

## AHAM's Ten Conscious Principles

**Conscious Principle #One:** The single cause of all sorrow and suffering is the meditation of a separate-self-identity, and subsequent identification with the false notion “I-am-this-body,” or “this body-mind is me.” It is the compulsive mantra “I-me-my-mine” seen and felt as the addiction to thinking, to the sense of “I” and “other,” and to the personal sense of “having,” “doing,” and “being.”

**Conscious Principle #Two:** Pure Awareness, the One Reality, which is simply I AM – the true Self and natural state of Being – is always, already FREE from body-mind identification and the insanity of compulsive “wanting,” “thinking” and “doing.” These arise in the present moment as “likes and dislikes” – desires, fears, beliefs, and concepts (all thoughts of the mind) – which appear along with their respective objects and events *as* this apparent world of time and space.

**Conscious Principle #Three:** There is no separation in the Absolute; there is only the One Reality, or true Self. All is always, already this one, single, pure Awareness, or I AM.

**Conscious Principle #Four:** Because the prior, pure Awareness, or I AM, is in truth the One and Only Reality, mental conditioning and all personality traits – including the personal sense of “having,” “doing,” and “being” – are only conceptual, having no real existence of their own.

**Conscious Principle #Five:** Since in the One Reality or Absolute Being there are no separate individuals, there are no wrongs, no one to “do” any wrong or “receive” wrong, for there is no world containing separate entities. Identification with the false notion that the world is real is misidentification with the primal thought, “I am this body.” As long as this misidentification is occurring, it is *itself* the source and cause of all one’s wrongs, and of all one’s groundless fears, concerns, and the desire to be free.

**Conscious Principle #Six:** In that the true Self – being the source and essence of Consciousness itself, the One Absolute Reality – is free from the illusory ego-mind and its compulsion to “seeking,” “having,” and “doing,” by simply remaining *in* and *as* this pure Awareness, or true Self, there is nothing to be realized, attained, amended, or released.

**Conscious Principle #Seven:** If seen or felt as needed, conscious amends are very likely required and appropriate. They allow for divine interconnection with the Source, the Heart, and true Self, by breaking identification with the body-mind. It is seen there are no “others” to be harmed or healed; there is only the One Being overseeing and fulfilling every apparent entity’s destiny of wholeness and completion, with loving compassion for one and all.

**Conscious Principle #Eight:** Remaining in pure Awareness, the true Self, a continuous conscious-observation and inventory of all “past” actions and dealings occurs naturally and spontaneously. Seeing all this *from* and *as* pure Awareness Itself, all that is needful is acknowledged, admitted to, and released. They, being only concepts, are of no further consequence.

**Conscious Principle #Nine:** Ever-abiding in unconditioned pure Awareness, prior to the body-mind – which is the One Reality, Real God, the infinite, eternal Self and natural state of Being – is the Ultimate Spiritual Awakening. It is *itself* the highest expression or form of prayer.

**Conscious Principle #Ten:** Consciously and compassionately relating with everyone from the clear space of the true Self, the One Reality – Awakened and Realized by fully surrendering to the truth revealed in practicing AHAM’s Conscious Teaching and living these Ten Principles – and by Being-, Living-, Telling- and Sharing-the-Awakened-Truth – reveals and confirms its genuineness and accessibility, and contributes to all needful uplift and to awakening happiness for all of mankind.