



Waking life is e exhibe en la prensa, en el plano virtual, mara alcanzar dimensiones mundiales, en la mighty nice until tido general. ly brain's on fire. Used to be debilitating But ever since meditating, I find I'm more

More productive. Less destructive

sa era una red de investigación que se

chilled

Out

el libro Diseño y Periodism espalónice Rajoyutores: Armentia, Elexgara Pérez, señalan o n Birmingham 💌 puso en marcha 🚣 soporte ectrónico.

as páginas se tra

mouería un decodi.

asos abonados. Los

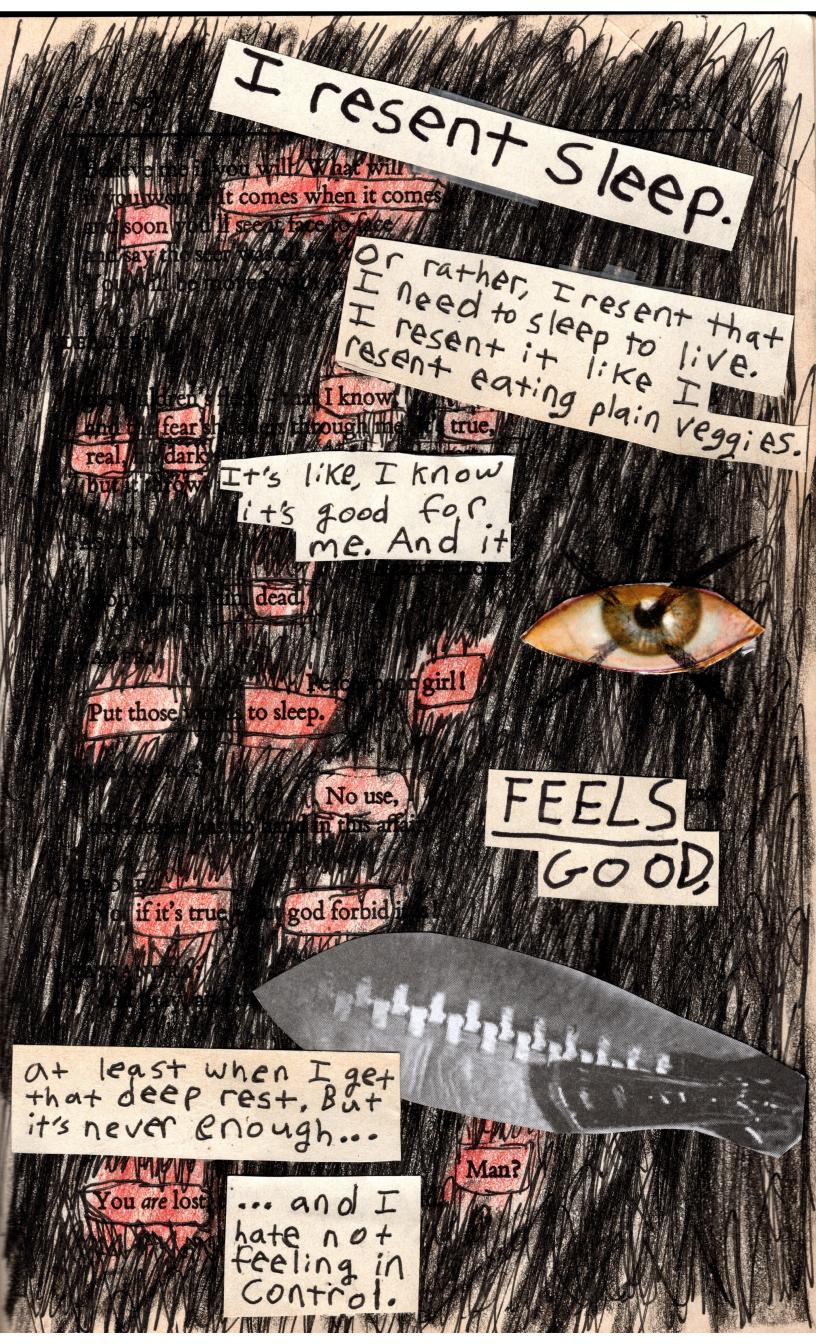
cubrir la información

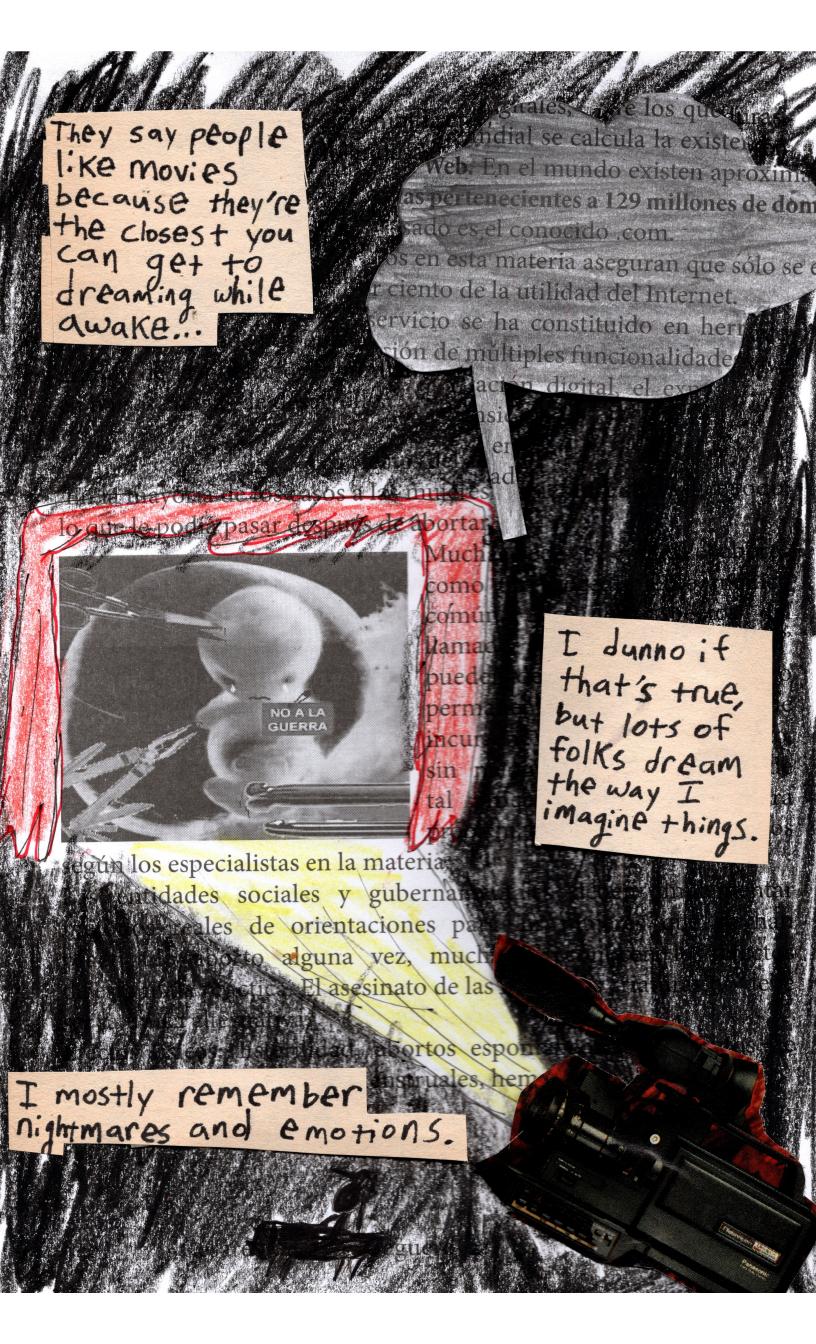
las investigacione • Opticad

STILL llau, diverpara que le con inzan a ofrecer ones en la Red.

94, el rotativo británico Daily-Telegrah se con el pionero er una edición digital de su periódico. El

en los Estados Unidos se est The land of love Periodistre and lethargy, evil and ideas, ego Periodistre





Transcendence is the answer. It's my brain with a cool glass of lemonade in a warm My Wife, White

That would not let me sleep. Methods. Rashly.

Worse that the matine in the biboos. Rashly.

And prais'd be rashness for it; let us know,

Our indiscretion sometime serves us well

When our deep plots do pall; and that should learn us

There's a divinity that shapes our ends,

Rough-hew them how we will -

- SHAKESPEARE, Hamlet

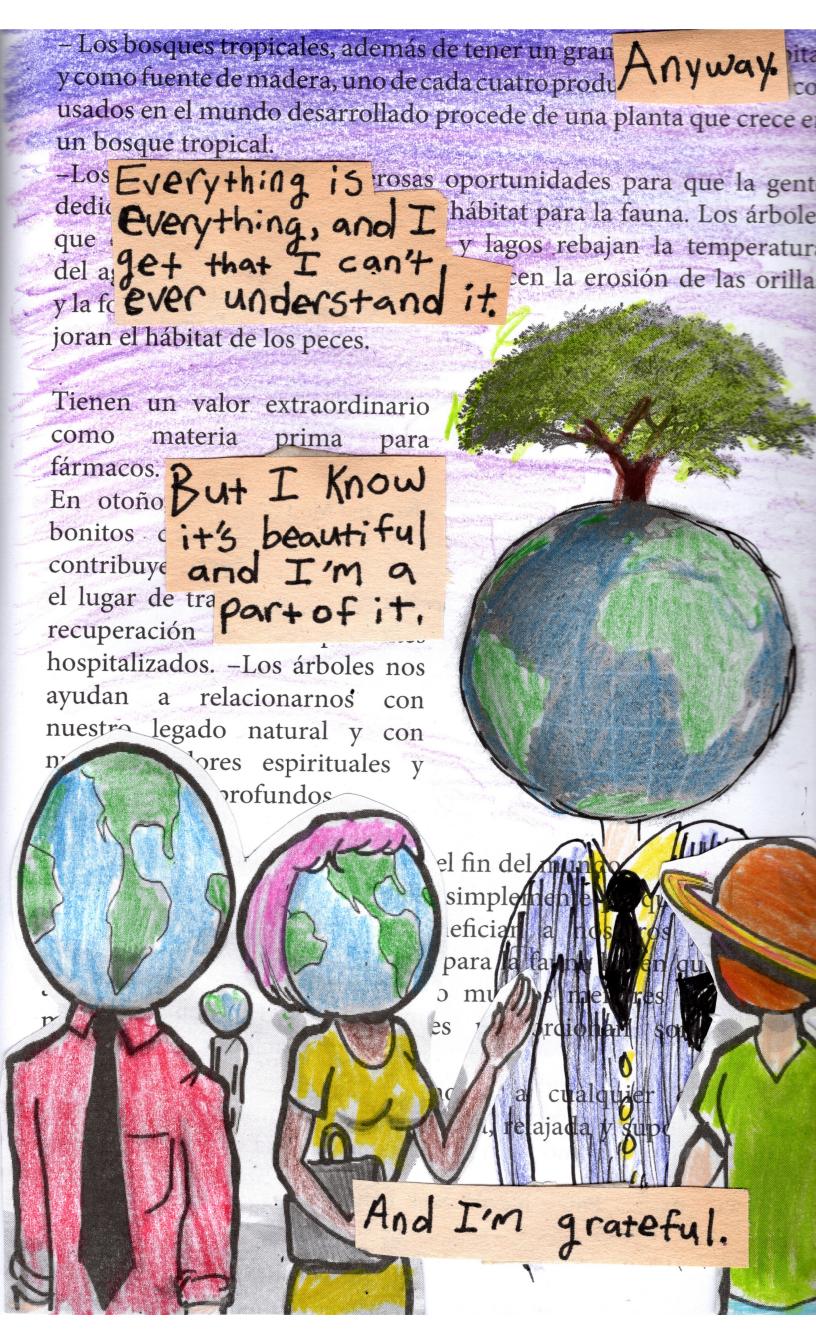
It's what I've needed my whole life. It's what we all need...



Void.

all capable of reaching Transcendence.

I feel close to you here. I feel close to everyone, actually. After all, the gang's all here.



Machiavelli

COMIC

CONSCION

 WAKING: "Life is a matter of a miracle that is collected over time by moments flabbergasted to be in eggh, others presence." – Richard Linklater, "Waking Life"

Waking life feels like the most basic, or our default state of consciousness presently as people. It's where we do things, say things, experience and reflect on the self. It's where we can decide who we are, and to try to pursue our dharma. It's where life happens. In the words of the immortal Miley, "Life's what you make it, so let's make it right."

2. <u>DREAMING:</u> "I don't remember my dreams too much. I hardly have ever gotten ideas from nighttime dreams. But I love daydreaming and dream logic and the way dreams go." – David Lynch

As a state of consciousness, dreaming is kind of a tricky one. It's a little bit of a hybrid. It doesn't quite result in the restfulness of deep sleep, but it also doesn't quite grant us the agency of waking life. When we dream we're often seeing and processing things we need to on a subconscious level. It's kind of an innocent state; an adolescent one. I don't often remember my dreams (particularly good ones), but I find I wake feeling a deep emotion. It's cathartic and makes me thing about the things in my waking life that could spur such a reaction.

3. <u>DEEP SLEEP: "Sleep</u>, Those little slices of death—how I loathe them.'-Edgar Allen Poe" – "A Nightmare on Elm Street 3: Dream Warriors"

Sleep, for me, is a necessary evil, which I usually try to avoid as much as healthily possible. I don't know why, but I usually perceive it as time wasted (though I understand that to be an unfair assessment). Nonetheless, I frequently hunker down for very long sleeps at the end of a long stretch of burning the candle at both ends. And it's a genuinely refreshing feeling to be well rested. Since starting TM, I feel I have been more in tune with my body's need for sleep, and allow myself to enjoy the experience of clocking out mentally instead of dreading it.

4. TRANSCENDENTAL CONCIOUSNESS: "This is a state of inner wakefulness, with no object of thought or perception, just pure consciousness aware of its own unbounded nature. It is wholeness, aware of itself, devoid of differences, beyond the division of subject and object – Transcendental Consciousness." – Maharishi Mahesh Yogi

There's no way that I can ever articulate this concept better than the above; as it is I only feel like I've only just started to get used to glimpsing this state of consciousness. But I endorse David Lynch's assessment of it as bliss. It feels right; natural. Boy howdy, it's really something.

COSMIC CONCIOUSNESS: "[Cosmic Consciousness] influences the life of the individual on all levels to such
a degree that the whole life is transformed to a value beyond the human mind's imagination. – Maharishi
Mahesh Yogi

I'm still trying to fully understand this state of consciousness, but I feel it on a gut level. That makes sense because Maharishi has also said that "cosmic consciousness should be the state of all consciousness." As far as I can tell, in this state, you're totally in line with natural law, able to both experience the self, while understanding how everything is one in the unified field; that everything is consciousness. I can't wait to truly experience this state. I'm glad Waking Life me chose to try to get there.

\$1.50 IN USA \$2.50 IN CANADA £1.25。 IN U.K.





-5