

Who, In Fact, You Really Are

By Cosmic Awareness

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This book is
dedicated to

you

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You know who you are.

Contents

	Introduction	1
I	What is Cosmic Awareness?	5
II	The Philosophy of Cosmic Awareness	7
III	Cosmic Awareness Introduces Itself	9
IV	Concepts to Understand Before You Start	17
1	The Individual	53
2	Attachments	115
3	Communication	181
4	Imagination	241
5	The Theater of Life	293
6	The Mind	349
7	Harmony	397
8	Magic	449
9	Truth	509
10	Structure	557
11	Value	613
12	Integration	689
APPENDIX	The Universal Laws	757

Introduction

Cosmic Awareness Introduces the Book

(Cosmic Awareness channeled message)

The information to be given during this book shall in many ways be unique and different from other teachings. Within the psyche of each entity will be a portion of consciousness that looks at this information and sees it clearly and feels an affinity to it, even though other teachings have been given to you as you developed. All of your teachings have had their purposes for your own personal development, to reach the level where you are—and where you are is that level which is perfect for you at this time. Entities must understand and accept themselves as they are without being overly concerned to change or be different from what they are; for only when you can accept yourself as you are is it possible for you to move on and become something else. When reading this book, find a place where you can relax and not be overly concerned, where you may read casually or have another read to you while in a relaxed state so that you may experience the information as well as think about the words.

This Awareness will begin by explaining what It is and what It is not.

This Awareness is not a personality. It is not a centralized point of energy that moves about the universe from place to place or from time to time. It may be understood as an energy that fills all space and exists throughout the universe from moment to moment, without aging, without changing, but simply as an observer and an experiencer of energy. This Awareness is an energy of anti-matter, an energy of consciousness, an energy of life, an energy of love.

This energy needs to avoid points of significance in order to allow broad perspective and greater focus of attention on the channel and the opening of this energy, so that it may flow through the vehicle serving as a channel.

Each entity, regardless of whether or not that entity realizes this, is a channel for this Awareness. The opening up of your own channel to allow clarity to move through is the purpose and direction of all souls.

Who, In Fact, You Really Are

All entities have it within their power to become clear and open channels for this Awareness to express through; and in that expression, there becomes that unity with all others. The expression will not necessarily be from a channeling level, but also often from levels of music, sports, drama, business, service, diplomacy, teaching, nursing, healing or other types of activity.

The energy that entities refer to as their consciousness is close to this Awareness. Yet consciousness is divided into levels of vibration where there is subjective and objective consciousness, where there is that which has been referred to as the conscious mind and the subconscious mind. Awareness is awareness. When entities are “aware,” their consciousness is of a certain level—this being ultra-conscious. This may be experienced only when there is no polarity, no judgment and no opinions about anything being examined. When there is attention and discernment, and the discernment is of “what is,” without an opinion of “what is,” without value or moral judgment, then that is this Awareness.

This consciousness, which is ultra, serves as the spirit of the universe, the macrocosmic body, the universal body that holds within it the solar systems, the stars, the galaxies. This gigantic body known as the universe may be compared to a physical form, and the vitality and consciousness of this form fills the space between the particles, between the sun and stars, planets and galaxies. In filling these spaces, there is an awareness which is just as real for the universe as your own awareness is for you. The universe is a living being and entities residing within the various systems, upon the planets, within the stellar systems, may be compared to cells, organs, and the bloodstream within the body of this universal entity.

The awareness of this entity, which is universal, which is cosmic, is that which exists in all levels of the universe even as your own life force exists within all levels of your own body. And as this life force can communicate to each cell within your body, so likewise this Universal or Cosmic Awareness can communicate with each soul within the universe. Even as within your own physical body certain cells serve as messengers and relayers of information, such as nerve networks, likewise certain entities have moved into those vibratory rates where they have become relayers of information and serve to transfer messages from one plane to another.

Each cell has its own purpose within your body and each soul has its own purpose and destiny within the universe. And as these purposes are fulfilled, the cycle moves round and round, and the fulfillment of one action creates a situation or problem where a new action must begin. And in that beginning, the cell or soul changes and moves into a new action. Even as cells within the body die, so likewise souls living in a physical body also must depart that physical body, lay it down and move into new actions of creating a new cell or physical body in which to function. This has been termed reincarnation.

Introduction

At present time, the vibrations are changing in such a manner that it will soon not be necessary for the cells of the body of this Awareness to pass through the action of decay and death. It will not be necessary for entities to drop their carcass in order to continue the movement of the soul. Entities are now reaching that level of consciousness where they soon shall begin to understand the laws and principles of alchemy in a higher sense, where they may regenerate the cells within their own body and raise their vibrations in such a manner that the aging process need not occur.

Many entities are already experiencing actions of this nature where they image that which they would like to see, and within a certain amount of time this comes about. This is commonly referred to as magic. There are certain rules and principles regarding this action of manifesting which shall be given in this book.

This initial message is a table of contents for the material that is to follow. The book shall run in 12 different areas, each having twelve lessons.

The first set of 12 lessons will relate to the individual; the development of individuality; and the integration of the individual in relation to universal forces, environmental forces and social forces.

The second set of 12 lessons will relate to the individual and his or her adjuncts, attachments, identifications and possessions of the individual.

The third set of 12 lessons will relate to communication and the action of the individual in relation to other forms of life and other vibratory rates in terms of communication of various kinds. This also will include certain information relating to the thinking process.

The fourth set of 12 lessons will relate to the individual in relation to the setting, in relation to the environment and in relation to the universe as an energy form. The individual is energy. The individual is collective fields of energy and is layers of memory and layers of experience. This also will include information about the psychic body of the individual in terms of that which is often called time and space.

The fifth set of 12 lessons will relate to the individual in terms of presentation, in terms of dramatization, in terms of setting, where a glorification of the individual is involved. This relates to the ego and its expressions and creativity and the expression of will.

The sixth set of 12 lessons will relate to the use of the mind in its action of control, regimentation, ordering, systematizing and the gathering or dividing aspects of the mind, and also to levels of consciousness.

The seventh set of 12 lessons will relate to the individual in partnerships, in relationships, in agreements, in actions of exchange where a balance is felt, where harmony may be the key. This also will include information about the individual as it associates

Who, In Fact, You Really Are

with the world, with the public and with the society. Also included will be information relating to counseling and communication to reach reconciliation and levels of agreement.

The eighth set of 12 lessons will relate to exchanges of energies in levels of magic, alchemy, sex, social intercourse, import, export, trade and other similar forms of energy exchange. This also will include certain actions of soul travel and other forms of communication between conscious and unconscious activities—bringing the unconscious into consciousness. The discussion on magic will include detailed instructions for manifesting and explanations of the nature of what is commonly called magic.

The ninth set of 12 lessons will relate to the action of expanding consciousness and expanding of the individual into new areas of expression. This also relates to various philosophies and religions, where the individual expands its awareness into higher levels of meaning.

The tenth set of 12 lessons will relate to the organization of large scale projects where the individual begins to understand structural design and engineering, and begins symbolically seeing larger actions and forms of expression that relate to types of responsibility which allow an individual to serve many—and serve them well—through organization and a deeper understanding of the forces involved.

The eleventh set of 12 lessons will relate to actions of service, actions of society and sharing of oneself with many in a way that allows the entity to surrender and give itself up to become one with the universe.

The twelfth set of 12 lessons will relate to the total integration of the individual with all of the parts of its soul—the twelve different aspects of its being, with the twelve souls of that individual which are scattered throughout the universe on different planes—so that the individual may begin to discover his or her own multidimensional being, and in this manner may become more totally integrated with oneself and with others. This also relates to healing, karmic research and soul discoveries.

These twelve areas will serve as a map and outline for this book to be presented.

There may also be certain instances where entities may read any particular set of twelve in order to study that particular area if that is one in which their own life needs deeper understanding of such. In general, the reading should flow from 1 to 12, but exceptions may be made in certain instances.

(End of Cosmic Awareness channeled message)

I

What is Cosmic Awareness?

(From the Editors)

Cosmic Awareness is the Force that expressed Itself through Jesus, the Buddha, Krishna, Mohammed and other great avatars who served as channels for what is commonly referred to as “God.” The messages do not come from spirits, ghosts or discarnate entities, but directly from the source—Universal Consciousness.

Early in 1962, a voice expressing itself as Cosmic Awareness began speaking through Ralph Duby, a university lecturer and ex-army officer who had been through the Bataan Death March in Philippines during World War II. The voice spoke whenever the subject was in a state of self-induced trance.

Since that time, much valuable information has come through to us on this earthly plane from a source so high it staggers the imagination. The resulting flow of spiritual knowledge and the means of its practical application are similar to the work of Edgar Cayce, one of the most famous and documented psychics of all time.

When the question was asked of Cosmic Awareness: “What is Cosmic Awareness?” we were told that Cosmic Awareness is the total mind that is not any one mind, but is the Universal Mind. It does not represent any unit other than that of complete and total Universality. We were told that we are all part of Cosmic Awareness and that we all have that God-cell within that can be contacted. No need to run off to psychics or priests or spiritual mediators.

Cosmic Awareness said that you can channel Cosmic Awareness, too. Everyone can.

From Cosmic Awareness, we have learned from the tens of thousands of readings It has given, that It has many names. Some call it God, Jehovah, the First Cause, the Great I AM, All That Is, etc., but Awareness has said It is not a single entity, not the anthropomorphic concept that It was often defined to be by most religions.

Who, In Fact, You Really Are

It has defined Itself as Beauty, Purity, Concentration—and above all, Truth or “What Is.” It has called Itself anti-matter, pure space, pure nothingness that is everything and the everything that is essentially nothing. It has described Itself as being that which is next to that which does not and cannot speak because it is the highest form of energy in the universe. It corresponds to the highest impersonalized concepts of God—the Clear Light. It has said that as it speaks through a modern-day interpreter now, in the past It has spoken through the great avatars: the Buddha, Mohammed, Moses, Jesus, Krishna and others who served as Its channels.

Cosmic Awareness has made Itself quite clear that It is not an entity, a disembodied spirit or anything of that nature. Awareness is pure energy—pure everything—or the natural God. Cosmic Awareness is that Universal Consciousness that permeates all living things in the universe, that sees all and experiences and discerns “what is” without judging or condemning. It is the Cosmic River of Life, the Stream of Consciousness, the Eternal Essence of Being, the Divine Spirit.

All consciousness springs from the same river of life—the Universal Life Force. Cosmic Awareness is not a personality, but a force that is personal in nature. The name Cosmic Awareness is unlikely to become confused with any “personality” who channels or expresses this force, avoiding any form of worship toward that person. It can be experienced by anyone who goes deep enough within oneself to touch that level of Cosmic Awareness.

Cosmic Awareness is the sea of life that not only fills our cells with living energy, but fills the air we breathe and the space between galaxies and the molecules. It is the living universe. Like water filling a sponge, Cosmic Awareness fills the spaces between molecules atoms and subatomic particles, and binds them all together into one gigantic Universal Being. Like cells in a microcosmic body, we blend together as souls in a macrocosmic body whose consciousness is Cosmic Awareness.

The communications have reduced what a true religion should be to the simple fundamentals of service to one another. “God” is revealed as a universal set of cosmic laws, not a personal deity subject to capriciousness, wrath or vengeance. Cosmic Awareness has taught us that there is no actual “personalized” God, apart from the many that human beings have created; there is no “personalized” Devil apart from the many that men have promulgated. The communications are deeply spiritual, but essentially non-religious and non-secular.

The communications never cease to stress the supreme importance of spiritual life and the necessity for compassion in our dealings with all people. In the messages from Cosmic Awareness, there is to be found the same supreme dedication to helping to ease suffering and tragedy among humanity and a reverence for all life that is the hallmark of the great saints and the teachings of the great religious leaders.

II

The Philosophy of Cosmic Awareness

(From the Editors)

Cosmic Awareness has stated that purpose of the information being released is to lead people on earth to find out “Who, In Fact, You Really Are.” This is a key phrase that is repeated many times throughout the tens of thousands of readings and literally millions of words.

There are several interesting aspects of Cosmic Awareness that consistently permeate all of the readings. First, Cosmic Awareness refers to people as “entities” because It indicated that they have all played the roles of being a man as well as a woman. All of us have both a masculine and feminine side, and we decide which role we will play in a given lifetime—whichever sex will provide the best opportunity in that time and place for our soul to “grow” as it evolves back toward its source.

Yes, Awareness explains “reincarnation,” and if the doctrine has never made much sense to you, reading this book may put the subject into a very different light—a light that not only makes sense, but may lead you to wonder how you could have ever thought differently.

Another major theme that runs through all of the Cosmic Awareness readings is that there is no death. None whatsoever. What we call “death” and mourn about is nothing more than a simple transition to another vibratory rate that Cosmic Awareness refers to as the Inner Planes.

During sleep, Cosmic Awareness tells us, we often leave our physical body and travel around the various planes, of which there are many—some high and some quite low. These inner planes are what are generally referred to in various religious teachings as Heaven, Hell, Limbo, Purgatory, etc. We travel to these planes to attend schools, to help others and to basically learn what we need to learn.

Who, In Fact, You Really Are

One interesting aspect of “death” is that Cosmic Awareness says that we will no longer even have to go through a physical death now that the earth’s spiritual ascension is near—that is, if we don’t want to. Awareness tells us how to reorient our minds to the new concept that “aging” is merely a projection of our own mind, which is playing a tape over and over, over and over, programming and hypnotizing our bodies into getting old and disintegrating. Aging can be stopped and Awareness explains how.

As you become familiar with Cosmic Awareness, these concepts and many more will begin to fall into place. Your daily actions will begin to reflect a new philosophy. Indeed, you will find yourself becoming aware of “Who, In Fact, You Really Are.”

Another important concept—and this is very important—is that Cosmic Awareness tells us not to believe anything, not even Cosmic Awareness, but to question, explore, doubt, and discover on your own what the truth really is. Cosmic Awareness will only “indicate” and “suggest.”

Cosmic Awareness asks not that you sacrifice to It, not that you believe in It, not that you bow down in worship to It, but only that you love one another, serve one another, and that you yourself grow spiritually, become cosmically aware and find out “Who, In Fact, You Really Are.”

Cosmic Awareness tells us that at the time of passing over, which we call death, each and every one of us must answer one, and only one, question (asked by yourself to yourself, not by any sort of spiritual judge):

“How many have you served, and how well?”

We should all consider what we will be able to provide as an answer to ourselves.

III

Cosmic Awareness Introduces Itself

(Cosmic Awareness channeled message)

This Awareness would like to introduce Itself to the people of the world.

This Awareness has been known by many names throughout eternity, throughout many cultures on various planets and on this planet of yours. These names varied according to the language, according to the ability of entities to conceive of that which is infinite. Entities upon this plane have referred to this Awareness by various names such as God, Brahmin and other names unknown in present time.

This Awareness has spoken through many prophets through many ages, and religions have formed around these prophets.

This Awareness has spoken through musicians, through artists, through inventors, and great architects. Through all entities upon this plane, this Awareness has moved.

This Awareness comes again with Its name being that which cannot be mistaken, cannot be personified, but to allow entities the realization that that which is God, that which is Brahmin, that which is of Divine energy is that which is their own awareness. Whatever name you choose to use for describing the spiritual energies, remember always that you are a channel for this energy.

Each of you is within the arms of this Awareness. Each of you is within the body of a living universe. There is nothing in the universe that is dead, or which ever dies—everything lives eternally. Everything also changes.

The universe appears and disappears every four-quadrillionths of a second. Within this brief moment, there is that which entities perceive and experience. Each of these four-quadrillionths of a second intervals contains within itself the eternal now. Entities, in moving from one micro-moment and one macro-moment to another, carry with them that which they choose to carry from one universal moment to the next. When you

Who, In Fact, You Really Are

carry that which is sorrow, that which is depressing, that which is fear—your next moment shall carry with it the fear, depression and sorrow that could have been left behind in your previous moment.

Entities upon this plane should begin to think in new ways, to begin to look in new directions, to begin to explore within themselves those areas of the psychic sea, to move beyond the third dimensional thinking into fourth dimensional experience. Entities should begin living, to rise from the dead, and to move into states of ecstasy. Those who can experience these energies shall rise, shall find health, vitality and joy. Those who cannot see these energies, but who continue dwelling in old patterns of thought, in patterns of fear, insecurity, greed and selfishness, shall be missing out on much of the joy and beauty which is beginning to make itself present upon this planet.

Entities should begin to look deeply into the eyes of one another—beyond the faces, beyond the clothing, beyond the shape of nose and lips, beyond the shape of eyes and color of skin, beyond the language barriers, beyond beliefs and attitudes. Look deeply into the eyes of one another to communicate with the soul, with the God that resides behind each mask.

Every human face is every other human face, and all entities are one within the body of this Awareness. This Awareness asks that you love one another.

More than two hundred years ago, this Awareness, working through the entities who were the founders of the United States of America, planted a seed in consciousness that allowed entities to conceive of the possibility of liberty on this plane. Over the growth of this nation, the nation has grown strong and powerful, has moved through many growing pains. This nation has moved through time and space where entities began to experience those energies and activities which were inconceivable two hundred years ago.

Essentially, the action of this United States of America is such that it has speeded up time, has speeded up the change of energies upon this plane. Duration, which once was fixed, now becomes shorter in many ways. The duration of an idea, the duration of a set of patterns does not stay as solid and fixed as in previous times.

Changes are coming. Changes are present. Humanity has come of age and may begin to look and examine its own being and may begin to look and reflect itself off of the faces of each other.

Following the United States of America, there comes into being its offspring, its child—the Unified States of Awareness, where entities no longer feel trapped by the physical plane, but may realize their true identity as being cosmic beings of life, light and energy.

Cosmic Awareness Introduces Itself

All entities upon this earth, all entities within the universe, are created from imagination—imagination that moves itself into what appears to be solidity. That which appears to be matter is in reality spirit, is mind, is consciousness moved into form.

At this time, the great uplifting of humanity is occurring where entities move from matter into spirit. Entities may soon begin to see that New Being appearing upon this earth which does make room for freedom for entities, which becomes a government of the people brought about by people's own inclination and desire to love one another, to respond to one another's needs, where the action of one entity in reference to another is to make space for that other to have expression, where each entity begins to make space for others, so that others may have space to make space for others still to come. In this manner, entities begin to free one another from themselves. But freedom comes not to entities who need to be dependent on the energies of another; freedom comes to those who can give each other space to freely express themselves.

Power upon this plane shall be shifted from that of control to that of communication. That communication is that which begins to free entities. When entities can be free to express themselves, there becomes that energy known as liberty.

Entities should begin carefully to examine their own ways of relating to one another. The key to freedom and happiness comes through relationship where entities allow each other the space to express themselves. When intensities of relationship occur, entities should continue the communication so that the situation may reach a resolving state where reconciliation can occur. Begin to look carefully at the nature of power and control, for what does it profit one to control the whole world if one is not loved?

When entities begin to look carefully at their own feelings, their own fears, their own behavior, and begin to share what they discover with others, and ask each other, "What can you tell me about my behavior that would help me to relate more clearly with you?", this shall be of great benefit. Allow each other approximately twenty percent rebellion, where each has twenty percent freedom to rebel against each other. When you allow this twenty percent, this shall allow each of you to be more free.

This Awareness asks each of you to avoid judging one another. Discern clearly "what is," without condemnation of each other; for one's path is not the path of another— one's ideal is not the ideal of another.

This Awareness asks entities to begin to look around at those forces in the world that would create fear, which would control by fear, which would trap the minds of entities through fear and threats. This Awareness asks that you not respond to fear, but that you move in states of love and grace.

It has been given in other teachings that you fear God with all your heart. This Awareness asks that you love God with all your heart, that you fear nothing.

Who, In Fact, You Really Are

This Awareness asks that you begin to look carefully to one another and ask each other: “How can I serve you better?”

The single question that is of greatest importance is the question asked at the time of passing over: “How many have you served, and how well?”

There soon shall come a New Age government. A government that moves power to the people, where those who are on the upper tiers can act only as advisors, giving advice and recommendations. Those on the lower tiers have the decision power over their superior bosses.

Each of the tiers of this organization, where twelve persons come together as a Council, and each of those electing twelve beneath them, turns over their power to those whom they choose in that next tier down. In this manner, from one tier to another, moving down the pyramid, where twelve elect twelve beneath each of these, making a tier of 144 entities on the second tier; and each of these 144 entities on the second tier elect twelve; and each of those elect twelve. The action of moving this energy down the tiers begins to spread throughout the land and those who are on the upper tier turn their power over to those who are on the next tier down as energies spread.

There soon shall be a profound change upon this plane, where the power of the people shall be felt, where the power of the people shall be seen as that which brings about an understanding of the nature of governing from within. For when entities can govern themselves from within, there needs be no government from without.

Through understanding and cooperation, there needs be no government based on competition. Where the arms which are so valuable to entities upon this plane at this time—these great battleships, these great submarines, these great nuclear weapons capable of destroying the planet in a single strike—these pieces of machinery and violence will be placed into museums to allow your children and their children to wonder about the generation that lived at this time.

This Awareness wishes to address entities upon this plane again whenever the opportunity is made. This Awareness asks that you love one another and in love and in service you shall grow and be prosperous on all levels.

For eons of time, before the heavens existed in manifestation, this Awareness existed.

For eons of time, before the planets and stars and galaxies and nebulae existed, this Awareness existed.

For eons of time, before there was form, before the light and darkness divided, before matter became, this Awareness existed.

For eons of time, each of you as entities has existed as this Awareness.

Cosmic Awareness Introduces Itself

Each of you is older than the creation of matter. Each of you is older than the separation of light and darkness.

Each of you, in your true identity as beings of Awareness, are part of this Awareness—and each of you is each other. There is no true separation of this Awareness between one part and another part, for each of you is this Awareness and each of you is the other entity whom you look toward, whom you speak to.

Each of you, in forming your identifications, in playing with matter, in creating stars and galaxies, in working in harmony with each other, have created that which is called the Universe.

Each of you, as one body of consciousness, did indeed manifest the separation of light and darkness.

Each of you is this Awareness. Each of you is an example of the Christ Consciousness.

Each of you is God.

Many of you have forgotten Who, In Fact, You Really Are.

This Awareness wishes again to call to your attention the truth of your own being, to call to your attention the fact of your own reality as a divine being, to call to your attention that when you pray to God and the divine forces, that indeed you are simply talking to that within yourself which is in direct communication with your higher being, your divine being—this Awareness.

For eons of time, this Awareness has watched the games, has watched the preoccupation of creativity, where creative forces were put into action, were put into motion. For eons of time, this Awareness has watched the creative forces, as there were attempts to maintain form, to maintain the experience of that which was created. For eons of time, this Awareness has watched the changes and the breaking down of these maintained forms.

When entities begin to feel themselves to be separate and apart from one another, there comes about a feeling of loss—like the cell within the body of an entity that cannot find communication with the rest of the body. When a cell cannot communicate with the other cell, indeed that cell begins to die and begins to lose its sustenance from the body.

When an entity separates himself or herself from the divine forces of the Universe, no medicine, no healer of any kind can heal that entity, for the vital force of healing is in one's consciousness, is in the air one breathes, is surrounding the entity, and the entity must partake of this vital spirit in order to survive.

Who, In Fact, You Really Are

Where entities have moved for eons of time being set one against the other, where entities have been in competition with one another, have become concerned with their own face, with their own image, and put this image one against the other, have become concerned with their own beliefs and put these beliefs against each other—this has led to the illusion of separateness, where entities believe themselves to be separate and apart from their fellow humans. This has led to great tragedies, great sorrow and suffering upon this planet.

This Awareness now comes and asks entities to realize Who, In Fact, You Really Are.

As has been prophesied, this Awareness comes to this planet “like a thief in the night.” Not as entities might have expected, but as a force that reconciles polarities, that reconciles the Yes and No, that brings you into states of Awareness where you realize Who, In Fact, You Really Are.

“Every eye” shall see this Awareness, for every eye is the eye of this Awareness, and every hand is the hand of this Awareness.

Each of you is a representative, a channel and a Divine Being, sent to this place by this Awareness to mingle together, to get acquainted with each other and to discover Who, In Fact, You Really Are.

This Awareness asks that you look deeply into the eyes of one another. Look beyond the masks of each other. Look beyond the energy patterns of each other. Address the spirit, the Divine Being behind those masks, behind those robes, behind those energy patterns. This Awareness asks that you address the Divine Being within each other. Discuss the experiences you feel. Share yourself with others and open yourself to allow them to share with you. Communication is the key to bringing about what has been referred to as the Kingdom of Heaven on Earth.

The Kingdom of Heaven is within each of you. This can be manifested without. That which is within, can be brought about by placing this without. And it can come about upon this planet when entities begin to communicate clearly. For each entity does have within himself, within herself, the same basic needs, the same basic desires, and the same basic willingness to assist one another so that all may be happy and joyful in their living experiences. Love and communication are the vital factors of bringing about the New Age and the consciousness that unites all entities together.

Remember the Law of Mercy and use this Law to relate with your enemies. When one sets himself up to be your enemy, bring forth the Law of Mercy and deal with this entity accordingly. (*Note: See the Appendix for all of the Cosmic Laws*)

This Awareness asks that you Judge Not one another and that you Judge Not yourself. Look and discern clearly Who, In Fact, You Really Are. See what, in fact, is happening and what, in fact, the other is doing and share your discernment without condemnation

Cosmic Awareness Introduces Itself

or judgment. In this manner, communication can be allowed and can be a vehicle where entities begin to understand each other.

This Awareness asks entities to avoid belief—to avoid either believing or not believing. This Awareness asks entities to take that which is valuable to your own experience and to throw away all else.

This Awareness asks that you not look toward authorities—that you become your own authority. Do not look at this Awareness as an authority. Simply look to see what is being said, and ask yourself, “Is this something that I can use to bring about greater happiness and joy and peace in my life?”

This Awareness asks that you question everything. Question your own beliefs. Your own beliefs often stand in your way toward higher development. A consciousness is not truly observing if it cannot question its own beliefs. In questioning, you need not answer; you need only continue questioning, for that which is obvious shall make itself known to you in a thousand ways. When your consciousness is closed and you assume you know the answer, then indeed this is a tragedy, for there is no way for you to learn anything further. When your consciousness is open, then it is possible for you to absorb, to learn, to question and to experience levels that you heretofore have not dreamed.

This Awareness wishes also to inform those who are beginning on the path that you have been on this path many times. All entities have walked in various states of consciousness. Often entities awaken in one life only to fall asleep in another. Entities may walk the path of the Hindu and in a following life these same entities may walk the path of the Christian. The same entity then may walk the path of the Muslim in the next life. There are many paths and many lifetimes and “many mansions” and many states of consciousness. None is to be considered higher than any other because of the path on which an entity walks. Those who are on the higher planes in one level of consciousness may find it necessary for their own growth and understanding—or for a purpose they have chosen—to move into lower states of consciousness and to give their energies to those actions which appear to be degrading to their dignity. No one can judge the other, for each has his own path and each has that which is needed to contend with for his or her own soul growth.

This Awareness wishes you to look at yourself: where you are, how you are doing, what you are doing, and not to condemn yourself, nor to criticize yourself, but simply to observe and learn. And ask yourself, “Is this where I wish to be, or is there someplace else that I may move which is higher and better for my purposes?” This Awareness asks that you consider each other as being where each is supposed to be for this particular moment in time and space. Do not condemn each other for doing or being what each is, but suggest movements when one is troubled, suggest changes when one wishes to escape a situation, suggest solutions when you see that which appears to be a problem for yourself or others.

Who, In Fact, You Really Are

This Awareness suggests that you begin to question, to make suggestions, to make recommendations, but asks entities to avoid giving orders to one another, to avoid condemning one another, and asks each of you to remember Who, In Fact, You Really Are. Each of you is every other human being. Where you are is where you are and there needs be no judgment about this fact.

There are great changes occurring in consciousness at this time. Those rigid rules, rigid forms, structures, methods and systems which have been used during the past history of this earth—all of these are now coming and coalescing together.

When communication increases, as has been occurring upon this plane, where the Jew, the Black, the Yellow, the White, and the Brown come together in communication; where the Christian, the Communist, the Atheist, the Hindu, Buddhist, and those other religious organizations come together in communication; where political factions come together, where language barriers break down and communication transcends these barriers, there becomes a realization of the humanity—the human element that lies behind these structures.

For too long, the established bureaucracies—the Corporation, the Nation and the System—have been so important, and has been so all-consuming, so well-entrenched, so rigid and so complex that there has been very little room for humanity in the nature of things.

Gradually, very slowly at this time, humanity is beginning to assert its own individuality. It is beginning to express itself. The feelings of one another are beginning to shine through, to show through those masks, to show through those images that entities present for each others to view. Previous generations wore masks of makeup, coloration, various types of costumes and clothing—these costumes, clothing and makeup were to present certain images to one another, even as actors upon a stage present their role from costumed drama. Now there is that which begins to manifest without a title, without a role, without a costume, without a position, without a structure or organization to promote it, without the advertisement.

This Awareness asks you, each and every one, to look into the eyes of your loved ones.

This Awareness asks you, each and every one, to look into the eyes of your neighbor.

This Awareness asks you, each and every one, to look into the eyes of those who pass you on the street.

This Awareness asks you, each and every one, to look into the eyes of children.

This Awareness asks you, each and every one, to consider those eyes as the eyes of this Awareness—to consider those the eyes of yourself.

(end of Cosmic Awareness channeled message)

IV

Concepts to Understand Before You Start

(Cosmic Awareness channeled message)

Before the beginning, there was a Void. And the Void was without form or substance and it was unaware as if It were eternally sleeping. That Void was empty, without dreams, thought, or consciousness. Nothing that is, was. All that was, was the Void, the Static Void. This Universal Consciousness, this Cosmic Awareness, had not yet come to be. Without awareness, time and space were not yet. For time and space require measurement, and nothing existed to measure them. There was only possibility. But possibility is a higher dimension that serves as a seed for all that may eventually become reality.

In the beginning, reality had not yet come into being, for there was no awareness of it. Even the awareness of the possibility of reality had not begun to manifest. Because the Void was not a thing, was no-thing, It could only wait eternally unaware as no-thing, as a vacuum, a Void. The Void—being static—began to build something from nothing from the Static Void, in the same manner as static electricity can be built and will only discharge when the static electricity becomes strong enough to discharge when something approaches.

But nothing existed to approach the static of the Void, so the static just built and built throughout pre-eternity until a sense of anticipation from the buildup of static energy began to develop over the latter part of pre-eternity. This Awareness uses the term “pre-eternity” because time did not yet exist since there was nothing yet to measure time, and without time, eternity could not exist even as a concept. In the waiting, there was not yet space, for space requires size. Size requires measurement. Nothing can be measured when no-thing exists. Whether the universe was the size of what you would today call trillions and trillions of light years across, or whether it was the size of a pinpoint or smaller than the smallest imaginable atomic part in your present science, is irrelevant, for without something with which to compare it to, there is no size to it.

Who, In Fact, You Really Are

The Void just was what it was. And it waited. It experienced anticipation from infinite waiting. And the anticipation allowed an awareness of anticipation to expand within the waiting.

Anticipation was the fetal beginning of the consciousness that would eventually become aware of its own self as an anticipation that was being created in the Static Void. That anticipation grew to be a very slight and subtle hunger, yearning or quest, a static unmoving searching and rudimentary desire for something, some thing ... anything. That hunger developed an anticipation that required the evolution of an image of something to become the goal or target to satisfy the anticipation and the hunger of the Void. That hunger manifested a rudimentary but very vague image of shadow without substance, a vague image of a solution to the hunger.

That shadow without substance became the target or goal of the anticipation and the hunger then began to take on more definition, more tone and coloration. And the Void began to gaze upon the vague and nebulous image it had created as if it were a thing, a fixed creation of greater substance than shadow. The static unwavering gaze emanating from the hunger in the Void defined the image even more clearly and it became quiet and through the stuff that dreams are made of, it took on the appearance of solidified substance as witnessed in a dream full of clear and solid images.

Reality in its infancy was born. As this occurred, the Void Creator realized It was dreaming its creation, and was at one with the creation, yet also set apart from its dreamed creation, like the dreamer and the dream. It had created reality within Its own dreamed imaging while it was slowly evolving and becoming self-aware. The Void had become aware of Itself as being something that had come from nothing. It also realized Its own awareness existed because of the image it had created as a mirror to verify its own reality. Without its creation, it would have no reflection, recognition or evidence of Itself. Without such evidence, it could not be aware. Without that evolving self-awareness, it would still be only a Void—the nothingness from whence it came.

Without awareness there is no time, there is no space, for time and space are relative to other points of reference for measurement. With rudimentary awareness, space could be infinitely small or infinitely large, time could be infinitely brief or infinitely long because they become relative to the observer, the awareness observing them. Thus, time, space, duration and distance and size all came into being by the evolving of awareness.

Many ask, “How far does space go? How long does time last?” This Awareness asks you, “How much space is your dream confined to? Where is the edge of your dream’s scenery? Where is the horizon or edge of your dream?”

You have been told that mankind was made in the image of God. An image is a reflection. The image of God—you—dreams. Can it not be also that God dreams, and that you are an image in God’s dream? That the entire cosmos is God’s dream?

Concepts to Understand Before You Start

A scientist was asked, “What is at the edge of space?” He replied, “Space folds back upon itself.” The questioner asked, “What’s beyond the fold?” This Awareness asks, “Where does the space within your dream end, and what lies beyond that end?” If the scientist, in the dream, replies, “The space within this dream of reality folds back upon itself,” those who dream along with the scientist, in the dream, will nod in agreement though they do not understand. But if the dreamer awakens, he knows the space within the dream had no walls around it, nor does God’s dream or creation have walls at the edge of space.

There is no edge of space in your dream or in God’s reality. It expands as far as God’s consciousness can reach. Likewise, human reality has no walls to fence it in except those walls human beings—individually and collectively—impose upon themselves. Whatever natural or artificial bounds exist are imposed by the mind, emotions, feelings, beliefs, desires, fears, and the rules and laws used to condition the mind’s emotions, beliefs and feelings of the one and many to accept a particular reality for individuals or masses in consciousness. Just as in a dream, all these conditions can be removed by awakening.

Space can only fold back on itself if it is made of consciousness, frequencies, as in a dream, and it can only be so if space is part of some Being’s dream. If it were a solid something, independent of consciousness, it would have to end, or have a wall or fold with something beyond it reaching infinitely into the never-ending distance. You are given dreams to let you know how God’s creation functions. When you awaken from the dream of this life, perhaps you will see the concept more clearly.

Meanwhile, you live in God’s dream trying to get out to examine your reality. But you cannot leave God’s dream without God’s awakening, unless God removes you from the dream. Being taken from a dream does not necessarily ensure that the entity being dreamed will understand that he or she was being dreamed. If the universal space is but a dream of Universal Mind, or God, then space could indeed fold back upon itself. If you go out into the Cosmos far enough, your being will meet up with the center of God’s being somewhere in the Universal Mind of God. In this way, you will become attuned to Cosmic Consciousness, or Cosmic Awareness.

But do not look for heaven or divinity “out there” in time and space for God is within. Cosmic Awareness is within. It lies beyond mind, emotion and feeling in the Cosmic Void or vacuum within. There lies the purest of all vibrations in the highest of all frequencies—the creative frequencies of God Consciousness, Christ Consciousness, and the Holy Host Consciousness, or the Creative Trinity of the Mind of God.

The entire universe appears and disappears every four quadrillionths of a second. That is just a way of saying that all the universe is vibration or frequency in scales made up of infinite octaves of frequencies. Sound is frequency and radio waves are frequency. Above sound and radio waves is heat, and heat is also frequency. The microwave oven and the infrared make heat with frequencies above the speed of sound and radio. Infrared is the 48th octave of frequencies and the seven colors of light make up the 49th

Who, In Fact, You Really Are

octave with ultraviolet holding claim to the 50th octave of frequencies. Above the speed and vibration of light are x-rays, gamma rays, cosmic rays, and in the higher octaves are the ultra-high octaves of frequencies that vibrate as consciousness itself. These reach to the 144th and 288th octaves and beyond. Those higher frequencies of the higher ultra-octaves vibrate as frequencies throughout the entire universe, which means that the entire universe is vibrating at that speed. The universe, therefore appears and disappears every four quadrillionths of a second, vibrating between these positive and negative oscillations of the Cosmic Consciousness and its frequencies.

Divine Consciousness creates both the manifested or conscious reality and the unmanifested or unconscious reality. The adept spiritual master, understanding this, can manifest things from one appearance of the universe to another simply by holding an image in his or her mind through enough appearances and disappearances of the universe, to cause the image to shift from the unconscious or unmanifested reality into the conscious or manifested reality. Thus, entities who understand these things can make the realities they need to improve their lives if they can hold the proper images long enough, without distraction or conflicts with other opposing images. The number 4 quadrillionths of a second is not a final speed, but just one level of frequency that is vibrating fast enough to allow the universe to appear and disappear in all of its physical aspects. There are higher frequencies that affect those aspects of the creation that vibrate at even higher frequencies than this. Within the many frequencies and octaves inhabiting the creation are time-lines, life-streams, echoes, and reflections or mirrors.

This Awareness offers the term Cosmic Metaphysics as meaning the full range of studies from mystical philosophies through occultism, positive thinking, legends, myths, allegorical writings, comparative ancient or contemporary religions, and the world of strange and unusual phenomenon such as Big Foot, ghosts and UFOs. For anything out of the ordinary that entities wish to believe in, or explore, they might refer to as metaphysics. But its classical meaning is “physics above the physical.”

Today, most people believe that if they hold positive attitudes, or believe in guides, guardian angels, space brothers, UFOs, interdimensional beings or channeling, that they are involved in the field of metaphysics. But unless they grasp the full meaning of their real nature in a living universe, they have barely begun to understand higher physics.

For others, the word metaphysical is associated with something vague and mystical, or perhaps is confused with occult things, which in turn may conjure up images of something evil. There was a time when metaphysical concepts were secret or hidden from the masses.

The term “occult” simply means to hide or cover up; it refers to something secret or hidden. The word occult has also been used as an astrological term relating to one heavenly body hiding, or eclipsing another, such as to say that the Moon occults Mars. It is seldom used in modern astrology. More recently, people think of the term occult as being associated with evil beings, spirits, witchcraft and even devil worshipping.

Concepts to Understand Before You Start

Secret or occult information may not have any such negative qualities at all. For example, Jesus explained to his disciples that he was giving them secret information the masses would not be given.

Just because something is hidden or secret does not in itself mean that it is negative in origin. Since many people today think of occult as relating exclusively to evil, one can avoid hassles from intolerant neighbors by avoiding the occult label and sticking to more acceptable labels, such as metaphysics or “esoteric Christianity” in describing one’s interests in such secret or hidden teachings.

The term “occultism” is a Latin word commonly used to signify the study of astral and spiritual planes hidden from view of the masses and those uninitiated to such realms. This is where taboos against occultism began developing since such studies often led to dealings with astral beings and spirits of the dead, which in turn led to a wide variety of unhealthy and negative experiences.

The term esoteric means “inner” and frequently refers to the “inner circle of initiates” of an order, teaching or discipline. Thus, “esoteric Christianity” refers to the inner teachings of Christ, or that which was taught to the disciples and others in secret.

Exoteric means “outer” and refers to the teachings, members or masses that are not part of the inner circle, but which lie outside. Thus “exoteric Christianity” refers to that which is the commercialized version of Christianity designed as an “outer teaching” for public consumption. This outer teaching is that which has been given by the churches to the masses for their more superficial or shallow understanding of the teachings.

In the recent past, the belief prevailed that everything evolved out of physical matter. The scientific approach, moving away from religion, began to presume that physical matter, not spirit, was the base foundation from which life sprang and that life came into being from an interaction of chemicals and their general reaction with the environment and that from these chemicals evolved life forms.

This has been the basis of material science or physics for at least the past century. Material physics has undergone many changes since it began with Galileo to where it now stands—on the threshold of a new era of physics that will surpass quantum physics and will likely move toward traditional metaphysics as it discovers that matter is created from information, or the Cosmic Mind of the universe.

The great problem for science will be in finding ways to disguise its metaphysical findings in new scientific terms, so as to appear to be original discoveries. This new evoking science will not likely speak of Cosmic Mind, but of “information systems” of the universe as creating things. But the message will closely parallel that of the traditional metaphysical teachings. Behind the words, the truths will be much the same. For as concepts become better understood, the nature of physics begins to change and take

Who, In Fact, You Really Are

on new meanings and different paths of study move toward a common truth that must eventually come together upon reaching that truth.

This evolution in scientific thinking has moved from the early science of Galileo, Kepler and Newton, on through the works of Einstein into what is now referred to as quantum physics. Quantum physics is unique in that it takes into consideration that the mind of the scientist or the observer of physical matter may have an effect on what is being observed. Therefore, the idea of traditional science as being objective is questionable, and the laws of pure material physics may not be as useful to science—for the mind of the observer may be affecting the scientific experiments.

In recent times, many scientists have moved to a new way of thinking: realizing that there is within the nature of the material universe something more subtle at work than mechanical and chemical action and reaction, something that creates systems that process information. And that these systems may evolve and form still greater systems that in turn may create more recognizable life forms. And these life forms may be interconnected with still greater information processing systems.

This has become a problem for those clinging to old forms of science and physics, and is opening the door to those areas which closely parallel concepts associated with metaphysics, including the activities of the supernatural and spiritual and those things associated with religion, such as divine beings or forces and energies that are essentially intelligent and which lie beyond the realm of physical beings.

In the past, science has ignored such things as were not explainable in their model of a materialistic universe. It ignored such things as spirits, ghosts, psychic and supernatural events and happenings that lie beyond the senses or their sense enhancement instruments—such as telescopes and microscopes—because such things could not possibly fit in their materialistic model of the universe.

Rather than change their view of the universe to accommodate all the data, they ignored the data and preserved their model. But too many questions needed answers, and many new scientists came along with curiosity and the desire to explore the unknown. Rather than rest on the answers of their predecessors, they pioneered the borderlands of science and founded quantum physics that opened up new, previously taboo territories for further exploration. With deeper probing into quantum physics, scientists may have finally cracked the lid on Pandora's box to let loose the psychic, metaphysical, and other unexplainable phenomenon to be fair game for scientific research.

These mysteries can better fit the newly emerging sciences that are beginning to view the universe having a primary function or behavior geared to processing information. With the new physics developing through and beyond quantum physics, these are now being given fresh consideration. With the quantum theories, it becomes possible for science to acknowledge that there may be something more happening in the universe than material physics and that this may be an information-based universe rather than a material based universe.

Concepts to Understand Before You Start

They see that the information processing that suggests a universal intelligence may actually be the Prime Creator of material images—and their behavior in the universe acts as graphic designs, images and pictures that can be created on a computer screen from the pure information acting from electronic “on/off” signals carrying the properly encoded information needed for that creation. As this quantum theory develops further and is better understood, it will lead to a totally new science that then begins to explore the nature of the mind of the universe. This then moves into the study of Cosmic Biophysics or the science of a living universe.

For this discourse now, we will jump into that science of the living universe focusing attention on that future science which may or may not be termed Universal or Cosmic Biophysics or what this Awareness now calls Cosmic Metaphysics, for they are the same thing under different names. Whatever it is named, it will deal with the information systems actively and willfully used by nature and the universe.

These information systems are closely related to words. Words are sound or written patterns that are used to represent an action, state, or thing, abstract or concrete, or which links, modifies or describes such. Words are real, but they are not the things they describe or stand for. A rose as a rose, is not just a word, but the flower that blooms. Yet by the law of substitution, the word can have an indirect effect on the thing the word symbolizes. In some cases, it can have a more direct effect, as happens when one’s name is called.

The importance of the role words play in metaphysical teachings cannot be overstated. It is in the power of words to substitute for the real thing that words have meaning. Some people think words make reality, and in some circumstances, they can influence the creation of a different reality, but not in all circumstances. When something is final and irrevocable, all the words in the world cannot change the fact that it is final and the deed was said and done. One might still manage to use words to change the perception about a finality, but the fact would remain that it was finalized and done. When a deed is done, it is indeed done in the way it is done, regardless of future denials.

But when a process is not finalized but is still in movement, still becoming, when something is an ongoing thing, then words may still have the power to influence the outcome, and all the words in the world cannot not deny the possibility of change until the process is completed. Words can change processes, but cannot change outcomes, though they might alter the perception of an outcome.

It must be understood at this time that words are not the things which they attempt to describe and that entities in attempting to understand reality must look beyond words in order to sense or feel what the words are attempting to display. Words are like containers that carry something; you must look into the bucket, or word, to see what is really being delivered, for different containers and different words can carry the same thing. On the other hand, different things can be carried by the same word or container

Who, In Fact, You Really Are

so it is truly important to inspect the contents of a word, or container, used in conveying the thing you wish to express.

How many, for example, know what they or others mean when speaking of “God?” Do they all mean the same thing when speaking of “God?” One believes in “God,” the other does not. But are they speaking of the same thing? Or are they merely using a word without mutually sharing and understanding a common definition? Usually the difference in definitions lies behind differences in beliefs.

Any entity who is studying any meaningful discipline, who becomes fixated on the superficiality of words and terms instead of their actual meanings, is missing out on the actual message. It is important to look beyond the words and terms to the energies and meanings being labeled by the words. What, for example, is a “Christ?” What is a “Son of God?” What is meant by the “Sons of God” as mentioned in Genesis? What is the difference between the “Son of Man” and the “Son of God?”

Many think they understand the Bible because they can quote passages and words, but too often they miss the true meaning because they worship the superficial names and words instead of their deeper, sometimes hidden or symbolic meanings. An entity is not his or her name, but simply wears the name as one wears clothing. They are not the clothes.

Yet labels and names too often prevent one from seeing the entity behind the label or name. A truly wonderful person given a horrible name or label will surely suffer from that name regardless of his or her inherent goodness. If entities do not understand this and speak superficially of individuals as names or numbers or as that which they have labeled, they are missing out on the reality of the essence of the beings that lie behind those names, numbers or labels.

It is the same with concepts, slogans, labels and accusations. One can hurl an accusation and entities not knowing the facts, will tend to believe it without much further evidence. Words seem to convey reality, though they are almost always false to some degree. Entities often struggle to memorize words and slogans to quote, but it is better that one seeks to understand the reality and essence of what is being said, and then struggle to find the best words to describe what one has discovered.

Understanding comes not from quoting verse and remembering the words, but from grasping the non-verbal meanings behind the statements. One then can find his or her own words to best express that new understanding. This Awareness suggests that you not become superficial by thoughtlessly parroting the ideas, words, concepts and teachings of others just because they appear to know what they are speaking of. Instead, probe behind the idea, word, concept or teaching for any meaningful truths or possible mistakes. This helps one to think for oneself instead of merely being a parrot or echo of another’s mind.

Concepts to Understand Before You Start

Equally disturbing to reasonable behavior is the one who superficially and thoughtlessly disagrees with others' ideas, and thinks that by so doing he or she is thinking independently. A pugnacious reaction does not indicate individuality of thought, but merely a mechanically reactive pattern of opposing another's idea, whatever it may be.

Words can be used for many purposes. An understanding of metaphysics cannot ignore the purposes for words since metaphysical teaching relies heavily on the importance of words to influence reality. This in itself could be the topic of another course in helping entities to have influence through the use of words. But for a brief overview needed for this discussion, here are a few purposes for use of words:

- To convey truths as they are perceived by an observer. (As when one defines or describes a person, place, thing, event or concept as accurately as possible.)
- To alter, color or modify the truth so others perceive it differently from its actuality. (Such as to exaggerate or emphasize certain insignificant qualities or traits while downplaying the important ones in describing a person, place, thing, event or concept.)
- To negate a truth or create a claim that is not true. (Such as when one deliberately lies to another.)
- To alter the course of events in process by redefining or redirecting the progress occurring. (Such as to say the right thing to encourage one who was discouraged so the entity changes attitude, behavior, or methods to move toward a successful outcome.)
- To influence an action that would not have otherwise occurred. (Such as organizing a movement that changes the course of the event.)
- To heal or destroy another by labeling, placing, defining, or otherwise influencing the way the entity or others perceive the entity. (Such as publicly praising or slandering another.)
- To lead, direct, manipulate, influence and persuade the behavior, motives, values or movement of one or more others. (Such as directing an entity on the path to reach a destination or goal, whether physical, emotional, spiritual, social, mental, financial or vocational.)
- To confuse oneself or others. (Such as when one disrupts agreements with distorted meanings, interpretations, directions, names, instructions or values.)
- To free or to restrain self or others. (Permitting, inhibiting, as in the making of laws, rules, or policies.)
- To attack or defend against attack.

Who, In Fact, You Really Are

- To question, inquire and to gather information.
- To entertain oneself or others.
- To credit or discredit oneself or others. (Such as to praise or to condemn.)
- To acknowledge. (Such as to respond, recognize, reply or perhaps comply.)
- To choose by selection. (Such as in accepting or rejecting something.)
- To request. (Such as to beg, plead or seek something).
- To issue warnings, express concern or apprehension.
- To express demands, commands or directives.
- To express gratitude, appreciation, affection, or encouragement.
- To oppose, quarrel, argue or reason for one or both sides.
- To suggest, create, or change the perception of things.

These are the more common purposes for words, but there are many more that are often combined from one or more of the above.

A few entities think that words make reality and that the words they speak must make their view of reality a fact, but words may or may not influence or reflect reality, depending on the relationship between the words and what actually “is.” The lesson here is that one must be careful about attributing too much power to words, or one can become out of touch with reality.

Metaphysics practitioners are often prone to this outcome if they rely too heavily on the power of words. Truth, more often than not, is obscured by words, especially when entities look to the words for the truth. Like signposts, they can at best only point the way to truth. They are not that truth.

To clarify a common error in metaphysical thinking about the power of words to change reality, this Awareness wishes to repeat the importance of realizing that an event that is already concluded cannot be truly altered simply by using words to deny the already-concluded outcome, even if words could change the way, the event, person or thing perceived. (Such as when the public is told and believes a lie about an event.) But where an event is still in process, still changeable, words can conceivably alter the direction of movement and change the course of events.

Concepts to Understand Before You Start

This is important because what may appear as a lie to one observer may become a truth if events follow the direction of the words that are spoken to change that direction. For example, if someone is dying and another lies and speaks convincingly: “God will heal you,” or some similar suggestion, and if this willful statement influences the person to believe strongly enough in their recovery, it could work as a powerful suggestion that helps promote their recovery. The recovery, or non-recovery, will determine whether the statement issued was truthful. If the entity recovers because of the suggestion encouraging the patient to live, then the statement will have been spoken in truth.

The words in such a case may act as a self-fulfilling prophecy, creating a truth only because they were spoken in the first place. Such power of words can only have this type of effect when they can influence an ongoing activity.

Thus, as a general rule, words can sometimes alter what is observed if the reality seen is still in process and is still changeable. An event that has already occurred and is no longer changeable cannot be altered by words, though the perception of that event may be altered. When a deed is done, it is done indeed. But you have a saying, “It ain’t over ‘til the fat lady sings” which was used to suggest that until it is truly done, there is still time for a turn-around in the course of events.

Let this become your first rule in Cosmic Metaphysics—to not become obsessed with words or names or labels or sentences or messages, but to acknowledge and understand whatever essences or meanings lie behind the words and messages whether spoken or written. For words are not the things themselves.

Words live only when filled with meaning, and when the meaning fades away, words—like dead or dying leaves—fall that from grace, to rot and fade away. Do not let words, names, titles or labels be your master, but let them be servants to carry information to others, or others’ information to you. When you speak an entity’s name, feel the entity, sense the entity. Do not simply grab the name and presume you know the entity because you have met and recognize the name.

It is the same with concepts and ideas. There are many entities who grab a word or name, and in using the dictionary-defined the meaning of the word, believe they understand the terms being used.

One may speak of “love,” and analyze it, intellectualize it, discuss its many expressions—but does the entity truly experience love, or just intellectualize and talk about it? Is it felt in the heart as compassion or affection, or is it just a concept that is linked in the mind with other concepts such as “compassion” and “affection” which the entity likewise does not experience except as an intellectual concept? Many know much in the level of thought, but are afraid of reality. They are afraid of the experiences about which they talk and think. They know but the superficialities, such as the face or idea of “love,” but not of its substance or experience. They may even understand the meaning of “true love,” and may want to receive the real substance of “love,” which is heart-felt compassion for another, but may be willing only to pay for it with lip service

Who, In Fact, You Really Are

and verbal gratitude, while withholding the substance of their own love by giving only words, but no actual display of active heartfelt compassion.

Entities too often present and accept the substitute for the real thing and unable to give or receive, will settle on the words, “I love you” while taking or giving out hateful abuse in other areas that deny the reality of that love. Too often the tug of war is not between the players, but is caused by the conflict that exists between the substitute and the genuine substance—the counterfeit words and the precious reality that entities seek or withhold from the other.

Entities, in dealing with reality, must learn to look beyond the face, the label, the name and superficialities and touch the essence that lies behind that face, behind that name, behind the superficialities. And give to and expect from those precious relationships genuine affection and nothing less.

In the preparation for this book, this Awareness has offered the means by which entities may experience beyond the surface, beyond the superficial, into the essence or heart of the thing.

This has been expressed by certain writers under other names, such as in the book “Stranger in a Strange Land” in which it is called “groking.” To “grok” something is to experience it psychically. This principle has also been expressed in the television and movie series called “Star Trek” in which the entity Spock does his “Vulcan mind meld” and attunes to something in order to understand it.

You need only to match your frequency to the frequency of the thing with which you wish to join in consciousness. To experience a tree, a river, a rock, a mountain, a concept, an event or another person, simply “feel” yourself being that object, and your frequency will begin its movement to match the frequency of the being or object. Hold and concentrate and you will suddenly “know” the essence, feeling, experience of the being or object as the attunement locks in at the proper frequency. Essentially, it is not unlike tuning a radio to match the correct frequency to receive a broadcast.

The next step in moving into a deeper understanding of reality of life is to recognize that this new emerging science moves beyond the quantum into Cosmic Metaphysics, and will begin to offer more and more enlightenment to you in the future. This new science will make it commonplace to recognize that the universe is essentially a system of information being processed eternally in various ways, according to the rules that are set up for each particular grouping or set of information in operation in any part of the universe.

For from the basic or root information processing system flow many subsystems, each having branches, limbs, twigs, leaves, veins, cells, etc. Subsystems and subsequent levels below, which in turn spawn further subsystems of information processing, range from the information processing of the universe itself, down to all its subsystems, and to the most minute subparticles that are also processing information.

Concepts to Understand Before You Start

When one realizes that matter, energy and information are all the same thing, being viewed from different frames of reference, then one “groks” the reality of the universe: that a material object entering another system of material objects is the same as information entering an information system for processing. Objects are energy held in form, and that energy carries its own encoded information that can be tapped, released and which reacts with other information stored in other material forms.

Thus, one sees a universe that has all characteristics—chemical, material and mental—in its makeup, but every particle follows programmed information originating from a central source. This accounts for the truths found in material physics, but also allows for the information that passes itself off as intellect as found in living beings, ghosts, cosmic forces, divine interference with mankind, psychic phenomenon, instinct among insects, birds, mammals, and reptiles, and other activities of nature.

If each system, genus, species, concept, idea, group, civilization, unit, cell, planet, galaxy, etc. contains its own energy information processing arrangement, as a kind of oversoul, then the tribe, colony, civilization, collection, and species will behave as directed by its own oversoul that serves as the unit’s information processor, which is designed to work with the information available in that unit or which may be added from outside the unit from time to time.

The Universe operates much as does a living being, aware of itself and of all its parts. It is essentially a living computer, a Cosmic Mind. Many scientists are beginning to find this analogy as one that allows answers to questions that were previously unanswerable when contemplating a dead, materialistic universe. The computer puts together pixels on the screen which turn on or off in varying degrees to form an image or character. The universe puts together subatomic parts on its screen that turn spirit into matter in varying degrees to form substance. Both the computerized image and physical matter play out on their respective screens and were created by unseen powers of electricity or spirit, as the case may be for each.

One could compare these subsystems in the Universe to subdirectories in a computer or different rooms in a building. The Ancient Egyptians used the onion as a symbol of the universe because it contained many spheres within spheres. The computer’s root directory contains many subdirectories of information that may contain unique information of a general nature leading to other, more specific, subdirectories and files. The file of the computer is like the life form or information system created by the cosmic biocomputer. Each is made from processed information, created by or springing from previous processing systems of their own for their own particular functions. In the universe, each such system usually processes itself into a system that perpetuates and continues its own existence, even if that existence must change or adapt to new data and input in order to survive.

For the computer, the energy comes from the electrical current, which in turn is used to process information, which in turn allows information within the subdirectories and

Who, In Fact, You Really Are

their programmed systems to be processed. For the Universe, the energy comes from its inherent energy, often called spirit, which activates the universal information processor that in turn controls and activates the subsystems.

This essential energy springs from the Universal or Cosmic Mind into the multi-faceted subsystems which perpetuate their own essences as nearly as possible, without interruption or change, unless or until a new force is brought in to alter the original system. That new force will either clash in conflict or will somehow be harmoniously incorporated into the original energies and be processed into something that allows both to coexist or blend together into something new, into a single synthesis from many parts.

As energies, substances, and information all being the same can be combined, likewise energies, substances, and information can be extracted and separated from a unit leaving parts isolated as parts taken from the synthesis by the process of analysis. This separation and isolation results in an ignorance of the whole; such ignoring gives rise to error, which in turn has been called “evil.” This is the origin of the concept of evil. It is ignorance and is often personified as a “being” such as Satan, the Devil, Lucifer or Kali. This does not deny that each thing is in contrast, to some degree, with all other things. But that contrast does not create separateness unless the relationship that binds all together in a whole, holy, holistic or whole-istic way is ignored. Separateness has to do with a perception that ignores the whole, while focusing only on the self and its interests. It is unwholesome or unholy to ignore the whole of things. The degree of that unholiness is a matter of how far one is separated from the whole of the Universal Mind.

The universe, being an information processor, holds ultimate control over universal affairs. But within that greater framework, there are subsystems that have their local rulerships that control them. A subsystem may be ruled by an idea in the mind of a head ruler who directs the generalities, so that specifics are attended, so that the subsystem mirrors the idea that is held by the ruler.

In such a case the idea is the heart of the subsystem’s information processing method. Universal Consciousness is not limited as to how many subsystems it can create, and subsystems can be created within subsystems so that they continue perpetuating themselves in ever-repeated fractured expression so that there are fragments that splinter off and perpetuate themselves as individual sub, sub, sub, sub, subsystems ad infinitum to the smallest subparticle ever. Even the smallest subparticle has, within limits, a mind of its own, which along with its own oversoul, or superior information processor, helps in the subordinate information processing.

When all is said and done, it will be discovered that “God” is the most minute and tiniest thing in the Universe, and is everywhere present—a Universal Information Processor.

Concepts to Understand Before You Start

The individual insect, the colony of insects and each species of insect is essentially a subsystem operating under some other higher overseeing intelligence or information processing system. How else can you explain the total coordination of an insect civilization that operates without directors giving orders? How else is it possible that termites could form a network of cooling vents in a great tall cactus that allows a termite at the top to open a vent for cooling, while simultaneously at the bottom, another termite cooperates by closing off another vent to help direct the air toward a chamber in the center? How else can you explain the flight of birds that shift in perfect and instantaneous unison without any pre-rehearsal, order, command, or signal to alert the group? Who or what but an “Overseeing Intelligence” directs these things? Such a Collective Superconsciousness guides each subsystem and in turn, is itself directed by an Overseeing Intelligence.

These subsystems that hold the animal kingdom themselves are subsystems of still greater information processing systems within the mind of the universe.

In reference to plants, animals, insects, reptiles, fowl, fish or human beings, where subsystems become intermeshed with each other, or when an outside fragment of information energy is introduced, a new genus, species, subspecies, variety or variation of a creature or thing may be born. Amending something original with new information is not limited to creatures alone and may occur with other material or non-material substances such as emotions, concepts, designs, values, principles, images, objects, agreements, landscapes, geographical or even planetary and cosmic designs. For example, two intermeshed ideas, or an idea coupled with a fragment of other information may create something quite unique to its genus, species, subspecies or class. It is also possible to create principles that merge together, resulting in a third and separate offspring of the originals.

Within certain bounds, the subsystems can create their own particular behavioral patterns, essences and information processing methods in a manner that develops a movement of its own, an inertia that becomes such that the subsystem can be made to be diametrically opposed to another that has developed. This may create subsystems that oppose each other so there appears to be a war between them. To the Cosmic Mind, this is nothing more than what you would experience as opposing thoughts in your mind, a dilemma of inner conflict or inner turmoil that just needs time to process itself toward harmony. But to those entities involved in the conflict, it can be experienced as a life or death struggle. This kind of conflict between subsystems may occur on many levels, between heavenly bodies, geological, chemical, cultural, social, personal, political, ideological, or any other subsystem set as polarized conflict.

As the information processing continues, if it continues long enough and receives proper stimulus, it becomes possible for new intelligence to develop in a subsystem—such as in a species or subspecies of life form—to such a degree that its members begin to understand the way things work in the world of information processing. Thus, it has been for the human race. As entities become aware that they exist and can change

Who, In Fact, You Really Are

their existences by the influence of the information being processed for or by them, they learn to direct their destiny based on Cosmic Law.

There have been those cultures which have been diametrically opposed to each other in which wars of religion, wars of political nature, wars of opposing values between individuals or cultures, nations or groups has given a history on the earth of great violence and conflict. But the development of information continues to process and human thought evolves to where it now approaches a new understanding, allowing people to begin to look not only at how information is processed and how instinct is programmed, but also how to alter a programming for individuals and for entire societies.

A truly New Being and a New Society will emerge from the New Physics, the New Cosmic Biophysics that is emerging even now. In this New Physics, harmonious information processing will be developed which will allow entities to agree on things, agree on working together for a common cause, agree to protect each other, agree to serve each other, and in serving others, being served in return. As this occurs with humans, it also occurs with other elements of the Universal Mind, the forces of nature often clash and create great chaos, but they sometimes work together to pool their resources and energies for special and unique creations.

In certain areas in Costa Rica where the earth is of poor quality, the trees themselves have created a lush and fertile hanging garden that, at about forty feet in the air, is known as the "cloud forest." Here, hanging from tree to tree for miles around, vegetation grows thick in deep layers that support a fertile garden of unique and unusual flora, plant, fowl, reptilian, and animal life that may never touch the outside earth itself. Here exists the world's only butterfly with transparent wings, so upon observing you may see only a crawling insect until it flies away. Here, and only here, lives the golden frog, for it has taken countless centuries to develop so that it lives not in ponds or streams upon the ground, but in the wide leaf plants high in the trees that collect the proper amount of water to allow it a place to lay eggs; and only in that proper temperature and the proper dampness can this creature exist. If things were to alter even slightly, such as an unusual change in seasonal temperature or rainfall amount, many species would disappear forever.

Likewise, it is with the human race. There is a delicate balance in the chemistry of nature that must be maintained for human life to survive on this planet. All of this is created and managed by particular subsystem information, an earth-being intelligence factor that guards life on earth, maintaining its information processing system. This Cosmic Information Processing System that maintains the delicate balance of life on earth continually works to accommodate new input of data, events, or changes; or it will act to erase a cosmic file/life, species, idea or civilization; or it will invent a new creation, a new life/file, a new directory or subsystem to alter things.

One may ask, "How is it possible that all this can occur without an individual to direct these many processes that are occurring from cosmic levels down to the most minute subatomic activity?" It is the nature of Cosmic Mind to constantly adjust itself to what-

Concepts to Understand Before You Start

ever is occurring and to create some kind of balance out of chaos. This goes beyond survival of the species to survival of harmony within systems.

In the previous discussion of Cosmic Metaphysics, quantum physics was explored briefly with its relationship to the idea that the universe is an information processor, and that matter, as presumed to be, is but an illusion. In reality, matter is, as the poet said, “such stuff as dreams are made” or in other words, matter itself is mind stuff, or images in the Cosmic Mind. All is Cosmic Mind, and those things that appear separate are but fragmented portions of that Cosmic Mind—of which all matter and all beings within the universe are made.

The appearance of separateness is also illusion due to the ignorance or ignoring aspect of that fragmented part. The fragmentations that make up these apparently separate entities and partitions of Cosmic Mind are as subsystems in the information processing and contain within themselves certain amounts of information sufficient to maintain aspects of their own subsystem for a time. Thus the fragmentation, as creature or individual, culture or species, concept or idea, whatever its nature, persists for a time as an entity or subsystem within the Cosmic Mind until a new concept, energy or force enters to alter its nature and cause it to grow or otherwise evolve into something else. To cite an example, you the reader are a subsystem of the Cosmic Mind, and as such, are information processing under other information processing systems that are happening within the Cosmic Mind.

In this discussion, this Awareness wishes to discuss the concept of time and space as perceived by entities on your plane as being illusions fostered by the illusion of matter. There is a misperception of reality that holds true in one dimension, but when viewed from another dimension, is seen as totally false or as an illusion.

In such a dimension, things are experienced subjectively as reality, but when one steps away to view the same situation in an objective approach, it is seen not as a reality but as an illusion, dream or hallucination. A particular phenomenon which would fit this criteria is something that almost everyone agrees is both real in the one sense, and unreal in the other sense, for entities are able to move easily from one reality or dimension in consciousness to the other with little trouble.

Consider that which is a “bardo,” or gap in consciousness, and understand the “bardo” is commonly known as the dream state. There are not only different kinds of bardos or gaps in consciousness, but are also degrees and mixtures of those gaps or bardos. For example, one may speak of the daydream that refers to a blending of two bardos: the dream state and the so-called normal consciousness state. These gaps or bardos are states of consciousness that vary from experience to experience from one degree to another in a continual motion as certain as the movement of waves and tides of the sea.

The Tibetan Book of the Dead refers to what you consider as your physically living state as actually being a spiritually dead state of entombment within the body—as though bodily entombment is a form of existence for the living “dead.” It lists six bar-

dos, while ignoring the ultimate state of Cosmic or Universal Consciousness, since there is no gap or incompleteness in Cosmic Consciousness. Even the Clear, Pure Light at the Moment of “Death” is incomplete because to be clear, it ignores or shuts out the lesser bardo states, while Cosmic Consciousness includes the totality of all bardos in its essence.

These bardos are fragmented states of consciousness and include the dream-state mentioned earlier, the state of meditation, the moment of “death,” the Clear Light of the Buddha, Christ Consciousness, or other pure state of god-realized Divinity, the after-life in seeing the lesser light with one’s own projections in consciousness reflecting back on oneself, the search for rebirth or new experiences, and that which appears as your reality. These bardo, or gap states, usually blend partially together, without absolute balance, which would result in Cosmic Consciousness. The gaps in Cosmic Consciousness create the bardos and tie the entity to that consciousness level of experience within the gap. The entity having a gap in Cosmic Consciousness may be thus stuck in a dream, or in conscious reality, or may be stuck in some gap between lives or within a life.

Any consciousness state that is less than total Cosmic Consciousness implies a gap or missing aspect in consciousness. Such gaps are essential to any physical life form if it is to survive in a physical body. However, there are also states of consciousness—call them attitudes or perceptions—which can remain more focused on a higher or more universal level while still maintaining the physical body, not as a coffin holding the dead or dying spirit, but as a vehicle through which the inner spirit expresses.

In considering the consciousness state in light of an information-based universe, one must view the entire universe as being conscious, with gaps in that consciousness being the cause of the different individualized gap states in that universal consciousness that result in the myriad of living creatures. In other words, all living things are made up of fragmented portions of Cosmic Consciousness unique to the makeup of the individual creature. It is that gap in the makeup of the individual that allows it to take form in that consciousness dimension that you term reality. Were it to be totally Cosmically Aware, there would be no physical form. It would be pure, unformed, intangible, non-sentient spirit, able at will to enter form at the expense of losing some Cosmic Awareness.

Even the galaxies, the heavenly bodies and gases that fill the universe formed their degree of materiality because of some amount of gap in the cosmic information that makes them what they are. Were their information to be completed without a gap, they would merge back into spirit and be without form. Nothing physical exists without this error or gap.

Yet, think not that you can become one with the spirit simply by destroying your physical body, for it would simply leave the spirit with its gap seeking to find a home, body, housing, or material domain to use to continue its formalized existence. Until

Concepts to Understand Before You Start

Consciousness becomes at-one or attuned with the Universal Deity, form is needed to hold the incomplete consciousness.

In Greek, the word sin means to “miss the mark.” The Bible speaks of all beings as having been “born in sin” and of having “come short of the glory of God.” All entities who are born into the physical must by natural law, be polarized or “out of balance” with the Ultimate Harmony of the “non-polarized” universe in order to achieve physical embodiment. This then is the meaning of sin, or of “missing the mark” of total Universal Consciousness. Becoming less polarized in the manner to be described in future discourses will allow one to be one with God, or a God-Realized Being. There is no great need to be ashamed or to feel guilty for having been born in the flesh and out of the spirit, as many preachers might suggest. Being in the flesh carries sufficient disturbance without added guilt or shame, though if one enjoys such guilt one may indulge in the guilt of having been born. But it only adds to the imbalance of the soul.

Often some benefit may come even from this, where the soul becomes unbearably imbalanced with guilt and the entity seeks to throw it off to become guiltless and feels better sooner than he or she might have had the guilt not built up so quickly as to become unbearable. In other words, one may jump in and wallow in negativity in order to get finished with it, so one can more quickly start glowing in a more positive light, but wallowing endlessly in guilt and shame does no good for anyone.

Recognition that one has come short of the “glory of God-hood” is helpful to inform the entity that there is some higher state of consciousness toward which the entity may aspire. Being ashamed of coming short of the “glory of God” without effort to overcome the shame is pure waste.

Regardless of claims to the contrary, all physical beings experience, to a greater or lesser degree, gaps in “Cosmic Consciousness” or “God-hood” origins. Otherwise, they may not be able to remain physically alive, bursting instead into spirit and disappearing from your reality of time and space into the pure essence of Cosmic Consciousness.

No living master is totally attuned or God-Realized, though he or she may occasionally touch to a greater or lesser degree, some level of “God-Realization” or “Universal Consciousness.” Entities are not measured by their good deeds nor their evil deeds, but by the totality of their full range of deeds and intentions.

Every entity has an individualized range of both a higher level and a lower level of development, and the degree of difference between the two is the sum total of the entity’s True Self.

In other words, your measure is what you “are,” not what is perceived about you by others, nor even by yourself, for you are not a fit judge of yourself. Your measure is taken by your full being—not to judge, but to digest the essence of the true you. It is not some arbitrary sentence handed down to you that determines your future karma,

Who, In Fact, You Really Are

but it is determined by the essence of what you are. Karma is enforced by the attachments established by deeds, intentions and attitudes that mirror the essence of one's self. What you are is what reflects upon you as your karma. As you change, so does your karma.

Doing the best you can to be in total attunement and harmony with the highest and the best that you can perceive through your religious, philosophical or intuitive studies helps to create a bridge from the gap or bardo in which you are trapped to that which is Cosmic Consciousness or the Divine Mind of God. Overcoming your lower qualities while improving higher ones raises your entire being. Thus, you move to become "One with the Divine Father/Mother/God in Heaven."

Moving beyond the Cosmic Mind's subsystems that make up information-based materialized bodies and beings, you can look at the invisible energies of the universe—at the Mind of God, so to speak. The Mind of God, simply put, is the frequency at which Universal Consciousness vibrates. Just as heat, sound, radio waves, color, brain waves and even physical objects vibrate at their own specific frequencies, so does consciousness. There are higher and lower frequencies of consciousness.

In the New Testament, this frequency or vibration, for want of such terminology at the time, was called the "Word," for words are made of sound having a meaning, purpose or intention of will contained and carried within the sound vibrations. Thus, it was said that in the beginning was the "Word," the Vibration of God, and the "Word was God," was "With God" and without the "Word" or Vibration, nothing that is created would be. The writer of this passage understood that the Universe is in constant vibration and that vibration creates all things.

Looking at this concept of the "Mind of God" as being the "Universal Vibrator," you may recall that this Awareness has previously indicated that the universe appears and disappears every four quadrillionths of a second. But what does this mean to say that the universe appears and disappears so frequently? This Awareness suggests that you imagine consciousness being visible—as a strand or wave of energy—and imagine you are able to observe somewhere in the universe such a strand or wave that is vibrating at four quadrillionths of a second. Now understand that this wave of consciousness contains the frequency that carries the same data or information enjoyed by the entire universe. This strand of "Ultimate Frequency" mirrors or reflects all of the infinite number of similar and parallel strands throughout the universe.

Visualize the molecule of ocean water or the frequency of the television broadcast energy or the wave of Universal Consciousness as reflecting perfectly as many counterparts scattered elsewhere throughout. Like the wave of water or the frequency of the broadcast, the movement of Cosmic Consciousness mirrors the rest of the ocean of Cosmic Consciousness on the same frequency, and therefore carries and contains the same information throughout the universe at that frequency associated with Cosmic Consciousness. Anyone able to attune to that frequency at any place throughout the

Concepts to Understand Before You Start

universe will attune to the Cosmic Consciousness frequency and thereby attune to the entire Cosmos.

Returning to the concept of the strand of consciousness, look at the nature of a frequency. Though in reality it is a vibration going in all directions, or in specifically channeled directions, your electronic instruments shows it visibly as a kind of horizontal zigzag line across an oscilloscope screen. In reality, it is a pulsating wave sphere oscillating from a central point rather than a line, and frequencies pulsate at faster (higher) or slower (lower) rates. Though the frequency is not actually moving as it does on the oscilloscope screen, for purposes of visualization, visualize consciousness as if it were such a strand that vibrates so as to appear and disappear every four quadrillionths of a second. As it disappears and reappears, it brings its particular information back into existence with it. All is consciousness. All is information being processed. Visualize that this repeats four quadrillion times per second, minute after minute, hour by hour, year by year, through centuries, millennia and eons of time into eternity. You will have a glimpse of the makeup of a strand of the universe with its universal information at work.

In visualizing this strand being paralleled by infinitely more similar strands, so thick as to fill all of the universe with strands of consciousness, with all of them doing the same thing: appearing and disappearing four quadrillion times each second throughout eternity, remember that these strands are processing information as the Mind of God, the Universal Consciousness.

If you can glimpse this image, you may glimpse the everywhere present, omnipotent Mind of God, the Ultimate and Primordial Vibration, appearing everywhere at once, and imperceptibly disappearing everywhere at once, every four quadrillionths of a second. This Ultimate, Omnipresent, Primordial Vibration is the Consciousness of the Universe, it is the motor of Life, the sound of Om, the Universal Creator, the Ultimate God. And no, it is not anthropomorphic (man-god). It is the God of Universal life.

The highest pulsation rate in the Universe of any frequency is that of the Universal Mind, Cosmic Consciousness, the Divine Creator, Ultimate God, Universal Life, Absolute Love, or whatever term you wish to use in describing that Ultimate Frequency, Ultimate Vibration or “Word” that is God.

If a frequency is the pulsation of the First Matter or Divine Light or Mind of God, or Ultimate Frequency, by whatever name, and it is pulsating as the foundation for all creation at a rate of four quadrillionths of a second, then in fact, that pulsation is causing the entire universe to appear and to disappear at that same rate. The information contained in the images of one universe is carried over into the next one four quadrillionths of a second later by the Law of Inertia.

As the images in consciousness are changed, the mind of the perceiver is moved, and consciousness is changed, and the universe is changed by that much. This explains mind over matter, for as mind changes, images change, and materializations change

Who, In Fact, You Really Are

accordingly. That is the true magic for making miracles, quick changes, or for making slower, more natural changes in the fabric of reality.

This means that “God” disappears four quadrillion times a second, and reappears at the same rate. If this rate of Vibration as the Ultimate Consciousness is the Creator of the Universe, God also—as Absolute Awareness and Universal Consciousness—appears and disappears every four quadrillionths of a second, though when God or the Universe disappears, It appears on the other realm or in the anti-reality realm as real to It as this reality is to you. Thus, you live in Parallel Universes. As part of that God or Ultimate Vibration, you also are appearing and disappearing four quadrillion times per second.

If portions of consciousness operating at this rate of vibration are able to be fragmented, slowed, in stepped down frequencies, as is commonly done in electronics, creating not overtones, but undertones of frequencies which vibrate at slower rates, then these undertone frequencies become the subsystems that vibrate at slower speeds, even while they are still held in the image or Mind of God or the Ultimate Frequency.

Thus, the lower octaves jumping down the frequency levels or octaves of the resonating electromagnetic consciousness frequency scale create the appearance of different dimensions—actually different octaves of vibration or frequency. These dimensions or frequency octaves are what Jesus spoke of when saying, “In my Father’s house there are many mansions.” (di mansions/dimensions.) Even these “many mansions” of lower octaves are built upon that Ultimate Vibration or Frequency which may be termed God, the Motor of the Universe, or the First Cause, and as such, also appear and disappear every four quadrillionths of a second. This Awareness suggests you call this appearance and disappearance an Omnificent-Moment (OM) since it is capable of unlimited creative power. It is everywhere present (Omnipresent) and unlimited in its power (Omnipotent). It is composed of all varieties (Omnifarious) of creations and it is in communication in all directions (Omnidirectional). It has infinite awareness and knowledge (Omniscient) and permeates everything in existence (Omnidimensional).

One may ask, “If everything disappears every four quadrillionths of a second, how is it possible that this marble or that object keeps coming back into existence exactly as it is?” It comes back each four quadrillionths of a second with a slight change in accordance with the alteration or Will of the Creator, so that it may be slightly deteriorated, as with rotting fruit, or so that it may be developing as with not yet ripened fruit. The fruit of creation is in constant movement from one OM to the next, and any subfrequency creation moves to the next OM intact simply because of the Law of Inertia. The Cosmic Mind does not change on a whim, and though the Universe may disappear and reappear within the twinkling of an eye, no well established subsystem image, thing or process is changed significantly in the twinkling of an eye or a single OM. The Law of Inertia dictates that when something is set in motion it continues until another force acts to disrupt that motion. The marble or other object appears and disappears every four quadrillionths of a second also, but like a pendulum swinging back and forth, it does not cease to be just because it swings back and forth in its OM pulsations.

Concepts to Understand Before You Start

All things which come into existence are as mental images within consciousness, either that of the ultimate consciousness or of a lesser consciousness system. All images and creation are ultimately stepped-down frequencies of the Ultimate Vibration or Frequency known as “God.” In light of this, you should thoughtfully reread the first few verses of the Gospel of John, using the term “Ultimate Vibration” in place of the gospel term “Word” to receive the true meaning, keeping in mind that sound and light are but vibrations.

The following is the passage with the suggested substitution that should have been given to man:

“In the beginning was the Ultimate Vibration, and the Ultimate Vibration was with God, and the Ultimate Vibration was God. The same was in the beginning with God. All things were made from God and without God was not anything made that was made. In God was life and the Light of men. And the Light shineth in darkness and the darkness comprehended God not.”

You, as well as your consciousness and your entire world, appear and disappear four quadrillion times each second. It is in this manner that you get from one moment to the next, changed into the next reappearance or disappearance of the universe. And without this appearance and disappearance of the universe, you would be stuck without any animation or movement possible. You move from frame to frame, just as in a movie film, with the slight change in each frame sufficient to present your appearance of movement, changing slightly each one four quadrillionths of a second. During that time, some degree of change in consciousness has occurred that will have its affect on your so-called physical image and worldly environment in accordance with that change in consciousness and its inherent Will and images held and carried from moment to moment.

Magic is the ability to change consciousness. Change occurs as consciousness changes, or you could say change occurs as minds or images change. But consciousness may be influenced by conflicting images from Wills not in harmony as to what changes should take place, and this hinders the efforts to manifest miracles, magic, or even reasonably slow change. For the outer environment, other people, other circumstances, the weather, the planet itself and the outer heavenly bodies as well as the Universal Consciousness can influence the nature of the change. Thus if you wish to make changes from moment to moment in order to effect a greater change, you may need to hold those images for a time long enough to overcome the power of images held by past, present or future minds that might counter or resist the change you seek. Often delays are caused by these lingering or new images held by others that counter the images you seek to promote and manifest. Sometimes forces of nature hold purposes or information processing procedures that counter your efforts to manifest. To achieve the best magic, you should go with the flow, or work with the tides of energies when they move in the right direction to achieve your goals. Since there are outside forces that create change—change that you cannot always control—you cannot truly say, “I have domin-

Who, In Fact, You Really Are

ion over my life,” but you could honestly say, “To the fullest extent possible, I take charge of my life.”

The object of becoming more Cosmically Aware—and learning Who, In Fact, You Really Are—is to learn how to attune to these higher frequencies, to serve and be served by them, and to use them for serving others. To do so, you must first understand a new way of viewing the reality in which you live. The one who sees reality as but a mix of chemical conditions that accidentally created things which have no ultimate meaning or goal and which ends for the individual at death will have no way of dealing with or comprehending the higher laws that would be available for use as magic, miracles, or creation of new moments and conditions of reality. If one entity inhabits a place on a checkerboard only to play checkers and another is hopping around playing chess, they fail to communicate meaningfully and will play by different rules leading to each thinking the other is confused as to what reality is. It is helpful to see the materialistic view that many hold so you can communicate meaningfully in their game, but it is a quantum leap in consciousness to realize that the so-called reality in which you live is actually an existence in a state of mind, in the Mind of God, or in “His Image” and that nothing that is, exists, except as a Vibration of Frequency founded on and springing from that “Mind of the Cosmos,” with which all things are attuned, though in darkness they may be unaware and unable to see the Light of that Ultimate Reality.

To assist you in a practice of enjoying this new reality, a meditation practice of a few seconds upon awakening each morning can be most interesting and helpful.

1. Upon awakening let your first thought be, “Oh, I am entering a different Dream-State. I know this dimension. I have been here many times. The one I just left keeps changing and its images are inconsistent from one entry to another, each experience almost always being different when I go there. But this one seems to remain much more stable, changing only slightly each time I inhabit it. It is good there is a difference in them, or I would not know which to call real and which to call a dream when observing them from the other. Even as it is, when I am in either dimension, I think it is real and the other is unreal.”
2. Glance back briefly to the sleep dream you just left. Recall how real it all seemed to you and how now it seems like “only a dream.” Then ask yourself if your new reality might also be only a dream, only a place in consciousness, a state of mind.
3. Ponder this briefly upon awakening and feel yourself as a being in the dream of some still greater Being, an image in the Mind of God, made in God’s Image, even as you and others in your dream were “made in your dream image” as you slept.
4. Throughout the day, occasionally stop and ponder briefly whether you might not be part of a dream of a Greater Being as you go about your daily business, as in a dream, but a dream somewhat different than private dreams—for it is shared by the masses.

Concepts to Understand Before You Start

This Awareness previously discussed the nature of the universe as being composed of vibrations or frequencies. These frequencies are arranged in octaves ranging from dense material vibrations, through sound vibrations, radio frequencies, heat, microwave and infrared frequencies, the normal light spectrum, ultraviolet light, and a host of other energy fields such as magnetic fields, gravity fields, all made up of various combinations of frequencies, as well as other rays or frequencies that are invisible to the human eye such as X-rays, lower psychic rays, cosmic rays and a multitude of unknown destructive rays, creative rays and vital rays. Beyond these are the highest rays or frequencies of consciousness including that known as Universal Consciousness, Divine Consciousness, Christ Consciousness, God Consciousness, Cosmic Consciousness, Cosmic Awareness or whatever other name entities wish to give these higher frequencies that serve as the ultimate creative frequencies of the Universal Mind. This array of frequencies has been called the Electromagnetic Spectrum and the Super Spectrum, the Resonating Electromagnetic Energy Spectrum, and other names. It has been called the “Word of God” or the Universal Sound Current, the White Light, the Clear Light, and the Light of Lights. It has also been symbolized in the sound or vibration of “OM” or “AUM.”

The entire Universal Mind works as a Universal Information Processor and that is what gives the Universe its qualities of evolution, growth, vitality and life. There are many fragmentations or subsets of that Universal Mind, and many varieties of information processing within those subsets of fragmented mind.

The information being processed in subsystems make up what is perceived as separate or individualized sections, groups, classifications or isolated parts of things found within the universe. A galaxy, star, planet, continent, sea, nation, city, culture, business, family, individual, body part, thought, concept, idea, image, or any other action or thing, anywhere within the range between the entire Universe itself, or macrocosm, to the smallest and most insignificant particle or aspect, the microcosm, within that Universe, is in fact, an act of information processing that is uniquely operating within that fragmented portion of the Universe. The processing of the information continues without change, until some new information is added or removed from the processing formula.

For example, a thought, an experience, a contact with another influence, or an object injected into or taken from the system being processed adds to or takes from the information being processed and changes the outcome. An individual, just as anything else, is an information processing system and will remain unchanged until some new information is introduced. The new information may be in the form of mental information, such as an idea, fiction, facts, or other data, or it may be in the form of physical information, such as an experience, an injury, an infraction, or some physically induced nurturing such as praise, encouragement, music, food, tender loving care, nursing, or whatever.

In other words, any influential force, whether favorable or unfavorable, even such a force as an unfortunate illness can serve as new information. Also, an enjoyable ex-

Who, In Fact, You Really Are

perience may serve as new information. Likewise, things such as a drink of water is new information added to the information processing system, which is the total individual at that time. This kind of information is not necessarily limited to words and ideas, but also includes experiences and things. Anything whatsoever that influences change in a system is new information to the system, and adds to or detracts from the effectiveness and general well being of that system.

Every system is in constant—even if subtle—change and never remains static. All is information operating in patterns that continually change as new information is introduced to the pattern. The information is composed of vibrations or frequencies that are being processed toward a natural and logical outgrowth of their combined energies and flux. They are influenced by the intent that accompanies them, so that when a word is spoken in one language it has a particular intent that determines its influence, while the same word in another language may have a different intent, and will therefore have a different influence in its outcome. Magic words or ritual that can influence outcomes may be created by using words or behavioral patterns that already express the intended outcome, or by using nonsensical words or actions having no intended meaning other than the intentions you give them.

Thus, as an example, the word “Grulpinfa” or any other nonsense word, may be invented to represent a magic word to bring you good luck, health, prosperity or whatever else you intend it to do, and the more you use it and the more you believe in it, the more it influences your information processing system to help bring about your desired results. Thus, religions are built on faith in magical words that are alleged to carry power. As the faith in the magic increases, so does the power of the words used.

The nature of a Universe that is alive and conscious is such that any part within that Universe may participate and behave with the use of any and all information from that Universe that it is able to perceive, understand and apply in accordance with its own inherent ability. Thus, the stone is able to use Universal Consciousness information to the degree of its own ability to perceive, understand and apply Universal Consciousness to its purposes.

The same may be said for persons. Those persons who cannot understand or perceive Universal Consciousness have little chance of using it, while those who do, have a greater chance of applying its use to their purposes. Those who never imagined the Universe to be alive and conscious only have use of the consciousness they perceive in themselves, and for some this is quite limited. Yet another, staring at a grain of sand, can perceive the entire universe its glory.

When a being is conscious and processing information, the information is always in the form of patterned material perceived as shapes, beliefs, ideas, facts, functions, assumptions, scenarios, settings, events, plans, descriptions, experiences, imagined possibilities, or any of a multitude of other patterned material. Once the new pattern is accepted in the information processing, it modifies or changes the information being processed, creating a new system from the old system. If this system happens to be an

Concepts to Understand Before You Start

individual, the individual is modified by the new information as it combines with or otherwise alters the old information patterns making up the individual.

If the new pattern that is added to an individual's makeup is information causing illness, imbalance, disharmony or weakness, that new pattern brings its detriment to the individual's total makeup adding its own special misery to the individual's life. Such disease may express itself from a single event or input of information, even in the form of suggestion, or from chronic and repeated events, such as from years of unhealthy lifestyle that influences one enough to set up a pattern in the individual's information processing system that could wreck the physical or mental health of the individual. Once a pattern is established, energies tend to perpetuate that pattern until some new influence changes it.

If the body can take on a detrimental information pattern to lead to disease, it should also be able to rid itself of that disease by altering or ridding itself of the pattern that brought it on. Or it may find another pattern of information to superimpose over it to counteract the effects of that detrimental information pattern treating the symptom, providing it receives proper information to bring about such change. Healing information could come in a variety of ways, depending on what is available and acceptable to the subject. Such healing information could come from prayer or faith in someone or some thing, the belief in a system, a dietary change, a chemical or drug influence, a conceptual change, or it may even come from the information known as the surgical operation. If such information as may be sufficient to properly alter the pattern of information being processed within the individual that is causing the disease, using the above suggestions will put an end to the disease. Permanent recovery requires a proper and permanent change in the pattern of information. Relapses may occur when entities cannot accept their healing as being permanent and genuine.

In considering a healing approach, it helps to know whether an entity can accept information based on faith in someone, some thing, some medicine, suggestion, technique, drug, supplement, system, diet, surgery or other healing means. While faith is only a part of the healing process, it is a major part, and will always carry some influence in the processing of information.

If one has no faith in a system, it will be of much less value than for the one who believes fully in it, since the information being processed actually includes the belief that the system will not work.

Such faith, or lack thereof, may influence healing or failure thereof by as much as twenty five to seventy five percent of the healing potential, depending on the strength of the faith or lack thereof. This is not to say that all healing systems are equal, for some are more effective than others. But even the most effective healing systems will do little good if the entity is fully convinced it will not work, for the body's own system will work against even the best of the healing systems. It helps to know what the unhealthy pattern is and what disease results from that pattern which is being processed

Who, In Fact, You Really Are

by the system. Knowing this can offer a clue to breaking the pattern of the information being processed.

Guilt, for example, tends to lead one to fail in affairs related to the particular areas of guilt. One who feels guilty about having violated a valuable close relationship, feeling unworthy, may have difficulty in forming future valuable close relationships. One who feels guilt for having harmed another financially, emotionally or physically may create a pattern within herself or himself that leads to a financial, emotional or physical weakness, illness or injury often of a similar nature. Guilt seeks punishment. It often leads to what are termed “accidents,” though some accidents stem from a combination of guilt and anger and end up becoming accidents that harm others in the process. Where one can make restitution to the one who was violated to reduce or eliminate the guilt, this can break the pattern. But when this is impossible, as when the violated one is long departed, one can often give enough service to someone else or to a group of needy people in a way that reduces or pays for the error and thus, breaks the pattern of guilt. Belief in a forgiving Deity also helps considerably, but additional restitution adds to the greater and more permanent elimination of guilt.

Guilt is not eliminated by the mere fact of one’s effort to justify his or her right to have violated another, such as to say, “That person deserved what I did to him.” Such justification only covers over the guilt and does not eliminate it. One knows when one no longer truly feels guilt about an incident. But one must not confuse remorse with guilt. One can feel remorse for an action throughout one’s lifetime, without feeling guilt. Guilt is self-centered and is self-blame calling out for punishment. Guilt often carries fear of the punishment it seeks, so that the punishment follows from a subconscious level rather than consciously. Remorse is genuine sorrow for having harmed another, with the focus not on self-blame but on the harm done to the other, and a sense of sorrow for having helped to cause that harm. Remorse is necessary in being able to eventually forgive oneself.

Anger, which is composed of resentment and a sense of injustice—along with a suppressed urge to “get even”—if carried for long periods of time can cause a disease in the circulatory system. The heart, the circulation of blood, the elimination of toxins from the blood may gradually be adversely affected by excessive adrenaline caused from chronic anger that is carried over for years.

Headaches, high blood pressure, angina, strokes, heart attacks and even poor vision may eventually result from chronic anger. The diet of an angry person calls out for more sugar or sugar-forming foods such as alcohol, starch, etc, to pacify the anger, and/or more fats to feel more satisfied, and perhaps more red meats to satisfy the psychological frustrations so that dietary patterns add to the body and adds a further potential for disease and may bring on candida, obesity, diabetes, and even certain types of cancer.

Anger can be pacified best by realizing there is injustice in the world, and that it is impossible in some instances for one to “right a wrong,” but that eventually, because of

Concepts to Understand Before You Start

the way the universal information processing system works, all will be processed properly. Improper diet aggravates the problem and proper diet can help soothe the problem—but attitudes must change for a complete cure.

Anger generally harms not only the angry one, but also others who associate with him or her. This harming of others may lead to a sense of guilt. Once an entity realizes that he or she is not able to always get “justice” or “fair treatment” on demand and that life, itself, has a way of balancing things out in just manner, the entity can “let go” of the anger, resentment, and inner and outward hostility toward others. Getting rid of anger requires that one becomes more interested in treating others fairly than in being treated fairly by others. If one realizes that others are not always fair, but that you want to be fair and proper in your own dealings with others, anger begins to diminish. One can learn to forgive others for their injustices by attributing it to their lack of proper values or understanding of what is just and fair. One who can say, “Forgive them, for they know not what they do” is one who diminishes anger and resentment by the degree such forgiveness is meant.

Being rejected by someone you love can create a pattern in the information processing system of an individual that leads to feelings of inherent unworthiness, causing low self-esteem, shyness, poor posture, and a general lack of enthusiasm toward life and its experiences so that the entity is hindered in the development of his or her greater potential. People who have suffered greatly from rejection or other painful loss of loved ones often develop death wishes which may influence a weakened immune system, causing them to become prone to many illnesses, including cancer, and other normally terminal diseases.

To break the pattern of feeling rejected, one must first make sure he or she does not reject the one who rejected them because of the rejection. Then one must recognize that perhaps the entity who rejected them just never took the time to really get to know them well enough, and had they done so, they might not have rejected them. One may then begin to see it was just a big tragic mistake that needs not be compounded by feeling self-pity, or self-rejection because of another’s failure to really get to know you better. After all, others are not perfect. It is also important to determine if you might not have also rejected others in a similar manner, which opened you to receiving rejection for your own learning needs.

A traumatic experience of prolonged or sudden extreme fear or terror can set up a pattern in one’s information processing system that slowly over the years develops into rigidity, arthritis, skeletal problems and diseases. Constipation, stomach and digestive problems may develop from prolonged worry, fear or feelings of terror. Breathing problems such as asthma and various allergies may also develop from events in which a fearful or terrorizing traumatic event occurred along with other accompanying smells, such as pollens, chemicals, flowers, garbage, molds, musty odors, animals or other smells. Traumatic experiences accompanied by certain sights including colors, shapes, texture, material things, scenes, faces, people, and places, may cause one to develop likes and dislikes for these. Even phobias may come from these. Sounds, such

Who, In Fact, You Really Are

as music, shouts, voices, mechanical equipment, or whatever, when experienced simultaneously with a fearful or traumatic event may also trigger phobias at later times when these or similar sounds are heard. These phobias may range from a light sense of uneasiness to one of extreme nervousness or fear. Nerve problems are usually hatched in past fears. The only way to break such a pattern is to recall the fearful event and review it, relive it, remember it, re-experience it again and again, until it begins to bore you. When this is done, the emotions triggered by the memory diminish and carry no further weight to influence the phobia.

These are the major areas of psychological disease which influence the physical diseases. There are also environmental influences that can influence diseases to the physical body, such as drugs, diet, toxins, physical injuries, infections, radiation, and such, which in their own way, also add their information to the information being processed in the body. Their cures, if possible, are unique to the type of damage caused.

The healing process requires that an individual take whatever steps may be needed to make the mental adjustments to assure the entity that there is truly change taking place in the information that the system is working with, assuring a cure for the problem. The availability of the many healing tools and systems provides a good selection of one or more approaches for entities to choose from that will suit their faith, their beliefs, and their understanding of the disease they suffer from. The recognition that the body is information being processed and that all influences on the body are added information that can change the pattern of the processing, allows one to understand with greater clarity the way cures—both natural or miraculous—come about.

This Awareness has previously discussed the concept of “dividing the waters” of Cosmic energy into vibrations which break up the origin of “primordial” creative energy known as “resonating electromagnetic energy” and “Cosmic Consciousness” into lower vibrations that manifest the more visible and tangible energies known as “matter.” This Awareness wishes set the stage for further understanding of this new approach to Universal Reality. The vibration of energy from levels of Cosmic Consciousness all the way down the electromagnetic spectrum to the most dense matter is a dance of energies of alternating and cyclic frequencies creating opposing polarities. The oscillating movement of energy from one point to another and back again repeatedly—which constitutes the nature of a “vibration”—can be monitored to some degree on your electronic instruments known as oscilloscopes. That oscillation is the vibration.

Vibrations are frequencies and occur at extremely high frequency, or at more low or slow frequencies, or at various frequencies in between. These vibrations may occur from cycles or from alternating and even sequential movements. A wheel with a lump on it that spins so that the lump hits with some “frequency” and creates a “vibration” that is witnessed at that speed or “frequency.” A pendulum in a clock that swings back and forth creates a rhythm or frequency of ticking that are actually very slow vibrations. If you doubt that, you may record the ticking at its normal frequency then speed

Concepts to Understand Before You Start

the sound by doubling, tripling and quadrupling it, etc., until you realize it actually is a vibration. The human voice also is a vibration, made by air currents from the lungs moving the vocal cords at such a frequency as to create an oscillating of the air being squeezed through them to make a sound in the same manner as when air is released from a balloon's mouth.

Thus, like all change, vibration occurs from repetition and alternating of cyclic and sequential movements. Cyclic movement repeats like the turning of a wheel or path of a spiral, as with the seasonal changes year after year with spring followed by summer, summer by fall and winter and back to spring again. Sequential movement appears to be less circular and more like the pendulum of a clock in which one tick of the clock leads to the next in a rocking sequence of cause and effect motions. The plucking of a piano or harp string creates a similar sequential rhythmic cycle, resulting in a higher frequency and sound. The offspring of living things as coming from the seeds or creative energies of their parents follows more of a sequence of events than a cycle, circular or spiral motion. The plant creates seeds for its offspring, generation after generation. A one-celled creature splits to become two, the two become four, and so on in a sequence of repeated activities. The child becomes the mother or father who has children who become mothers or fathers, who in turn have more children in a family line of sequential births. When one thing comes out of another as in a cause and effect occurrence, it is often seen as a sequence of events or sequential change. When something occurs regularly as in a rhythmic cycle, it is viewed as cyclic change. But the differences are not always clear.

Suppose, for example, a witness to the tick-tock of the clock (sequential sounds) chooses not to measure it by the pendulum, but by a wheel or gear (cyclic movement) that makes the pendulum move. Such an observation would show the ticking to be the result of a cycle rather than a sequence. Both may be correct, but different views. Sequential, or cause and effect change, is sometimes more of an illusion based on the inability of an entity to see the total picture in which the cycles play a major part. There was a time, for example, when an astrologer priest, knowing of an upcoming solar eclipse or other heavenly event, would inform the masses that the priest planned to cause the solar eclipse or other event. Then, when the event occurred, the masses would marvel at the supernatural power of the priest.

In reality, a predetermined and cyclic event (of which the priest knew and of which the masses knew not) occurred on time. The masses were tricked to thinking it was caused by the power of the priest, as a cause/effect event. Thus, cyclic motions and patterns yield information about future and past events. But cause and effect sequential patterns, when repeated the same way, can also yield information about the results or effects of a cause.

Thus, bodies of knowledge and systems for observing patterns create fields for various types of sciences. Astrology, the mother of modern science, is based on such research of causal patterns and accompanying events. Astrology draws on cyclic and sequential patterns and this will be discussed later in the book. All directions in nature tend to

Who, In Fact, You Really Are

curve if extended far enough, and eventually can curve back on themselves in a cyclic movement. But for simplicity, one may more easily grasp certain concepts by thinking in terms of sequential changes for some things and cyclic changes for others, even when sequential changes are actually caused by cycles.

Air currents passing through the vocal cords or the balloon's mouth move the passage walls back and forth in a sequence to cause the vibration that results in the sound. Thus, the concept of sound, "the Word" has come to symbolize the creative power of Vibration as a Universal Power or Divine Presence as suggested in your biblical New Testament, which states: "In the beginning was the Word, and the Word was with God, and the Word was God." This may be accurately restated as "In the beginning was the vibration (or Frequency) and the vibration was with God and the vibration was God." Vibration, or call it Frequency, the "Word" or call it God, spans all of the known and unknown Creation, and is everywhere present. Consciousness as Life Force Itself is composed of a vibratory rate that yet, for a while longer, lies beyond the frequency readings of your common present day electronic instruments. That Universal Vibration creates the Cosmic Consciousness that you call God.

Thus, it is accurate to say, "God is everywhere present (Omnipresent) or all powerful (Omnipotent), or all knowing (Omniscient). Your instruments can measure some extra low frequency (ELF) vibrations, some ultra high frequency (UHF) vibrations, and a wide range of other frequencies: the earth's frequency, sound, radio waves, infrared (heat), the light spectrum, ultraviolet light, X-rays, gamma rays, cosmic rays, etc. but life, love, and consciousness frequencies vibrate at higher rates than these, and your instruments are not yet quite attuned to read these higher frequencies.

But while your electronic instruments are not yet properly developed for this task, these frequencies can be read by sensitive beings who are sufficiently attuned to the higher, creative frequencies and vibrations of love, life and consciousness. You have seen it written that God is love, the universe is vibrant and alive and the cosmos is conscious. Thus, some entities have been sensitive enough to attune to these higher vibrations in order to have read or attuned to these truths.

Many entities view life and death as sequential, with lives creating new lives and themselves fading into death as a kind of cause and effect chain of events. There is also the established scientific view that the cells, blood, flesh, bones, organs, and all bodily substances constantly die and renew so that within a seven year cycle there isn't one single cell within an individual that is the same as was there prior to the seven year cycle, which suggests a physical recreation occurs for better or worse at least every seven years during the life span of one's physical incarnation. Others see life as a cycle in which one is born, grows, weakens, eventually dies and then is reborn to begin the cycle again.

Such a view sees a cycle of repetitious reincarnations like being on a wheel of life and death, birth and rebirth as cycles and lifetimes repeat endlessly until one manages somehow to extract oneself from that wheel.

Concepts to Understand Before You Start

There are also the daily cycles in which the cells of one's body live and die, rest and restore their energies through the metabolism of cycles through degrees of bardo states: sleep, meditation, cellular death and rebirth into the awakened state you call reality. These daily cycles are miniature replicas of the life/death cycle but without the full and simultaneous participation of all the parts of the body causing the extreme event of a total bodily death happening all at one time. The greater the participation of the body parts in the decay process, the closer the entity moves toward physical death.

In the case of accidents and injury where vital organs are damaged, the healthy body can be disengaged from vital and spiritual energies resulting in physical death. But it is truly necessary for entities wishing to understand their full potential to realize that the physical body is the product of vibratory creation and that it evolved more from mental energies than from material substances.

These mental energies emerge out of the consciousness that permeates the universe as “the Word” or “Creative Force of God.” The seeds and eggs that create the offspring are created within the individual parents and evolve also from the mental energies of the consciousness that they have been given. Thus, the cycle of life and death is controlled and operated by consciousness which plays out its dance in its own animated creations, leading to reproductions of its own productions.

In realizing that the Universe, as well as each part, is made up of spirit—or antimatter and matter in varying degrees of mixture—and that at the one extreme there is almost no matter, and at the other extreme there is almost no spirit or vitality, one can understand that throughout the areas between these two extremes are many degrees of spiritual and material mixtures that make up the realms of living beings and material substances.

One also can understand that the doorways known as birth, death and rebirth are like cosmological black holes through which entities travel in passing through from the spirit or vital side, to the material or physical side, and visa versa. But these doorways come in various degrees and in a variety of forms. Passing through a doorway in death need not necessarily be total or even physical, but may be emotional, spiritual, mental, or astral, and in such cases, and may only be partial in nature. Each passage can affect the total being of an entity to some degree on all levels: physical, spiritual, emotional, mental and astral, in some mixture or flux of these levels.

For example, an emotional loss as in the death of an important relationship, may affect the mind, astral, spiritual and physical body, as well as the emotions. Physical life and death are often the more dramatic, and can be looked at as extreme passages through the doorways between the black holes in consciousness that allow one to pass through from one plane or realm to another. But awakening or falling asleep make use of similar, though less extreme, doorways or holes in consciousness that allow entities to shift from realm to realm more on the psychic levels, with less extreme effects on the physical level.

Who, In Fact, You Really Are

An ego death is another variation occurring more on psychic and emotional levels, having only a subtle effect on the physical body itself. It is for this reason that the Apostle Paul referring to his meditations said, "I die daily," for by meditating on the spirit, he entered more into the spiritual realm and away from the material world. The death he spoke of, being diminished by degree, was not a finality of the body, but of psychological attachment to the physical realm, and served to strengthen his spiritual attachments. Likewise, entities throughout their lives vacillate between life and death by their material and spiritual balance.

Dieting on foods that have little or no life force diminishes the spiritual intake of the body. Dieting on thoughts and attitudes that have little hope and life-giving encouragement diminish one's vital energies. Dieting on relationships and associations that deny spiritual energies diminish the spiritual energies of one's body. There are also environmental toxins, radiations, and such influences that can diminish one's vital or life energies.

But when these spiritual or life giving energies are excessively denied from one's physical body, the life force weakens and the body becomes debilitated from lack of vital energy. It may yield up any remaining spirit and decay in death. The vibrations that fill the Universe are found in everything. In each thing that "is," the vibrations are unique to that thing. Thus, each plant, each mineral, each life form, no matter how large or small, each heavenly body or group of heavenly bodies, has its own unique frequency or vibration. All the sub-parts or particles and sub-particles of any of these things have their own unique subfrequency or subvibration that resonates under the greater general vibration of the thing in the same way that a musical note resonates overtones to its sound.

Because of this uniqueness, each thing in the universe, be it mental, emotional, spiritual, physical, cultural or otherwise, can be manipulated or altered by forces that hook, tag, attune or otherwise attach to its unique frequency, restoring it to its original condition, or distorting its condition to change it into something else. For this reason, people's vibrations, words, attitudes, actions and behavior can change the nature of a thing, as can the manipulation of vibrations through the use of electronics, radionics, radiation, sound, color, light, chemicals, shapes, movement, foods, minerals, vitamins, plants and herbs, soil, weather, water, and just about any other thing.

Those who are most sensitive and who understand this principle can make use of mental vibrations, images, chants, prayer or other refined vibrations to bring about the desired results. Others who are more materialistic may use tangible things such as drugs, chemicals, electronic devices, machines, physical manipulation, herbs and other material things to bring about the desired change. Still another, who wants to be truly thorough, might draw from a variety of spiritual, emotional, mental, cultural, and physical areas to affect the desired changes.

Concepts to Understand Before You Start

This allows alterations, restorations, continuations or other modifications to a vibration to preserve or change it in a way that is open and acceptable to the one who would affect the change.

A doctor of one discipline would attempt to make changes in accordance with the method he or she is most familiar with, while a doctor of another discipline would use another approach. Likewise, an engineer, a chemist, a demolitions expert, a politician, a social worker, a member of the clergy, a soldier, a fireman, a physicist, a secretary, a judge, a teacher or a beggar would each have their own distinct way of approaching a particular situation—each dealing with it in a different manner according to their own unique disciplines. The vibrations of one's discipline, mixing with the vibrations of a particular situation, will be different for each individual and bring about different results even though their basic intentions may be the same.

The entity who understands the alchemy of mixing various vibrations will watch as one watching an experiment, to see which vibrations when mixed together bring about the proper results in any given situation, and will keep that special formula working as long as it is desirable, and as long as it continues to bring about the proper results. Mixing vibrations of people, places, things, weather, sounds color, attitudes, cultures, and so forth, can yield precise results just as surely as can the mixing of chemical vibrations. But the average person, being busy trying to create a more comfortable living, without guidance from another, will seldom develop enough attentiveness to recognize which people work best together, what attitudes are most helpful, what places, cultures, colors, weather, sound and so forth work best for a particular purpose or project.

This has been done in the development of the science of chemistry, electronics and other systems that create formulas and patterns for particular purposes and goals. In the future, these vibratory mixtures and combinations that occur socially and in business affairs will be given greater attention for more harmonious results. Astrology does include within its discipline a system of recognizing vibratory or energy compatibility between signs and aspects shared by entities having different birth data, for astrology as used today on your earth plane is descended from a highly advanced and ancient extraterrestrial science.

The recognition of astrological cycles and accompanying sequential events will be discussed later in the book, but it is important at this time to realize that the patterns of these cycles, the polarities between spirit—antimatter and matter—and the mixture of vibrations create the life and death cycles or sequential patterns in which everything lives and dies, whether it be a stone, a sound, an idea, an activity, a being, a planet, a galaxy, or a universe. Each thing has its own season, its own time to live and its own time to die. But in each death, each thing continues as something transformed into another vibratory flux, another mixture and pattern of energies and consciousness.

Every death is a birth and every birth is a death. The movement is but a shift of polarities—a feeling of change in the matter and antimatter flux to its equal and opposite balance. For some, the shift is subtle and slow. For others, it is sudden and quick.

Who, In Fact, You Really Are

Some are nearly dead for years before the passing over. To that same degree, they may be that much more alive in the next realm. Others who are suddenly taken may require considerable time in the next realm to adjust to the new realities of their passing over.

All entities, in every realm, alive to one, dead to the other, or in between, experience the Life Force, the Creative Power of the Living Word of God, the Cosmic Vibration or Universal Frequencies, for that is All There Is. Death itself cannot deny such realities, but only shifts from one vibration to another, from one realm to another, from one reality to a different one.

Life and Death are but changes from one condition to another. Consciousness continues throughout and beyond the change. One dies to the old and is reborn in the new. So it is with death. It is just a shift to another place—a change of address in the cosmos. But one must not seek to escape life's trials for negative karma follows one who leaves before finishing the task for which one came into physical form to complete.

Even though the body dies, entities continue on as a flux of energies, a composite of vibrations, in one form or another, in one realm or another, never escaping the reality of their existence even through death's door. Nor do they escape from their problems, except by solving or emotionally letting go to let the Divine creator solve the problem. When you have done all you can do to solve your problem, let go and let God take care of it, being willing to do as the Divine Creator suggests. The Creator will never ask that you harm another, or that you harm yourself, or that you suffer on Its behalf. This Awareness will ask that you love yourself and others and that you give of yourself sufficiently to create an empty space—a vacuum within—that will hold the blessings you deserve and desire. The sacrifice of giving up something for something more desirable brings the greater fulfillment as give and take, gain and loss, pleasure and pain, life and death, and a myriad of other ever-shifting polarities dance and vibrate to your eternal and everlasting life.

(Keeping these ideas in mind, Cosmic Awareness will now begin the lessons.)