

ACTS  
*of*  
AWARENESS



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AWARENESS

PAUL F. GORMAN

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Rise in conscious awareness—this is the entire secret.

As conscious awareness rises, detaching from and leaving behind belief, ever greater degrees of heaven become visible through the unconditioned mind.

“As in heaven so on earth.”

The earth and all its people, things and conditions are witnessed unconditioned, whole and harmonious, love and union of all emerging through the dissipating fog of belief.

Indeed, “As in heaven so on earth” emerges as the one reality.

The false bondage of material sense is dispelled, and the unconditioned experience of man, earth and universe is experienced harmonious, peaceful and free, in love.

Paul F. Gorman

Acts of Awareness

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## CHAPTER ONE

# AN ACT OF AWARENESS

*(Releasing What Seems to Be)*

For a minute or two, scan your entire existence, from the deepest parts of you to the farthest ends of your universe. Take it all in — every person, every place, your business, your finances, your body, its state of health, your family; your purpose, your fulfillment of purpose, and all the activity that leads to that fulfillment.

Now imagine that the “universe of you” you have taken into mind is the equivalent of one minuscule drop of water from all the world’s oceans. This represents the microscopic degree of *awareness* we have of our infinite selves as we focus on and believe the objective sense of life in itself.

Everything you have thought of as “your existence” is objective. Your whole *objectively sensed* universe is infinitesimal compared to the infinity you actually are, just as the droplet of water is infinitesimal compared to the infinity of water in

the world's oceans.

Your awareness, despite what you may believe, is Awareness Itself — is the infinitude, is omniscience, is the all-wise, all-knowing awareness — present here and now, manifested here and now, apprehensible here and now. Your awareness, *itself*, is the one power, the one law of God in full operation and form — *your awareness*.

In fact, even as you observe your universe, only *one* power, *one* law is in operation, despite the appearance of tens of thousands of different laws and different powers, The one power, the one law *is its own form*. I and form are one. Law and form are one. Power and form are one.

Your awareness *itself* is omnipresence. God constitutes your awareness; your awareness constitutes all that God is and has, all of heaven and earth and all the host of them, blessed and sanctified, hallowed, perfect, manifested already, demonstrated already, visible already. Your awareness *itself* is that.

Your awareness *itself is the oneness, the incorporeality, the immortality that is all*. God or oneness or Awareness Itself does not have different departments. Only oneness is, and that oneness is your awareness *itself*, which is, of course, fully aware *as itself for itself*. Awareness can never be unaware and because Awareness is infinity, there is no place you can be that lacks the infinity of your immediate good.

Our *sense* of it — oh, yes — can be unaware, but that does not make a bit of difference to Awareness Itself. Even as we believe we are unaware of some good or some spiritual realization or the presence of God (however we may define it), the awareness with which we are aware is fully aware of the fullness of itself and the visibility of itself, the form of itself, the presence of itself here and now.

Rest *your* awareness for a few minutes. Simply *rest*.

After having dropped *your sense* of awareness as best you

can, realize that the awareness you are aware *with* is in fact Awareness Itself — the infinitude, omnipresence, omnipotence, omniscience, the one law, the one power, fully visible, fully formed, fully *right here* where you are.

Again rest your sense of awareness, yielding to Awareness Itself and feeling it. There are no magic tricks; you do not mentalize about anything. Simply *feel* the presence and activity of Awareness Itself.

(A few minutes of silence)

The single most important thing to realize about existence is that *all* is Awareness Itself. Perhaps the most important statement of realization we can carry with us twenty-four hours a day is that *what we are aware of is Awareness Itself*. Awareness Itself does not contain objects. Infinity contains only infinity, omnipresence contains only omnipresence, and that is Awareness Itself.

We have an objective *sense* of Awareness Itself, so everything we sense is a body, a form, or an activity of *awareness* — not a physical or material object. Nothing sensed is an entity unto itself. Nothing has name or definition in Awareness Itself. Therefore, everything is of the nature, the one power, the one law of Awareness Itself, which is good — unconditional good without opposite.

It seems as if three are involved in every moment of awareness: (1) you; (2) the object or the person, the place, the activity, the sense (seeing, hearing, tasting, touching, smelling) that you are aware *of*; and (3) what you are aware *with*. But sense devoid of truth is deceptive. In truth, all “three” are the same *one*. All is Awareness Itself. You are Awareness Itself, that which you are aware *of* is Awareness Itself, and that which you are aware *with* is the same Awareness Itself.

### All Is the Activity of Awareness

Because all is Awareness Itself, all is the activity of awareness. Nothing else is involved in our freedom, in our joy, in our love, in our life, in our prosperity, our success, our happiness, our purpose fulfilled. Nothing else is involved because nothing else *is*. Only Awareness Itself is.

Therefore do you see that all of true identity consciously lived (experienced) in the most tangible, practical way is an *act of awareness*? It is never an act of humanity, never an act of mentality, physicality or materiality. It is not about going out into the objective world and manipulating, improving, or solving it in itself. Nothing exists as good or bad, better or worse out there because nothing exists “out there” except Awareness Itself.

The one act of awareness, once it registers within you and you busy yourself with *it* rather than attempting to manipulate the outer, frees you from the world of false powers of good and bad. The moment you release your belief and your attachment from what seems to be, realizing that all of it is actually Awareness Itself, you are released from the world. When you are free from what seems to be, it can no longer affect you.

And who is this “you,” the one who is aware of your universe? You yourself are. Does consciousness exist “out there” separate and apart from you? Do “separate and different people out there” have separate and different consciousness from you? It appears so, but “judge not by the appearance.”

“One with God is a majority.” (Martin Luther) You are the one consciousness operating in your universe as far as your experience goes; and this is why, when you take up your inherent God dominion (Genesis 1:26;28), the people, things, and

conditions of your world react and respond.

God is infinite individual being. Hear it! God is infinite individual being. What does that mean? You cannot have infinity *and*. So God *as* individual you *is* individual infinity—your infinity, your universe. You are a god. (“Ye are gods”—John 10:34). As far as you, your freedom, your true identity are concerned, your entire universe is you. You have God dominion over your entire universe.

How, though? *How?* Well, not objectively, not humanly, which is belief, personal self, limit, good and bad, pain and suffering. Do not be fooled into believing that you can have dominion over these seemingly separate and different entities in themselves. All such attempts have proven to either immediately or gradually fail. But as you know what you are and therefore what your universe is, the key to your dominion is hidden in that knowledge:

*I am Awareness Itself, and I is individual God being; therefore I is infinity, omnipresence, the universe of Awareness Itself.*

*Everything everywhere is Awareness Itself and the forms or bodies or activities — the sights, tastes, sounds, fragrances, touches, thoughts — of Awareness Itself.*

As soon as you know that, and you release the objective sense in and of its own self and come here to Awareness Itself, yield your sense of awareness to Awareness Itself and rest (let Awareness Itself be itself *as* you and *for* your experience), that is when you have exercised dominion over your universe. Now every person, thing, condition, amount, activity, and purpose is of God itself (good itself and the power of good itself) in your life.

Awareness Itself is omnipotence. But in order to behold the presence, the power, the dominion of God tangibly witnessed throughout our experience, we have to yield *our sense*

of awareness to Awareness Itself and *rest*, just like a window in the sunshine, with no personal self, no personal agenda, without a sense of need or desire, without a sense of time. All *is now*; so all we have to do is remain empty and behold the activity of Awareness Itself right where we are — from our deep inner sense “out” into our mind, our body, and throughout our universe. Catching this is the key.

It is true—if we could all deeply hear what has been said in these first few pages, we would not need to read the rest of this or any truth book. Here is the entire secret of knowing what true identity is and how to exercise it, how to *be* the rested, beholding state of being that witnesses God as all, instead of attaching to what seems to be and *trying* to witness God as all, trying to bring good to bad. It will never work because in so trying, we are attempting to bring good to an object, a definable person, condition, place, amount, thing, and these do not exist in God. That is why such attempts fail.

The moment we name something or detect something that appears to be discordant, to lack good, to be limited or sad in our experience, we are out of God, and then we reach into God trying to bring God to it. Usually it is a particular aspect of God—we want *health* for ourselves or others; we want *love* for our relationships and between friends and neighbors; we want sufficient *supply* for family, home, and business.

However it may look, the moment we want God for a person, thing, or circumstance, we are out of God awareness. We can never evidence God by keeping our awareness attached to, or attempting to use it for the benefit of the names, definitions, and qualities out there. Please hear this.

God is only evidenceable *as God is*. Awareness Itself—in all its glory and completeness—is only evidenceable *as Awareness Itself is*. We cannot divide it, separate it, and try to

demonstrate *a part* of it that we believe we need.

### Indivisible, Inseparable Awareness

Awareness itself is indivisible, inseparable. We can prove that in minutes. Look out into your room. Drop all objects, people, things, circumstances. Be aware that all of your awareness and all that you are aware *with* is Awareness Itself. Get a sense of (feel) Awareness Itself—the *substance* of awareness, not the objective sense.

Now try to divide that awareness, separate it, break it up into parts and put different names on each of those parts. It is impossible.

Awareness is the infinitude, omnipresent at each point of your awareness at the same time, and you cannot divide or separate it any more than you can divide or separate gravity. Get a sense of this for a few minutes.

(A few minutes of silence)

*All* is Awareness Itself. No matter how we may name it, define it, or believe it to be, none of these is true. Awareness Itself is what I *am*, what I am aware *of*, and what I am aware *with*.

Now, if the sun wants to experience more of itself (more light and heat), what does it do? Does it look outside of itself to the objects of the universe? Does it look to human beings, to things? Does it look to material activity or manipulation? No. The sun experiences its fullness by the *activity of itself*. The true activity of the sun *is* its true experience.

In this same way, because Awareness Itself is all, we discover and evidence our true identity and its universe, only by our *acts of awareness*.

Nothing else exists; nothing else matters, certainly not appearance, which is unreal in and of its own self. We will read more about appearance later on, but for now, realize that all, *infinitely all*, is Awareness Itself. Every object, person, amount, activity, place, thing, condition is a form of (or body of) Awareness Itself, simply sensed objectively. However, sense alone does not affect anything; in fact, sense alone, without belief, is innocent and impotent. It has no power to block the tangible evidence of God, of good, as all objectively-sensed experience.

This is the great secret, and if you can hear it, if it registers within you now, then freedom and fulfillment are instantly at hand. *Because all is Awareness Itself, it is by acts of awareness that we discover and evidence our true identity.* It is by acts of awareness that truth becomes visible, tangible, real, that healing takes place, that the multiplication of loaves and fishes, of dollars, of business success, of opportunity, of love, of spiritual realization comes about in individual experience — only by acts of awareness.

### Silence

Now sit silently, being aware of what you have just read — most importantly that all is Awareness Itself: *I am Awareness Itself, that which I sense (the objective world that I sense) is Awareness Itself, and the awareness with which I am aware is Awareness Itself.*

Therefore, all I need do right now is *rest* in Awareness Itself, *rest* and *let Awareness Itself be itself*, unencumbered by what you or I believe we are experiencing, the person we believe we are, the world we believe we inhabit and interact with, the people, the family, the business, the money. Gently release all these names and definitions and rest in Awareness Itself, simply letting Awareness Itself be itself.

There is nothing more glorious and there is nothing more powerful than resting in Awareness Itself simply for the sake of it, for the love of, the gratitude for, the joy of experiencing the activity and presence of awareness being felt within. Nothing is more powerful, nothing more awakening *when we know the truth we have read.*

When we know the truth, that truth makes us free, and we are able to *rest* in and as that freedom, rest in Awareness Itself. Knowing the truth frees us in spirit which frees us from believing and becoming attached to appearance. In spiritual freedom, we are able to rest and simply *let Awareness Itself be itself* as individual being and its universe. But if we do not know the truth, none of this becomes real and practical for us.

Sit in silence now for about fifteen minutes, letting this take root in you.

(A period of silence)

In this rested state, feeling the presence, you *have* the presence. The more empty of self you are (the more lost in Awareness Itself you are, experiencing its activity within), the more you consciously *have* and *see* it as your objective good.

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