

Subject: DK And David I. Part 4.

From: "John Winston" <johnfw@mlode.com>

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Subject: DK And David I. Part 4,
May 26, 2011.

On the first part of our trip to Boise, Idaho we had the wind to our back and it was smooth sailing. On the way back we were going against the wind which was blowing from 20 to about 70 mph. It was blowing dust, sand and small gravel and was a real dust storm. We were going the speed limit which was 75 miles and hour, so we had to slow down to 55 mph so it wouldn't pit the windshield and take the paint right off the car. Next we were told that the pass was closed due to snow storm and three accident to on the main road. It's a good thing we didn't go the original pass because there were two tornadoes next Chico, Calif. at that time. John Winston. johnfw@mlode.com

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This talks about the use of coconut oil.

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The Orion/Reptilians, of course, went to the g-vernments of the world, presenting themselves as agencies that could bring technology to the planet, and indeed much of the technological innovations of the last 50 years has been technology that has been developed through extraterrestrial sources - that which was given by the Orion Reptilians to the go-ernments and corporations of the planet, all under their control. The extraterrestrial Galactic Federation forces have been rejected, for when they appeared their demand was that all mass w-apons of destruction would be put aside so that mankind could move into a new Golden A-e, but those Powers That Be at the time were reluctant to do this. When the opponent showed up not demanding this, of course they easily succumbed to the offers of the Orion Reptilian Faction. First Contact will ultimately be achieved, and the world is almost at this point. Humanity is almost to the degree of consciousness that is needed at least to be open to the higher understanding and awareness that Planet Earth is not alone and humanity is not isolated and insular in its existence in the universe.

Many are already there but there is still need for that quantum X point to be reached. Finally, the last thing this Awareness wishes to say on this matter is that simply because the Galactic Federation forces are not presenting themselves in a mass event of First Contact does not mean that they have not been involved against the Orion/Reptilian forces, and that they have not intervened on several occasions on humanity's behalf.

The H1N1 virus is one time recently they did interfere, and it is seen at this present time that the n-clear disaster in Japan is also under the scrutiny of the extraterrestrial beings that are the Galactic Federation forces and it is seen that they will neutralize much of the toxic effects of the radiation that is escaping from the nuc-ear reactors, but they will do so unseen and unannounced and it will seem as if the Japanese engineers and technicians finally got the better of the reactors and saved the day. This does not bother the extraterrestrials who have been involved in protecting humanity, for they have been working from the sideline, hidden from the eyes of humanity for a long time, but that this will soon come to conclusion before that which is the event of Ascension takes place. Requirements-For-Ascension

Questioner: (Thank you). We have one here for 2012 and the Ascension. It comes from Eric S-rette. "Cosmic Awareness has stated the following in 2012 and the Ascension. Those who have successfully created their own light bodies, as many are doing now, may indeed surf that incredible tsunami of light to those levels of higher consciousness, apparently instantaneously. Those who have not prepared their consciousness, who have not worked

at elevating their being and creating their Light Body to any great degree may simply be swept away as the chaos of the event hits." My question is, "Where do infants, children and mentally challenged individuals fit into the scheme of things concerning the events of 2012? Will they be part of the harvest/Ascension process? At what age would an individual be considered ready or able to prepare their consciousness for Ascension?" Your comments please?

Cosmic Awareness: The first thing this Awareness would say to this is that the matter of a physical death or level of conscious awareness is not what is needed in order to ensure an individual's Ascension. An individual for example, who is comatose or who has a degraded level of mental understanding and awareness or is a young child, even a baby, still has that which is their soul, their spirit who is having the experience at the time, and thus it is that the babe might well have the highest developed spiritual soul within it even though its body is in its infant stage. It has come onto the planet for the purpose of having the Ascension experience, even though it may not be physically developed to a stage where it can cognitively express these concepts and the purpose it is here to experience.

Equally, those who are not able because of a lack of mental awareness or cognitive abilities, may still be a highly developed spiritual being who has chosen this type of physical existence to stay out of a life where it might have been drawn into the pleasures of physical reality and thus detoured.

An individual in a coma may also equally be holding space for that spiritual soul that occupies the body, although in a comatose patient this link is less tenuous as a being that has physical perception and is engaging in a physical way.

Still, what this Awareness is trying to express here is that one cannot judge one's spiritual level of knowledge and awareness by the state of the body, by the capacity of the mental considerations of an individual, and their capacity to be cognitively active or even physically active, such as a comatose patient or a young infant. These are still all beings that have come to have the Ascension experience. This is what must be understood, not the age of the individual or their physical state of being. Furthermore, those who have not attained the highest level because they simply did not come onto the planet at this time to reach their highest spiritual evolution but rather have come to have an experience of the Ascension, may well seemingly be swept away, but in their perception of reality as they experience events they may not at all be swept away. There may be upheaval in their lives - the realities that they once experienced may be swept away but they will come through them relatively unharmed.

The-Power-of-the-Tsunami-of-Light

The power of the Tsunami of Light this Awareness has spoken of will not be totally destructive to each and every individual who has not attained the highest level of spiritual consciousness and awareness, but these individuals

may well experience events that unfold in such a way that even though the reality they once knew was swept away, they are still alive and capable of rebuilding their lives.

Others may not even find their existence as they knew it was swept away, and the houses they lived in, the cities they resided in may all remain for them, but there is a shift.

There is a shift in consciousness, a new direction that many go in and this direction may well be a very new enlightened level of awareness that society has now reached that they are experiencing.

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Equally, there may be those who need to have the cataclysmic experience of this tsunami of spiritual energy and light that sweeps them away and destroys their worlds. This is yet another variation on the theme.

There may be even those who do not have their reality swept away but there is a continuance of their previous experience and then a decline,

as the s-iritual element of life is lost to them and to those who no longer wish to have that experience.

This Awareness could go on and on for days and days describing many different unique scenarios, but It chooses rather to allow those who read these words and hear these words to use their own imagination, to see in their own mind's eye and their heart of hearts the type of realities that would be possible and the type of reality that they themselves are aspiring to.

Coconut-Oil-For-Alzheimer's?

Questioner: Thank you, that was very helpful. We have one more short one here. It comes from Jerry D-ffing. "I was listening to Tex M-rrs on shortwave radio. He was talking about a woman doctor. She discovered that the main ingredient in a popular Alzheimer's d-ug was coconut oil, so she started giving her husband who has Alzheimer's four ounces of coconut oil per day.

In a short period of time he regained enough cognitive function that he's able to drive again. Please ask Awareness to comment on this story. Also please ask Awareness what amount of coconut oil does It see as most beneficial.

Thank you." Your comment please?

Cosmic Awareness: The story is essentially valid and correct. As to the amount of coconut oil that the individual in this report gave her husband, 4 ounces of coconut oil that for some 4 ounces would be sufficient, for others one ounce would be sufficient.

This is not a matter set in stone, and is one that is flexible for the individuals.

Coconut oil is highly beneficial for human beings, especially in restoring the sheathing of the nerves so that electrical impulses can flow more smoothly and efficiently.

This sheathing is that which deteriorates as an individual experiences Alzheimer's and the synaptic connections degrade. Thus the signal, so to speak, is not getting from point A to point B in the brain itself.

Coconut oil restores the shething and the synaptic connections and has a general restorative effect on the body itself.

This Awareness would say finally that at least 1 ounce a day for those who wish to use this to help their memories and their physical body is what would be suggested by this Awareness.

This ounce does not need to be taken directly, but it can be put in a smoothie or one's juice and taken thusly. Four ounces could also be mixed in a drink, such as a smoothie or one's juice and again be taken orally.

That

this completes this answer.

Questioner: Wasn't it coconut oil that was dangerous if it was fried or put on food?

Cosmic Awareness: One must be aware of it being fresh coconut oil and not rancid.

Part 4.

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