

The Five Levels of Mind / Awareness

Level	Area of Mind	Description	Benefit
1	Everyday Mind	Thought-based, ego-identified	Familiar but claustrophobic and grossly limiting
2	Subtle Mind	Mindful witness	Awareness begins to unblend from phenomena, especially thoughts
3	Awake-Aware Mind	Nondual, formless, timeless	Direct contact with the open, natural state
4	Simultaneous Mind	Holding form + nonduality/non-conceptuality	Integration, functionality, spaciousness
5	Heart Mind	Embodied love and compassion	The awakened mind in action