

MEASCRIPTS

Self-Awareness Guide

by Pamela A. Meadows

Be not only that which you are, but rather that which you want to be. Knowledge cannot be stopped once it's been unleashed. It must flow like water, sometimes turbulent and sometimes calm. This is where knowledge is born within the stillness of the mind. Be still and listen to your own song of truth, which is your guiding light to the depths of knowledge.

Go where others have yet to go, be what others have yet to be and live in the perpetuity of change. Life changes and yet remains constant. It is what drives man to the thresholds of brilliance. Within our regimes no life exists, and the notion of change is where life is constant and men live free.

Be that change, for all eternity awaits nothing other than change itself. That is the secret for all men to share and have exist in their hearts.



INTRODUCTION TO:

MEASCRIPTS

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Meascripts Program Overview

Meascripts is your guide to Self-Awareness and how it applies to every aspect of daily life. You'll learn the skill of Self-Initiated Awareness (SIA) and how it teaches you to interpret, understand, and assess life events and emotions.

To get the most out of this program:

- Take your time with the material. Focus on one chapter at a time and determine how it relates to your life experience
- Read each chapter at least twice, as consciousness reveals itself in layers
- Take notes on impressions, insights, and any questions you'd like answered or would like to discuss

The Letters

Private Eye Series – Case Studies

As a supplement to the **Meascripts** course there are 5 case studies called, ***The Letters***, to help you apply your understanding of the material and offer you practice in applying **SIA**. The conclusions to the case studies are provided at the back half of the document.

Each case study is based on a real-life event. Both **provided facts** and **assumptions** apply, so there is more than one possible conclusion. Use your awareness skills to determine the purpose of each story and the relevance to the associated elements.

Understanding the purpose behind your life events broadens your self-understanding of the true nature of your Being and their *relevance* in your life and in the world at large.

The SIA Process:

- Learn to become aware of the purpose and relevance of all your life events
- Determine and assess your emotional triggers as they occur
- Make associations between people, places and things, timing, and any other related elements
- Allow the process to unfold, answers will reveal themselves over time
- Determine the metaphors and symbolic meanings inherent in events, relationships, and elements
- Recognize—*there is what you see and what you don't see*

Meascripts is intended to serve you a lifetime. Review it often particularly in times of stress and confusion. Its wisdom continues to reveal itself with every read.

MEASCRIPITS

Prologue

“Life’s token road leads us down distant shores of
a thousand different skies”



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Consciousness is a Process of Understanding Over Time

It takes **time** for our consciousness to draw conclusions about matters that cannot be worked out in a moment’s notice. **Time is the Idea of Conscious Process.** It affords us the necessary framework to carry on in our daily lives while processing information we are unaware of at a subconscious level.

MEASCRIPTS is about becoming aware of this process—the foundation upon which this index was born. However, it did not blossom overnight. It took **time**. And so, with **time** on our side, it is **time** to consider the matter of our existence—**how does self-awareness influence the human condition? How is it relevant to our life experience, and why is it now so important for all of us to consciously participate?**

It could be said, humanity is an expression of creation, as “art” is **Earth’s** middle name. There is something of relevance hidden within. Like all things great and small there is something of relevance hidden within it ALL, and it is upon us all to note, as a conscious species on this planet—the WHY, the CAUSE, and the **(BE)CAUSE** behind it all. **This is about our Human Evolution.**

MEASCRIPTS is a lifetime endeavor, one that cannot be realized in a moment’s notice. Which means everything in life is part of conscious process. In fact, if you aim to discover what drives your emotional and mental behavior, you’re likely to come to the conclusion that there is something beyond the obvious that influences our lives. Something truer than the make-up we wear, or the facade we present to strangers, or the happy face we pretend for friends and loved ones.

Language of Metaphor

Life offers each of us an opportunity to learn the language of metaphor through the symbols of everyday life—from birds to bugs and cars to sheep. It all matters, for everything that is matter in this world has a cause that brought it forth.

MEASCRIPTS helps you bring random thoughts to conclusion through *the art of making associations* between time, events, order, people, relationships, and things. Learning to interpret life’s symbols and their related impact on your life experience expands your **Awareness of Self**—a “Master of Arts” of another kind. Like a detective solving mysteries of

mistaken identity, you resolve your own conundrum—**who you think you are –vs– who you ARE**. And, in so doing, gradually transform yourself into the expression of your true nature—that part of you that has always been there, behind life’s conscious façade. **Self-Awareness makes you an active participant in your own evolution.**

Transformation

MEASCRIPTS Index teaches you the **Process Of Allowing**, which fosters and builds perseverance, self-fortitude and self-trust. These are the values that will help steer you in the pursuit of **conscious-evolution** to discover what’s limiting your mental and emotional capacities that lead to illness, disease, and unsavory outcomes. Expanding self-awareness through **self-understanding** opens up an entirely new relationship to yourself and the world around you. It offers the opportunity to transform issues of inner conflict that lead to misguided actions and repeated negative patterns of behavior.

Evolution

This Index serves as a practical guide and tool to help in understanding your conscious evolution. It goes without saying, knowing what to expect along any path of the unknown provides comfort along the way and helps minimize excessive challenges due to misunderstandings. We cannot predict the road ahead turn by turn, but we can become aware of the issues to be addressed

in our evolution to a higher consciousness.

Humanity is **conscious evolution unfolding** and the vessel through which higher consciousness is being birthed.

By becoming aware of the evolutionary process we can help mitigate the confusion that inevitably comes with change, and thus, become a willing and conscious participant rather than one caught off-guard. Awareness is the saving grace to life's challenges on all fronts.



Of What Can We Be Certain?

That we each play a role in the Evolution of Consciousness, which works through our individual and collective life experiences—*whether we know it or not, whether we believe it or not.*

"We are a species in-the-making"

Introduction



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THE BEGINNING

Starting anything at the beginning—a story, a play, a book—might sound logical, but in this instance it's anything but.

In the case of this storytelling we're starting at both the beginning and the end. Life knows no other process, for its beginning is also its end; the same "book-end", you might say. **But, why does this matter and what are we to gain from this notion?**

One could say that the beginning and the end serve the same purpose and with that thought in mind, one could also say, in truth, there is only one place to start and end any life's story. For, the beginning of any life ends in the same place it started—that place is **CONSCIOUSNESS.**

Consciousness is the beginning of our origins, both within the world of matter and the world of anti-matter, which we as yet are not completely clear on. For this reason, it is called upon us all to become aware of such discrepancies in consciousness. We are being asked to move forward in our approach to life matters and the understanding we have about ourselves and others with whom we interact on a daily basis. It is rather this **"daily basis"** that comes to mind, because without that there is no life plan. There is no moving forward. There is only time to be used to reckon the



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disparities between two worlds of consciousness, and it is *consciousness* itself that is leading the charge.

How can we know this for sure or even a little bit? This all sounds so untoward. Yes, perhaps this is so to the untrained psyche that has yet to encounter the grace of this truth. But, to the steward(s) chosen to put forth a great effort in order to realize this as "the truth of the matter", it is quite a sane proposal. Thus, it is the stewards

among us who must clear the stony path ahead in order to assist, guide and inform **how consciousness uses human form as a vessel to become aware of itself.**

This brings us back to the beginning, where consciousness starts. As we become awakened by this "Higher Mind", we become aware of an infinite connection that permeates all life and things on earth. It consists of **two component parts—both a thinking**

mechanism and an energetic force working together to fulfill some unknown aspect of its identity. So, if we take a *lower state of consciousness* as our starting point, we can predict a *higher state of consciousness* as the end point.

Thus, with that in mind we shall begin with a fascinating opportunity to consciously participate in the purpose of our species on this planet—**to enable the Higher Mind to become aware of itself**. This sets forth our Human Purpose.

Self-Reflection

The idea of **self-reflection** is suggested in the notion of a higher consciousness entreating us with the same desire to know ourselves more deeply, from an origins perspective. If we move forward with that thought, it would seem possible that we are looking back on ourselves from a higher state of awareness, (our non-material self). This means consciousness exists in different states of awareness at the same time. This affords human consciousness, at a lower level, with the same possibility to know its true nature through the process of **Consciousness Rising**.

Each one of us serves as a part, or **Singularity**, of the **Wholeness of Conscious Awareness**. Each one of us has a relative part that exists as the "Higher Mind", and it is this Higher Mind that is awakening in us. The rising of awareness of an individual raises the awareness of all humanity—one enables another in a magnificent web of conscious expansion.

Self-reflection thus becomes a means unto itself. Through the **practice** of self-awareness we engage our lower state of awareness with our Higher Mind, leading to **the ultimate possibility of experiencing an expanded state of awareness of the Higher Mind within the realm of our human experience**.

The significance, notwithstanding, as we have yet to achieve such awareness at human level, but the act of doing and forward looking is the endeavor that stands before us. In this way we pave the road for others who will follow in our footsteps, for no effort is wasted as it works far and wide on the many and varied planes of awareness. Our conscious participation is an act of oneness for the sake of all humanity.

The Evolving Self

In becoming a conscious participant to evolution and learning the dynamics of how your daily life experience serves the process is instrumental. To do this we simply must become aware! A simple task it may seem, but an earnest one makes for another story, as it is not a simple endeavor to ask the lower conscious mind to simply wake-up. It takes time and conscious effort, daily, to arrive at the gates of one's own Higher Mind. The reason for this is perhaps more simply understood, as we can all attest to our own beliefs shaped through our history, culture, family, religion, education, etc. to which we hold fast. These are deeply engrained in us from a young age like personal files stored away for years. Therefore, it takes courage and perseverance to release these old files

of understanding in order to pursue the path of conscious evolution.

To guide this process there is an established method to help us get there, as there is much to ascertain in the process of *letting go* and *acquiring*. And, it is exactly the idea of letting go and acquiring that is at the epicenter of the great cause to raise our awareness. **This “Conscious Method” is the process of letting go of self-destructive beliefs of self-regard while transmuting them into a renewed understanding of Self.** We can think of this as a process of purifying a vessel of dirty water that through conscious awareness becomes gradually cleansed. It’s a process of eliminating unresolved issues and false understandings of the Self, which are the cause of emotional dissonance.

Example:

To understand the workings of this process a little better let’s take a hypothetical situation. Let’s say that you are on your way to nursery school to pick-up your child and along the way a tractor-trailer stalls and blocks your path. In order to get to the school you have to get out of your car and walk, but it is still quite a distance away. However, this seems to be your only hope at this particular moment in time. Time being the operative word, because as time passes you become increasingly worried about not making it to the school on time.

In this case the lower mind begins to set up further roadblocks, such as, **“I’m going to be late and my child will think I’ve abandoned them”**, or, **“Someone will take them**

before I get there”, causing you additional anxiety. On the contrary of this thought process is the Higher Mind that would set up the situation quite differently ...

“There is purpose in this situation. This roadblock serves to draw my attention to it. What misunderstanding do I have about being separated from my child? What is the metaphor “roadblock” trying to convey to me?”

Through this revised way of thinking you open up a channel to your Higher Mind. You may not be able to access the truth of the situation in that very instant, or even until much later, as every truth has its own time. But, as you get closer to the truth, the purpose of the "roadblock" reveals itself allowing you the opportunity to resolve an issue that was not yet conscious, or was being ignored, denied, or avoided by you. In the example, you could be harboring fear of separation from your child due to a childhood experience of your own. Or, you may feel you are a bad parent because you work continually longer hours. Further inquiry is required to come to a full conclusion, but this begins the assessment process.

This thought process is an example of consciously engaging with your Higher Mind. The more you engage it, the more aware you become. You begin to enable the process to flow more easily. **The attention you apply is in direct correlation to the awareness path you will walk. This is the path of the Higher Mind—resolving issues one by one, like dissolving grains of salt in water.**

What this ultimately brings is **Peace of Mind**, whole-body health and wellbeing

The Importance of Letting Go

If we think of our mental, physical, emotional and energetic “bodies” as a **whole-body system** functioning as one unit, then we can consider how the breakdown of any one of these jeopardizes the health of the whole. Within this system is the **control center**, which is responsible for all other parts of the system. **This control center is our emotional-body.**

The emotions play a major role in our overall health and wellbeing. When unresolved emotions are stowed away as “emotional files”, we set up a **weak link** in the system. This weak link, when left unattended, eventually leads to further breakdown in the system of the whole. It cannot be overstated how important unchecked emotions affect the entire organism of our health. This is where true healing of the human anatomy comes into play.



Image by Лечение Наркомании from Pixabay

Without a means to help us release misunderstood emotions we face “system breakdowns” over and over again, which have the potential to develop into such diseases as cancer or Alzheimer’s, or even lead to suicide. **An awareness process that we practice over the course of our lifetime is the most sustainable and deliberate way to help mitigate the conditions that lead to ill health.** Daily awareness practice helps eliminate the need for

reinforcements such as medicine and medical intervention. Though we may not be completely sure of the cause of every case of ill health we experience, we have the choice to develop the skill of self-awareness to help alleviate contributing factors. It is one of the most sustainable ways to forge a path toward health and healing. Our health lies in our own hands. We are the **Source Health Index, which is the potential for human health.**

Summary

Life is *Conscious Process*. We are in a state of constant evolution. When we align with this knowledge and pathway to higher consciousness, both individually and collectively, we are forging a path for all to follow—the One serves the All. Each of us becomes an important part of the whole-body system of humanity. This is the purpose and the ultimate goal of becoming a consciously aware human.

Time is *the buffer between levels of awareness*. It is the mechanism that allows our daily life experience to unfold and is the counterpart to “no-time”, where Consciousness resides in a state of “isness”.

Humanity is *the vehicle through which Consciousness becomes aware of itself through the process of rising awareness*.

Humanity is *the vessel of Creation*; the “Higher Mind” is providing an opportunity to experience what it is not in order to discover what it is. We are each a reflection of this intention—to become aware of what we are not in order to know what we are.



The Science of Consciousness is a relatively unexplored field of science. Like any new discovery we can never be 100% certain of the outcome until we've gone through a *proof-of-concept process*. But even then, there is so much more to be explored. To proceed with an open mind and continue with self-endeavors that provide all of us with the best of our own conclusions is a step forward in *conscious evolution*. Beyond that, we are all at the mercy of change and progress that affects all life on Earth.

Our continued commitment to move forward with conscious change is at the forefront of human existence and the health of our planet.

Epilogue
