

## Bound and Unbound Consciousness

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We can actually experience these two modes of consciousness as more than simply concepts. One is not better than the other. They're both valid experiences of consciousness that we can distinguish.



### Bound Consciousness

Object oriented to something other: image, thought, sound, feeling. This mode of consciousness is the way most of us go through our waking lives where we function through habits of our mind. Bound consciousness is an important part of our human growth and development that enables us to function in day-to-day life.

### Unbound Consciousness

Often referred to as Pure Consciousness. Unbound consciousness directly experiences itself no matter what else is going on. It's knowing with no object. Because this mode of consciousness is not what we're used to experiencing, it can be scary for some people at first. We often fear whatever we have not already experienced, or what we simply have not recognized as part of our experience.

For me, when I recognize Unbound Consciousness, I experience functioning happening without pre-thought, without pre-knowing what to do. Happening is simply happening. In other words, Being is Doing; there is no separation; there is no subject doing something; there is only verbing happening.

I recognize Bound Consciousness when I'm paying bills, doing my taxes, planning a trip, etc.

It's not either this or that. My job, our job, as True Human Beings, is simply relax into and be the Awareness that recognizes whichever mode of consciousness is happening.

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