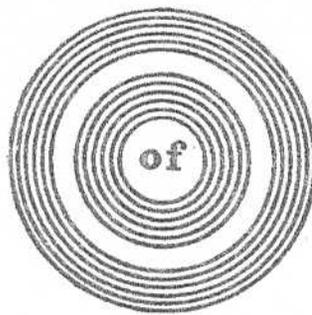


# Revelations



# Awareness

78-36

Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

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.

HOW TO PROTECT YOURSELF  
FROM PHYSICAL OR PSYCHIC INVASION  
AND HEALING YOUR PSYCHIC AURA

Paul Shockley  
(Trance-Interpreter)

(A New Meditation from Cosmic Awareness)

COSMIC AWARENESS: (Opening message)

This Awareness suggests that the following meditation may be used by entities for protection and healing on themselves.

This Awareness suggests you concentrate on the area of the stomach while lying flat on your back in a comfortable position, visualizing a warm, glowing light in the area of the stomach.

This Awareness suggests that you let this light pulsate and grow for a period of approximately two minutes.

This Awareness suggests you let this spread to the lower areas of the stomach, around the naval and up to the rib cage.

This Awareness suggests that after a period of approximately two minutes, you allow this warm area to continue pulsating while you turn your attention to the area behind the eyes in the center of your head. That you, closing your eyes, focus your attention backward slightly to the center of your head.

This Awareness suggests you allow this focus to hold for approximately two minutes while a light is visualized in the center of your head.

This Awareness suggests that you then send that light from the center of your head upward and out of the top of the head to a distance of approximately eight inches to one foot above the head.

This Awareness suggests that you visualize this light hovering above your head as you lie on your back.

This Awareness suggests you visualize the light from your stomach area as rising approximately one foot upward and above your body.

This Awareness suggests you then visualize the light from your head, from above your head, moving down and moving into contact with the light which floats above your body which came from the stomach area, and that you visualize these lights merging together, hovering above the chest area.

This Awareness suggests that you then visualize yourself growing smaller and smaller as this light above the chest area grows larger and larger. This likened unto a fiery energy, growing in size, likened unto a sun which gets larger and larger above your chest area as you move into smaller and smaller size.

This Awareness suggests this continue for a period of approximately two minutes, that you continue growing smaller.

This Awareness suggests that you then visualize the fiery sun moving toward you and you toward the sun, as though you were a kind of space craft plunging into the heart of the sun. This Awareness suggests that you then feel the energy of the sun, this light, around your physical form and you being a tiny creature within that immense body and being of that sun.

This Awareness suggests you visualize that sun as burning away all dross, all error, all illness, all sorrow, all suffering, and turning your body into a body of light.

This Awareness suggests that you then visualize the sun as cooling and as healing in its effect upon you, lightening your burdens, lightening your attitudes, giving you joy, vitality and energy.

This Awareness suggests that you then visualize this sun as filling your being with life, and the life-force growing ever stronger as you begin to grow ever larger in size.

This Awareness suggests that you then visualize your body growing larger and larger within that sun; the life-force growing stronger and stronger as you grow larger. That this continue for a period of approximately two minutes.

This Awareness suggests that thereafter you reach a point where your being is equivalent and touching the outer edge and sides of the sun.

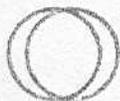
This Awareness suggests that you allow this halo of light to remain around you, around your physical being. That you visualize its emanations coming out from your physical being. This Awareness suggests then this be done for approximately two minutes.

That thereafter you then visualize a portion of that light growing smaller and smaller and more condensed and centering in the area of your heart, while the halo, or aura, of the sun remains steadfast around your body. This likened unto a shining central core in the area of your heart while the outer surface of the sun continues to shine and fill the space around your body.

This Awareness suggests also that rays from this light be visualized as emanating outward in all directions about you for quite some distance. This Awareness suggests this image to be held throughout the rest of the day, and this meditation to be repeated as often as desirable, preferably each day.

This Awareness suggests when this is held in its clarity, completely, that you then take your hands, lifting your arms above your body and form two concentric circles, wherein the circles cross into each other, with your two hands. These circles being made in clockwise and counter-clockwise directions.

(This Awareness suggests the right hand being that which makes a circle in a clockwise direction while the left hand creates the counter-clockwise circle, the circles overlapping, forming that symbol which is the Law of Love).



This Awareness suggests these circles be made in triplets; that this be done three times for each of these circles, the circles made simultaneously with the arms.

This Awareness suggests when this is completed, you may then rise from the lying position and go about your business, carrying the image with you,--this the image of the solar energy around your being.

This Awareness suggests the purpose for the physical action of the arms is to create a physical, or grounding ritual, to stabilize the image and assist in holding the image steadfast for the duration of the remainder of the day, or time period.

Question:

Awareness mentioned that this meditation is for protection. Is that against the alien force?

COSMIC AWARENESS:

This Awareness indicates this as protection by strengthening and reinforcing the aura, the vitality of the entity. This to protect against invasions of a physical nature, of alien psychic nature, and to protect the entity spiritually.

This Awareness suggests this also to assist entities during times of stress and during astrological times of intensities.

This Awareness indicates this also assists in protecting entities' health, both physically and mentally and in terms of emotional.

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ED's Note:

Like most of the magic and meditations Awareness has given, at first reading they appear somewhat difficult to master. However, after you do them a few times, you find you can quickly get into them and complete them in a very few minutes.

This particular meditation is rather complex and takes quite a while to finish, but once mastered should prove very beneficial healthwise and spiritually.

To help those of you who may feel this is too difficult a meditation, your friends at C.A.C. have taken the actual reading from Awareness and placed it on a cassette tape, complete with time breaks as indicated by Awareness. With this tape you can lie back and relax and the tape will give you the verbal instructions as you go along. We have duplicated the entire message on one side so you can run through it quickly. The second side of the tape contains the entire meditation again, only this time with the appropriate time breaks between each part of the exercise.

(If you would send us a \$5.00 donation for this specialized cassette tape, we would greatly appreciate it. If you can't afford the donation, we will send you a free one while our limited supply lasts).

