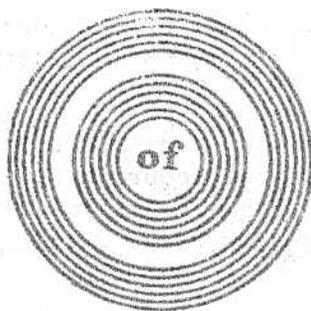


# Revelations



# Awareness

Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

#78-9



MORE ON THE ALIEN FORCE: HOW IT GETS IN  
WHEN HOLES ARE BLOWN IN THE AURA BY DRUGS  
AND OTHER THINGS AND HOW TO CORRECT THIS.

Paul Shockley  
Trance-Interpreter

(Opening Message from a C.A.C. Reading, June 17, 1977)

COSMIC AWARENESS: (Prior to the York Convention of New Age Groups)

This Awareness suggests that there are many areas in consciousness wherein dark shadows still lurk, wherein alien forces still hide, looking for those openings, looking for those opportunities to create disturbances.

This Awareness suggests that the alien forces have been greatly weakened during the last decade. That essentially the power has shifted from that which is separative to that which is unified during the previous decade.

This Awareness suggests that even though the power has shifted in favor of the forces of light, the forces of darkness still continue to create mischief. The forces of division, separateness and hostility still struggle likened unto guerilla fighters in a situation where they are greatly outnumbered.

This Awareness indicates that these forces can do much damage on many levels because of their ability to hide, to work through those who are open channels for these forces and to work against that which is unification, and wherein there is personality which enters and becomes dominant over the group action.

This Awareness suggests that personality levels, drugs, drink, inappropriate motivation whereby entities wish to promote themselves at the expense of others, or without concern for others, these are factors which blow holes in auras, in the aura of an individual, or in the aura of a group.

This Awareness indicates that it is through these holes that the alien force does manage to sneak its way into an action and create mischief.

This Awareness suggests that entities become strong as a group and as individuals and to avoid any actions which blow holes in the aura.

This Awareness suggests that wherein such holes are blown, that you place a guard to watch that hole carefully so as to keep any alien force from entering your action.

## QUESTION:

How does one place a guard?



## COSMIC AWARENESS:

This Awareness suggests that the light of attention shining upon the hole will deter entry of the alien force so long as there is no fear of inadequacy on the part of the group or the individual. The faith that one or all can handle any situation that is presented, through the action of response, awareness, love, mercy and attention.

This Awareness indicates that these are the guards and may be placed in all areas of your life, or of the activities of the group, so that wherein an alien force enters that alien force is confronted by love, attention, mercy, response and awareness.

This Awareness suggests you convert alien forces into light forces even as the princess kisses the frog and turns the frog into a handsome prince.

This Awareness suggests that wherein fear enters in your dealings with alien forces, alien forces become stronger. That wherein courage enters in your dealings with alien force and love, mercy and the light of awareness and attention are brought into the action, the response shall be the metamorphosis of the alien force into a force which is on your side, and the conversion shall take place in an instant.

This Awareness wishes entities to continue the 'mopping up' action, whereby alien force is converted into light. For as this is dealt with, the speeding up of the changes in consciousness shall lessen the opportunities and the possibilities of tragedies which might occur otherwise.

This Awareness suggests that questions may be asked regarding this opening message for clarification in terms of any particular situations, or that the questions for this reading may continue.

### Closing the Holes Caused by Drugs

#### QUESTION:

I would like to ask Awareness if the occasional use of drugs like marijuana, cocaine, alcohol, create a hole in the aura each time, or is the hole created when excessive use is used?

#### COSMIC AWARENESS:

This Awareness suggests that the occasional use tends to decrystallize the aura and can have a certain beneficial effect in terms of relaxing the intensities of the psyche, so that the psyche can re-examine certain facets of itself, rearrange certain facets of itself, and see concepts from a more relaxed point of view.

This Awareness indicates that the occasional use can have certain benefits. This Awareness indicates that this is similar to the use of playing with firecrackers. That some entities can light firecrackers and can, by that action, release much tension and frustration. This Awareness indicates that entities who move into larger and larger firecrackers and begin using sticks of dynamite where firecrackers were previously used, shall find certain areas of their lives becoming endangered.

This Awareness suggests that the excessive use tends to creep up on entities without them being aware of the insidious creeping, in terms of alcohol, particularly, and in terms of other drugs.

This Awareness suggests that it is not for an immature person to play with these drugs. That wherein entities have weaknesses, it is better to avoid these altogether.

This Awareness suggests that wherein an entity can take a drink once a month or once a year, or once a week, but not even concern oneself with whether it was a week, a month, or a year ago that one had a drink, then the significance of such drinking is such that it matters not.

This Awareness suggests that wherein an entity drinks daily, or drinks excessively on occasion, holes are blown in the aura.

This Awareness suggests that wherein holes are blown in the aura, it takes several days of abstinence for those holes to be patched, for the aura to heal itself.

This Awareness suggests that one night of being drunk wherein an entity feels greatly weakened physically and of a staggering nature, or of a dizzy nature, wherein speech is slurred, this requires at least one week, and as many as three or four weeks, before the aura can restore itself to proper health.

This Awareness indicates that wherein the aura is weak, the potential for illness, the potential for invasion by negative thought-forms and alien forces, or possession by entities of the astral plane becomes greatly enhanced.

This Awareness suggests that it depends greatly on the level of spiritual development and clarity of consciousness whether an entity can restore one's aura back to proper health in a short period or whether this shall take longer.

This Awareness indicates that wherein an entity is of a negative nature in general, wherein an entity is selfish or fearful, the aura may never become very strong and drink will tend to weaken this even more than with others who have a strong and favorable self-image.

This Awareness suggests that the use of marijuana as being less destructive to the aura, particularly wherein this is used in moderation and in environmental settings that are of a friendly nature.

This Awareness suggests that marijuana tends to be a euphoric drug as opposed to alcohol which is a depressant. This Awareness suggests that the depressant tends to call forth negative thoughts, feelings, moods and energies, as well as entities; that the marijuana tends to bring forth more positive types of energies.

This Awareness suggests that this again depends on the personality who is using these substances and the tensions or frustrations of that character.

This Awareness suggests that in terms of other drugs, each does have its own particular effect on entities and can create the altered state of consciousness that is favorable or unfavorable, depending on the type of drug and the character or personality of the user as well as the motivation and the environment.

Using the 144 Light-Count Meditation  
To Mend Blown Holes in the Aura  
(Also Other Methods to do This)

QUESTION:

Is there any psychic way that the aura, the holes blown in the aura, might be healed rapidly? I was thinking specifically of the 144 light-count meditation.

COSMIC AWARENESS:

This Awareness indicates that this as in the affirmative. That this meditation can be greatly effective. That also the use of making magnetic passes over the entity's aura; that also the use of visualization of the entity and the aura.

This Awareness suggests also the use of music: that dissonance disrupts and tears apart the aura, and harmony puts the aura back together. This Awareness suggests that in using dissonance to disrupt a broken aura or a distorted aura, one can then follow with harmonious music to restore the aura toward proper health.

This Awareness suggests also that situations and environments can likewise do this. This Awareness indicates that confrontations disrupt the aura. Emotion blasts holes in the auras of those who are the recipient of that blasting emotion; that loving emotion, tenderness, harmonious emotion directed toward another, tend to heal the aura.

This Awareness suggests that wherein an aura does have a hole in it, it may require that a blast of emotion may shake up the aura, then this be followed by great tenderness and love.

This Awareness suggests, however, that this be used only in those very rare and special occasions wherein the entity does not wish to allow the hole in the aura to be patched; wherein the entity is holding out, refusing to relate clearly, allowing separateness in the relationship, not being one's self but being a channel for the alien force.

This Awareness indicates that wherein this occurs, a confrontation straight, hard, true, with some blast of emotion or energy behind those confronting tones and words which are speaking truth, this may occasionally be of benefit to the entity so long as the entity clearly understands that your words are not separating, but are demanding that the entity join with you in communication.

This Awareness indicates that wherein an entity uses emotion to blast another, to make the other feel wrong, to make the other feel inferior, to make the other feel rejected, this does not help to heal the aura, but will simply blast more holes in the aura and allow more negative forces to enter.

This Awareness suggests that entities must have a good self-image; and a good self-image guarantees a strong aura.

This Awareness indicates that wherein you feel a need to blast another with emotion, blast them for being separate, but do not blast them for being what they are. Do not blast them out, or blast them into areas of guilt, insignificance, or feelings of low esteem.

This Awareness suggests if you blast an entity, blast the entity for feelings of guilt, for feeling low self-esteem, for feeling separate, and demand that they live up to the image which you know they are: worthy, good, of high level, and included in the unity of all things; and insist that the entity be as good as you know the entity is. This Awareness suggests that this kind of emotional blast can have certain benefits in terms of recharging the entity's aura and feelings of self-esteem. That any action of condemnation, any action which puts a person down, is an action which weakens the aura and their self-esteem and allows the alien force greater control.

This Awareness suggests that an action which blasts an entity into the realization that he or she is something special, this which puts an entity up into a higher level, this action which includes the entity along with yourself, wherein statements of "We can do it", "we can be what we want to be", the inclusive statements, regardless of how much emotion is included in those statements, can strengthen the entity's aura, raise the self-image, and lift the level of spirit so that the entity can overcome many failures which would otherwise drag the entity down.

This Awareness suggests that these statements may be used on every occasion where the entity would normally expect to be put down for failure. Wherein an entity may expect to be condemned, a good pep talk, lifting the entity, is that which is most favorable and appropriate.

This Awareness indicates that it does not necessarily mean that you are not to see the negative, but rather that the negative not be identified with the entity's future, even though it occur again and again. That the future always be presented from the positive point of view. That you allow the negative to fall away in the past, regardless of how many times you may feel disappointment in the behavior of another. This Awareness indicates in this manner, you shall gradually assist others in moving more and more up the ladder of spiritual development even though they may slip, slide and fall occasionally, they shall generally gain and move upward.

This Awareness indicates the difference between instilling enthusiasm and instilling guilt, is that instilling guilt comes from emotional put-downs, and instilling enthusiasm comes from emotional lift-ups.

#### QUESTION:

Would the use of the cleansing diet, the seven-day cleansing diet, just about heal up most holes in auras?

#### COSMIC AWARENESS:

This Awareness indicates this as being very beneficial. That this as that which can speed up the healing process, but that this is relative to the degree of the deterioration.

That some auras are so deteriorated and weakened that a seven-day fast can be of some benefit, but not of a total healing.

This Awareness indicates that some entities may require years of abstinence, care of diet, attitudes, and personal strength and character-building in order to overcome the effects of improper living through the rampant appetite involved in drugs, drink or low-level lifestyles.

This Awareness suggests that the majority of heroin addicts will require approximately three to four years of very careful attention to diet and cleansing of their consciousness to overcome the effects of this drug. That alcohol users require a similar amount wherein this has been excessive. That the use of marijuana can, wherein this has been used excessively, may require approximately nine months to one and one-half year to overcome the effects of this.

This Awareness suggests that in the case of entities who have eaten food which is not beneficial to them that this also can have its effect on the aura, and the cleansing of the body and aura through proper dieting can likewise take some time, even as much as three to five years of careful dieting to overcome the negative effect of junk foods and improper dieting.

This Awareness wishes entities to begin to tune in to those foods and exercises and attitudes which lead the physical body and the emotional body and the feeling body and the ideology levels to feel good from natural forces, rather than from artificial stimulation. For the artificial stimulation too often is only temporary and leaves ill effects of a greater degree.

This Awareness indicates this in reference to caffeines, 'speeds' and other drugs which tend to give a temporary feeling of well-being, but which is not the natural feeling of the entity. That this also includes certain thoughts and attitudes which give a temporary feeling of well-being but which are not the norm for the entity.

This Awareness wishes entities' normal behavior and thoughts and diet to be that which is beneficial on all levels.

#### QUESTION:

Is there any specific foods or herbs that an entity could incorporate into his diet that would help heal the blown aura, or perhaps build up a resistance to it being blown?

#### COSMIC AWARENESS:

This Awareness indicates cayenne pepper, ginseng, gota kola, fo-ti-tieng, comfrey, camomile, garlic. This Awareness suggests that which is REJU-VIGOR\* as that which is of great benefit in restoring the aura. That peppermint tea as also beneficial. That mint teas in general are beneficial. That lemon juice is beneficial. This Awareness indicates also red raspberry tee.

\*(REJU-VIGOR is a formula given by Awareness comprised of 9 separate herbs, and is available in tablet form from the "Good Ship" of the Aquarian Church of Universal Service Prices and information upon request.)

#### QUESTION:

Awareness has previously indicated that the alien force exists on all levels, even 'unto the very high planes'. Would the change in consciousness that is occurring and the fact that the alien force has lost most of its force, as I understand it, will it continue to exist and have any force at all on these other planes?

#### COSMIC AWARENESS:

This Awareness indicates as long as there is the potential for separation and as long

as this potential is a temptation to entities, as long as there are entities who feel that they would gain by competition over others, this is that which promotes feelings of separation, and as long as there are such feelings, or the temptation to experience feelings of separation, there shall continue to be the alien forces.

This Awareness suggests that alien force is that which thrives on concepts of separation, even though those concepts are based on an illusion and there is nothing in the universe which is separate, for all that is in the universe is integrated and therefore is one.

This Awareness indicates that the concept of separation is that which is an illusion, but this illusion creates feelings of competition among entities and this is the hatching ground of alien forces.

This Awareness suggests that wherein the entire situation can be made lighter, more humorous, less heavy, and the alien force (the competition) can be moved into levels of greater humor and harmony, so that the competition between entities is fun for all, then the alien force may exist within the universe as a harmless creature that allows entities to experience spice in life without tragedy in life.

#### QUESTION:

Is it possible for an alien force to invade an entity's aura while he is asleep?

#### COSMIC AWARENESS:

This Awareness indicates this only if the entity in general lives a life wherein feelings are of a separative nature, wherein the entity is competitive, hostile or fearful. This Awareness indicates that during such times the alien forces indeed do attempt to enter the consciousness of entities.

This Awareness suggests that any entity who fears invasion by an alien force, before falling asleep, may simply visualize their own concept of what euphoria, what heaven, what nirvana, what their own version of an ideal world would be, and fall asleep imagining this euphoric place.

This Awareness indicates also that entities falling asleep, envisioning the most beautiful scenes, the most beautiful experiences they can imagine, shall not only guarantee that they shall have a good night's rest, these entities shall also promote a happier day and a day which is more productive the next day, and in general may move their lives toward higher and more beautiful levels through the adjustment of attitudes.

This Awareness indicates these entities also are guaranteeing themselves that if they should die in their sleep, they shall go to those places in consciousness which are similar to their ideals.

This Awareness indicates that wherein entities fall asleep with worries, fears or negative images in their consciousness, they are indeed energizing these things in their lives during the coming days, and if they should die in their sleep, shall find themselves living in situations similar to those negative images which they carried as they fell asleep.

This Awareness wishes entities to be very aware of that crucial time just before falling asleep, wherein the conscious mind begins to let down and allow images to enter into the subjective levels of consciousness. For as these doors to the subjective levels are open, that which enters in terms of images is that which enters your house of consciousness and creates your future for you on many levels.

This Awareness suggests that you only allow in that which you wish in your future experiences.

#### QUESTION:

What happens when you fall asleep in the process of trying to do your 144 light-count meditation? What is that setting up?

### COSMIC AWARENESS:

This Awareness suggests that this continues on the subjective level regardless of what is running through the consciousness level. That wherein an action is started, the rest is implied in your subjective levels, and is continued. This Awareness suggests that the greater the effort to finish the count, the stronger the energy on the subjective level; that this is that which assists greatly in deepening the effects of the count.

### QUESTION:

#### Teen-Age Drinking Problems

In reference to alcohol and blowing a hole in the aura, would Awareness please comment on this apparent phenomenon of teenagers not only drinking with regularity, but excessively; and from reports in the paper, a great percentage of teenagers nowadays, even down to 12 and 13, are regularly indulging in alcohol?

### COSMIC AWARENESS:

This Awareness indicates that this is partially brought on by the changing of society, the changing values. This Awareness indicates that these young children entering the world from another plane, being told at early ages that this world may blow apart at any time; this Awareness indicates that during the previous generations entities were told that the world may come to an end any day and therefore, entities must be ready to meet their Maker. This being that which was a threat with a guidance factor to avoid the negative potential if one were not ready.

This Awareness indicates in this present age, these entities come into this world and are told that the world can blow up at any time. The end of the world may occur next month or next year and none can be sure. This Awareness indicates this is not just a belief, but is presented by scientific fact, and therefore is more of a reality than a religion.

This Awareness indicates that there is no alternative being given along with this fact. There is no guidance being given to tell these youth what to do or how to prepare for the possibility of non-existence this month, next month, or next year.

This Awareness indicates these youngsters enter this plane not knowing how they got here, not knowing what the world is about, knowing only that it is on a course of self-destruction and that there does not appear to be any great guidance in terms of forces which are definitely making a change in the self-destruction of the world.

This Awareness indicates that consequently, these youngsters tuning into the world, are emulating that consciousness and are likewise moving toward self-destruction and the oblivion through the use of drugs and drink.

This Awareness indicates that these many youngsters are no more afraid of the effects of drugs and drink, of death and destruction to themselves, than are the adults afraid of nuclear disaster.

This Awareness indicates that these youngsters in pursuing pleasure through drink and wild behavior, are no more irresponsible than are the politicians, businessmen, and the military and powers which are wallowing in drunken stupors over nuclear destructive forces and finding their pleasures in such self-destructive behavior.

This Awareness indicates these so-called leaders are no more responsible and no more concerned about the lives of others than are the so-called irresponsible teenagers who get drunk, sit behind a wheel and drive like maniacs.

This Awareness indicates these entities driving the 'ship of state' taking nations of people with them, hell-bent for destruction through power, through power, through power of nuclear armaments of all types: these entities are not only as irresponsible as the

teenagers, but are of one thousand or one million more the danger to others.

QUESTION:

Well, is there anything that entities can do about this situation?

COSMIC AWARENESS:

This Awareness indicates that the action of emotional blasting of an uplifting nature, whereby entities are encouraged to rise from those levels of despair, of degeneracy, this as that which is of the greatest appropriateness. That condemnation of negative behavior only creates greater resistance, and insistence on more negative behavior.

This Awareness suggests that entities may assist each other best by lifting their eyes to higher images of themselves so that they can rise from their present image and enter into a more harmonious and beautiful image of themselves.

This Awareness indicates this on all levels, from the teenage individual up to the powers which control the world. This Awareness wishes entities to understand that these statements need not necessarily be verbalized to the other entity, for the action of visualizing an uplifting scene is also effective. That verbalizing does contact and helps to bring about a manifestation of an image; that visualizing can be just as effective in doing the same thing, though the action of visualizing requires greater attention and solitude.

This Awareness indicates that both have their effect on different levels. The action of visualizing an entity rising to higher levels affects that entity on the subjective level; the action of verbalizing, speaking to the entity, asking and suggesting the entity rise to higher levels, assists the entity on the conscious level, and if done properly can be of great benefit.

This Awareness indicates the advantage of visualizing is that in visualizing, the entity does not have the same opportunity to reject your vision, for it moves straight through to the subjective level rather than through a filtering process in the conscious mind; whereas verbalizing, it must move through a filtering process.

This Awareness indicates the advantage of the verbalizing effect is that if the conscious mind does accept your persuasion, it becomes an ally to you and shall also help to bring the subjective levels into agreement to lift to higher levels.

This Awareness indicates that, however, the conscious mind being in agreement with you, does not necessarily guarantee that the subjective level will also agree and move into higher self-image levels, for the subjective level may be on a self-destruct course, regardless of the conscious mind.

This Awareness suggests that in this respect, visualization can be of greater value. That the combination of both conscious and subconscious, or subjective agreement, is that which is needed for entities to become integrated toward positive and worthwhile self-image levels.

This Awareness indicates also that entities do need to feel that they are important and that their actions can be of value to others.

This Awareness indicates wherein you take away a behavior pattern or a project from one, wherein you take away a negative pattern, there must be something worthwhile to replace that pattern.

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ED'S NOTE: For more information on drug abuse, see Revelations of Awareness #77-13