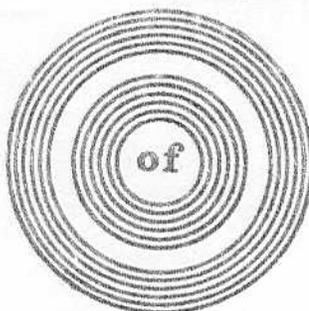


# Revelations



# Awareness

Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

78-12



## 'FREE WILL' AND THE NATURE OF 'ATTITUDES'

(The Sunflower Meditation)

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Trance-Interpreter

### Question:

Awareness, we are here tonight for a general reading, with questions sent in by the C.A.C. membership. Does Awareness have an opening message?

### Cosmic Awareness:

This Awareness wishes to begin calling attention to the nature of attitudes. This Awareness indicates that attitudes do have their effect upon situations in the same manner as weather having its affect upon the growing season of plants.

This Awareness indicates that an attitude of coldness may be likened unto the cold weather of a northern or wintery climate upon a plant. This Awareness indicates that wherein an attitude is consistent, this as likened unto a zone wherein the weather is consistently warm, cold, temperate, or dry, damp, or sunny, or cloudy.

This Awareness indicates that wherein attitudes are changeable, that this may be likened unto seasons or changeable weather patterns. This Awareness wishes entities to experience the changes of attitude, whereby entities may begin to understand the nature of attitude as that which can be controlled from within ones self and can have its effect upon the situation in which an entity finds oneself.

This Awareness indicates that it many not be possible for entities to change the world, but it is possible for entities to change their attitude about the world.

This Awareness indicates the likelihood of changing the world for the better is found in an attitude which is capable of changing toward the better, while the entity lives within his or her world.

This Awareness suggests that entities begin to examine their attitudes toward their lives, toward their situations, toward one another, and watch to see if these attitudes are chronic, that is, being consistently the same; if these attitudes are changeable; what elements or activities, or expressions, or situations change the attitude and trigger off certain types of responses or attitudes as compared to other types of responses or attitudes from other triggering experiences.

This Awareness indicates, for example, does the presence of another entity, or the particular tone of voice used by this particular entity, create a specific response from you, causing an attitude to come forth that is triggered each time that entity speaks, or each time that entity speaks in that particular manner?

This Awareness suggests that this be examined and watched within yourself to see what kind of attitudes emerge for different situations and experiences.

This Awareness wishes entities to begin to examine these attitudes, not to find fault within themselves, but to discover the nature of attitudes so that these attitudes may be more deeply understood. So that these attitudes are not simply surfacing, likened unto serpents whose heads pop out when the lid is opened, but rather that these attitudes may

be brought forth from the box likened unto the serpents which are trained; whereby, when one is called forth, its head pops out and the others remain inside. This Awareness indicates that in this manner entities may begin to regulate, understand, and have a kind of control over their own attitudes, whereby they may use these attitudes to be more responsive.

This Awareness indicates that, essentially, the only free will entities have upon this plane is that which is expressed in attitudes. This Awareness indicates that experiences occur to entities, and entities occur to experiences, and the relationship of cause and effect is a never-ending relationship. That which is a cause to one is an effect from another level, and that effect is equally an effect from another point.

This Awareness indicates that causes are effects, and effects are causes. That it is likened unto billiard balls or dominoes, wherein each strikes the next, and the next is struck by that.

This Awareness indicates that to be able to trace back to the first cause would be a nearly impossible task in terms of examining all of the activities to reach that understanding of the first cause.

This Awareness indicates that the need for understanding that there is no free will is only crucial when entities begin to become more deeply aware of themselves. This Awareness indicates that many entities believe themselves to have free will, believe their choices to be their own, when, in reality, those choices and the very nature of their choice mechanisms are programmed by causes which occurred in childhood, causes which occurred in previous lifetimes in terms of preferences, in terms of values, in terms of needs and in terms of motivations.

This Awareness indicates that one entity may believe that he or she has chosen this action; that in reality the choice was made by a value which this entity received as a child or in a previous lifetime.

This Awareness indicates that the value may have been placed upon this entity by a situation from a previous lifetime which was so deeply imbedded in the psyche that the entity could not shake it, nor could the entity even look deeply to see if this value was of his own choice.

This Awareness indicates that this value, being imbedded deeply within the entity, continues in the soul of the entity and emerges when there is the possibility of a situation arising wherein this value is brought forth to make its voice known in that which appears to be a choice in the matter.

This Awareness indicates that, essentially, this Awareness is indicating that there is no such thing as free will in the ultimate sense. That there is only a free will in levels of attitudes, and this also is influenced by the experiences which entities have had.

This Awareness indicates that entities are capable of responding to urgencies which they come in contact with, and by responding to these urgencies from moment to moment, motivation of behavior for the entity is stimulated by the urgency. This Awareness indicates in this manner, rather than an entity expressing his so-called free will, which is an illusion, the entity is motivated by external forces of tuning in to the urgency of the moment, and that urgency becomes that motivation, rather than the apparent inner will of the entity.

This Awareness indicates these are two different ways of approaching motivation. This Awareness suggests that wherein an entity wishes to move beyond the personal level of will, and wishes to move into response-ability, that the urgencies of the moment and urgencies of greater durations, may begin to have their effect upon the entity.

This Awareness indicates at this time the entity may feel overwhelmed by the situations and urgencies, or the entity may feel completely capable of attending these urgencies. This Awareness indicates this as a matter of attitude. That some

entities cannot handle responsibility wherein others can. This Awareness wishes entities to examine carefully that which is attitude, for the attitude is that which colors the outcome of the situation, and one's approach to that situation.

This Awareness shall assist entities in effecting that portion of consciousness known as attitude, for the attitudes are that which is closest to free will of any of the activities which entities can become involved in.

This Awareness wishes you to become acquainted with your attitudes, become acquainted with how you may create attitudes, or how you may get caught up and trapped by attitudes which are malicious and damaging to yourself and others.

This Awareness now asks entities to simply explore one attitude, to examine it and discover the feeling of a particular attitude at this moment.

This Awareness suggests that, for example, you consider the attitude of warmth, sustenance and well-being.

This Awareness asks you to pause after listening or reading this portion and visualize yourself as a sunflower.

This Awareness asks you to lift your eyes upward, close your eyes, feel your face lifted upward, allowing the face to turn slightly toward the east, looking at the sun, the eyes closed, please. This Awareness asks you to experience this for a few moments as you visualize the sun moving across the sky, feeling its warmth coming down upon your face, feel the petals of this emanating from your face as a sunflower, radiating outward in golden rays.

This Awareness asks you to use this meditation for a few moments, for a few minutes, while you experience this attitude of sustenance, warmth, and well-being.

This Awareness indicates that after this has been completed, you then may continue to carry this attitude with you throughout the rest of the day.

This Awareness asks you to continue experimenting with the feelings of attitudes, and this Awareness shall again give you information and address you in regards to such attitudes, wherein various meditative techniques may be given to allow you to experience other attitudes so that you become acquainted with the nature of your own free, or nearly free, will.

#### Closing message:

This Awareness suggests that entities look to their closest associate or friend, visualize a sunflower, visualize themselves as a sunflower. Feel yourselves standing together, experiencing the sun upon your faces, sharing the oneness of that sun, whereby you look to the light, finding sustenance together, and enjoying each other's presence. This Awareness suggests that wherein you can meditate together as sunflowers, creating an attitude of warmth, sustenance, and the feeling of harmony, this attitude can carry you through many difficulties and allow greater energies to enter into your lives. This Awareness suggests that you begin these meditations, first with yourself, then with your friends, then adding more friends or members of your family as is appropriate, for this shall assist you in finding greater prosperity through the uplifting attitudes.

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