



5 Ways to Expand Your Consciousness

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- By Dylan Harper - Apr 9, 2016

Five ways you can expand your consciousness and overcome that sense of longing for something beyond your day-to-day life.

All of us have experienced moments of clarity, where we were able to easily see through situations and people around us and to make sound judgment calls that directly affected the circumstances.

This ranges from being able to help someone, understand [toxicity in a situation](#), having a deep conversation with others, or give insightful advice on matters that others might have missed.

During those instances, we find ourselves highly aware of the situation and easily capable of filling in the shoes of those around us.

Such moments of [transcendence](#) point to our ability to rise above ourselves through expanded consciousness. It is a critical aspect and a highly debated one in the circles of spirituality.

However, there are no sure and simple ways of unlocking the paths to [higher consciousness](#).

Each one of us has a unique past, a different level of [reincarnated self](#), and unique present circumstances that both prevent and aid us in unveiling doors to higher dimensions.

However, there are certain ways that people in search of expanding their conscious can take for the breaking of the dimensions and unveiling paths towards new and [higher dimensions](#).

Here are my top five picks:

#1 Increase Your Reading/Traveling

Lack of diverse experiences and knowledge often blocks the expansion of consciousness.

[Consciousness is universal](#), and transcends time. Before the advent of modernity, humans have often been limited in their pursuit of expanded consciousness because of their geographic constraints. They were able to expand their consciousness within the limits of the Knowledge present within their civilization.

But those who sought the enlightenment, either traveled or sought literature from other civilizations, both past and contemporary, in an attempt to expand their knowledge about life, human nature, beauty and other social constructs.

In a globalized world, even if we cannot afford to travel extensively, we can easily read literature from other countries and even extinct cultures, and hence question our current perceptions about life.

#2 Be Open to Feelings

Feelings are an integral part of any experience. They offer deep insights into various circumstances and explains why people are reacting the way they are.

By removing feelings from the experience and rationalizing it, we remove crucial information that can allow us to be more [empathic](#) and aware in a given situation.

Avoid reaching every aspect of your life objectively. We often do that and, in the process, we deny feelings and emotions that could otherwise enrich our experience.

If you want to [expand your consciousness](#), you must inculcate the ability to experience feelings.

Appreciate feelings and increase your ability to experience, appreciate, and understand the experience.

#3 Trust Your Inner Voice

All of us are guilty of neglecting our [inner child](#): the curious, generous, and carefree spirit that dwells within all of us, and which is always trying to guide us to different paths.

We often hear it as a background voice, an intuition, a nudge in our consciousness telling us that we must do something differently. But the voice is often too vague for us to notice. Hence, we often neglect it.

The only [way to cultivate](#) it is by following its guidance more often.

#4 Be True to Yourself

Cultivate intentions of generating positivity more often and further inculcate and nurture compassion within yourself. [Intentions play a powerful role](#) in defining the energies that our actions generate.

Doing something good with the intention of being recognized for it may nurture a generous spirit, but will not allow one to transcend the locality of one's self and tap into the limitless abundance of the universe.

In a phrase, always have generous intentions. This ensures that you strengthen your truth and become open to the universal consciousness.

#5 Be Humble

We often avoid facing our finitude and the fragility of being human. We often try to find contentment in ambition, success, and shallow achievements, whilst looking up to those who embody these traits and have been recognized by history.

But, at the end of the day, the saints and mystics of various civilization easily hold us in awe for [their wisdom](#) in living a content and fulfilling life.

And their teachings have always been straight forward: be humble and accept your weaknesses, your fragility, and your errors.

Be humble, open, and honest with others and it will become easier to find the common humanity that pervades us, and hence the love we can have for one another.

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