



Consciousness
is
Self-Awareness

AN EXERCISE IN
SELF-DISCOVERY

Dr Shannon Panzo

Consciousness is Awareness

An Exercise in Self-Discovery

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Chapter 1

Consciousness is Self- Awareness

An Exercise in Self Discovery

"Alice's Adventures in Wonderland" - Lewis Carroll, 1865

Like "Alice in Wonderland", the further you go into "Wonderland", many unimaginable things happen. Some are bright new realities. Sometimes new and unique problems occur, for which just as imaginative solutions must be found. Eventful like life, Wonderland, although having its rewards, is not always a feel-good place, where everything is nice. It can be dangerous at times. The "impossible" can be made real. As the story unfolds, it has a parallel to life. It could very well represent an alternate dimension to this one.

Welcome to the "Rabbit hole".

The definition of ...

consciousness

'kɒŋʃəsnɪs/

noun

1 - the state of being aware of and responsive to one's surroundings.
Synonyms: awareness, wakefulness, alertness, responsiveness, sentience

2 - a person's awareness or perception of something.
synonyms: awareness of, mindfulness of, perception of, apprehension of, recognition of

Even though we can define the word, it still does not express all of the meanings that it bestows onto other expressions and concepts.

Consciousness, as a word, has many different meanings. The deeper you go, the further you reach. Plumb the depths of your reality.

"When it Rains, it Pours!"

Your consciousness has the ability to reach into uncharted areas and perform amazing tasks. A while ago I wrote an article about an unusual way of thinking applied to every day occurrences with profound results. This article first appeared at:

<https://mindtomind.com/weather-when-it-rains-it-pours/>

This article appears at the end of the book under Article 1



Your consciousness affects everything you do, everything you are and will ever be. You cannot separate yourself from it. It is as cohesive as your life force is. It is interwoven into the fabric of your creation. Therefore, your consciousness can create by accessing that intrinsic connection time and again.

Individual Consciousness

Each person exists within a 'paradigm'. Your paradigm is very private. It is a relative box of your reality. It represents your limitations and is the way you perceive your world; and your consciousness is your perception and awareness as to how you interact with that world. It also represents your part of the Holographic Universe.

Your consciousness affects your world and the worlds of other individuals. Why am I saying worlds? To each individual, their world, viewed from within their paradigm, is somewhat different to the next person. Thus, each of us sees the world differently.

How much impact do you believe you have upon your world? The answer will surprise you. We will explore many causal effects as you progress through this work..

Weather Control

Governments are not the only entities that can control the weather. Born of legends, weather control has always been a part of shamanic ritual. A Shaman of a tribe will coordinate the direction of focus for the tribe to achieve a single prosperous goal – Rain! By extending the individual conscious into like-mindedness with others in a singular direction, we move our Holographic Universe to provide that which will ease our burden, and give us what we need in life; and sometimes for life to exist at all.

Today, people often believe, "It always rains when I wash my car." Just like a prophecy; the skies may be clear without a cloud in sight. As you begin to wash your car, the clouds gather, seemingly from nowhere. By the time you are finished, the first drops of rain are smacking on the freshly polished surface of your car. Is this a self-fulfilling prophecy, or has your subconscious manoeuvred you to suffer your belief? Only your subconscious knows the correct answer.

DISCUSSION: Your belief in how an event should unfold often foretells the result of the event. Therefore, if you change your belief in the unfolding of the same event, then the expected result will be influenced to change, and the changed result is likely to occur. This is how you interact with the Holographic Universe.

The Holographic Universe allows you to change the configuration of the world around you. If you don't like the picture, you can replace it with a different picture. This reacts for both good and bad. By understanding you provide the input, gives you control over the resulting 'picture'. The analogy of the 'picture' used here represents all the facets of your life.

What if you rode a motorcycle everywhere? When it is raining, you would expect to get wet. What if you could ride a motorcycle while raining, and not get wet? After attending my seminar, a client programmed, "When riding my motorcycle in the rain, it can rain all around me, not on me, and the road in front of me will always be clear and dry. For years, he rode in the rain without getting wet. When last I heard from him, it was still the same. This is a good example of directly affecting your Holographic Universe.

It is much easier to do this to affect a single person, but things get complicated when doing it for more than one. It is much easier to affect one paradigm than to affect multiple paradigms, unless all paradigms involved are in harmonious agreement for exactly the same intended result. Thus, the Shaman has the tribe focus their attention on 1 anticipated result. The Shaman is also responsible for the day to day welfare of the tribe. This increases his personal influence with others, to create full belief in the outcomes the tribe pursues. The strength of each individual can be focused and added to the whole to achieve specific objectives.

Real World Value

5% of the people control 95% of the wealth of this planet. That means that 95% of the people on the planet are fighting over the remaining 5%. Today, we still live in the same world that we lived in before – 50 years ago.. The inherent resources and wealth distribution have stayed relatively the same. Starting with 1968, 5% still controlled 95% of the world’s wealth. But there were only 3.6 Billion people on the planet to share the 5%. Now there are 7.6 Billion people – more than twice as many people in only 50 years, to share relatively the same 5% of the wealth.

Is it any wonder why so many people are suffering “lack” today, that were not suffering lack years ago? We have more than **doubled the world population in less than 50 years!**

Significant people are in closed-door discussions about how to curb, or even cull, humans to reverse the population growth down to sustainable numbers. If you don’t think it is happening, think again. For point of reference, Google: “United Nations population control”. The absence of official documentation is not really a surprise. Google was probably ordered to expunge the information. For such a wide reaching Global issue, there does not appear to be much news at all. Awareness is often the result of looking for the important things NOT talked about.

How does this type of real input affect an individual person’s consciousness? Do you think it may add stress? Some people would love to go back and to live in the 1950s. Of course it seemed so much easier back then... because it WAS easier.

World Population (Last 50 Years).

Year	World Population
2020	7,794,798,739 (estimate)
2019	7,713,468,100
2010	6,956,823,603
2000	6,143,493,823
1990	5,327,231,061
1980	4,458,003,514
1970	3,700,437,046
1968	3,551,599,127

Courtesy of WorldoMeters.info/world-population/world-population-by-year/ - Dover, Delaware, U.S.A.

FYI: The United Nations' Dynamic Report Regarding Sustainability

The United Nations published a report while this book was in draft form. The report is included for your information. It is unusual that the UN would take such a stance without significant reason.

IMPORTANT NOTE: Please take into account that there are as many agendas as there are contributors to the data compiled here. Some (or much) of the information expressed in the report can be considered controversial and contradictory to the absolute facts. Only you can decide how this information affects your personal consciousness. If you already use Mental Photography for assimilating information, please use it to scan the report to distinguish the truth for yourself. I have included the entire report as Appendix I at the end of the book.

Topics absent from the United Nations report include, but are not limited to:

- ❖ Volcanic activity – impact on greenhouse gases
- ❖ Other natural sources and phenomena impacting greenhouse gasses
- ❖ Sun – radiation from the Solar Cycle impacting global temperatures and weather – Even though certain relationships have been observed with weather patterns, these phenomena can neither be confirmed nor denied relative to temperature only.
- ❖ Impact of weather control (HAARP) and other such technology.
- ❖ Although “Socialism” is omitted, there are key references to “social” dynamics, partially due to pre-existing agenda of the United Nations.

May 6, 2019: The United Nations report on non-sustainability of resources and mass extinctions looming...

PARIS, 6 May – Nature is declining globally at rates unprecedented in human history – and the rate of species extinctions is accelerating, with grave impacts on people around the world now likely, warns a landmark new report from the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES), the summary of which was approved at the 7th session of the IPBES Plenary, meeting last week (29 April – 4 May) in Paris.

(The Article in full is included at the end of the book as Appendix I.)

(Information provided above is excerpted from the following United Nations Internet page: <https://www.un.org/sustainabledevelopment/blog/2019/05/nature-decline-unprecedented-report/>)

As the Owl flies by at night, do you hear the call?

Stephen Hawking, one of the world's most renowned speakers, gave much consideration to the global overpopulation issue and how it will influence the world in the future.

“We are in danger of destroying ourselves by our greed and stupidity. We cannot remain looking inwards at ourselves on a small and increasingly polluted and overcrowded planet” – Stephen Hawking

“Our population and our use of the finite resources of planet Earth are growing exponentially, along with our technical ability to change the environment for good or ill” – Stephen Hawking

“Life on Earth is at the ever-increasing risk of being wiped out by a disaster, such as sudden global nuclear war, a genetically engineered virus or other dangers we have not yet thought of” – Stephen Hawking

Some may say Stephen is the forbearer of bad news, and some would say he is planting the seed for those who would intentionally destroy this world. In any case, his opinion is based in the current facts we are forced to face. It is up to you to decide what this knowledge means to you.

In the past, another person of great intellect, **Nicola Tesla**, Inventor (1856 – 1943), was raised in a strict religious environment of high integrity, at a time when a person's word actually meant something. As he observed trouble brewing on the horizon, his harsh words add gravity to some clearly defined problems the world has accumulated and multiplied over time by nullifying the 'natural selection' of the gene pool.

*“The year 2100 will see eugenics universally established. In past ages, the law governing the survival of the fittest roughly weeded out the less desirable strains. Then man's new sense of pity began to interfere with the ruthless workings of nature. As a result, **we continue***

to keep alive and to breed the unfit. The only method compatible with our notions of civilization and the race is to prevent the breeding of the unfit by sterilization and the deliberate guidance of the mating instinct, Several European countries and a number of states of the American Union sterilize the criminal and the insane. This is not sufficient. The trend of opinion among eugenicists is that we must make marriage more difficult. Certainly no one who is not a desirable parent should be permitted to produce progeny. A century from now it will no more occur to a normal person to mate with a person eugenically unfit than to marry a habitual criminal” — Nikola Tesla

Nicola Tesla thought he had it right. Humanity was emerging from the cesspool of labor intensive early days, when the value of life was insignificant; unless you were lucky enough to be born privileged. Tesla believed humanity was embarking on a “Golden Age” of invention, enlightenment, morality, and integrity, and the interactions between people would grow in honor and sincerity.

What he did not imagine was the world would be craving what they had left behind; the forbidden fruit of decadence, debauchery, and self-degradation. Morality and integrity, all but forgotten. Innocence is lost. Look to the politicians for answers about the decay of society and the corruption of wholesome family values, and why special interest groups reign supreme over the majority. Nicola Tesla was a true idealist. He died in a New York City Hotel, alone and impoverished.

Are we paying for the crimes of our ancestors? Ignorance is no excuse. Just because it makes people uncomfortable to discuss certain things is good reason such topics should be revisited by the governments which have created the problems in the first place. Fairness and equality is for everyone ... or for none.

“antisocial behavior is a trait of intelligence in a world of conformists.” — Nikola Tesla

Money Consciousness

People with plenty of money and wealth, do not tend to worry about money at all. Since they believe it will always be there by their experience, it just seems it always falls that way, with few exceptions.

People who are not wealthy seem to always be worried about where their next dollar is coming from. In other words, their conscious mind is always focused on the “lack” of wealth. Therefore, if a person focuses all their thoughts about wealth on “lack”, then that is what they will attract more of – lack.

There has been more stress on lack multiplied by all the media increasing their audience based revenue at your expense. When you combine with the population growth chart showing how the accessible wealth is less than half there was 50 years ago, you can easily see why people are feeling it.

Any time there is something that will make people feel poor, it makes for great news. Then as others reiterate what they have heard through media, it further multiplies. This type of negative thinking robs your consciousness of the good things that happen all the time. Strategically, fasten hold of the good events happening around you. They will anchor you to the right frequency.

Meditation and personal programming are the means to install goodness into your life, so it takes root and assists you to combat the negative trends that others were duped into believing through unintended acquiescence.

NOTE: Instead of programming for the amount of money intended to fulfil a desired result, I suggest my clients program on the result instead. Money is a trap. If you treat it as such and leave it out of your programming, then your programming is not dependent on it. Taking

this approach increases your awareness to the false values most people place upon money.

If you are having a bad hair day ... perhaps you are just trying a different style.

NOTES

Common Belief vs. Individual Belief

If everyone around you appears to think the same way about a topic, does it mean you must agree with that way of thinking as well? Perhaps the appearance that all the people think the same way is an illusion. A number of those people are only agreeing through acquiescence. (They accept your silence as you agreeing, yes.)

*POINT: Political Correctness often uses this strategy to get people to appear to be agreeing, because people are fearful of making a stand against what is said. **Political Correctness breeds fear, hatred, and discontent.** The only way to combat this is to attack Political Correctness directly; as a corruption of ideals for support of false agendas. The truth is always the truth.*

You are an individual. In most cases, you can express your differences without threat to life or limb. You may find that many others agree with you – more than the false consensus. Those others are weak and too insecure to believe in themselves. While in this state of weakness, the person is severely limited by their paradigm and the holographic universe. The chance they could change either is negligible.

Consciousness is being Self Aware

Your consciousness is expressed as self-awareness. To be aware of the world around you, and interact with that world, your Holographic Universe; then you can choose to change it. You can toss out the things you don't like and bring into reality the things you do want. Why not? You have already been interacting with it all of your life. You were not aware of it before.

Just a Pipe Dream?

At this point you may be thinking, “Shannon, that is all very well. But, how does it involve me? It sounds like a pipe dream.”

Quantum Physicists since Albert Einstein's day must have been smoking a lot of something. If you follow the basic principles of Quantum Physics, it is science that has grown to respect that many things happen in space and time that are not clearly accounted for by using hard crunched mathematics.

Today we are aware of many things that exist in this one plane of existence, where at the time this is written, there have been at least 22 more planes discovered that overlay the plane you are in; like overlapping pages of the same book.

Everything is constructed of chaotic energy; every energy, frequency, waveform, subatomic particle, and the relationships between them. The only thing that seemingly holds it all together is a universal intelligence that an atom remembers what form it took yesterday, and today, and decides to remain that atom tomorrow.

From certain experiments that have been conducted and observed, there is proof that there is some form of communication that is instantaneous throughout the cosmos. It is not encumbered by time nor distance.

This special "glue" that literally holds the universe together has a few interesting properties that our limited mental abilities can come to terms with.

- Instantaneous communication anywhere within the Universe. (All Knowing)
- Intelligence expressed in everything (Omnipotent)
- ...and it has been there since the beginning of time (Alpha and Omega)

Quantum Physics has discovered the essence of what has only been held in religion as truth.

“If you want to find the secrets of the Universe, think in terms of energy, frequency, and vibration.” — Nikola Tesla

Your Powerful Mind (Consciousness)

Your mind has the power within to create, influence, and change energy into matter. You are the master of the many things in motion around you once you become familiarized with this way of thinking and doing. When you become adept at orchestrating the movement, controlling things like the weather becomes child’s play. Remember, you are first influencing your personal space – the space that only you should have control over.

Your Personal Consciousness – The Light Bulb Effect

You have just discovered you are not limited by what you have learned or heard from others. You are not limited by your surroundings. You are not limited by any rules, regulations, or anything else of substance. You are not even limited by time and space! So, what are you going to do?

The aperture of this huge awareness is closing and you have not made a decision. It is new information. You do not know whether to trust it, or to play it safe and reject it. At this very moment, you hold sway over time itself, but you cannot sit on the fence. You must make a decision.

There! The decision was made for you. Time has expired. You can play it safe, as you always have. Don’t worry. Even though you have been exposed to this information, most people are just like you. When it comes to the crunch, especially a decision with such finality, they

refer back to what they know – safe harbor. Your life will never be the same again.

What Can You Do About it?

Now that you know it really is there, you can expand your awareness, and take some time to familiarize yourself with the concepts. You can still grow your awareness and consciousness. You can still influence your world and the Holographic Universe, and you can still create things to happen in a preferred way.

When you expand your awareness / consciousness, you see, feel, smell, hear, and taste more as all of your senses are switched on. You begin to experience your 6th sense, ESP, at an all-new level you have not experienced before. It was always there, but you were not really hooked up to it; gaining the benefits.

As your consciousness expands, you can take control and influence your world to unfold in the way you want. People around you will also change. Since you have changed, you are sending out a different frequency. Sometimes that frequency is disharmonious with the people you have known for a long time. They react as they see you a stranger to them – an outsider. Their path through life may not be the same as yours – the fork in the road.

Quantum Leaps and Insights

As your Consciousness continues to grow, you will automatically learn to accept that you are moving onto higher ground. To you, the changes will feel insignificant, except for the “Aha!” moments, where you get an insight. Your newfound energy will attract new friends, wanting to know this new person joining their ranks. It is just another progression as you move through life.

Your personal consciousness connects you with many ideals and insights, Global Consciousness, Universal Consciousness, even connecting you with other dimensions, as you feel that something is there, just out of touch. Time is not immune to your influence. Time is more than time “flying” when you are having fun, or time “dragging on” when you are bored, or doing something you don’t want to do.

You can influence time to change. The first proof this happens was when the first Astronauts were in space. When they returned back to earth, the chronographs had lost ~3 minutes. If time was static as we are led to believe, then that would not have occurred. Once the astronauts left the gravity of Earth and influence of the Global Consciousness, those things no longer confined time at the same rate as on Earth.

This account was given to us by Dr. Edgar Mitchell, Apollo 14 Astronaut, 6th man recorded to step onto the Moon. Dr. Mitchell founded IONS, and was the Vice President for Market Development for Brain Management (Educom, Inc). He conducted documented telepathic testing between the moon and his testing team on Earth, and found that telepathy was possible and the results were instantaneous.

Giants Unite to Raise Human Consciousness

As the Founder of the Institute of Noetic Science, Dr Mitchell sought out all manner of Gurus, Teachers, and Mental Disciplines from around the world – to observe and evaluate them for advancements in enlightenment and raising the consciousness of humans.

After researching these Gurus, and Mental Disciplines from all over the world, Dr. Mitchell sought to be involved with Brain Management and ongoing efforts with Dr Richard Welch. He found the Brain

Management approach and results unique when compared to other mind disciplines. Dr Mitchell found that Brain Management and Mental Photography; by utilizing natural brain function and applications of the photographic memory, was superior for many reasons. *“It bridges the gap between logical deduction and spontaneous creation. The missing Guru’s How To Training.”*

While working with ***Dr Richard Welch, “the Father of Mental Photography”***, Dr Mitchell provided his extended insights to Brain Management Instructors and staff. The Brain Management training attracts people who want to explore their abilities, push themselves past their mental limitations, and raise their consciousness.

Dr Edgar Mitchell – VP Educom (Past)



*“Mental Photography...
is
light years beyond reading or
speed reading,
...it is like looking back at
the Earth From the Moon”*

“Learning the ability to accurately absorb and retain vast quantities of pertinent information is itself a remarkable feat which assures increasing one’s confidence, self-esteem and marketability. But learning how to relax and manage stress naturally provides a ten-fold increase in benefit for Mental Photographers. What better way to be of service to our fellow humans and to simultaneously create a better life for ourselves than to introduce everyone to the benefits of Brain Management® (ZOX Pro) System?”

– Dr. Edgar Mitchell

– Apollo 14 Astronaut, Founder of Institute of Noetic Sciences (IONS)

– Past Vice President of Brain Management (Educom, Inc) ZOX Pro

Richard Welch, PhD



”The more we know about the brain, the more we realise how little we know.”

“Father of Mental Photography”
CEO – EDUCOM Brain Management (ret.)

Since 1975, Dr Richard Welch was led to discover many great things with regards to learning and how the brain functions. His most noteworthy discovery is Mental Photography – the ability to access the photographic memory at rates beginning at 25,000 words per minute and higher, with 100% retention of the information for life.

Mental Photography is the Holy Grail for learning and exercising the brain.

Welcome to Tomorrow

