

totality concept

- 057 **TOTALITY** is the **BASIC UNDERLYING PRESENCE** of **SELF** which creates with a **KNOWINGNESS** — **ASSIGNMENTS, UNASSIGNMENTS, REASSIGNMENTS, CONSIDERATIONS, CONCEPTS, POSTULATES, THOUGHTS** and **ENERGY** and all **THINGS** manifest.
- 058 No matter how you are classified in the game of experience and living — **SPIRIT, HUMANOID, BODY, or PLANET** — **I, WE, YOU, THEY** — **IS TOTALITY** — **NEVER HAS BEEN OTHER THAN TOTALITY, NEVER WILL BE OTHER THAN,** and **CAN NEVER BE OTHER THAN** the underlying **TOTAL SELF** — **TOTALITY** — which made the original **ASSIGNMENTS** within **AREAS** of the **TOTAL SELF**.

For centuries **MYSTICS** and **MASTERS** have searched for the **TRUE SELF**, looking somewhere in the far distance.

The **ASSIGNED** area of **AWARENESS** from which you are **SEARCHING** is that which you are searching for — the **TRUE TOTAL SELF** — **TOTALITY**.

- 059 No matter how cleverly, **WE**, the **TOTAL SELF**, have created areas of **PRETENDED SEPARATENESS** within the **TOTAL SELF**, each and every one of these areas are basically **TOTALITY**, the **TOTAL SELF**. Each **TIME GAME PLAYER** is **PRETENDING** to be **OTHER THAN TOTAL** and the part of him or her that is **AWARE** is the **TOTAL SELF EXPRESSING** in a limited perimeter of **AWARENESS**.

pretending

- 060 **PRETENDING** to be **DIVIDED** and be **OTHER THAN TOTALITY** is the **GAME** played by **SPIRITS, BODIES, PLANETS, UNIVERSES**, etc.

The **PRETENDED SEPARATENESS** is a direct **ASSIGNMENT** of **TOTALITY**.

The **OTHERNESSES** or **SPIRITS**, the **ASSIGNED** segments of **TOTALITY** at first played the **GAME** fully **AWARE** of the **PRETENDING**.

Then gradually, in the playing of the **GAME**, there is a **FORGETTING**, there is a **PRETENDING**.

At the present state of the **GAME** —
IT HAS BEEN FORGOTTEN

THERE IS A FORGETTING

THERE IS A PRETENDING

TO BE OTHER THAN —

THE TOTAL PRESENCE OF SELF — TOTALITY,

06I These have become **LEVELS OF UNAWARENESS** — being **MAINTAINED** in the **GAME** as control mechanisms.

They are in a sense, **HYPNOTIC GAME CONTROLS** which enable you to be stupid enough to be socially acceptable on planet Earth.

These are a cycle of **THOUGHT FORM** recordings, similar to tape recordings, that can be found in **ALL PARTS** of your body forcefields and at locations on the planet and in space where the planet has been.

This is maintained by **TOTALITY** — the **TOTAL SELF** —
THERE IS A FORGETTING — THAT

THERE IS A FORGETTING —

THERE IS A PRETENDING

TO BE OTHER THAN TOTALITY — NOW

This can be used as a form of educational instruction and release — **NOW**.

totality concept

NOW is to be used as a method of **FOCUSING** the **ATTENTION** on **LOCATIONS** which are areas of experience or **GAME AREAS**.

062 **REMEMBERING** is **FOCUSING** the **ATTENTION** on **LOCATIONS** away from the body, with **CERTAINTY** — **NOW**. **REMEMBERING** is **AWARENESS** as **TOTALITY** of **BEING THERE** — **NOW**, at the **LOCATION** of a so-called past happening and examining the **THOUGHT-FORM** recordings at the **LOCATION**.

All **LOCATIONS** and areas of experience contain the **PRETENDING-FORGETTING-FORGETTING** inversions of **AWARENESS** as **LIMITERS** of **AWARENESS** and **ABILITY**. All this exists within the **NOWNESS** of the **TOTAL SELF**. Thus **NOW** is the essential key to releasing them.

pretending – forgetting

063 **INSTRUCTION** —

I TOTALITY IS PRESENT NOW — as you think it — places you on the **TOTALITY** operational level of **AWARENESS**. This is essential to optimum use of any method of instruction used on this planet (or any other).

These instruction steps are at first verbalized to yourself — either silently or out loud.

When you have them established firmly in your conscious **AWARENESS**, shift over to the non-verbal **KNOWINGNESS** level of **TOTALITY** operation.

KNOW as your TOTAL SELF that these words are trigger mechanisms that CAUSE you to function on all related levels of AWARENESS and UNAWARENESS.

AS TOTALITY — KNOW AND BE AWARE

THERE IS A FORGETTING —

THERE IS A PRETENDING —

TO BE OTHER THAN TOTAL — TOTAL SELF.

THERE IS A REMEMBERING —

THERE IS A FORGETTING —

THERE IS A PRETENDING —

TO BE OTHER THAN TOTAL — THE TOTAL SELF.

**THERE IS AWARENESS / UNAWARENESS OF AWARENESS
—AS TOTALITY.**

**THERE IS AWARENESS / UNAWARENESS OF ABILITY —
AS TOTALITY.**

Use these methods with the INTENTION of RELEASING LIMITING EFFECTS and/or factors of your ABILITY and AWARENESS.

Select what seems to you a LOCATION at some distance from the BODY that seems to be of importance to you.

FOCUS YOUR ATTENTION on this LOCATION and also on the BODY as you think, KNOW and/or are AWARE of the above instruction segments.

Do them one at a time carefully, do them at the LOCATION and then on the BODY force-field area.

As soon as you can do the BODY and the LOCATION at the same time, repeat them over and over until certainty is achieved: