

AWARENESS

Peter C. Rogers, D.D., Ph.D

“Awareness is a gift granted to the courageous.”

~ Stuart Wilde

In order for A thing to become conscious, it must first become aware, otherwise, how could it observe what it doesn't know exist? In her book: *The Spirit of a Man: A Vision of Transformation for Black Men and the Women Who Love Them* (1996), Iyanla Vansant says, “*The first step for the spiritual transformation process is to become aware. You must be aware of the Spirit that lives within you. You must be aware of the truth that spirit holds and the truth that surrounds you. You must be aware of the role that Spirit and spiritual principles play in your life.*”

The Universe didn't exist at one time and suddenly, out of nowhere it appeared as if it had become aware of itself. From that moment on, it has continued to become increasingly more complex and diverse as its awareness continues to expand to reach greater and greater depths. Much like the Universe, one day we can be totally unconscious and oblivious to the vast and limitless possibilities of our existence and then something happens to jolt our slumber and awaken us to the real world. The Matrix becomes visible and life takes on new meaning, where once we were comfortably numb living unintentionally and haphazardly and now we have become aware of something so much more. We can't quite explain it but we know it exist because it beckons us and it resonates in the deeper recesses of our Being. It's a knowingness that cannot be transmitted or taught it is simply embarked upon. When and where this happens is subject to each individual's developmental stage as a spiritual being, but make no mistake about it, when we awake, the world as we once knew it will never be the same. Dr. Michael Beckwith says that “*By reversing the searchlight of our senses and by focusing our attention on that which is real, we will undergo a permanent shift in consciousness which will re-qualify our entire experience.*” This seems to be happening more and more in recent times.

The old mold of only being aware of that which can be seen and felt is slowly disintegrating and a new paradigm of intangible beliefs that deal solely with the finite energies is beginning to emerge. This spark of awareness is constantly nudging at sensitive beings all throughout existence. The mass consciousness is waking from its slumber of ignorance and starting to realize that there is much more to life than meets the eye. More and more people today are openly confessing to becoming more spiritually aware, not spiritual in a religious sense but conscious of their spirit or something more. This is evidenced by a new survey conducted by Paul H. Ray. In the book *The Tenth Insight: Holding the Vision, An Experiential Guide* by, James Redfield and Carol Adrienne (1996), reveals that about 20 million, or 10.6 percent of this trans-modernist population are seriously concerned with spiritual life and self-actualization. James Redfield and Carol Adrienne go on to say that “*Further studies conducted by others just like Ray reveal empirical evidence on the transformation of consciousness which seems to show an emerging desire by many people to incorporate the personal and spiritual into the social and political.*” Finally, Redfield and Adrienne cite Maclean’s/CBS News poll in 1995 which revealed that 82 percent of Canadians consider themselves to be “*somewhat or very spiritual.*” Almost half of those polled said that their lives had become more spiritual in the past few years. While this awareness appears to be becoming more and more popular, many people are still confined to age old traditions and beliefs which prohibit them from venturing out from the confines or limitations of organized thought systems.

Becoming aware is not an event it is an ongoing process that may or may not occur for many throughout this existence. “*The creative force of life, the powerful vastness of spirit that exists within your being, unfolds with time according to conscious acknowledgement of its presence,*” says Vanzant. While many people believe spirituality to pertain only to those things that are religious, awareness has so much more significance than just a ritualistic stance on how to preserve the soul from future damnation. It starts with an honest admission that perhaps life is much more than just mere existence. Our being here on this planet was orchestrated by the divine spark within each of us that chose to surrender our divinity to exist in a place where we are confined to the laws of nature. Being as such, we have acquired a body in human form to subsist off the planet while we are here. But beneath the body armor there is the real essence that has existed long before we ever took form. Unfortunately, the birth experience has caused us to lose the awareness of our celestial nature. Consequently, our purpose and life’s journey has become meshed into a lifelong process of getting back to our divinity by expanding our awareness.

Prior to existing as physical beings, our essence desired to expand and grow by taking on more experiences in which to be made whole and complete. In order to do so, we chose planet Earth as our learning ground. The experiences necessary to bring about the proper learning come in the form of life's lessons. Unfortunately, we are not made privy to these lessons we simply attract them through our evolutionary process. Our inner wisdom functions on a much higher level of understanding than the conscious mind and so at times, we may find ourselves in situations that appear uncomfortable or even painful. We must trust that everything happens in life to bring us into greater awareness and fulfillment of our ultimate purpose. This purpose is for us to evolve and become steeped in the lessons of life to the degree that we learn the lessons rather than having to repeat the same old challenges. I once read that one of the rules to being human is that life's lessons will continue to repeat themselves in different forms until we are able to garner the real lesson that is being taught. This is the true essence of becoming aware. When our outlook on life becomes that of a student vs. one of a hapless victim that has no control over its destiny, then we'll see things from a different perspective. As we become more aware of the presence within, we understand that nothing happens by coincidence. Although it may seem this way, everything is designed to be exactly as it is.

Our intricate lives are co-mingled with countless other beings also seeking to find greater awareness of themselves. Throughout the vastness of it all, the Universe operates as this phenomenal intelligence seeing to it that each and every law is carried out to-the-letter ensuring that we only attract those people and situations into our being that are edifying and supportive of our individual destinies. The longer we stay oblivious to this process, the harder life will seem. There has to be a shift in our awareness and with this change comes great freedom from a life of struggle. Our awareness of the underlying principles at work makes the process feel much more nurturing because we understand that it is we ourselves that have brought about every circumstance we have ever experienced. Vanzant attest to this by saying that *"It is the degree of awareness, acknowledgement, acceptance, and understanding of how life flows that will determine how and where we live in the universal scheme of things."* She goes on to say that, *"What we are able to accomplish in life will be determined by our understanding of how life works."*

Atrue understanding of how life works comes from being aware not only of our being, but also the underlying forces at work. These forces are often referred to as God, The Source or Spirit. Vanzant says that this spirit moves according to the energy we give it in the form of conscious awareness. This awareness then motivates our behavior. If we are

not willing to become aware, our knowledge and beliefs are limited to human perception. Consciousness happens when we realize that we are constantly creating our realities by the thoughts we entertain and the beliefs we cherish by way of the creative energies emanating from our being. Every thought, every utterance and every focused intention is carried out on some level of existence.

When awareness is properly aligned with this thought process, we become responsible for every occurrence because it is we ourselves that have created our lives every second of the day through our conscious awareness. Bob Frissell, attest to this in his book, *You Are a Spiritual Being Having a Human Experience* (2001), when he says “*In a very real sense we are coming into a world that we ourselves are creating with our thoughts and our intentions, though it is a universal law that we create our world with our consciousness.*”

This new way of thinking or awareness requires vigilance and discipline. Unfortunately, once we become aware, we can never again go back to being unaware. It’s akin to Neo in the movie *The Matrix*, where once he became aware of the Matrix that was created as a false reality for those people that were unconscious, he could never return to a state of not knowing. Such is the case with spiritual awareness. Once we get a glimpse of reality and the truth about our existence and the vast amount of influence we wield within our consciousness, we become liberators of the world because people are enlightened through our emancipation. With each and every soul that is freed from the ‘*Maya*’ and delusions of the prevailing conditions and false teachings, the mass consciousness becomes more aware. Once the colossal Mind is on one accord and all and sundry is in agreement about the truth, we then become that in which we’ve been waiting for. Until we fully adopt this truth, we will continue to carry out life in a cataleptic state hopelessly groping for the light that we think is beyond our reach or outside our being. Until we become aware of the Creative Intelligence that is the source of all of creation and become one with it, we will continue to live life in some sort of déjà vu repeating the same mistakes over and over again yet expecting different results. As we become more aware of the Universal Intelligence and how it responds to our thoughts and actions, we will develop a much greater respect for our own true awareness.





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He is the author of ***Ultimate Truth : Book I, Universal Truth: Thinking Outside the Box : Book II*** and the up and coming ***One Hundred Disciplines to Higher Consciousness : A Conclusive Synopsis on Spiritual Principles***.

Dr. Rogers is a skilled lecturer and teacher of the Master Key System. He teaches an extensive class and has appeared on several shows to present this ancient system of manifestation formulated by Charles F. Haanel over 100 years ago. In 2010, Dr. Rogers founded a spiritual counseling practice called **TRUTH Dynamics** to help assist people in their quest for self realization.

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