

## Foundations I of Universal Principles

### Week Four –A Look Back

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#### WHAT WE HAVE COVERED SO FAR

##### **What are you?**

You are an infinite being, multi-dimensional in nature, singularly and unique emanations of Cosmic Presence. You are not your body. Your body is in your field of awareness.

##### **What is God?** Supreme Being or Presence.

God. Spirit is that which is All in All. Ever-Expanding, Ever-Expressing, Source, First or Only Cause, Infinite, Has no opposite, Omni-Active, Omnipresent, Omniscient, Omnipotent

##### **Consciousness is pure awareness.**

We are conscious when we are aware that we are aware. Thus, pure consciousness is pure awareness. Memory is a faculty of consciousness which is the ability to store the energy of thought so it can be recalled to mind.

Separate and distinct from pure awareness is the **content of our consciousness.**

##### **Content of our Consciousness**

An analogy helps us to understand the content of consciousness. The ocean in its pure essence is water, H<sub>2</sub>O, and behaves like a liquid container. Countless objects and living things float and swim in the ocean, but they are not the ocean itself. We find debris, dead matter, sunken ships, and many different species of fish, shellfish, and mammals swimming in it. However these things are not the ocean itself. Their fundamental nature is not the same as the nature of the ocean itself.

Like the ocean our consciousness contains content. The content is made up of your beliefs, opinions, judgments, points of view, things you value, things you don't, things you make-up in your mind, things other people make-up, superstition, etc.

**A Thought is a Mental Unit of Energy.** Energy cannot be lost or destroyed. Thus the energy of a thought-form—negative or positive—can remain with you in your faculty of memory or subconscious awareness. Thought energy can be neutralized by a different thought energy especially one that is vibrating at a higher frequency.

**There are levels of awareness.**

- When we are awake we are aware
- When we are sleeping we are aware
- Intuitive awareness (outside of a process of reasoned thinking)
- Simultaneous awareness (able to see yourself as an observer of your actions and observer of your thoughts)

**We can focus our awareness on preferences, choices, likes, dislikes, creativity, etc.** What we focus on becomes the content of our consciousness. That content is in a constant shift and change mode with regard to the details. However, if what we are entertaining in consciousness is operating at the same vibratory level as old content, then our lives will out-picture the same old condensed thought patterns. It simply means that new thoughts are not really new, we are just regurgitating the same old ideas, opinions, judgments, etcetera.

**Mentation**

This word coined by Michael Bernard Beckwith refers to the regurgitation of the same old thought forms, ideas, opinions, etc. that have been circulating through our culture for centuries. Nothing new—no original idea can come through that state of consciousness that seeks out the lowest common denominator of populist views.

**Waking consciousness is what we are using as we go through our daily activities.** Waking consciousness helps us maneuver through our day. We plan daily actions, we make “To-do” lists, we make appointments, we engage in conversations, we plan how to persuade others to see our point of view, we scope-out parking spaces, the shortest line, the best bargain, we plan meals, we plan entertainment activities, we map out routes when driving, and so on.

Our awareness in our waking state is almost always colored by our perceptions—that is, we entertain in consciousness. Our world view of what is right or wrong, what is pleasurable or painful, what is uplifting and what is a downer, what is important and what is not, what we value and what we despised, what we think of ourselves, and what we think of others, etcetera, is all part of **the content of our consciousness.**

## Perception

An idea believed in, forms a belief, which forms a thought, and thought-patterns inform our perspective, point of view, or outlook on life.

**What we entertain as content in our consciousness** is often the filter or lens through which we look out at the world around us, view our family, view our friends, view “*those people over there*” of perception. Perception comes from the content of our consciousness.

Perception forms the essence of the paradigm from which we view and live life. We can have many perceptions about many different things—how relationships should go, how to eat healthy, how the economy is affecting us, how to beat wall street, how to right injustices, how to protect ourselves from harmful people, how to ward off burglars, how to live a pure life, how to be saved in the eyes of God, how to please others so they will like us, how to build power and status in a chosen field, how to get rich quick, how to fight against greed, how to fight for human rights, how to insulate ourselves from feeling pain, how to be strong and not appear weak, etc.

## Paradigm Shift

Our paradigm is our standard or prototype for living life. It is built upon the perceptions we hold in various areas of life. It becomes our mind-set, our ruler and our barometer for relating to life experiences and creating the experiences or conditions that match our paradigm.

**A paradigm shift** occurs when those beliefs, thoughts and opinions are shattered by the willingness to challenge firmly held beliefs, thoughts and opinion. We are asked to challenge our beliefs. Where did they come from? What is true? When truth principles, spiritual practices, and a sincere desire to grow spiritually meet those beliefs face-to-face, there is a quickening of the soul. In the face of challenge, those previously held views dissolve in the light of truth. We realize we adopted the views of others—the Over-Culture or Race Consciousness collective beliefs handed down through the ages. We accept what is true by embodying the truth. Our soul in its pure nature responds and resonates with the truth. Once accepted, we begin to see from a different point of view.

## There are Four Stages of Consciousness

- **Victim Stage**—something outside of me is causing me hurt, frustration, harm, resentment, anger. I am not happy and I blame them or that circumstance.
- **Manifestation Stage**—I am a co-participant in my destiny, and there are Universal Laws that correspond to my wishes and desires. There is a Power for good that I can use to stabilize my life structures so that I am available for more of God to express as me.
- **Channel or Vessel for God to “Use Me”** I am more than any circumstance. I am here for God. I am an opening for more of God to express in this dimension. I am the channel through which a mighty blessing flows! I live move and have my being in God. I am “In the Zone” in the field of Infinite Possibilities.
- **One With God** “The Father and I are One!” There is no separation. I of my own self do nothing. God as me is living, moving and expressing in this time space dimension in this physical for and as me as non-physical being.

**Faculties of consciousness** include imagination, rationalization, logical thinking, linear thinking, whole-brain thinking, and our ability to think independent of circumstances. The first and last mentioned faculties are keys to letting go of victim consciousness.

By nature we are creative beings. Spirit, God, is always expanding its creation, Awareness of the creative process empowers us to be mindful and intentional in what we are creating and calling forth.

We get to use the Universal Laws.

## Universal Laws

Operate whether we are aware of them or not. Most people speak of the *Law of Cause and Effect* and *The Law of Attraction*. These concepts date back to the time of Isaac Newton. Observers and practitioners of Newtonian principles looked at effects and conditions and attempted to make sense of what they were observing with the five senses. They traced events back through time (what happened immediately before) to find a “cause” though linear deductive reasoning. There is only One Cause in back of the Universe to say there is a secondary cause, negates the all-ness of God.

## The Law of Radiance and The Law of Emergence

To say we are attracting something to us may well be a misstatement. We can see that outwardly something happens – a circumstance comes about, a thing desired appears, an undesirable thing happens—and we believe we attracted that to us. We observe the

outer effect. It wasn't here before and it is here now--which looks like an attraction brought it forth.

In reality, **we are radiant beings**. Something radiates from within us. An idea, desire or creative pattern emerges from the Field of All Possibilities that lies within each individual. That idea when focused upon (energy flows where attention goes) creates a seeming magnetic field. The desire has pulling power to resonate with like, or matching frequencies. When conditions are right, the frequencies or vibrations coagulate into form. Form always follows consciousness. Thus, under the law of Emergence, something emerges when the right conditions exist and all cooperative components are lined up, in harmony with and resonating at the same frequency.

### **Four Windows of Manifestation:**

#### **Beliefs, Lessons, Blessing, Over-culture Consciousness**

Manifestation does not take place in a vacuum. There is intention and purpose behind physical manifestation. We live in an intentional and orderly world. Consequently, when manifestation takes place, the Universe is involved, our soul is involved, Spirit is involved, Collective Consciousness is involved, and soul agreements are involved. **We cannot judge by appearances because we do not know from observing alone what the intention is behind the manifestation.** What we see manifest may be because of a **belief** (Job Factor) or desire, a **soul lesson** to be learned, a **blessing** to be conferred, or a belief that is caught from the realm of **the Collective Consciousness** or the Over-Culture Consciousness.

Whatever manifests become the portal through which soul growth and evolution can take place.