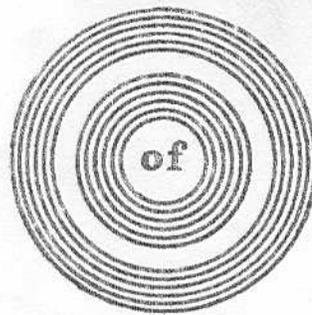


Revelations



Awareness

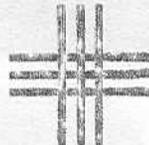
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78-13

HOW TO STAY ON COURSE WHEN A DISTURBANCE STRIKES YOUR FORCE

(A New Meditation By Awareness)

(From a C.A.C. Reading)
Jan. 18, 1978



Paul Shockley
Trance-Interpreter

QUESTION:

Does Awareness have an opening message?

COSMIC AWARENESS:

This Awareness suggests that entities look at the following meditation which shall be of assistance in energizing the pineal chakra, which shall assist them in moving along their course and purpose and direction. This Awareness suggests that entities use this meditation throughout the coming month along with a meditation to follow. That this particular meditation shall assist entities in orienting their consciousness toward their purposes.

This Awareness suggests that you make yourself comfortable and closing the eyes, visualize yourself inside a beam of light moving through the universe in a spiral, moving straight but moving in a slight spiraling action through the universe, passing galaxies, passing stars and planets and continuing to move through various densities and spacial areas of the universe.

This Awareness suggests that you look at this beam of light from eye level, seeing the movement from where you are, knowing that this beam of light moves on and on, and that you are moving along this beam even as one may move down a highway.

This Awareness suggests that you visualize yourself within this beam of light, moving through time and space, eternally. This Awareness suggests that you relax and feel this beam of light, past and future; that you identify yourself with this beam of light. This Awareness suggests this last for approximately five minutes.

This Awareness suggests that you may recall a line in the movie STAR WARS, wherein the entity known as Ben Kenobi, referred to a disturbance in the Force. This Awareness suggests that you visualize yourself moving along this beam of light, suddenly feeling a disturbance, as an energy from outside your own particular beam strikes your beam and creates a disturbance.

This Awareness suggests that you notice this disturbance and that you visualize this as being another beam of light which moves in concurrent or in crosscurrent to your own particular beam of light, creating a disturbance. This Awareness suggests that you now may visualize many such beams of light moving concurrently as well as cross-current to your beam of light. This Awareness suggests that you now visualize these beams of light as creating a network of energy patterns moving through time and space.

That these networks of energy patterns can be very disturbing to your own beam of light.

This Awareness suggests that in order to keep on the track, wherein your particular beam of light is not shattered and totally disturbed and disoriented by the beams of light which are moving in crosscurrent, or moving concurrently, but occasionally too close and affecting the path. This Awareness suggests that you notice it requires greater fortitude, greater focus and concentration on the point ahead, in order for you to stay on track.

This Awareness indicates that you will notice that if your attention becomes greatly diverted to those other energies which parallel, or which cross your energies, that there tends to be a greater disturbance to your purpose and direction.

This Awareness suggests that you meditate briefly on this, recognizing and visualizing the network of energies and the knots which can occur as these beams of light become entangled with one another. This Awareness suggests a meditation on this for approximately five minutes: that you visualize your life and the various energies that are entangling your own particular energy.

This Awareness suggests that after a meditation of approximately five minutes, that you then again look at the energies, recognizing that your energy also has affected the energies of others; that those other beams of light also have their purposes and directions, and that they came in contact with your beam of light and also felt a disturbance by your energies.

This Awareness suggests that you focus on that affect of your energy upon those other energies and ask yourself if this is something which was necessary, or was agreeable, which was of a compatible activity, harmonious to the energies in motion, or if this was something which happened in a chaotic, accidental way through negligence or through the action of being ignorant or unaware of the other energies present.

This Awareness suggests a meditation on this for a few moments.

This Awareness suggests that as you meditate on these energies that you begin looking at your life as an energy moving through time and space, that you look also at the other energies in motion and identify these energies as your friends and associates and their purposes and directions, noticing how you influence them, how they influence you, and the general movement and results of those influencing energies.

This Awareness suggests, after meditating on this for a time, that you begin visualizing a network which allows these energies to move smoothly so that those who wish to move in other directions, but must come in close proximity to your movement, are allowed a kind of cloverleaf exchange, likened unto those used on freeways and highways of your land, so that they may smoothly move in the exchange, moving across the energy pattern without disturbing that energy pattern, through certain agreements, certain rules, certain agreeable lanes of travel, which allow the exchange and movement of these energies to travel in their own particular direction even though coming in close contact with one another, so that the energy patterns and fields do not disturb one another, but rather make room for one another to move on.

This Awareness suggests that you visualize these knots of energy, whereby the various energies of your being, and the energies of other's beings, come together, but move in the approximate patterns, cloverleaf exchanges, whereby through understanding and communication of the mutual mental realizations that these energies can move in their various directions without harming, destroying, or disturbing the experience, purpose and direction of others.

This Awareness suggests that in meditating on this image for a few moments, you shall discover ways whereby patterns begin to take place within your consciousness that affect your future relationship with others so that this begins to manifest in your communication and activities with your friends and associates.

This Awareness wishes you to understand and visualize and implant these images in your consciousness deeply, for these patterns in consciousness shall free you and create images that shall allow you to have the freedom of movement at later times.

This Awareness indicates this as likened unto entities learning to drive an automobile, whereby once the rules are learned, the future situations are met with an understanding whereby the entity may move through these situations knowing what to do and how to deal with the situations.

This Awareness indicates in this manner, entities need not feel that every intersection they approach must be dealt with according to the problems that arise, but may be dealt with by patterns of behavior and realization and rules of understanding that have been developed to meet each experience that comes along.

This Awareness indicates that these experiences in life, in relationship, in movement of purpose and direction, whereby entities' purposes and directions move concurrently or crosscurrently, that these may be dealt with through communication and understanding so that entities allow room for one another to move on according to their inclinations.

This Awareness indicates that the movement in areas of intensity may be regulated by the sensitivity to the situation; that as an entity drives into a congested area, the entity may feel the need to slow down. This Awareness indicates that the same is true in relationship, wherein an entity moves into a congested area, the intense will, the desire to push ahead, the desire to move on, must be made slackened whereby the entity's will recedes somewhat--as one letting up on the gas pedal, one may also let up on his own intense desire; and in this releasing of the desire, one can feel his way through the congested area until the area is cleared and then may proceed again with rapid movement and the intense movement necessary for fulfilling those desires.

This Awareness suggests that the action of driving an automobile can be equated to the action of driving one's personal life through the movements of time and space in relationship to other beings. That entities may meditate on this and learn many valuable lessons.

(CLOSING MESSAGE)

This Awareness suggests that the second part of the meditation, which this Awareness mentioned previously, is that which relates unto the pituitary. This Awareness suggests that you visualize beams of light moving out in all directions from your pituitary, moving out from your head, in all directions, out through time and through space, throughout the universe. That you visualize these beams of light moving out, out, out, following one, following another, and following another, out and out. This Awareness suggests that you feel this energy emitting, glowing, moving outward from your consciousness as a halo that expands ever and ever outward in all directions.

This Awareness suggests now that you visualize this energy as being likened unto the energy from the sun which moves outward. This Awareness suggests that you visualize your head as being the center of the sun emanating a radiance outward in all directions. That you meditate on this image for approximately five minutes.

This Awareness suggests that you now visualize energy coming in to your head from all directions of the universe, moving inward as though this energy were coming into the center of the sun, entering into your head, entering into your pituitary, growing ever and ever smaller, and being recorded in your consciousness as memory of the moments which have been perceived as this energy moves toward you.

This Awareness suggests that each moment as energy moves toward you certain things stand out and are swallowed up by the pituitary, diminished, recorded, reduced down, and placed into the memory of your consciousness. That which occurred two or three seconds previously, now has been reduced down, recorded in memory as the new moment enters and reduces again and reduces again, and that which was reduced previously, is again reduced even smaller and recorded in memory.

This Awareness indicates that each moment, the energies received in your consciousness enter the pituitary and become microscopically reduced again, again, again, and again, and that which is recorded is placed in your memory, continually being reduced as time passes.

This Awareness indicates that you meditate on this feeling for a few moments, watching experiences being reduced and placed into your memory.

This Awareness suggests that following this, you recall a particular moment, look deeply into your pituitary and pursue that moment, follow into your memory until you can find that particular experience, that particular moment that stood out, tracing back in time, finding that moment within your pituitary, enlarging that to examine again that particular memory.

This Awareness suggests you visualize an experience and meditate on this for a few moments. This Awareness suggests that you may also meditate on experiences which happened months or years previously, in a similar manner, tracing back into your pituitary the reduced, microscopic memory of the event until you locate the event in its entirety and experience the entire feeling as though it were occurring now.

This Awareness indicates after you have meditated on this action to your satisfaction, this Awareness suggests that you feel the energies coming in to your pituitary from the moment as you perceive all that is occurring about you in the moment, coming toward you from the future, entering your pituitary and being reduced down as memory.

This Awareness suggests you allow this to continue coming toward you as you also begin radiating energy outward, the vitality of your consciousness, radiating outward into your environment, into the space roundabout you in each oncoming moment.

This Awareness asks you to feel these energies of radiation and magnetism simultaneously, and to meditate on these energies as they move from you as radiance, and to you as magnetism, drawing in the experience of each moment.

