in the center. If you do not hear anything in the center, but from your left and right side, then listen to the right side, until you hear sound in the center, then you move to that. If after some time another new sound appears behind that sound, sounding fainter, further away, switch to that. This can be inner sound currents known as Naad. By listening to it, it can pull you towards higher planes and towards its source. You may not hear any inner sounds, or you may not see anything. Whichever comes first is completely individual. You can do this every day and things will start to happen.

We are all different and progress differently. Some will see inner things and not hear anything and vice versa. Some will have more inner experiences in part 2 of the meditation technique and others in part 1 etc. We have our own unique path.

Doing the meditation with love and devotion gives faster progress. Some even say it is *essential*. You can imagine someone you love being in your imaginary room, as you meditate. In the tradition of Sant Mat for example, they think of and imagine their master (the one who initiated them into Sant Mat) as part of the meditation. They may imagine talking them, seeing them and just being present with them. This feeling of love that is the result, gives them progress.

Develop a habit

Make meditation a habit. We develop habits out of things we do regularly, just like we do with things like brushing our teeth. It becomes part of our natural habit.

If you one day find it hard to let go of some fairly meaningless activity to do a meditation session instead, the best way is to put yourself above the mind's attempt to justify not doing meditation and just simply do it anyway, like picking yourself up by the collar, so to speak. We have been led astray for too long. There is a spiritual will.

Progression

The CDS system consists of CDS 1, CDS 2 and CDS 3. Each one goes deeper. You always start with CDS 1. When you progress you'll start noticing you'll be able to remain aware without falling asleep. When you've gotten to that point, go to the next, until you're at CDS 3. You then stay with CDS 3. Recommended use is daily, but at least 5-6 times per week to make good progress. This is an amazing system that you can use for a lifetime.

As you progress, your general ability to meditate and stay focused will be increased tremendously, thanks to the technique and use of sound technology which increases the speed of your development because you reach deep states of meditation easily which could be very time consuming otherwise.

As you progress you will sometimes experience various sensations in the body. They can be a bit uncomfortable or enjoyable. This is a good sign but do not focus on them. It means various energy blockages/imbalance are being cleared. These energy blockages can be linked to emotional, mental etc issues. It can bring it to the surface as it will lead to blockages starting to clear out. Just keep doing your daily meditation to continue the process. The important part is not these experiences, but the inner experiences while remaining aware in the third eye center.

If it is hard being in the third eye center

If you experience a light pressure in the middle of the head or in your forehead between the eyes just above the nose, it can be the third eye starting to activate. If it seems more like tension in the face/eyes, it can be that your focus is on trying to see something with your eyes in the darkness in front of you, instead of imagining that you are at the third eye center and letting things appear to you. Don't try to see anything with your eyes. Just be in the third eye center. You can use your imagination if you want to imagine that you are sitting in a room for example, where you sit in a chair in the middle of the room and this location is the third eye center in the head. Imagination helps pull attention from outside to inside, but not the physical inside of your body, but the inside as in inner world, in your mind, using your imagination. Don't try to see, just imagine being there. If you imagine sitting in a room, use your imagination fully. For example: Make the room look any way you like, add for example flowers in a vase. What do they look like? How do they smell?. Add a carpet, any type you like. Perhaps a table with incense. Involve yourself fully with it and enjoy it, but stay in the chair in the middle. This way you will be attracted to the inner world and it will be easier to maintain attention there.

Extended use

You can expand your practise even further by using part 1 of the technique before going to bed. In part 3 of the technique you can experiment/practise with going to sleep (Delta/Theta level) after meditation to see if you can remain aware while the body falls asleep.

Inner experiences of higher inner planes can lead to temporary or eventually permanent states of higher states of consciousness and unwanted negative aspects of the mind such as anger, greed, hatred etc losing power. It is a process.

Final words and clarification

Much of this is based on teachings of Sant Mat and/or Surat Shabd Yoga. I am not any type of

guru and not any type of official representative of those teachings. I have on my own taken these philosophies and techniques and used them together with audio technology during my life during which time I've experienced things which are told will be experienced in these meditation techniques.

My contribution is the audio technology tailored to be used together with the meditation technique and not the entire meditation technique itself.

If you got his document separate from the audio tracks for CDS, you can get the audio tracks from this link: <https://blisscodedsound.com/cds/>

There, you will also find any new versions of this document.

Good luck!

Signed:

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