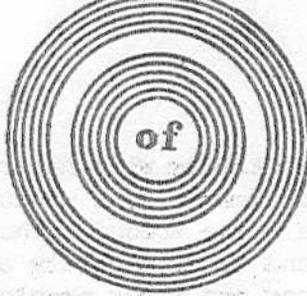


Revelations



Awareness

Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

#75-76

A DIET TO INCREASE YOUR AWARENESS

A. Tonight it is the will of this Awareness to indicate those foods, that type of nutrition which will bring you closer to that possibility that may be achieved through greater awareness. It is indicated at this time that it is very important that all members of this group and all entities who have concern for their health, especially those who have reached that fruition in life which approaches the years of 30 or 40, and especially those who are diseased, who have problems concerning degenerative disease, that this advice be listened to carefully and followed exactly. It is suggested that fasting is a thing which most of you have forgotten, although this Awareness, through the Christ Consciousness, had indicated before the importance of fasting. It is suggested that all of you should fast for 2 or 3 days. Your bodies are filled with mucous, with residuals from drugs, with various types of toxins; your bodies are like a machine filled with hundreds of millions of tubes, and these tubes you refer to as veins and cells, as arteries, as capillaries -- these in most of you are clogged with waste products, with an over-supply of mucous material, residuals, especially alkaloids from medicinal drugs. It is suggested that, in order to make your systems clean, first of all fast for three days. These instructions should be followed:

Just before the first day of fasting, there should be a colon irrigation by a warm water enema from one to two quarts. Add to this solution one tablespoon of honey and the juice strained from one lemon. On the first day a fasting solution should be prepared of water with a touch of lemon and a bit of honey, and this should be the only fluid ingested for the first day. No food should be taken, and on the second day this diet should again be entirely restrictive except for grapes. This fasting is essential to remove, or at least begin to remove, those toxins, this excess mucous, these residual alkaloids.

It is suggested that after a two or three day fast entities should eat those simple foods which are indicated as follows: After the first day of fast, 3 or 4 ounces of grapes, uncooked vegetables to be eaten as salads and a menu is suggested as follows: For breakfast, one ripe kind of fruit, as much as you wish. For lunch: salads with natural dressing (olive oil, lemon juice), and for dinner, cooked vegetables and no meat of any kind. This should be followed for two days. At that time a normal diet could be resumed, that diet indicated by this Awareness, that diet without red meat, that diet of fish and the white meat of fowl, and fruits and vegetables, nuts -- no cereals and no starchy vegetables.

It is indicated that this Awareness has given you information concerning processed foods. This information should be carefully researched. That simple diet where mono-fruits are eaten, where one type of fruit only is eaten at

one particular meal. Raw leafy vegetables with natural dressings -- those types of foods remove those toxins, remove that mucous, remove those residual alkaloids, remove those cumulative waste products that have been built up in bodies from ten to twenty years, and these directly are at the basic cause for your degenerative diseases -- cancer and other problems which have already been indicated to you by this Awareness. It is suggested that this be followed closely, that this increases those years to full and plenty that you may spend in this lifetime; that this kind of diet prevents that sickness, that tragedy, that pain toward which many of you now move.

It is suggested that fruits should never be mixed for that perfect and abundant health which you may achieve. Mono-fruits should be eaten. For example, if at breakfast ripened pears are eaten, sun-ripened pears, these should not be eaten with other types of fruits. It is also indicated that when green leafy vegetables are placed in salads, that those additional things which many of you add are indicative of that complication which represents your lives.

It is suggested that all entities should fast for one or two or three days once a month. If this is followed for a period of one year, that the difference in your health, the difference in the way that you feel, that opportunity to increase your awareness, will allow you to fully understand the value of fasting. It is also suggested that those who now feel no specific illness should also fast, should follow the diet indicated by this Awareness so that their lives may be more full. It is also suggested that fresh air, sunshine, fasting, pure water, rest, and that state of mind that allows exuberant and abundant health be a concern to all of you in your meditative effort.

In reference to protein, it is indicated that those who are engaged in this experience of expanding their consciousness should eat all those proteins that are found in grain, that are in natural vegetables, especially in dried beans, that the white meat of fowl and meat of fish and certain nuts should be those proteins which the body can assimilate in full health. Other types of protein forms, especially red meat, should be avoided by those who wish to expand their consciousness. Those who wish this awareness, those who wish to increase their own awareness and as their meditative effort increases, will find that those certain types of proteins which were indicated are those things which their body no longer can assimilate.

...In reference to natural foods, these, especially vegetables and fruits, were those that were fresh -- not processed and not frozen, not treated with any types of chemicals.

...It is indicated that dried apricots, almonds, raisins, are those particular types of foods which are suggested for anemic conditions. They are also suggested for certain situations where alkaloids have built up in the system. This particular kind of food may be used in any form. It is very important that when problems of anemia are evident and where alkaloid residuals are causing kidney or bladder infection, that these foods should be ingested immediately for a period of 18 hours and no other foods, and that then these problems will cease to exist.

HOW TO TREAT CANCER

...It is suggested that those entities who suspect that they have cancer problems, it is indicated that those entities who have entertained the death

wish, it is indicated that those entities who often state to themselves those wrong answers--"I am not important -- I am not loved -- I can do little"--should carefully consider the following diet:

After three days of fasting, it is suggested that grapes, and grapes alone, be eaten for six days; and that they be eaten 2 or 3 ounces each 2 hours from 8:A.M. to 8: P.M.

All necessary food energy is in this particular diet, and this will bring about that reversal which was described to you when it was indicated that an etheric force, an etheric concept, an odic force moves from the pineal gland into the cranial capacitors, into those areas with a steady flow, and when interrupted by that concept of the death wish, bringing about those accumulations of waste which causes the beginning of this degenerative disease; that this reversal may be aided and abetted by an all-grape diet.

AWARENESS ON LOVE

This Awareness asks that entities consider the force of Love, know that the force of kindness is greater than that of desire. Know that the force which represents a collection of good deeds is greater than the force of goodness and understand that love is that encompassing energy or force that is directed toward all rather than toward one.

Q: What can bring about brotherly love through the world, and is it possible in the near future?

A: It is suggested in reference to that love to which you refer that entities had best love one another, and forgive one another, and that true love and compassion begins with forgiveness as each entity perpetrates an act, first forgiving all others, and then forgiving one's self, then by careful meditation and practice of that which this Awareness has given as the One Law which so long formulated the structure of the Atlantean culture, the One-Law which was basic to the religion of Osiris, that One-Law echoes and reechoes through two hundred religious faiths, and that law which states that entities should consider the welfare and the feeling for others above self, that law which is echoed by the laws of mercy, and the law of gratitude. If entities follow this law, and those precepts given by this Awareness that there shall be affected that which is brotherly love. The alien force, and those shadows and projections which represent strife, sin, error, disease and hatred in the world will be those which are exorcised.

It is also suggested that this Awareness wishes you to love your enemies, to open the minds of those who close their minds to you and to affect with goodness that which they attempt to affect and that which is error. Suggested that your strength, your intelligence, and your developing understanding is such that you may cope with this situation not only to minimize it, but to bring about that which no longer needs to exist and through this effort do accomplish that which is good and just and right and which is the will of this Awareness.

Loved by this Awareness are those who are meek and mild as well as those of high degree and station. Loved by this Awareness are all those lost and lonely, as well as those who are found. Loved by this Awareness are those representing beauty as well as those in error. Loved by this Awareness are entities moving toward their destiny on that path and that stairway that reach to where the eternal are. Not loved by this Awareness are entities who, within themselves, separate themselves from that which is love.

This Awareness asks that entities consider first how well they serve. For that which is love, and that which is goodness, comes through service and devotion. And it is indicated that at the time that entities sense that closeness to this awareness that each is asked "How many have you served and how well?"

Q I'd like to know more about the subject of love. I'd like to know how to love and then how to never forget to love?

A This Awareness indicates that this question and this request cannot be directly answered, but must be answered in a method by which the absence of love is understood. This Awareness indicates that love is. That all that emanates from the Godhead is a state of love. That wherein there is that incapacity for response, that this becomes a denial of love. This Awareness indicates that all problems, all trials, do occur from that incapacity to respond, that incapacity to love. This Awareness indicates also that all that does not respond in seemingness, in potential non-space, time or energy does respond to this Awareness, is surrounded by this Awareness, does move to that completeness. This Awareness indicates that there is world enough and time for in that level of attention which is total, that total awareness, that there is no holdout, that there is nothing which does not respond. That as you meditate, as you experience, that your experiential processes are those methods whereby you travel far enough within your structure and far enough within your direct relationships through the light of Awareness to that point of discovery, that discovery of some part, some aspect in which response is not fully functioning. This Awareness indicates when this point is touched, you have come in contact with what may be called the Unknown. That in this relationship there is trauma, there is terror, there is anxiety, there is often disturbance. Yet let it be known that these moments are the most high in relation to soul.

Q In interpreting this, it seems that we have each of us has a universe, a part of them to, that we have to learn to know all about it? Is that --

A This Awareness indicates that the structure of movement when moved directly toward the Godhead is a constantly releasing energy which does dissipate itself. That the various lives that are lived on the way are like side trips which do move out to the side and yet come back to the same point from which they started. That in this manner, each succeeding life may only be one small trip closer to Awareness than the previous life. One life, fully understood as a side trip, may allow a releasing at the time of passing over to the extent that all lives that might be lived are fully understood, and there is a constant moving through any possible points where lives would occur toward that clear light, thereby superseding and by-passing in great intensity and speed any possible return to life. This Awareness indicates that should even one life be lived after this point, that it would be, though closer to Awareness, a return to the concept of one of these side trips. That when this is consummated completely and totally, that no more lives are required. That that movement of the soul is fully returned into the Godhead in Awareness.

CONCERNING "ASPECTS" OF THE SOUL

A This Awareness indicates that upon the passing over when the soul has not moved to full awareness, that it does move into a quiet time wherein all its aspects are in relation to itself; that this functions much like a universe; that all that it has ever contacted in all its lives are represented in some form. That with some of those who pass, this is relatively simple in its terms of intensity; that others have great complexity as well as intensity. This Awareness indicates that these have little meaning in relation to soul movement toward Awareness, yet when these intensities and aspects within their inner relationship, while in that place of limbo, do coalesce potentially to the point of individual awareness. When this is achieved in these independent universes, there is the decision for a rebirth, for taking this universe to a place where it may relate to those other universes it has discovered exist. In this decision the place wherein other universes also relate is in human form and the condensation of these private universes. In human form these universes do relate, and according to the direct clarity of those relationships, there is the requirement in these relationships of directness that it be through the light column of Awareness; that the eyes symbolize this contact. That full attention when the eyes are not present may move to the time wherein all senses merge which also contacts through the light of Awareness. That in this relationship there is a merging of these souls wherein solutions that have occurred in one soul, then become functional in another soul, and in time the souls resolve on this plane many complexities. In that light these resolutions of complexities are at that moment returned to the Godhead while they are still in living form through the column of light; that then that which must remain are only those areas yet unresolved. In this manner a soul of great quantity of aspects and complexity may reduce its content to a mere pittance of unresolved actions.

Q Would you define "aspects" for us, as you use it?

A This Awareness indicates that the folds of a fan might represent the aspects; that a hall of a thousand mirrors might with one mirror representing an aspect; the facets on a jewel, each facet perhaps representing an aspect. This Awareness indicates that the seemingness in all these things are of differences, yet the folds of a fan are all of one piece; that the hall of a thousand mirrors, if it has one person walking among it, reflects only one; that the facets of a jewel are all reflected from one light that comes from within; that the appearances, the seemingness of myriads and multitudes are through the mechanism of folding, through the mechanism of reflection, or through the mechanism of the polishing of the jewel. That since these various functions have been developed and contrived through cultures for untold time, that these aspects are involved in all cultures; that these simple mechanisms potentially were directed into evolving states; that these evolving states developed various personality structures which we shall call archetypes; that these archetypes within themselves further divided into sub-types, and then these yet further; that all of these facets are like taking a jewel and adding more and more and more facets for reflection of light. This Awareness indicates that this multitude of reflection is but a substitute for the total experiencing of the Godhead wherein there is no need for multiplicity. This Awareness indicates that when a personality which is relating toward Awareness discerns that it is but a part of a group of facets, that its significance falls away, and it becomes interested in its own grouping of facets which are involved. In this manner a coalescence of action on a particular level is completed, and hence is allowed to move to the next level of facets wherein this coalescing may occur until the time of experiencing the total of all levels of all facets arrives wherein their separatenesses, their independent reflections are not of significance, but the motivation for having created all the facets are understood. When this motivation is understood, then that which has been facing the jewel reverses itself and turns

to the Maker, the Maker of all things, and the motive no longer is in terms of multiplicity; the motive then becomes in terms of response to this Awareness, to that Unspeakable Source.

Q, Then our progress in life is to return to our Creator?

A This Awareness indicates that the purpose in life is to realize we have never left our Creator. That our preoccupation with a facet, with a personality prevents this realization, and through the attention that may be given, there is a possibility of greater attention and then yet greater attention until all of those aspects are included in attention wherein the motive which has caused the separation is allowed to reverse and look into the eyes of Awareness.

Q, Then some where along there is what we mean by a totally integrated person?

A This Awareness indicates that the concept of integration has come about through a realization that there is division; that the step of knowledge, the recognition of the problem of compartmentalizing, of dividing, of multiplying arrives at that time wherein multiplicity as a problem is experienced. In understanding the nature of multiplicity without judgment, there is an integrating process which is a level of attention, and through this mechanism there is a movement to a higher level where there yet are seen various aspects yet of a higher nature wherein spiritual integration does yet occur, and through all these levels there is that movement to that which first separated and that reversal to Awareness.

Q, Are we being invited to the inner planes, as I understand -- that's my impression?

A This is in the affirmative. That each of these answers that have been given and requested, when studied, embody similar approaches to the same place. That these inner planes are within yourself; that when this is fully experienced, there are ways of responding slowly and in awareness to each of these mechanisms, and each of these movements is all that this Awareness asks. In terms of those messages that have been given which have asked for response, that one response on any one of these levels is all that is asked. As this one response occurs, there is the total movement toward Awareness. That the symbol of one movement and returning to Awareness fulfills the energy which will cause the soul to make all the other moves which in essence are all of the first movement.

Q, You said, "...responses asked. . ." Let's see now. If you --

A This Awareness indicates that response is one time; that the entity understand that time lasts but in brief moments; that this response in terms of one time, in terms of each moment; that in levels of attention, the attention is also present in the following moment and in the following moment; that in this kind of one-time response, there is the potential for all needed response.

Q, "...for all needed..." For everybody else?

A This Awareness indicates that "everybody else" is an emanation of your own mind.

In light of the rapid changes taking place, we felt it timely to include the message from Cosmic Awareness given to Its ministers in Hawaii in 1966 by the Interpreter, Ralph Duby. This is a particularly heavy communication and should be read many times, especially those times when you feel down, frustrated, directionless and wondering whether all those things happening to you are really worth it. Also in this mailing is a sheet of printed symbols and their meanings. You may be seeing symbols in your meditation, so try to memorize as many as you can. Awareness tells us It communicates thru Its channels with symbols, which are converted to words and phrases by the subconscious mind of the channel. Symbols are also used in the Transpersonative (ESP) exercises given by Awareness, which you will receive later on through your C.A.C. mailings.

Organization of Awareness Ritual Reading
given by AWARENESS in
Honolulu, Hawaii

This Awareness asks the ministers of Organization of Awareness to teach men not to live in the old ways. This Awareness asks Its ministers to lead all men on new paths that lead to the new ways. For you have been selected as those who shall lead the world to a new state of things. And this new state of things can be brought about in a very definite way. But this way is not through the religions of the past, and this way is not through present-day nationalism. This Awareness doesn't ask that you start a new religion, for Christianity, for Hinduism, for Buddhism, for Islam, for Judaism, these are not the new way, these are the old ways. This Awareness is teaching you, and is showing you, so that you will teach and show others how to reject the old ways.

This Awareness asks Its ministers to teach others that religion does not matter. That no particular religion matters. A new creation is needed. A new being can appear within each and every human soul. And this new creation and this new being is within all men. This Awareness asks that this new being be understood by faith, and that faith is the justified confidence in the capacity of every man to know in fact that he can be and is this new being, this new creation. Tell this to all men. Tell this to the Christian, to the Hindu, to the Buddhist, to the Moslem, to the Jew.

This Awareness asks Its ministers not to compare religions and avatars, not to compare prophets and saints, ministers, rabbis, and priests. This Awareness asks you to tell all men not to compare rites or rituals, baptisms, ceremonies, and teachings. Not to compare the pious ones and the sinners, for all this is of no value.

And when again, Ministers of Awareness, you appear among those who are amidst the old ways, speak never of conversion. Don't ask men to accept the religions of the Western world or the religions of the Eastern world. But say unto them: there is a new creation, and this New Creation is within them, and this New Creation is this Awareness.

Tell others of the vanity of religion and speak of this without fear or malice. Do not boast that this Awareness has asked you to be free of superstition and men, free from ceremony, and all that religion represents. Do not tell them that you wish to convert them from their religious state or their secular state, for this shall be of no avail.

Tell them of this Awareness who comes again to men in their greatest hour of need. This Awareness comes to tell all men not of religion, or of the churches, or of membership or doctrine. Not to tell them about institutions and ministers and sermons and sacraments. Not to speak to them of monasteries and nunneries, convents, shrines, saints and saviors. But, tell them as you tell all others that neither religion nor non-religion matter. That neither Communism or those not Communists matter. That neither God nor Satan matters. For the old ways and the old religions and the old churches shall surely die, and nationalism will die, and Communism will die, and this Awareness offers to all human souls life, not death.

And this Awareness would now speak to Its ministers concerning ignorance, for this Awareness has asked Its ministers to teach those who need to know, and also told them that those who teach are those best taught. Tell other men that their problems are within themselves. Tell them not to reconcile this Awareness

because this Awareness does not need to be reconciled. Tell them not to continue to pray and make supplication, for this Awareness does not need prayers or supplication. This Awareness does not ask for moral behavior or for righteousness. This Awareness no longer asks for alms or for charity. Those who have moved away from this Awareness have done so because they are trying to effect a reconciliation with their needs when there needs nothing to be reconciled. Pagans, Jews, Christians, Hindus, and especially ministers of this Awareness need give nothing to this Awareness, for there has been no request for a show of good deeds that will appease this Awareness. For once this show has been effected, it ever and always has and shall fail. And the act of appeasement separates each human soul from the light, and all acts of prayer and supplication, acts of chastity, obedience and poverty, these services are never enough. And since they can never be enough, there can be no reconciliation or solicitation, for this Awareness cannot be appeased, cannot be reconciled.

This Awareness shall ever make constant and eternal demand upon all human souls, not only to those who are in the faith, but to those not in the faith, so that each soul may grow, there can ever be but one result, and this the result of appeasement. When men appease, there is born hostility, disagreement, grievance, personal quarrel, and hate. For these are the seeds of discontent, and these the results of feeling rejected. All men carry within them the seeds of their own discontent, because they ask for rejection. It does not matter what the source rejection may take. It may be for some existence of itself, or rejection because of the hidden powers of this Awareness, that determine life and law and all that occurs within the universe. Rejection may be for simply being a man or being a woman, and indeed this Awareness understands that men feel rejected, and knows that with rejection comes hostility and hate to that which has rejected them.

In order to teach others not to feel rejected, ask them not to speak of pride or arrogance or self-certainty, but to follow the Laws and Precepts that this Awareness has given. Not to speak of the pride and arrogance, self-certainty, and complacency, that they as ministers might find within themselves, for these indeed are the seeds of rejections. Tell men not to reject themselves or to feel disgust or hatred of themselves, for again, these are the seeds of discontent.

Tell each man not to try to make himself more acceptable in his own judgment, for this Awareness has asked men not to judge, not to judge others or themselves, but to understand and to know that life is not a matter of appeasement, for failure will ever ensue. And with failure comes hatred and hostility toward self. Tell all men that he who rejects self soon is rejected by others. That as men feel more and more hostile toward their destiny, they will feel more and more hostile toward themselves. That this hostility shall grow, and hatred will include hatred for all men and for this Awareness. Tell men not to reconcile their own actions or the actions of others, for in doing this each shall surely fail. These are the old ways, and in the new reality these old ways shall be understood for what they have made manifest.

Ministers of this Awareness, enter into this new state of being, each of you need not show anything to yourselves or to others, only allow yourselves to be opened so that that which is offered unto you may be grasped. For the new ways and the new creation is a reality wherein there is no separateness. In the new ways all separateness is reunited. This Awareness asks Its ministers to accept themselves as that which is ever important, eternally loved, always accepted, never rejected, ever reconciled with all that is this Awareness. When these lessons are those learned and when the new way has been achieved, there shall no longer be self-disgust or denial, nor disgust or denial of others, no rejection of others, for this Awareness has taught Its ministers that

spiritual healing occurs when both the mind and the body experience the union of self with self. And those walking along the new ways shall find endless opportunity for each to realize who in fact he really is.

And this Awareness now indicates to Its ministers that men cannot live much longer with this sense of separateness, cannot live much longer in the old ways, cannot much longer live being thus apart one from the other. For there are now religions, one apart from the other, states one apart from the other. This Awareness has taught you that in each face is every other human face. That the old religions and the present nationalism are the greatest of all betrayers. But although betrayed and rejected, let the ministers of this Awareness indicate that their hearts shall not be troubled, for this Awareness now calls all mankind together again.

And this Awareness, reaching out toward Its ministers, holds them close in Its great arms and gives them consolation and gives them destiny and gives to each the dignity of the human soul.

Excerpt from a reading given March 10, 1974

This awareness indicates an acceleration is occurring in which that action of attention is being pushed by forces which do create an intensification. That the attention is being brought into greater focus, this on every level. This Awareness indicates that this attention being focused from every aspect and every level of society, from every level of individuality, the attention being focused as that which does strike upon that which is significant, and striking that which is significant does light it up as a spotlight on stage exposing all the dross and irregularities and all the truth of the matter. This Awareness indicates that anything that is made significant does come under this light of attention. This Awareness indicates this shall last for from now on, that the speeding-up process shall intensify especially between now and July. That by mid-June there shall be a significant change in all levels due to the intensification of this attention.

(Message continues on page 10)

This Awareness indicates that the changes which are coming are of such magnitude that few will realize what is in store. This Awareness indicates that in these changes that those who can flow with change, who can move and with the current, those who can let go of their own will, and let go of their own efforts to achieve certain goals, are those who will find themselves continuing to be, and continuing to move, and sailing into more gentle waters after the changes have occurred. This Awareness indicates that those who hold fast and cannot move with the current, those who insist on having things according to some structure within their own mind, or according to some system which they would approve, or according to some method which some authority has demonstrated, are those who will find themselves hanging from a limb which is being cut off. This Awareness indicates that the flow and change has been accelerating and will continue to accelerate according to that which has been called the acceleration of acceleration, that the rate of acceleration is increasing. This Awareness indicates that there need be no great fear of this change, that wherein attention is given to what is happening, as opposed to trying to hold onto what was, that when this attention is given to what is happening, one is changing and flowing with the tide.

A Message to Teenagers from Awareness

This Awareness now indicates that the ages 16 through 22 are the ages where body and mind are in conflict, for those of these ages are those that represent an idealism. And this idealism that which is created without careful understanding of example. And when that ideal, and these ideals, are smashed into bits by environment and circumstance, then those of these particular ages are those that walk down strange streets, that meet with adversaries they are not able to cope with. This Awareness suggests as a solution to this problem that those of these particular ages understand that the Gods and heroes that they establish and build are those that need to be built with caution. For those on the physical plane are those who have ever created false Gods and as these Gods fall asunder the pieces shower upon them causing tragedy, sorrow and suffering. This Awareness asks those who are young to worship that which is within and understand that all that is created in reference to form and that which is God-like is that which is within and without. This Awareness suggests that in reference to those who shall soon guide many of the ages of 16 through 22, that there be established for these entities that understanding of moral and ethic example through that actual recognition which does not place those who are entities acting other than the will of this Awareness in positions of high estate; those of great soldiers or statesmen, actors or actresses, are those who from the ages of 24 through 34 are not set up as examples to revere.

Q Is there a closing message?

A This Awareness indicates that for many years and for many lifetimes, this Awareness has watched the movement of these many forces in and out of various bodies, in and out of various situations, in and out of various faces, in and out of various relationships, in and out of various frustrations, in and out of various activities and attempts to come together, only to see them fall apart. In looking at all this activity, the rustle of these forces as likened unto a symphony of life, wherein the notes or notes or individuals, move thru their roles only to appear in one measure of life and disappear and show up again in another; that these various disappearances and reappearances as that which is likened unto the echos of themselves. Occasionally the entity touches on this reality, touches on his own reality and realizes who in fact he really is, regardless of all the other harmonic chords and dissonant chords that are, at the same time, impressing those vibrations upon him. Occasionally the entity discovers his own note, and discovers his own truth, and discovers which of these forces and notes and vibrations and dissonant chords ... which of these are his own identifications and which are those of others. In this manner, the entities begin to discover themselves in relationship with others, rather than simply seeing that dissonant chord and rebelling against the whole thing and identifying with the chord and saying 'I hate myself'. This Awareness indicates that entities, in discovering their own note, their own being and seeing the relationship of their being when it comes in contact with others whether there is harmony or dissonance, as those who are capable of creating that symphony which is called love.

Q. What is the general health of our family; is there anything we should watch out for?

A. This Awareness suggests the general health is that which is generally sound at this point, that the foods which are being sold at the super-markets at this time--those processed foods, coffees, teas and other drinks, certain foods such as soups in the prepared state, canned and packaged--that these canned and prepared and processed foods are being treated with additives that shall have a detrimental effect on entities when used over a period of time.

This Awareness indicates that the tampering of foods is that which, within the next five years, will come to a halt. Yet at present, this may become more of a problem before anything is done about it.

The action of putting those chemicals which make entities sterile and impotent, those chemicals which create a deadening effect upon the psyche, those chemicals which pacify entities so that they become lethargic, these are now being added to your foods and must be looked at by the masses before they shall be halted.

This Awareness indicates the medical profession, the food and drug profession, and certain... This Awareness indicates there is coming a rebellion against the Internal Revenue system, the insurance companies, the American Medical Association, the hospitals, and the Food and Drug Administration. This rebellion will strike out against these organizations during the seven year cycle while Uranus moves through the sign of Scorpio. There shall be many changes which occur and in the meantime, entities are cautioned to be very careful at the present regarding the foods, drink and medicines used.

This Awareness suggests that the entity, Wayne Tashea, as one who, in doing certain work through iridology and herbs, as capable of assisting entities to assist themselves, and to heal themselves, and to heal themselves from illnesses which would lie unnoticed for some time. This Awareness indicates that in looking in the mirror of the eyes and seeing those things which are coming into an imbalance within the system, that this entity and others using this method, who can give proper suggestions to entities to the use of herbalism, diet, and recommendations to assist in finding the proper physician, will allow entities to begin to look more deeply at their health and make corrections in their health needs before they become acute.

This Awareness suggests there is no reason for entities to have such short lifetimes; for the human body on this plane is built to live about three to four hundred years of age, and those who take great care of their body and live in higher spiritual realms could expect everlasting life.

The use of herbs and proper diet for remedy and regular use is much more efficient in promoting health and vitality than that of the commercial medicines and drugs used today.

The action of Wayne Tashea and others is that which may be assisted by the communications with entities in various areas to set up meeting places whereby this entity and others of his kind may travel and give iridology readings and other lectures and services of a healing nature, to allow entities a glimpse at themselves, whereby they may begin to heal themselves on many levels.

This may be done on a donational basis and may be sponsored by the Aquarian Church, and by Cosmic Awareness Communications, Servants of Awareness, and other groups according to their inclination to participate in this action. That entities in various parts of the country, wishing to have such readings, may notify these sponsoring groups and wherein enough interest is shown, the entity Wayne Tashea or some other entity--minister of healing, may be dispatched to that area.

This Awareness indicates that during the next few years a large number of Ministers, serving as healers, may be dispatched likened unto a squadron of healers who move throughout this nation, moving from place to place on a regular route and schedule, moving to an area approximately three to six months apart, allowing entities to understand which herbs or healing methods would be best for them; and allowing these entities the opportunity to heal and cleanse and prevent problems before they become too difficult to handle easily.

This Awareness indicates that in your particular case at this time your family does have relatively sound health, but there are areas that are beginning to show some need for attention and rectification in order to prevent future problems.

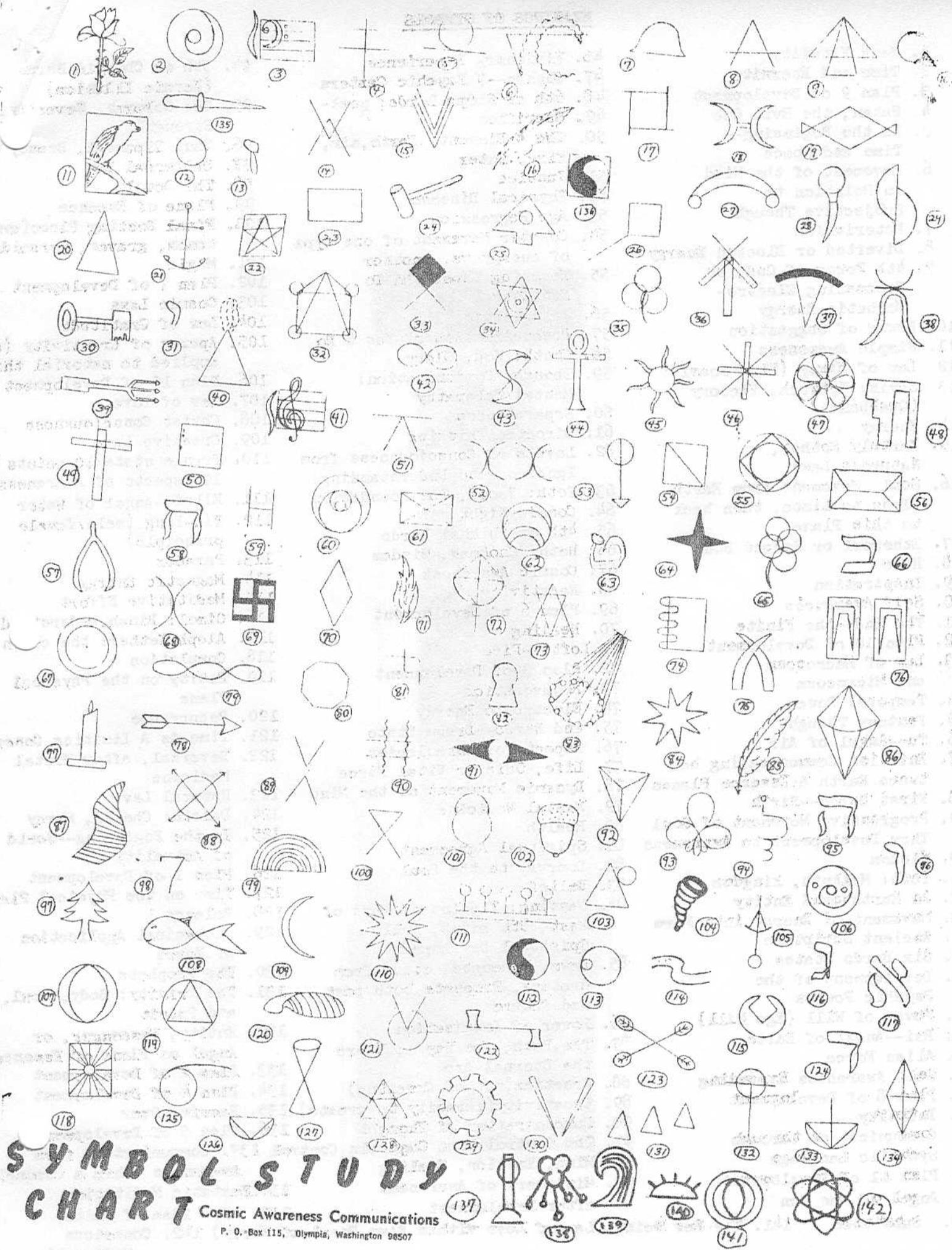
The entity Wayne Tashea and others may be dispatched to your area wherein a group of persons do gather who would appreciate the nature of his work. A more detailed analysis of your personal and family problems would require another complete reading, and can not be done at this reading as the interpreter has been in trance long enough already.

This Awareness indicates the iridology reading does have a high degree of accuracy and the personal contact with this entity is of benefit in many ways other than that of the reading itself. That many will be saved from many illnesses from understanding the value of these readings by these Ministers of Healing.

Q, There are no further questions. Does Awareness have a closing message?

A. This Awareness indicates there shall be continued messages from this Awareness to you; that this shall come from many areas, from various outlets whereby this Awareness gives messages to you through the mouths of others, through the eyes of others, through the gentle looks and the touches placed upon you by others. This Awareness suggests you look at every living thing, at every animal, at every plant and flower, as though you were looking at this Awareness; for this Awareness will speak to you now and again through one of these, and then another, and then another, and yet still another. This Awareness shall continue to speak to you from now until eternity through the eyes of others, through the flowers and the weeds, through the grass and through the leaves; this Awareness will speak to you on the echoes of the wind, in the ripple of the waters, and in the call of the wilderness; the flight of the butterfly, the call of little foxes, and the voice of the turtle.

EDITORS NOTE: the entity, Wayne Tashea, mentioned in the above reading is a Minister of Cosmic Awareness and is affiliated with Cosmic Awareness Communications. Wayne is a New Age mystic whose life is devoted to teaching others the natural healing methods used by metaphysicians for thousands of years. By the science of Iridology he can look into a person's eyes and tell them exactly the state of their physical and spiritual health. He then tells them what needs to be done and prescribes certain herbs to clear up the problem. Wayne Tashea travels the roads with a back-pack and his suitcase "medicine bag" which is full of herbs. He lectures and teaches and spreads the word of Awareness, the New Age and the "God Within". Entities interested in becoming a Minister of Awareness in this field of healing, should contact CAC. There are classes available and the New Age College in Pennsylvania will also offer a complete curriculum in this field.



SYMBOL STUDY
CHART Cosmic Awareness Communications
 P. O. Box 115, Olympia, Washington 98507

MEANINGS OF SYMBOLS

1. Mere Vitality
2. Time and Eternity
3. Plan 9 of Development
4. Satan, the Evil One
5. In the Beginning---
Time and Space
6. Movement of the Mind
in Relation to
Subjective Thought
7. Materialism
8. Diverted or Blocked Energy
9. 4th Power of God, or
Resonating Electro-
Magnetic Energy
10. Power of Suggestion
11. Simple Awareness
12. Law of Mercy (Blue Pearl)
13. Zayin: Netzach, Victory
(Quabalah)
14. Energy
15. Earthly Mother,
Nature's Laws
16. Soul Movement from Earth
Plane to Limbo, then back
to this Plane
17. Ethereal or Second Body
18. Hate
19. Inspiration
20. Self Awareness
21. The End---The Finite
22. Plan 10 of Development
23. Law of Macrocosm
and Microcosm
24. Temporal Power
25. Fantasy Thought
26. Tu---Angel of Air
27. Entities Communicating be-
tween Earth & Essence Planes
28. First Bardo---Birth
29. Progressive Movement of Soul
Thru Development to Awareness
30. Wisdom
31. Yodh: Malkuth, Kingdom
32. An Earthbound Entity
33. Movement of Energy into Form
34. Ancient Scripture
35. Six Bardo States
36. Development of the
Psychic Powers
37. Power of Will (Ego Will)
38. Rai---Angel of Earth
39. Alien Force
40. Self Awareness Expanding
41. Plan 8 of Development
42. Infinity
43. Communication through
Symbolic Language
44. Plan 11 of Development
45. Angel of the Sun
46. Visionary Experience
47. Chakra--7 Psychic Centers
48. 6th or Sidpa Bardo; seek-
49. Sacrifice
50. The 4 Elements: Earth, air,
fire, water
51. Justice
52. Physical Disease
53. Age Regression
54. Counter Movement of one type
of energy vs. another
55. Teaching Those Who Do
Not Know
56. Telekinisis
57. Reconciliation of Yes & No
58. Chath: Hod, Glory
59. Thought Communication:
Mental Telepathy
60. Separateness
61. Directed Thinking
62. Levels of Consciousness from
Ignorance to Understanding
63. Teth: Yesod, The Foundation
64. Cosmic Night
65. 4th or Chikhal Bardo
66. Beth: Chokmah, Wisdom
67. Cosmic Awareness
68. Negativity
69. Plan 6 of Development
70. Healing
71. Lothi---Fire
72. Plan 3 of Development
73. Rejuvenation
74. Electronic Energy
75. 2nd Bardo---Dream State
76. Aspects of Cosmologies
77. Life, Odic or Vital Force
78. Dynamic Movement of the Mind
79. Mental Medicine
80. Health
81. Spiritual Agreement
82. Doorway to the Soul
83. Relief
84. Fasting: 7 points=7 Days of
Fast, 8th point, full
Spiritual Development
85. Laws, Precepts, etc., from
Avatars, Prophets both past
and future
86. Power of Imagination
87. The Path, the Way Where
the Eternal Arc
88. Creation(act of Creating)
89. Creativity(capacity to create)
90. Concentration of Thought
91. The Control that Controls Control
92. Mind, Emotion, Feeling
93. Ministers of Awareness
after Development
94. 5th or Chonyid Bardo
(Karmic Illusion)
95. He: Geburah, Severity,
Strength
96. Vau: Tipareth, Beauty
97. Universal Law
98. The Occult
99. Plane of Essence
100. Final Resting Place(urns,
tombs, graves, pyramids)
101. Magic
102. Plan 7 of Development
103. Cosmic Laws
104. Law of Gratitude
105. Apexes of Creativity (as
applied to material things)
106. Plan 12 of Development
107. Law of Love
108. Christ Consciousness
109. Creative Love
110. Trance state: 10 points
10 Aspects of Awareness
111. Elloï---Angel of Water
112. Yin-Yang (male/female
principle)
113. Paradox
114. Magnetic Energy
115. Meditative Effort
116. Gimel: Binah, Underst^d
117. Aleph-Kether: the c^{on}
118. Completion
119. Entity on the Physical
Plane
120. Recurrence
121. Time As A Limiting Conc^{on}
122. Reversal, after Mental
Medicine
123. Natural Law
124. Deleth: Chesed, Mercy
125. In the Beginning---World
of Actuality
126. Plan 1 of Development
127. Time on the Physical Pl^{ane}
128. Balance
129. Mechanical Application
of Force
130. The Prophets
131. The Trinity: Body, Soul
and Spirit
132. Entity, Messenger, or
Angel on Plane of Essen^{ce}
133. Plan 2 of Development
134. Plan 4 of Development
135. Passing Over
136. Plan 5 of Development
137. Communication from
Awareness thru a Chan^{nel}
138. Ecstatic Meditation
139. The Idea of Faith
140. Substance
141. The New Being (Law of Love within Blue Pearl of Mercy)
142. Conscious
Mediumship

ALKALINE FORMING FOODS

Alfalfa powder	Coffee substitutes	Leek	Peaches	Soy bean oil
Almonds	Coconut	Lemons	" sun dried	Soy bean products
Apples	Cranberries	Lecithin	Pears	Spinach
Apricots	Cucumbers	Lettuce	" sun dried	Sprouts
Artichokes	Currents	Limbs	Peas-fresh	Squash
Avocados	Dandelions	Loganberries	Peppers-sweet	Strawberries
Bananas-ripe	Dates	Malt-o-soy	Parsimons	Swiss Chard
Beans-string	Eggplant	Meat substitutes	Pineapple	Tea substitutes
Beans-wax	Endive	Mushrooms	Plums	Tecolac
Beans-kidney	Figs	Mushmelon	Potatoes-	Tomatoes
Beets	Garlic	Peppermint leaves	sweet	Turnips
Beet leaves	Gelatina-	Okra	Potatoes-	Turnip tops
Blackberries	vegetable	Olives-ripe	white	Veg-gelatin
Blueberries	Goat's milk	Olive oil	Prunes- un-	Veg-juices
Broccoli	Grapes	Onions	dried	Vitveg.
Broth-potassium	Grape juice	Oranges-tree	Pumpkins	Watercress
Broth-vegetable	Grapefruit	ripened only	Radishes	" powder
Cabbage-red	Grapefruit juice	Orange juice	Raspberries	Watermelon
Candifruit bar	Honey-pure-	Oyster plant	Rice-polishing	Wheat germ
Cantaloupe	all varieties	Parley	Romaine	Wheat hearts
Carrots-raw	Huckleberries	Papaya	Rhubarb	Soy beans
Carrot juice	Juice-fruit	Parley juice	Rutabegas	Soyalac
Cauliflower	Juice-vegetable	Parley powder	Savory	Soytoffee
Celery	Kale	Papaya con-	Sea lettuce	Soy bean milk
Cherries	Kaip	centrate	Colombas	powder
Chicory	Kohlrabi	Paranips	Sorrel	Soy-o-nuts

ACID FORMING FOODS

Barley	Cocoa	Grapenuts	Oysters	Sauerkraut
Beef	Corn	Gluten flour	Peanuts	juice
Beans-lima	Cornmeal	Goose	Peanut butter	Spaghetti
Beans-white	Cornstarch	Ham	Pecans	Sugar-raw
Bread	Cottage cheese	Lamb	Peas-dried	Sugar-white
Buttermilk	Crabs	Lentils	Pork	Syrup
Candy	Crackers	Lobsters	Rabbit	Tejoca
Cashew nuts	Cream of wheat	Macaroni	Rice-brown	Turkey
Cereals	Duck	Maize	Rice-polished	Turtle
Chestnuts	Eggs	Milk	Rice-wild	Veal
Chicken	Fish	Millet rye	Roquefort cheese	Vinagar
Chocolate	Flour-whole wheat	Mutton	Rye flour	Walnuts
Clems	Rye	Oatmeal	Sauerkraut	Zwieback

It has been definitely determined that the system must be as nearly alkaline as possible. This does not mean that the body must be 100% alkaline, as life could not exist if this were so. When we say, on the other hand, that the body is "acid", it means that the system is no longer near the alkaline point. Unquestionably sound health is determined by a good, alkaline, acid-free body, while ill health is always associated with an extreme acid body.

This chart is valuable as it lists those foods which have an alkaline or acid reaction in the system. Nutritionists generally are agreed that if we can maintain a balance of 80% alkaline and 20% acid forming foods on the diet, there will be normal health. Cosmic Awareness continues to indicate that entities need to keep their system mainly alkaline. Post this chart in your kitchen.

Cosmic Awareness Communications

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