



INTRODUCTION TO:

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# MEASCRIPTS

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## Meascripts Program Overview

**Meascripts is your guide to Self-Awareness and how it applies to every aspect of daily life. You'll learn the skill of Self-Initiated Awareness (SIA) and how it teaches you to interpret, understand, and assess life events and emotions.**

**To get the most out of this program:**

- Take your time with the material. Focus on one chapter at a time and determine how it relates to your life experience
- Read each chapter at least twice, as consciousness reveals itself in layers
- Take notes on impressions, insights, and any questions you'd like answered or would like to discuss

### ***The Letters***

#### **Private Eye Series – Case Studies**

As a supplement to the **Meascripts** course there are 5 case studies called, ***The Letters***, to help you apply your understanding of the material and offer you practice in applying **SIA**. The conclusions to the case studies are provided at the back half of the document.

Each case study is based on a real-life event. Both **provided facts** and **assumptions** apply, so there is more than one possible conclusion. Use your awareness skills to determine the purpose of each story and the relevance to the associated elements.

Understanding the purpose behind your life events broadens your self-understanding of the true nature of your Being and their *relevance* in your life and in the world at large.

#### **The SIA Process:**

- Learn to become aware of the purpose and relevance of all your life events
- Determine and assess your emotional triggers as they occur
- Make associations between people, places and things, timing, and any other related elements
- Allow the process to unfold, answers will reveal themselves over time
- Determine the metaphors and symbolic meanings inherent in events, relationships, and elements
- Recognize—*there is what you see and what you don't see*

**Meascripts is intended to serve you a lifetime. Review it often particularly in times of stress and confusion. Its wisdom continues to reveal itself with every read.**

MEASCRIPITS

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# Prologue

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“Life’s token road leads us down distant shores of  
a thousand different skies”



Image by Alemko Coksa from Pixabay

## Consciousness is a Process of Understanding Over Time

It takes **time** for our consciousness to draw conclusions about matters that cannot be worked out in a moment’s notice. **Time is the Idea of Conscious Process.** It affords us the necessary framework to carry on in our daily lives while processing information we are unaware of at a subconscious level.

**MEASCRIPTS** is about becoming aware of this process—the foundation upon which this index was born. However, it did not blossom overnight. It took **time**. And so, with **time** on our side, it is **time** to consider the matter of our existence—**how does self-awareness influence the human condition? How is it relevant to our life experience, and why is it now so important for all of us to consciously participate?**



It could be said, humanity is an expression of creation, as “art” is **Earth’s** middle name. There is something of relevance hidden within. Like all things great and small there is something of relevance hidden within it ALL, and it is upon us all to note, as a conscious species on this planet—the WHY, the CAUSE, and the **(BE)CAUSE** behind it all. **This is about our Human Evolution.**

**MEASCRIPTS** is a lifetime endeavor, one that cannot be realized in a moment’s notice. Which means everything in life is part of conscious process. In fact, if you aim to discover what drives your emotional and mental behavior, you’re likely to come to the conclusion that there is something beyond the obvious that influences our lives. Something truer than the make-up we wear, or the facade we present to strangers, or the happy face we pretend for friends and loved ones.

### **Language of Metaphor**

Life offers each of us an opportunity to learn the language of metaphor through the symbols of everyday life—from birds to bugs and cars to sheep. It all matters, for everything that is matter in this world has a cause that brought it forth.

**MEASCRIPTS** helps you bring random thoughts to conclusion through *the art of making associations* between time, events, order, people, relationships, and things. Learning to interpret life’s symbols and their related impact on your life experience expands your **Awareness of Self**—a “Master of Arts” of another kind. Like a detective solving mysteries of

mistaken identity, you resolve your own conundrum—**who you think you are –vs– who you ARE**. And, in so doing, gradually transform yourself into the expression of your true nature—that part of you that has always been there, behind life’s conscious façade. **Self-Awareness makes you an active participant in your own evolution.**

### **Transformation**

**MEASCRIPTS Index** teaches you the **Process Of Allowing**, which fosters and builds perseverance, self-fortitude and self-trust. These are the values that will help steer you in the pursuit of **conscious-evolution** to discover what’s limiting your mental and emotional capacities that lead to illness, disease, and unsavory outcomes. Expanding self-awareness through **self-understanding** opens up an entirely new relationship to yourself and the world around you. It offers the opportunity to transform issues of inner conflict that lead to misguided actions and repeated negative patterns of behavior.

### **Evolution**

This Index serves as a practical guide and tool to help in understanding your conscious evolution. It goes without saying, knowing what to expect along any path of the unknown provides comfort along the way and helps minimize excessive challenges due to misunderstandings. We cannot predict the road ahead turn by turn, but we can become aware of the issues to be addressed

in our evolution to a higher consciousness.

Humanity is **conscious evolution unfolding** and the vessel through which higher consciousness is being birthed.

By becoming aware of the evolutionary process we can help mitigate the confusion that inevitably comes with change, and thus, become a willing and conscious participant rather than one caught off-guard. Awareness is the saving grace to life's challenges on all fronts.



## Of What Can We Be Certain?

That we each play a role in the Evolution of Consciousness, which works through our individual and collective life experiences—*whether we know it or not, whether we believe it or not.*

***"We are a species in-the-making"***