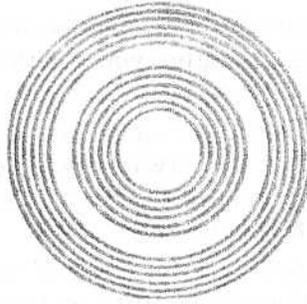


Revelations



of Awareness

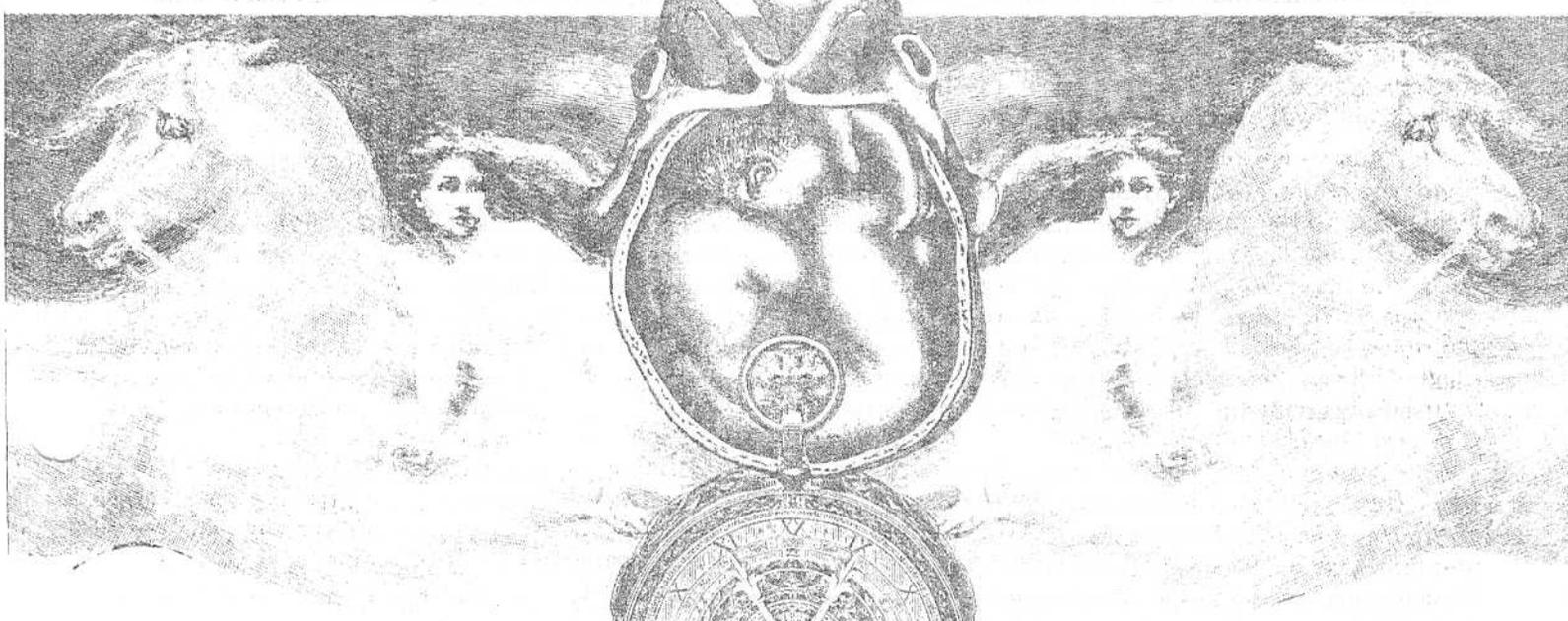
80-36 The New-Age Cosmic Newsletter

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COSMIC AWARENESS is the Force that expressed Itself through Jesus of Nazareth, the Buddha, Krishna, Mohammed, Edgar Cayce 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 1968 Cosmic Awareness has been communicating through carefully-trained channels. The information contained herein was received from deep super-conscious trance levels and 'interpreted' by an entity affiliated with C.A.C. This information is for those who desire to help in bringing in the New Age. Throughout the thousands of 'Readings' given through these channels, Cosmic Awareness tells us not to believe anything, but to question, explore, doubt, and discover for yourself, through your own channel, what is the truth. Cosmic Awareness will only indicate and suggest. Neither C.A.C., the Aquarian Church of Universal Service, or the Interpreter, Paul Shockley is responsible for anything Cosmic Awareness may state in any of these readings, nor does C.A.C. or Paul Shockley necessarily believe or agree with the statements of Cosmic Awareness. Paul interprets the energies as he sees them in trance levels and is not personally responsible for what is said. Members of C.A.C. are invited to send in questions of general interest to ask Awareness for possible publication.



How to Go Back in Time

A TIME-- TRAVEL MEDITATION FROM COSMIC AWARENESS

(Opening Message, C.A.C. General Reading)

April 10, 1980

Paul Shockley, Trance-Interpreter

COSMIC AWARENESS:

This Awareness suggests a meditation whereby entities may practice time traveling. This Awareness suggests that you make yourself comfortable in a situation whereby you have the quiet and rest to allow yourself solitude and peace. This Awareness suggests you close your eyes, lay aside all concerns, and simply focus on the present time. This Awareness suggests that you focus on the 'here and now' by observing yourself in the immediate present.

This Awareness suggests you not concern yourself with the activities of the present or the situations of the present which contribute to your present setting, but rather you concern yourself with the *feeling* of present tense, the presentness or *presence* of the moment.

This Awareness suggests you may find this attitude by looking at yourself, observing the present, by looking at the observer in the present tense or present time. This Awareness suggests that this turning inward on the observer, in the moment, and in the present time setting, as that which allows you to experience greater awareness of the 'here and now', as this focus shuts off outside concerns.

This Awareness indicates once you have focused on the observer of the 'here and now' within yourself, looking deep into your consciousness, into that which observes, focusing on the observer of the 'here and now', this Awareness suggests you then move back in time to any point or time which you desire, in this life or another, as yourself or as pure consciousness, moving back millions of years, --it matters not which time you pick. This Awareness indicates in your movement back to the chosen time, or chosen memory, this Awareness suggests you continue focusing on the observer in the 'here and now',

This Awareness indicates for example, focusing on 'here and now', you may choose to move back to a time when you were three years old, and, (continuing to focus on here and now in your consciousness, focusing on the observer within), recall the feeling of being 'here and now' at the age of three in that particular setting. This Awareness indicates the setting and the feeling will come vividly alive to you. The recollection of the moment, of that time, will become very clear.

This Awareness indicates likewise, you may move back beyond the present lifetime, moving back to designated points in previous times, by observing your observer within, and setting the controls of the traveling--consciousness mechanism to the chosen time. This Awareness indicates for example, you may choose to move back to a time,-- 950 A.D., and a place in Northern Greece. This Awareness indicates you may choose the day--March 17th, 950 A.D.; you may choose the place, and visualize yourself moving to that time and place. This Awareness suggests you not try to create the scene or determine what is occurring at the time, but rather that you simply focus on the time and place. This Awareness suggests you may pick a particular time of day--11:30 A.M. This Awareness suggests that in choosing this particular time and place and day and year, you focus on the present tense, feeling yourself observing the observer within at that particular time and place, and holding your concentration to that time and place.

This Awareness suggests you then will begin to perceive feelings, impressions. This Awareness suggests you not hurry these feelings or impressions. You not seek to speed these up. That you simply concentrate on the feeling of 'here and now' at 11:30 A.M., March 17th, 950 A.D. in Northern Greece. This Awareness suggests you may pinpoint a particular place if you desire. This Awareness suggests you concentrate only on time and place and consciousness, and allow your impressions to come to you. This Awareness indicates that with practice, you will gradually become more and more adept at experiencing that which occurred at that time.

This Awareness suggests however, that if you seek to discover something of great significance in that time and place, you may find that you are influencing rather than being receptive to the image which you are receiving. This Awareness suggests that perhaps nothing of any significance occurred at 11:30 A.M. on March 17th, 950 A.D. in Northern Greece. Therefore, if you are expecting or hoping for a great, significant event, you may simply create such an illusion or imaginative event, and deceive yourself into thinking you have time-traveled.

This Awareness indicates that likewise, moving toward the future, entities may also--by concentrating on a particular date, particular time and place--entities may also move in consciousness, focusing on the observer and experiencing the consciousness, pretending to be in that time and place, feeling that time and and place about you, but being careful not to project your own assumptions on the future. This Awareness suggests you must be receptive, rather than projecting the images. This Awareness suggests that to discover events of the future of significance, you cannot expect to project yourself to a particular time and particular place and suddenly become enlightened as to a significant event which occurs at that time and place; for the likelihood is that you would not pick the proper time and place for the event.

This Awareness suggests that rather than approach a reading of the future in this manner, that you simply focus in a general time, a general place, move your consciousness as observer to the general time and place, feel the energies, and from this, with great concentration and sensitivity, gradually seek to locate the approximate time and place whereby these energies bring about the particular significant event which you foresee. This Awareness indicates even in this kind of concentration, your chances of being exactly correct are quite slim.

This Awareness suggests that the energies which you see as significant, coming together at a general time and general place, are also uncertain and are general in nature, and when you place these into specific words, describing specific times and places and specific actions, you stand a chance of missing the mark; for the energies which are forming may not occur at the time or place, and the energies may also be transmuted somewhat by that time.

This Awareness indicates that energies are much like water: it can be turned into ice, or into liquid, or into gaseous vapors. Likewise, future events and energies moving in a particular direction may crystallize into substances or particular situations, or may be transmuted into general emotional upheavals, or may take the form of geophysical upheavals, or may be moved into ethereal levels of feeling or enlightenment, or may be transmuted as concepts which are discussed but never materialize.

This Awareness indicates in understanding the fluidity of energies of the future, entities are capable of changing the future by transmuting the energies which would perhaps solidify, into energies which are nothing but discussion and talk, or which move into emotional outbursts or into etheric energy levels. This Awareness indicates that you, in seeking to know the future, have as much of a chance in discovering the future as you have in directing the future.

This Awareness indicates the word *prediction* means to pre-dictate -- the dictating or the speaking of the word ahead of the event. This Awareness indicates that when entities predict something, the prediction can often create that which is predicted if other energies follow and adhere to that prediction in a cooperative manner; or the prediction can nullify an event from occurring if energies decide that they do not wish to cooperate with that prediction. This Awareness indicates this is much likened unto the hypnotist who says, "You are getting sleepy. You will be sleepy at 6 o'clock. You will fall asleep at 6:05." This Awareness indicates this may be considered as a prediction, and will be said to have come true if the one following the prediction adheres to and cooperates with the prediction. This Awareness indicates on the other hand, if a hypnotist makes the suggestion, "You are getting sleepy, will fall asleep at 6:05, and will miss your very important appointment, and this will cost you dearly," the entity may decide not to cooperate with the prediction, and instead to rebel against the prediction; and the hypnotist in such a situation is not considered as a hypnotist, but as one who is warning the entity against the dangers of falling asleep and missing the important appointment. This Awareness indicates that in such an action, the entity refuses to cooperate with the prediction, and the prediction becomes nullified.

This Awareness indicates that the future is not fixed. Therefore, when you seek to know what will occur in the future, and even though you may see the future, you must understand that you have the ability to affect those energies which would bring about that particular future which you see, so that a different future comes into being. This Awareness indicates that only when energies cooperate with the prediction, will a prediction come true; and when entities and energies refuse to cooperate because they do not will themselves to that future prediction, then these predictions may be changed.

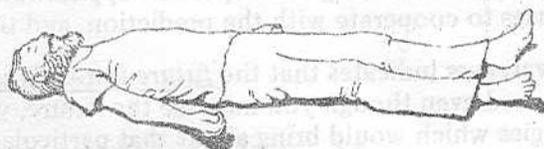
This Awareness indicates that wherein there is competition against a future prediction as well as cooperation toward a future prediction, and energies are in flux, then chance enters in: and the outcome results according to that energy which is sustained and strongest, and will generally be a mixture resulting from the conflict of interest and energies. This Awareness indicates that therefore, when you project yourself into the future 'here and now', do not assume completely that you know the future, but rather consider that you are reading the energies of the future according to those which are in movement at present time. This Awareness indicates that once you see the future which will exist if present energies continue, then you have the advantage of determining whether to continue those energies or to change those energies for a different future.

This Awareness indicates that 'here and now' exists at every moment. This Awareness indicates 'here and now' existed in past moments, and will exist in future moments. This Awareness indicates that the presence, the present time can be expanded so that the present moment reaches out as far into the future as you desire, or as far into the past as you desire, and is only segmented by the mind, which determines how long a moment is. This Awareness indicates the moment of the present may be one second, ten seconds, one minute, ten minutes, one day, ten days, one year, ten years, one century, one hundred centuries, or one thousand centuries, or one million centuries in duration, depending on the limitations that an entity wishes to use in describing the length of a moment.

This Awareness indicates likewise, space and the concept of presence in the present location, is also purely relative to the mind, which is capable of limiting the size of the location. This Awareness indicates an entity who says, "I am located within my body", has created the limits of himself to the confines of the body. The entity who says, "I am located in my head", has created the limits of himself to that particular prison. The entity who says, "I am located within my home", has created the limits of himself to that particular place. The entity who says, "I am located within my community, within my city, within my state, within my race, within my religion, within my nationality, within my belief systems", this entity has created his own limits as to where and how far he extends himself.

This Awareness indicates that the entity who says, "I am located within the solar system, within the galaxy, within the particular constellation that I identify with", this entity has expanded his consciousness out into other realms, with other identifications. This Awareness asks you, would you consider this entity to be more advanced

than the entity who believes himself to be confined in the prison of the head? This Awareness asks, is this entity more advanced than the entity who lives in the single room and sees this as his entire world? This Awareness indicates that it matters not where the entity's consciousness is. The entity may be confined inside his own head, or may be identified with the universe itself. What truly matters is that the entity is satisfied with where his or her head resides, with where his or her consciousness is....And the entity may wish to be flexible, capable of expanding identifications out into society, out into nationality levels, or inward into family matters, or home matters, or into belief and idea concerns, or simply being locked inside of one's head for a duration. This Awareness indicates the greater freedom comes when entities can shift levels and identify and dis-identify with any level which they choose.



CAN A TIME-TRAVELER PARTICIPATE IN THE PAST EVENT?

(More about UFO's, the Elohim and Spirit Guides)

QUESTION:

One question in relation to that meditation of going back into time. Suppose an entity, instead of choosing a random year and place, chose a historical place and date. For example, the Battle of Waterloo or the evening that Beethoven directed the premier performance of his Ninth Symphony. The question is, when the entity is projected back into time and sees this event, does he see it as an actual participant of the event or as an objective observer of the event?

COSMIC AWARENESS:

This Awareness indicates this would be as an objective observer of the event, except in cases wherein the entity was actually there, either in the present life or in a previous incarnation. In such an instance, the entity may have recollections of being present in the situation. This Awareness indicates that when such an incident occurs whereby an entity moves back in time to experience as your example stated, the symphony being conducted, the entity has moved to this time in an etheric body, and possibly carrying some astral energies of the astral body back to this time.

This Awareness indicates the question might be asked, if one had been truly present at the time wherein this symphony was first conducted, would one be aware of the presence of an astral body or of an etheric body which appeared next to them from a future time? This Awareness indicates the answer to this is in the affirmative, if the entity is sensitive enough to be aware of the etheric body of time travelers from the future.

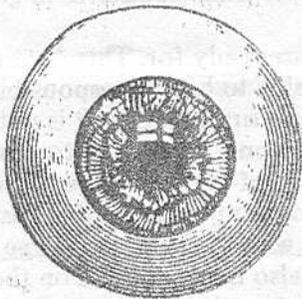
This Awareness indicates that likewise, you, in your present time, if sensitive enough, can be capable of sensing the astral or etheric bodies of entities from the past, who appear in present time. These entities from the past may be considered in their own frame of reference as travelers in future times. This Awareness indicates likewise, you, yourself, may move into future times through time traveling, and those of future generations on other vibrations will, if sensitive enough, feel your presence in their time.

This Awareness indicates--and this Awareness wishes you to focus on this very carefully--that many of the so-called UFO's, many of the spirits and angels are from other time periods. This Awareness indicates some of these so-called UFO's are even the reincarnations of entities living in present time. This Awareness indicates that on occasion, a spirit may appear to an entity out of the future, into present time, and that spirit may in fact be your future experience, your future being. This Awareness indicates this links very closely into the understanding of the electromagnetic spectrum, wherein the vibrations of your particular plane are included inside other vibrations of different frequencies inhabiting the same time and space. This Awareness indicates the future is but a different frequency; and the vibrations can be traversed by consciousness both in time and in energy travel,--so that an entity may, under certain circumstances, materialize or de-materialize from present location into another, or may materialize or de-materialize from present time into another.

This Awareness indicates that there also are other stages in between, where an entity does not totally de-materialize into different times or different places, but simply meditates or astrally travels to different times or different locations, and the essence of the being traverses time and space and material realms, and transmutes, in part, into the etheric levels, or back in materialism.

This Awareness indicates the true adept is capable of moving in and out of these various dimensions at will. This Awareness indicates these are the Elohim, or Els--the L as symbolic of the movement along a particular path which suddenly takes a right-angle turn and transmutes into an entirely different direction. This Awareness indicates the movement of consciousness in present location being capable of transmuting into different location, or the movement of energy in present time being capable of cutting through time barriers into other times, or the movement of energies in present density being capable of shifting densities into etheric or material levels at will--these are the maneuvers of the Elohim, and the 'L' or right angle is the symbol for these levels of consciousness.

This Awareness indicates that the spirit guides which entities conceive, are guides from other levels or other times, other densities or even other locations. This Awareness indicates your spirit guide is but yourself at another time, or in another dimension.



HOW TO FOCUS ON THE 'OBSERVER'

(The 'Psychic knot' or entering the trance level)

QUESTION:

Could Awareness give a little more specific information on how entities can focus on the observer during this meditation?

COSMIC AWARENESS:

This Awareness indicates particularly for entities who have risen above the lower chakras into the region of the head, that the majority of entities tend to fixate their identity consciousness in the area between the eyebrows and back in the head, focusing forward. This Awareness suggests that this is the same energy wherein an entity concentrating on a math problem, finds the tension in the head. This Awareness indicates this tension of concentration behind the eyebrows is that which is associated with the pineal. This Awareness indicates this focus may be thought of, and is symbolized by, images of the serpent. The ancient Egyptians and Incans wore serpent headdresses which symbolized this energy coming up the spine and focusing out between the eyebrows toward the point of concentration. This Awareness indicates that this energy of concentration and focus is generally conceived as being one's identity--the self.

This Awareness suggests that wherein you look at this and fully understand this, you may also notice that this is the part of your consciousness that addresses itself as "I"--the "I" which speaks. This Awareness indicates that there is also the "Me". This Awareness suggests that the "I" is active, the "Me" is recessive. This Awareness suggests that the recessive or receptive "Me" is observed, and the "I" is observing. That part which focuses, the pineal, is referred to as the "Third Eye". This Awareness suggests that in discovering the observer, the "I" must turn upon itself, for the observer which would see the observer must observe itself. The "I" must turn and look into its own self; and in so doing, it becomes the "Me", and merges with the "Me". This Awareness indicates that the "I" and the "Me" observing may be symbolized as the sun and the moon coming together.

This Awareness indicates that the offspring of this union of the observer and the observed within your own consciousness, is that which is likened unto a psychic cramp. This psychic cramp--wherein these energies come together, wherein you observe yourself observing, wherein the observer observes itself--this psychic cramp is likened unto a kind of knot. The knot, (this spelled K-n-o-t), of consciousness is a negation of self; and all identifications of self seem to fade as the identification of the observer and observed increases in a kind of identification with consciousness itself, rather than the individual body or its attachments.

This Awareness indicates this observing yourself observing, or the action of observing the observer within yourself, creating this psychic knot, creates a psychic cramp which this Awareness refers to as the trance level. This Awareness indicates that if the consciousness is clear, and other self-oriented motives are not allowed in, then the entity or the energy is crystallized and crystal clear, and may be used to identify with other times, other places, or other concerns than self or self-interest, and this opens a channel for this Awareness to look at these areas of interest.

This Awareness indicates that wherein this psychic cramp or trance level, or the observer observing itself, is influenced by self-interest, then the areas which are being examined are colored by the self-interest of the interpreter, or by the self-interest of the observer. This Awareness suggests that therefore, to have a clear consciousness, the self must be temporarily placed aside, self-interest must be temporarily placed aside; so that the pure, clear, unadulterated, virgin-born clarity, crystal-clear, can be applied to that which is the subject of interest,-- whether this be a question, or a look into the future, a look into the past, or a look into another dimension.



A CAUTION FROM AWARENESS ABOUT TIME-TRAVELING

(Closing Message)

This Awareness indicates that entities move carefully and slowly in these unfamiliar regions. For those who have personal problems, psychic problems, or desires to be significant or to prove anything, or to escape anything, or to compete with others, or who seeks prominence, or avoid issues by moving into other dimensions, other times, other headspaces, no matter how lofty they may seem--these entities will simply find themselves in greater areas of disturbance.

This Awareness indicates that you cannot move into higher dimensions than you are ready for. This Awareness indicates that entities must take care of themselves and their present affairs, and be able to handle responsibilities on the basic dimensions, before dwelling in other-dimensional energies. This Awareness suggests that *It* is not forbidding entities or warning entities not to enter into other dimensions in their meditations, but wishes to warn entities not to *dwell* in these other dimensions as ways of escaping from the necessities of their own life, or ways of finding personal significance. For these other dimensions can lead to other states of expression on this basic dimension. This Awareness indicates the mental institutions are filled with entities who are living in a large proportion of their consciousness in other dimensions, other states of reality. There are also many entities on the streets and in homes whose consciousness is in other areas of reality, but who cannot function in a realistic manner in the basic dimension in which they must learn to function.

This Awareness indicates that entities on this particular earth plane, the plane of Terrestria, the material plane--are in a special position, whereby they are capable of great progress; but only if they can accept their place, their responsibilities and their actions on the material level, as well as on the other levels of relationship: social and spiritual, emotional and mental. This Awareness indicates that entities who seek the spiritual avenue, but neglect the physical; entities who seek the mental avenue, but neglect the spiritual, emotional or physical; entities who seek the emotional outlet but neglect the mental, spiritual or physical, -- all of these various imbalances simply are escape techniques and must be set aside, so that true integration -- whereby all levels are attended in a balanced manner, so that the physical, mental, emotional, spiritual, social,--all are attended in harmony.

