

SUPERCONSCIOUS

each game held its own universes, its own galaxies,
monitored by the AGREEMENTS in the core.
And the core was monitored by the agreements in the hub of the time
game, held in place by voids.

Wheel upon wheel ran the tubes of time, in figure-eights of eternity.

How many games, how many universes, how many spheres revolve
in ponderous immensity through the tubes of time?

I, YOU, TOTALITY IS PRESENT.

As we explore our awareness of BEING and PERVADING, in a steady
succession of NOWS, the secrets of the game reveal themselves.

The AGREEMENTS spell out their POSTULATES, the GAMES reveal
their RULES, the universes are enumerated.

Therefore, let us grant ourselves the right to BE AWARE.

Let us be PRESENT as TOTALITY, NOW.

TOTALITY CONCEPT 26-A

BEING AWARE OF BEING PRESENT
AS THE SPACE

The beginning of the work with Joanna is the experience of being aware
of being present as the space within one's body, the empty space between
the molecules and atoms of matter/energy that comprise one's body. This
includes being aware of being present as the space not only within but also
around one's body—and of gradually expanding that awareness until
one is conscious of being present as the space within and throughout
the entire universe. The end result of the work is being aware of being
Superconscious and of functioning as Superconscious on the Earth plane.

Joanna gave her teachings not systematically but simultaneously,
interspersed with many anecdotal experiences, confirmations, prod-
ding questions and a good deal of humor. Like a great raptor wheel-
ing in space, she circled round and round the many facets of her

understanding, occasionally swooping down to seize upon some illumination that had occurred in me. Much of what she said confirmed and gave depth to experiences I already had, while other concepts took me a longer time to grasp and absorb.

Most basic was the experience, not the idea, the experience of being present as the space, which was transmitted most directly through the Total Meditation.

“Be aware of being present as the space within your body. Science has demonstrated that within the matter and energy comprising your precious body, between the molecules and atoms you are ninety-nine-plus percent space, empty space. Be aware of being present as the space within your body right now.”

(That was easy for me to do.)

“Be aware of being present as the space within and around your body, including your astral and etheric force fields.”

(She would pause at each stage until she was certain I had the reality of the experience.)

“Be aware of being present as the space within which this room exists. These bodies, this furniture, these walls are existing within the space that you are.”

“Be aware of being present as the space within which the city of Santa Fe exists. The breeze is blowing through you. The birds are flying through. The people and cars are moving through you. And you are present as unbroken, continuous space in which all of this exists.”

(Vivid images would appear and disappear in the space. I would keep my awareness on being present as the space within which all exists.)

“Be aware of being present as the space in which this whole region of the country exists. The mountains, the rivers, the trees, the sky, all exist within the space that you are.”

“Be aware of being present as the space within which the whole country, the whole continent exists. All the vastness of the land, the rivers, the sea, the sky, all exist within the space that you are.”

SUPERCONSCIOUS

“Be aware of being present as the space within which the planet Earth exists, a beautiful blue-and-white ball floating within the space that you are. Science says that if all the matter and energy comprising this planet were condensed so that there were no space present, it would only be the size of a small orange. See the planet in peace and harmony and love floating within your space.”

“Be aware of being present as the space within which the whole solar system exists. The sun and all the planets whirling around it exist in the emptiness of your space.”

“Be aware of being present as the space in which the whole galaxy exists. Millions and billions of stars, dark clouds of matter, infinite life forms, all exist within the space that you are.”

“Be aware of being present as the space within and throughout the entire universe. Innumerable galaxies, whirlpools of light, dark clouds of matter, infinite life forms, all exist within the space that you are.”

“Be aware of being the stillness.”

“Be aware of being vastness.”

“Be aware of being motionless.”

“Be aware of being timeless.”

“Be aware of being foreverness.”

“Be aware of being Totality, whole and complete, within and throughout the whole universe.”

“Be still and know.”

Being aware of being the space came naturally and easily to me after years of meditation practice. When one stills the mind and quiets the emotions sufficiently, one becomes aware of an emptiness, a stillness in

the ground of one's being. That emptiness had been a refuge from mental agitation and emotional suffering for years. The experience of extending the awareness of being the space beyond my presence to include the town, the region, the country, the planet Earth, the solar system, the galaxy, and the entire universe was new to me but seemed natural and came very easily.

Space is continuous within and throughout all of creation, existing unbroken and undisturbed by all the configurations of matter and energy. Within, not merely around, but within and throughout the infinite multiplicity of forms created of matter and energy in time, lies the unbroken unity of empty space. To expand the awareness of being present as the space throughout the various cosmic dimensions was almost effortless for me. Space has no boundaries, no limits, and offers no resistance.

I have found that experiential reality is almost wholly a matter of the focus of one's attention. Our personal mental, emotional, and physical activity claims most of our attention most of the time. Here, instead of focusing attention on being a drop of water, one focuses on being the space within a drop of water. Then the focus expands until one is aware of being the space within the entire ocean. The drop does not identify with being the ocean. Although it is immersed in the ocean, the attention on self-identification maintains the illusion of individuality. But the space within the drop is no different than the space within the entire ocean. It is merely a matter of the focus of attention.

The focus on the qualities of Totality (Stillness, Vastness, Motionlessness, Timelessness, Foreverness) was extremely useful in deepening the quality of this ultimate experience. Sometimes in deep meditation very subtle thoughts and knowings come, intimations of inspirations and guidance. Even though these knowings might remain inarticulate to my conscious mind, they can be a source of new directions in daily and creative life.

Sometimes Joanna would add, "*Space is Creator.*"

Then she would say, "*As Totality, you have Total Ability and Total Awareness. Be aware of having Total Ability and Total Awareness.*"