



COSMIC AWARENESS is the force that expressed Itself through Edgar Cayce, Jesus of Nazareth, the Buddha, Krishna, Mohammed, and other great avatars who served as 'Channels' for the 'Heavenly Father', and who speaks again today as the world begins to enter the *New Age* of spiritual consciousness and awareness. Since 1963 Cosmic Awareness has been communicating through certain carefully trained channels. The information contained herein was received from deep trance states and 'interpreted' by an entity affiliated with C.A.C. This information is for those who inherit the New Age. Awareness tells you not to believe anything, but to question, explore, doubt and discover for yourself what is the truth. Cosmic Awareness only indicates and suggests.



THE MEDITATION OF THE Z E R O

A New Meditation from Awareness
For Beginning Astral Projection

COSMIC AWARENESS:

This Awareness suggests that entities meditate briefly on a circle in the distance before them. This Awareness suggests entities in closing their eyes may look toward that which is likened unto a large zero. This out in front of the entity.

This Awareness suggests that entities then visualize this zero moving toward them, growing larger as it approaches.

This Awareness suggests that entities then visualize themselves moving through the zero, or visualize the zero moving around them, moving toward them and beyond them as they pass through the center of the zero.

This Awareness suggests that entities now look back and see the zero fading in the distance behind them.

This Awareness suggests that entities now visualize the zero returning, and again passing around their form and to the front, growing smaller and smaller as it moves away from them in a forward direction.

This Awareness suggests that this meditation be used for approximately one or two weeks, each day. That this then may be converted to an action wherein entities begin to meditate on a way in which they may step into the inner plane. This Awareness suggests that as the entities move through the center of the zero, that they define their new place as being in the inner plane. That as the zero moves back and they exit into this present plane, this Awareness suggests that they consider that which is beyond the zero as being the inner plane, this being likened unto a doorway.

This Awareness indicates this as that which may assist entities in their astral travels and in other forms of meditation which may be given at future times by this Awareness.