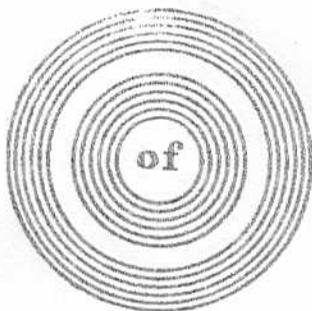


Revelations



Awareness

Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

#77-26

A NEW MEDITATION FROM AWARENESS
(Knowing your Frame of Reference)

Paul Shockley
Trance-Interpreter

Cosmic Awareness:

This Awareness wishes to give entities a meditation type of exercise, and suggests this be used each night before falling asleep and upon awakening as is convenient.

This Awareness suggests that you visualize two picture frames. These picture frames upon a black wall of consciousness; the two picture frames as being the only outlook from that wall into the world in which you live. This Awareness indicates these two picture frames as looking out at the moment, at the Eternal Now.

This Awareness indicates that beyond each picture frame is that which is occurring in your life, in the scenario of your experience at each particular moment.

This Awareness indicates that these moments, appearing and disappearing in frames, one each four-quadrillionths of a second.

This Awareness indicates there are two picture frames. The one on the left which you may look from is that picture frame which sees the moment, but in looking at the scenario and the situation and experience of the moment, though seeing the exact same picture, carries with it an assumption that the image shall become worse and worse, and worse, more painful, more difficult, more tiresome.

This Awareness indicates the picture frame to the right carries with it an attitude and feeling that the image seen is but the beginning of a vision that begins to unfold into greater and greater joy and happiness.

This Awareness indicates above the picture frame on the right is the mask seen in the drama field known as the smiling, happy face. Above the picture frame to the left is the depressed and sorrowful face.

This Awareness suggests that you stand back and look at these two picture frames, seeing each clearly prior to falling asleep. That just as you begin to move toward the threshold of sleep, this Awareness suggests that you move to the right and enter into the scene which improves your situation, bringing about greater and greater joy and harmony.

This Awareness indicates that upon awakening you move in a similar manner, visualizing two picture frames, one to the left and one to the right, and find yourself entering that frame which carries with it the smiling face, moving into the awakened state, entering the moment with the attitude and assumption that things are going to become more beautiful and harmonious.

This Awareness indicates at any time during the day when you can take the time to flash upon these picture frames, this Awareness suggests you always check yourself to see which frame of reference you are using in your observation of the moment.