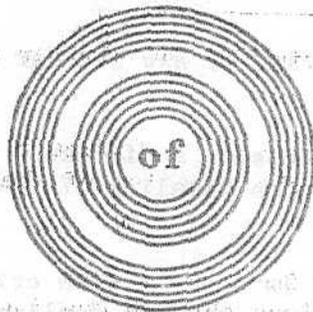


Revelations



Awareness

#77-4

Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

CONCERNING THE RESTORATION OF THE DEATH PENALTY IN THE U.S. AND HOW TO DEAL WITH CRIMINALS

Q. There is much news these days about the death penalty being legally restored in some states. Several entities, condemned to death and their execution dates being extended by various legal maneuvers of others, have requested the penalty be carried out. Will Awareness please comment on the death penalty in relation to these entities who are insisting through legal means that the penalty be carried out because they are guilty of their crime.

A. This Awareness does not condone suicide at the hands of others, nor the removal of life from one for the good of all.

This Awareness suggests that entities love one another, and that they work with one another to relieve each others' problems, to help each other to understand their ways, their errors, and to transcend and overcome these errors and to repay as well as possible through the expression of remorse of whatever retribution can be returned for any error one has committed.

This Awareness suggests that taking the life of a murderer, for having killed another, is in itself but a step away from murder. That society, in the name of all, murdering an entity who has murdered another, becomes a sick society guilty of murder itself. This Awareness suggests that even though the murder is spread among the group, the action is still the same.

This Awareness suggests that rather than murder, entities could find a place wherein the one who kills another is kept. And wherein that entity can find a life which is constructive and worth-while, such as was exemplified in the story "The Event," which was demonstrated and shown in relation to the entity known as "The Bird-Man of Alcatraz."

This Awareness indicates that there are many entities who can find constructive living wherein they can reflect again and again upon their action, their misdeed, their mistake, and still have some thing in their life which brings forth good karma.

This Awareness suggests that wherein you eliminate an entities' life for the negative karma, this brings back the entire life into a reincarnated state with the negative karma being present and ready to go again. This Awareness suggests that entities in seeking such violent revenge, a society which seeks to totally eliminate one who is warped and sick; this society is not much better off than the entity who is warped and sick who has created the misdeed.

This Awareness suggests that the victim of the crime needs more attention and more assistance from the society than is given. This Awareness suggests that the society could devote some of its concern, some of its legislation, some of its energies, to assisting the victims of crime as much as possible, and that the criminal be placed in a setting where there is no danger of a reoccurrence of such a crime under any normal circumstance; wherein the criminal is held in check until

it is absolutely certain that the crime or any similar crime could not again be committed through this entity.

This Awareness suggests this as not such a difficult thing to do in a society; and that the growth of the society, the idealism of the society, the example of the society would benefit greatly.

This Awareness suggests also that in dealing with crime that more energy could be put into preventing the crimes through dealing with the causes of crime such as poverty, such as relationship problems and communication problems which entities have, through the schools and education systems, through the entertainment field.

In dealing with these causes of crime, a society could eliminate approximately 90% of its problems. But this society prefers to spend most of its energies, not in dealing with the causes of crime, but in dealing with the effects of crime and enforcing criminal codes, criminal proceedings, and the arrests and incarceration of criminals.

This Awareness indicates the prisons in this nation are full. That many of these prisoners have committed crimes in which there was no victim other than a law was broken, and no one has suffered; but the law was broken and the criminal must suffer for having broken such a law.

This Awareness indicates there are many crimes without victims; that these need be re-examined. That the entire prison system needs be re-examined. That the victims of crimes need be given greater attention and that the causes of these crimes need to be looked at and eliminated from society.

This Awareness indicates there are two major causes of crime: crimes of passion and crimes of greed. But crimes of greed are often triggered by need. And wherein the need can be eliminated, and opportunities are made for entities to have that which they need, much of the crime in this society can be eliminated. This Awareness indicates that crimes of passion may be eliminated wherein the social system, the schools, the churches, the religions begin to find ways to help entities in their neighborhoods, in their homes to create greater levels of communication with one another, to solve their personal relationship problems. Wherein this becomes a priority in this nation, the crimes of passion can be greatly reduced. This Awareness suggests that these two major areas shall help in eliminating most of the spontaneous crimes which occurs in this nation.

This Awareness indicates there also is the organized crime which functions in the various structures of this nation, within the corporations, within the political levels, within the streets and municipal levels of the cities. This organized crime is that which also needs to be looked at. That this shall also find itself coming under the light of attention during the coming year.

This Awareness suggests that organized crime through the Mafia and such organizations shall be brought into focus. That the Kennedy assassinations shall be linked with certain forces related unto the Mafia and Onassis and those who were attempting to bring forth heroin into this nation.

This Awareness indicates that the Kennedy's, in their efforts to affect changes in organized crime, found themselves becoming the victim of this. This Awareness suggests that much shall be released this year relating unto certain discoveries and information that shall come forth from underground sources regarding this action. This Awareness suggests that the full story shall not break forth for several years, that when it does, entities shall be shocked at what really happened in those days.

MORE ABOUT THE PSYCHIC STORM
AND FORCES IN ACTION FOR 1977

(Opening message from CAC Reading 1/29/ 1977, Paul Shockley, Interpreter)

This Awareness indicates the intensities which are occurring at this time and shall continue for some time to come: this being that which has been referred to as the 'psychic storm,' may be understood also as that which is likened unto a substitute for a kind of sacrifice on the part of some few, which instead is being spread out and shared by many.

This Awareness indicates this as also related unto the sharing of the earth's karma by the masses upon this plane, whereby much of the energy which has been waiting as a form of karma in the negative sense, is now being worked off in many ways.

This Awareness indicates the actions of the present time shall tend to create greater communication, more awareness among the masses upon this plane, more compassion and sensitivity, and shall lead entities to look more deeply at various situations relating unto powers and controls and manipulations.

This Awareness indicates within approximately three months, entities may look back upon this time and see that certain definite intensities were being worked off, not only within themselves, but also within their society and in the world.

(Closing Message)

This Awareness indicates that in terms of things which are now in movement within consciousness, the forces which are somewhat threatening are also somewhat confused by what is happening.

This Awareness indicates this Spring as being a crucial time in the history of the world: for during this time the forces which have been manipulating and controlling nations for many centuries have come face-to-face with the prospect of being exposed, of being caught in their actions, of being put in a position whereby they might suffer from any course of action they take.

This Awareness indicates that what shall come from this situation is not yet clear; this being likened unto a thief being caught, in being under the threat of being caught, whereby the thief has withdrawn and is waiting in the shadows for the master of the house to withdraw and stop looking.

This Awareness indicates these forces have pulled back and are now waiting and attempting to find out which way they should move, but also having some fear about their total action and their role in the affairs of humanity.

This Awareness indicates that during the next several months, certain changes in terms of power shall begin to occur whereby the shifts of power shall make great strides toward communication and the new social consciousness, or the shifts shall lead to greater difficulties and a stagnant situation which is a difficulty for the masses in future times.

This Awareness suggests that the likelihood is that the shifts in power shall be such that liberty grows stronger, that this is not certain at this time. This Awareness indicates that the future is not fixed. The future depends on the consciousness of entities and how that consciousness changes.

CONCERNING THE DIFFERENCE
BETWEEN SOUL AND "SPIRIT"

Q. Will Awareness please describe the difference between the "soul name" and the "spirit name" of an entity?

A. This Awareness indicates these as terms created by the minds of men. That you understand words as descriptive things for the creation of symbols which do substitute for experience.

In terms of the general meaning of the soul, this is that which represents the individuality created by the error, by the separateness, by that which is called sin, or "missing the mark". This Awareness indicates that the soul is that which relates to moving out of balance, out of the non-polarized areas of the universe into those areas which are polarized and therefore matter.

The movement into that which does matter does create matter. That matter is that which appears to be separate from spirit. The appearance of this separateness as that which began to be confused with actual separateness, and as entities began to assume there was a separateness from spirit and matter, they became absorbed in matter and wished to move back to spirit.

This Awareness indicates that the entire concept of separateness is illusion but there is the reality of the concept.

Entities must understand that "spirit" is that which is the realization of the Law of One by which entities experience totality, by which entities experience that which is Cosmic Consciousness, Cosmic Awareness, communion with God, the Great I Am, the Universal Consciousness. This is that which is termed "spirit". Indicated entities understand the ever-present moment as that which is termed "spirit".

Let entities understand that the energies brought to the present moment from the past is that which is "soul". While the energies that are observing at the moment without connection to the past, is that which is called "spirit".

This Awareness indicates that were you to land on this plane at this precise moment, with no influences acting within you from past experiences, you would be clearly in the spirit. But were you to be in this moment without any attention or connection to the here and now, but dwelling entirely on the future or past, that this is an action of the soul. Understand there is no definite division between these two. That the moment can move into the time span of one second, one minute, one week, one year, one-thousand years, or any times span which the mind wishes to make the division of increments into. The determining factor is not time, but whether you are controlled by the past or future in the psychological sense. Wherein the agreement is made that the moment is less than a second, that this is a matter of agreement and convenience for defining terms.

The movement of the total vibratory rate of an individual to the point where he or she now is as that which may be understood as the soul; this including all of the past emotional experiences that make up the individual. These past emotional experiences are those wherein there is the feeling of separateness from the totality.

Spirit is that which is identified and in tune with the entire picture of Universal Forces. Spirit is free; soul is bound to past emotional experiences and identifications.

Q. As I understand the teachings, each soul or spirit was given a name at the time it was created or separated from Cosmic Awareness (God); this name was to remain with the soul forever. This was the name I was seeking.

A. This Awareness indicates that the name given as Konentah. That this has been indicated. Understand at the time of your first separateness that the name given as symbolic of the vibratory rate on which you left Essence. In leaving Essence you created that which was the illusion of separateness.

In leaving Essence for that period you began to create that which was the soul. The appearance of separateness did bring about the concept of needing a name. Understand also that when you moved back into the level of cosmic vibratory rates wherein there was the experience of rejoining the Oneness, in the life in Alexandria, that you again contacted the recall and the memory of your first name. That your first name as Konentah.

At the original separation this name was called a soul name, but in recontacting the Cosmic Awareness level that you recalled your name and this then was referred to as a spirit name. That in general, these were the same. This Awareness indicates that you understand the spelling may change; the sound and pronunciation remains similar.

This Awareness indicates that entities in discovering their spirit name and meditating upon these spirit names, shall begin to understand the concept of separateness, the concept of creating a soul, and the concept of moving back into the Cosmic levels of being both the Macrocosm and the Microcosm at the same time, in the same space.

Q. Is there a closing message?

A. This Awareness indicates that these times you are now experiencing and these energies which are experienced during these times, understand these times as being the time of now, the ever-and-always present and eternal now, with its changing energies, with changing forms, its changing pictures upon this eternal moment of now, which is likened unto a screen on which images change in their own duration and their own timing and their own location.

That entities realize in this eternal now on this screen of ever-present moments, that they are capable of projecting the images which they desire wherein there is space allowed by clear communication and relationship with others. This Awareness indicates that wherein entities are in conflict with the images they are seeking to project upon the eternal screen of the moment, that they will have a much different picture with conflicting images and actions and events being shown on this movie of life.

This Awareness indicates you understand this Akashic Record of the ever-present now, this screen of Akasha, this movie of life, is that which is being given to you for your future creative actions. The past has created many movies of violence, many theatres of war, many stories of tragedy. That you understand this as that which is not necessary in having joy and excitement in being what you are.

Cosmic Awareness Communications welcomes questions from the membership which can be put to Cosmic Awareness as time permits. Questions should be on subjects of general interest and not of a personal nature. (Personal questions can be covered in a Personal Reading. Details and cost of Personal Readings are available upon request). If there is a subject or a question you would like Awareness to talk about and be printed up in future Revelations of Awareness, please send them to C.A.C. Box 115, Olympia, Washington 98507. We can't promise we can ask all of them, but we will surely try to ask the interesting ones and those most provocative and mind-stimulating.

CONCERNING THE USE OF THE 144
LIGHT MEDITATION FOR PERSONAL GAIN

Q. A question from JM. who writes: "I have had such fantastic results in my business life beginning immediately after using the 'Earth Light 144-Count Visualization' described a few mailings ago, that I followed into the use of it primarily for benefitting me (underlined) rather than others. I'm certain this isn't the right attitude, but I wonder how far off-base am I? Should I not do the imaging at all if I use it for the personal purpose?"

A. This Awareness suggests that as alright for entities to use for their own purposes, so long as it brings no harm to any other.

This Awareness suggests that this shall benefit you as an individual in this particular time and space, wherein you are aware that this is not harming another and wherein you do not have guilt-feelings about having prosperity for yourself. This Awareness indicates that wherein guilt-feelings begin to creep in and you feel that this is in error, you shall bring about difficulties in regard to using this. This Awareness suggests that there is no reason for any entity to feel guilty about having personal prosperity so long as it has not harmed any other.

This Awareness suggests, however, that there is no way that any entity can ever find complete satisfaction and happiness with oneself until he or she is also giving some form of service, assistance, and contributing something to others.

HOW TO DEVELOP VISUALIZATION
AND IMAGING (An Exercise)

Q. How can I increase my control over my ability to image? I find it difficult to visualize things I need to image. My third eye just won't always do my bidding, so I use a tactile and mental feeling, which helps but may not be as effective. Will the Awareness comment on that?

A. This Awareness suggests that to assist yourself in imaging, that you lie with your head to the North, in a comfortable position, preferably upon a bed. That you breathe deeply for approximately... This Awareness suggests that the more deep breaths you take, the better for you, so long as you don't over-oxygenate yourself into hyperventilation states. This Awareness suggests taking approximately twelve deep breaths, with each breath being as deep or deeper than the one before. That this will allow a clear visualization.

This Awareness suggests that also you lie with your feet uncrossed, toes up, and your hands extended upward, bent at the elbow, using the hands as a type of antenna. This Awareness indicates the visualization of an image then may be assisted by moving the fingers about as though you were touching the image which you are trying to visualize. This Awareness indicates your arms may lift from the bed in order to feel that image.

This Awareness suggests that by practicing visualizing a simple symbol such as a triangle, a circle, a square, a star or some other symbol--by visualizing this symbol after taking these twelve breaths and holding this for a period as long as you can; doing this each day for different periods of time, this will help to train your imagery, imagery ability and to bring the imagery into focus and more clarity. This Awareness suggests this be done daily, and that this may be practiced for some time. And as this is done, your imagery ability shall increase.

This Awareness indicates the ability to image clearly in this manner will assist you in manifesting those things which you wish to bring about from the

inner plane onto the outer plane.

This Awareness suggests you also may use the count of 144, the pulsation action, coupling this with breathing deep breaths. That this too may be of great assistance in assisting you to visualize.

This Awareness indicates the Inner Vision relates directly to the Prana, which is brought in through the breathing action. The Prana in the oxygen brought in brings light with it which spills over from the area within the head into the areas of the brain wherein the Vision process occurs, and also into the ears causing a ringing sensation. That these areas being stimulated can assist you in seeing images inwardly, as well as hearing certain subtle sounds from the inner plane.

This Awareness suggests that for further study in relation to breathing, you may consult the various books by the Yoga Foundation, the publications of Yogananda and others relating to breathing techniques. (*)

This Awareness suggests that you not indulge in any breathing technique which causes great strain upon your lungs.

*(Science of Breath by Yogi Ramacharaka, The Yogi Pub. Society, Chicago. Price \$3. (Also available from C.A.C) (A list of these books available upon request)

CONCERNING THE NATURE OF EMOTION

A. This Awareness suggests that entities look at the nature of emotion. That emotion is likened unto water flowing down through a stream. That emotion builds when the water cannot flow freely, likened unto a dam damming up the energies. The greater the dam, the greater the emotion. This Awareness indicates that wherein emotion bursts through the dam, exploding its energies outward, this releases the intensity and the buildup of energies, yet can do great damage and bring great harm to others.

This Awareness suggests that you let off your emotions in a manner that does not create a back-pressure wherein they build to the point of explosiveness, yet, that you allow the expressions of the emotions to occur like a running stream--feeling free, being free to move as it wishes through the valley of life.

This Awareness suggests that in looking at emotion, you understand emotion is but the current of feeling which has been blocked and is not flowing through clear communication. Wherein the current of feeling can be expressed in a smooth flow, emotion does not build up, and the energies of feeling can be expressed through your communication with one another in a manner that allows more freedom without the jerks and shocks from the emotional level.

MORE ABOUT SUICIDE

Q. ...I feel that a goodly number of my physical disabilities are due to a subconscious wish to commit suicide. Will you comment please?

A. This Awareness suggests that the ideas of suicide are also a form of escaping from what is. That this as likened unto a child saying 'I don't want to play anymore because I can't get my way, anyway'. That wherein the escape from the game is desired, that entities may do this; that they are capable of doing this in many ways. That there is the sudden, violent suicide or there is the slow subconscious death-wish which does bring about disease and ill health. This Awareness suggests that it takes as much energy to bring about disease and ill health, to bring one into the point of destroying his own being as it does to get

involved in the action of living, and living it to the fullest extent possible.

This Awareness indicates that either direction is full of difficulties--if one wishes these things to become difficult. That the energy is there for entities to use in any manner in which they desire. They may use them for destruction of others, or for the construction of themselves, for destruction of others or the construction of those actions and things which serve others.

CONCERNING WEIGHT PROBLEMS
AND HOW TO SOLVE THEM PAINLESSLY

A. This Awareness indicates that you understand the financial problems and the problem of overweight as that which has been chosen by your own self and your own psyche; that you have programmed yourself into this by giving yourself such heavy concern for this. This Awareness indicates that your overweight as that which stemmed from certain activities and ways of feeding you as a child, that certain experiences did create certain traumas for you as a child. This Awareness indicates that as a child you had little ability to deal with these things but that as an adult you may discard those experiences as being unnecessary to continually hang onto in present time.

This Awareness indicates that you may visualize yourself now moving into that which is a slimmer physique, that this shall become that which is more appropriate to your desires and image of yourself.

This Awareness indicates that you cease to judge yourself by your weight, that this is that which keeps the problem before you. This Awareness indicates that you no longer see weight as a problem, but rather see slimness as an asset which will help you in various ways. Suggested that you begin imaging this more clearly, and that you feel much gratitude as to how slim you actually are. Do not compare yourself to others, if anything, you may pretend yourself to be a slim person in a world of fatties. Visualize in your imagination a world full of people who are twice as overweight as you are, and you are in a terrible fix for you are getting slimmer everyday. Each time you feel a concern for your weight, cancel it out with this visualization exercise. By practicing this repeatedly, you will begin to fool your metabolism into thinking that you are actually growing slimmer, and in doing so, you will in fact begin to lose weight regardless of what you eat.

This Awareness indicates that your subconscious is that which is doing its very best to make you as fat as you say you are. The thing you fear does indeed come upon you. Yet, you can trick your subconscious by creating a contrived concern and worry over getting so slim. This takes a while, but within a month you will begin to see results.

(Excerpt from a different reading than the above)

Q. I have been plagued by overweight all my life, and tried everything. At the present time, I am using acupuncture to help me along with a 1,000 calory diet. But I seem to have come to a standstill. Is this treatment correct for me, and if so, what else can I do to once and for all overcome this problem?

A. This Awareness indicates that this need no longer be a problem; that there is now to be given that healing in terms of metabolism; that from this action, you will find that regardless of what you eat, you will discover your body moving toward that which is its proper weight. This weight as that which will gradually change until the proper weight is reached. This healing now to be given to that level which is the metabolism...(pause for healing)...

This Awareness suggests that you no longer worry about dieting, that you no longer worry about what you eat in terms of weight, that you give certain attention to the information given in the previous question regarding sweets and starches,

as they do, somewhat, affect your energy level; that you will find it more stabilizing and of better energy level to utilize the natural sugars in fruits and the fresh vegetables. Other than this, you not concern yourself with your weight, for you shall find yourself moving steadily back toward the proper weight.

This Awareness suggests that you not even weigh yourself for at least three months; that you give up this concern; for the very concern is part of the problem which keeps you in those levels. You are now seen in the etheric level as being of the proper weight, that the physical level will respond to this in due time, according to the energy that this Awareness has given and according to the communication that has been set on the cellular level of your system and metabolism.

This Awareness indicates that the next concern of yours shall be: what to do when you are a different size. How shall you act, how shall you behave around other people and in other situations when you have the thinner body. Indicated that you begin practicing this for you would otherwise find it difficult to be of a thin body while still acting as one who was overweight. There are definitely different ways of behaving in these two lifestyles. This Awareness suggests also that you concern yourself with the kind of wardrobe that you would like; that this attention be given; that you not necessarily purchase this wardrobe until you are ready, but that you begin thinking along these lines as to what kind of wardrobe would be best to suit your inclinations. When you begin considering what you would do with your life and the extra energy you will have at that time, your next concern will be how to handle the problems that are caused by being slimmer.

WHY THERE IS POVERTY, WARFARE, COMPETITION
A MEDICAL PROFESSION ETC. ON THE EARTH PLANE

Q. Member R.E. writes: "It has been stated by some communicators with UFO beings that Earth is the only planet upon which suffering and a medical professional, along with poverty and warfare and competition still exists in the galaxy. Will Awareness please discuss this and explain why it is thus?"

A. This Awareness indicates this as basically true; that there have been certain forces acting upon this plane.

This Awareness indicates information has been given on this previously. The planet between Mars and Jupiter, Maldek, which was blown apart by the nuclear forces working upon that planet, brought forth upon this plane the reincarnation of those entities who were there.

This Awareness indicates that approximately 85% of the entities upon this plane have lived on Maldek.

This Awareness indicates that it is the Earth karma that this be experienced and worked out; and there is the possibility that the repetition of that previous experience could occur again unless this is worked out.

This Awareness indicates that the forces which are building upon this plane at this time, in terms of using nuclear power, are those which are continuing the pattern of the previous action on Maldek.

This Awareness indicates there are, however, certain forces in action at this time which are assisting in bringing this into focus, and bringing greater light and understanding to this plane: that there is much effort at this time to avoid that confrontation of nuclear forces, and the chances of such an event occurring again are more remote than previously.

This Awareness indicates, however, there is still that possibility.

This Awareness suggests that wherein the awareness upon this plane increases, and more entities become concerned about those controlling and manipulating forces who are using the atomic and nuclear powers for control, who are ignoring safeguards, who are spreading the use of these: as more entities become more concerned and active and aware of this, the chances shall diminish greatly.

This Awareness suggests that the clean-up of this earth may begin. There has been seen a time, 2020, for this cleaning to take place; that this can be moved ahead, as entities become more concerned and aware of the dangers involved in the pollutions and the wastes from industry and atomic and nuclear powers.

This Awareness suggests there also is the element of radiation from the sun piercing through the ozone layers upon the earth. This has long been a hindrance to harmonious life. This Awareness indicates the concept of a defective sun, emitting radiation upon entities living on this plane, affecting and causing aging: this as that which has some validity. That there is, however, the possibility of minimizing the affects of these rays: this through proper dieting, proper attitudes, and through the understanding of radiation and its effects. This Awareness indicates that much information has been given on this in the Type 17 Healing, and through other sources.

This Awareness indicates also that there have been certain efforts by the UFO forces to minimize and clean up some of the radiation upon this plane; but that these forces are having difficulty relating to this action due to the ever-increasing number of reactors and nuclear spread of arms and powers.

WHAT TO DO ABOUT ALL THAT COLD WEATHER
THAT IS HAPPENING THIS WINTER OF 1977

Q. In relation to the question just answered: would there be an exercise or anything that the members of our organization could do about the nuclear power and/or the ozone layer that would be helpful?

A. This Awareness indicates that the intense weather occurring at this time is partially related to this action: that this as coming from the northern caps wherein the energies are neutralizing certain polarities on the Inner Plane that were caused by radiation excess in your atmosphere.

This Awareness indicates that in terms of action by entities upon this plane, that the exercise of visualizing the earth glowing in health and harmony as that which can benefit. This Awareness indicates this may be related unto the pulsation of 144 lights, light pulsations, visualizing the earth as previously indicated.

EDITOR'S NOTE: For readers who did not get the mailing in which this exercise was given, we reprint it on the following page.

You can use this for changing the weather patterns, cleaning Mother Earth of pollution, helping to reduce the threat of atomic reactors etc.

You can also use it for healing yourself or to heal others or for energizing things or situations you need, as mentioned in this and other C.A.C. communications.

(Come on all you heads out there: light up and go to work. This is one exercise guaranteed to get you off. And you keepers of the flame out there in the communes, make a circle every night and do it together. This is truly magic, and it really works!

THE COSMIC AWARENESS 144 LIGHT PULSATION
EXERCISE-MEDITATION FOR HEALING THE EARTH

(From a C.A.C. reading given 8/17/1976)
Paul Shockley, Interpreter

This Awareness asks that entities who read this message, to spend approximately five minutes prior to falling asleep each night for a period of one week, imaging the world floating in space, and visualizing this world as having certain areas of darkness, and feeling the presence of this world floating in space, likened unto the pictures of the earth taken from the moon.

This Awareness asks that entities then begin visualizing the earth as gathering a type of "halo" around itself: an aura of light; and to watch this light as it grows, and see this light pulsating.

This Awareness suggests that entities then count the pulsations of light, and that they count silently to 144 (one hundred and forty-four) pulsations; and as this is completed, that they move themselves back into the light and back on to the earth and experience the light which they have created.

This Awareness asks that entities do this for at least seven days; that this needs to be done nightly, throughout the rest of the year, if entities can bring themselves to putting out that much energy.

This Awareness indicates that the action of putting forth this energy will bring many rewards to entities under the Law of Gratitude, and they shall find themselves being healed on many levels as they move into the light.

This Awareness suggests that after entities move back into the image of the earth now lighted, they may also begin feeling the pulsations around their own body, feeling themselves pulsating as light, and may also count 144 pulsations.

This Awareness suggests this may also be used on other entities who need healing.