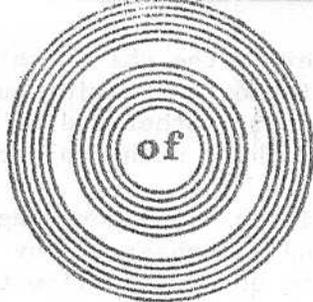


Revelations



Awareness

Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

#78-6

CONCERNING VIOLENCE--TO YOURSELF AND OTHERS

Paul Shockley
Trance Interpreter

Question:

We're here for another general reading and questions sent in by the membership. Does Awareness have an opening message?

Cosmic Awareness:

This Awareness wishes to call attention to the concept of error. Wherein an entity is confronted with the possibility of creating an action which he or she fully understands to be an action of error, to violate others, or to bring harm to oneself, and the entity feeling a repulsion for even observing such an action, feeling that perhaps they are being possessed by an alien force, wishing to eradicate the thought of such error, yet wondering where such thoughts come from, how they could possibly think of such unacceptable thoughts:

This Awareness indicates that wherein an entity is faced with this, seeing this potential within oneself of creating error, of harming others, or of harming oneself, wherein an entity realizes that he or she could violate another, could violate themselves, and that realization becomes significant to them, and the entity is faced with the choice of refusing to look at this possibility and simply thinking of something else, or looking at the possibility and being afraid that they might be swallowed up by that action: this can become a problem when entities do not understand how to handle such situations.

This Awareness indicates that each entity upon this plane is capable of suicide, is capable of murder. This Awareness indicates that the majority of entities upon this plane do not bother themselves to consider such concerns because their attentions are on other things, on other interests.

This Awareness indicates that occasionally there will be those entities who become for one reason or another obsessed with an idea of suicide or murder. This Awareness indicates that this obsession can become that which entities like to call an 'evil thought' or an 'evil force' acting upon them.

This Awareness indicates this, in reality, is but an action of the mind realizing its potential to do harm. And often that potential to do harm is but an expression of fear that the entity might somehow yield to that potential and somehow might do harm to oneself or another in an action of sudden violence or sudden confusion, or deliberate.

This Awareness indicates that entities who become confronted with a repetition of such thoughts, may begin to feel that an alien force is working on their consciousness to cause them to do harm. This Awareness indicates this is not so. That the action of repeated looking at this potential is in reality an action which occurs when entities have not been completely clear with themselves, have not fully realized before that they did have this power, and are simply becoming aware of that potential hazard in their makeup.

This Awareness indicates this as likened unto a child who grows to adulthood and suddenly realizes that he now has physical strength and could wreak revenge upon all who ever previously caused bodily harm to him, including parents or others.

This Awareness indicates that wherein the child realizes this, he has the choice of whether to seek revenge against his father for having punished him when he was small and defenseless, or whether to understand his father and to pass this off and let this go and learn how to raise his children without such violence as was placed upon him.

This Awareness suggests that entities in discovering their potential to do harm, may also counter this potential hazard and the obsession by looking at the potential to do good; and may look at the potential to do harm, follow that image to its culmination wherein you visualize yourself having created that harm, then the remorse you would feel, the consequences of the action, the great despair, and the total loss that would come about from the violence which would be created; and in this manner, take the entire trip or journey in your imagination, without having to take the journey in reality.

This Awareness indicates once you see where the journey can go, you return to the source where you presently are, look again at the situation, and this time take another journey in your imagination, visualizing yourself and the entities or those parts of the situation in which you find yourself, and look at the potential you have to do good; visualize the situation growing better, more harmonious and more beautiful for the next month, the next year, the next five years, and the next ten, twenty and thirty years, and all of the joys that can come from your life and its potential to do good to others.

This Awareness indicates that in looking at this in this manner, you may become aware, not only of your power to do harm, but also of your power to do great works that leave their marks on the Akashic Record, that leave their marks in the hearts of those who you love and who love you, and leave their marks on the social systems in which you live.

This Awareness indicates that in looking at an action wherein violence can be committed, that violence can occur only in a split second, only in a moment, but the residue and the results of that violence will last and affect many other moments and create much pain and difficulty for others long beyond that moment.

This Awareness indicates violence which occurs in a moment has been seething in the consciousness of someone for some long period of time prior to that moment.

This Awareness indicates that wherein you can look deeply at your own motivations, your own frustrations, and wherein these seething type of feelings may begin to build or repeat themselves, this Awareness suggests that you be cautious and that you begin making changes in your lifestyle, in your attitudes toward yourself; that you begin giving yourself greater freedoms and communicating with others, so that whatever it is that is bothering you which would cause you to feel a need to lash out, to harm another so that this can be expressed, so that this is not only expressed to those whom you feel a need to lash out at, but also that you express this to others who are not involved in the situation so that you can alleviate the deep feelings that would result in sudden explosive violence by expressing this verbally in other areas to other entities, and in this manner letting off your steam and loosening the emotional blockage.

This Awareness indicates that once you have eliminated the need for violent expression by verbal expression, then you can also begin creating the feelings of tender loving care toward that entity whom you would violate. This Awareness suggests that when you begin feeling this, that you not express your love; that you hold back on the action of expressing this love; that you simply feel this love for that entity and observe that entity and all those things which are loving and tender and beautiful about that entity. The entity who you once would have violated, now you look at with love and affection.

This Awareness suggests that you may still see those areas which you do not approve of, but wishes that you give greater attention to those areas which you do approve of, but that you not express this approval; that you allow this approval to build within yourself until you can hardly stand not saying what you feel in terms of the affection and appreciation you feel toward that entity. That in this manner, the love and affection begins to build within yourself, and the hostility you might have felt for the other is released through the verbal expression; and there can, in this manner, be a transformation of your feelings toward others, whereby you learn to love your enemy.