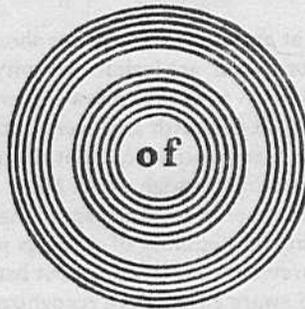


# Revelations



# Awareness

79-29

The New-Age Cosmic Newsletter

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COSMIC AWARENESS COMMUNICATIONS

P.O. Box 115, Olympia, Washington 98507

COSMIC AWARENESS is the Force that expressed Itself through Jesus of Nazareth, the Buddha, Krishna, Mohammed, Edgar Cayce and other great avatars who served as 'Channels' for the 'Heavenly Father' and who speaks again today as the world begins to enter the New Age of spiritual consciousness and awareness. Since 1963 Cosmic Awareness has been communicating through certain carefully-trained channels. The information contained herein was received from deep, super-conscious trance states and 'interpreted' by an entity affiliated with C.A.C. This information is for those who desire to help in bringing in the New Age and those who shall inherit the New Age. Throughout the many thousands of 'Readings' given through these channels, Cosmic Awareness repeatedly tells us not believe anything, but to question, explore, doubt, and discover for yourself, through your own channel, what is the truth. Cosmic Awareness will only indicate and suggest. Members of Cosmic Awareness Communications are invited to send in questions of general interest for possible publication in this Newsletter.

( A SPECIAL C.A.C. REPORT )

PAUL SHOCKLEY  
TRANCE-INTERPRETER



## S U I C I D E . . . .

A GROWING TRAGEDY  
IN TODAY'S CULTURE

WHY IT IS HAPPENING....RECOGNIZING THE SYMPTOMS....HOW TO PREVENT IT

....THE VARIOUS TYPES OF SUICIDE FROM THE COSMIC LEVEL...ITS KARMIC SIGNIFICANCE ETC.

## EDITORS NOTE:

According to statistics, there are more suicides today than at any other time in our short history. Entities are leaving this plane in ever-increasing numbers, the means taken to 'shuffle off this mortal coil' are legion—self-pity, inability to communicate and relate to those around them, drugs, reckless expression of a latent death wish to name but a few. Several years ago Cosmic Awareness started talking about the schizophrenia that was occurring on a cosmic level to the earth and every entity upon it—everything was being taken apart and being reassembled back together on a higher vibratory level. Many entities can not seem to cope with this cosmic adjustment, much of which is the reconciliation of the Lucifer and Isis energies moving through us all. Many entities are unaware of the severe karmic damage they do to themselves by this action of suicide, many are unaware of what is happening to them as their house becomes divided against itself and begins to fall apart. This newsletters is a composite of a number of readings pertaining to suicide, its symptoms, causes and implications. Some of this material has been published in previous newsletters, most has not. We hope that by publishing this information the tragedy of suicide may be avoided when concerned and aware entities can recognize the symptoms and provide the proper counseling to those they know who may be on the brink. (Most of these are taken from personal readings)

## WHAT HAPPENS AFTER DEATH TO THE SUICIDE

### QUESTION:

I have read that the condition of suicide places the suicide in a state of intense suffering on the etheric plane or astral (limbo) wherein he feels an intense hunger-like sensation, because the archetype on the lower mental plane does not dissolve at the time of the taking of life but continues emitting a tone from the Cosmic Sound that attempts to continually draw particles of substance for the lower body into its vortex. In other places however, I have read that the suicide undergoes various other states all involving less suffering and some none at all. What is the actual condition of the suicide and does it ever involve what has been given above as experiencing hunger-like sensations till the normal time of death? (This position is held by the Rosicrucian seer Max Heindel, but other seers hold other opinions by claimed firsthand viewing and inquiry?)

### COSMIC AWARENESS:

This Awareness indicates that this as accurate in all instances. This Awareness suggests that in certain instances the soul passing over from an action of suicide does suffer a great agony, relating unto a motive and the desired reason for the suicide. Wherein entities feel their suicide would cause others to suffer for having mistreated them, they instead will suffer most greatly from having done this.

#### Suicide to Avoid Pain

Wherein entities commit suicide in order to avoid pain, that the action relieves the physical suffering, yet the entities on the other side find themselves longing and hungering to move back into physical form in order to finish working out certain karmic needs. The action of committing suicide in order to avoid pain does cut short a certain alchemical effect whereby the entity does not yet understand and know how to change the nature of pain and suffering consciously but does change this through the eradication of the organ which senses the pain. This Awareness indicates these entities will come back into the Earth plane eventually and experience pain again and again until they learn they are the creators of their pain.

#### When Sacrifice is the Motive

This Awareness indicates that those who commit suicide for a motive relating unto the service of another whereby their full intention is that of assisting another by eliminating themselves to help that other find happiness—that these entities have an entirely different motive, that being of sacrifice. This Awareness indicates that the sacrifice of self for others is that which though somewhat more noble in motive nonetheless is futile in many ways. The attitude one has in terms of his sacrifice is that which determines the karmic results. Whereby one spontaneously throws himself upon a hand grenade

to save others around him, this entity surely does not have a selfish motive which is hoping for reward on another level, for the sacrifice for this action would occur too quickly for that form of motive to come into the situation. But those who decide that they are going to sacrifice themselves for a cause and shall probably be rewarded in heaven, these entities shall find disappointment in the afterlife, for their reward shall not come from that sacrifice.

This Awareness indicates that this is true also in present life where entities go around sacrificing themselves in order to bring greater peace and harmony for others, and hoping that in time their sacrifice will be recognized and they will be rewarded for such—these entities also will be disappointed.



This Awareness indicates that wherein entities do move into that death wish and commit suicide through the actions which are more subtle, such as through developing a personal disease or illness or through an action of "accidental death"--these entities also are committing suicide, for each entity does in reality, on some level, consciously or unconsciously, determine time and direction and the way of death.

**Suicide may begin by abusing the body**

This Awareness indicates that suicide may begin with an action of intaking poor foods or with an action of drinking excessively or with the use of drugs in an abusive manner. This Awareness indicates that suicide may begin with but an attitude of self-pity and may take ten years to complete. Suicide may begin in many different ways and may even begin with the action of taking on a certain kind of occupation which shall eventually lead to one's death. These varieties of beginning suicide are often very subtle and can move very slowly taking ten, fifteen or twenty more years to complete.

This Awareness suggests that the term 'suicide' has many broad levels, that any entity who dies on this physical plane has in some way committed suicide even though he or she may have been killed by another, for they have brought this on themselves on some level.

The motive is the means and the end and karma is the

divine justice which balances all actions and brings the fruit and fruition for the action which has been planted.

**QUESTION:**

**Subconscious Death Wish Creates Physical Problems**

...I feel that a goodly number of my physical disabilities are due to a subconscious death wish to commit suicide. Will Awareness comment please?

**COSMIC AWARENESS:**

This Awareness suggests that the ideas of suicide are also a form of escaping from *What Is*. That this is likened unto a child saying, 'I don't want to play anymore because I can't get my way anymore'. That wherein the escape from the game is desired, that entities may do this--that they are capable of doing this in many ways: That there is the sudden, violent suicide or there is the slow subconscious death wish which does bring about disease and ill health. This Awareness suggests that it takes as much energy to bring about disease and ill health, to bring one into the point of destroying his own being as it does to get involved in the action of living, and living it to the fullest extent possible.

This Awareness indicates that either direction is full of difficulties--if one wishes these things to become difficult--that the energy is there for entities to use in any manner in which they desire. They may use them for destruction of others, or for construction of themselves, for destruction of others or the construction of those actions and things which serve others.

**THINKING LIFE IS A TRAGEDY CAN LEAD TO SUICIDE**

**QUESTION:**

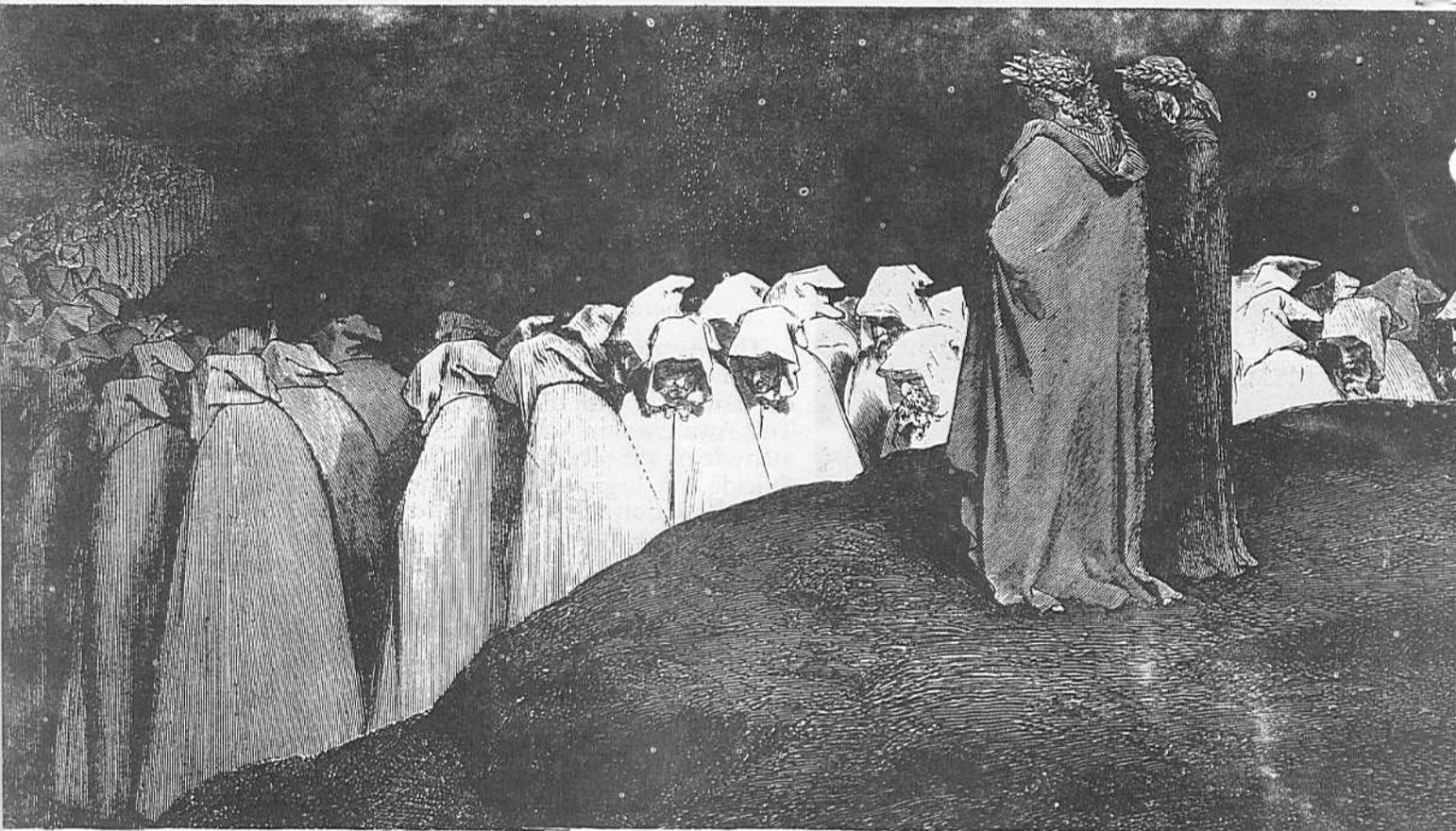
I'm sure I have lived before and would like to know if I will live again after my present life ceases. I do love life, and yet so many problems keep me from being entirely sublime.

**COSMIC AWARENESS:**

This Awareness indicates that you have always lived and that you will continue. This Awareness suggests that you are part of the original consciousness from whence all consciousness sprang, that you gradually developed that which is called 'yourself'. That this came about through gradual separation in terms of division from those things which were around you, those other entities who were here and away. That gradually this separation did build that concept which you now call 'yourself', That in reality, you are from the same root as all others, and in tracing your vibration back, you will find you come to the same source; and from that source all others are in communication and contact, for they, too, are connected to that same source.

This Awareness indicates that you will continue to live regardless of what you do. This Awareness indicates you may destroy the car, but the driver continues. That you may destroy the body but the being, the consciousness, moves on. This Awareness suggests that your life is not a tragedy, but that your thinking so is a tragedy.

This Awareness indicates that you begin to put on a happy face and that the tragedy shall be placed aside and your life will begin anew. That there is much yet for you to do. This Awareness suggests this as a turning point in your life. You have felt great sorrows and tragedies long enough, and now is time to have the sunlight of joy.



**WHAT HAPPENS TO THOSE WHO COMMIT SUICIDE  
WHILE IN PURSUIT OF THE DIVINITY ?**

**QUESTION:**

Please indicate what effects death by suicide would have on the disciple of the Eck Master Sri Darwin Gross after that disciple has passed the second initiation of being, linked to the return vibration of the Divine Sound. Would he be delivered from any karma or suffering on the astral level as a result of this, such as feeling the condition of extreme hunger indicated by the Rosicrucian seer Max Heindel, or the sensations of the physical body being tampered with during the first three days following dissolution. In some cases it has been indicated such people in natural death are put into a coma etc., or otherwise protected by astral helpers from such physical problems.

**COSMIC AWARENESS:**

This Awareness indicates that essentially suicide as being that which is damaging to the soul, regardless of the motives. This Awareness suggests however, that under certain situations wherein one sacrifices one's life for another, this is not the same suicide. This Awareness indicates also that slow death by suicide such as wherein entities mistreat their physical body or allow their emotional body to become more and more damaged until they cannot continue living--these slow forms of suicide are also detrimental to the soul development.

This Awareness indicates that essentially whatever situation an entity has or is experiencing while in the physical body, the entity continues experiencing after the physical has been eliminated. This Awareness indicates that those who take their own lives tend to feel a great sense of loss and loneliness as a result of that action. Those who take their own lives in order to revenge, to seek revenge against someone, suffer even more greatly. Those who take their own lives to avoid certain pain which they are experiencing shall find that the pain shall be experienced in another level in a different way.

This Awareness indicates that those who take their own lives in order to rid themselves of the physical body because of some belief that the physical body is a detriment to their soul-growth development, such entities are kidding themselves and shall discover that they have simply stepped up to the same level of consciousness which they experienced within the body, but have no longer access to the body for further advancement and experience. This Awareness suggests the body as being very difficult for entities to create and the physical body as being a tool which is very necessary for certain kinds of experiences that allow entities to grow spiritually.

**Most Entities who Commit Suicide in this Lifetime  
Will Die a Violent Death in the Next**

This Awareness indicates that wherein an entity rids oneself of the physical body, that entity will experience strange and unpleasant emotions that shall last for long periods of time, and the entity eventually will seek to return to the physical, but such return shall be difficult. This Awareness indicates that very often when an entity commits suicide in one life, the entity experiences a violent death in the next life.

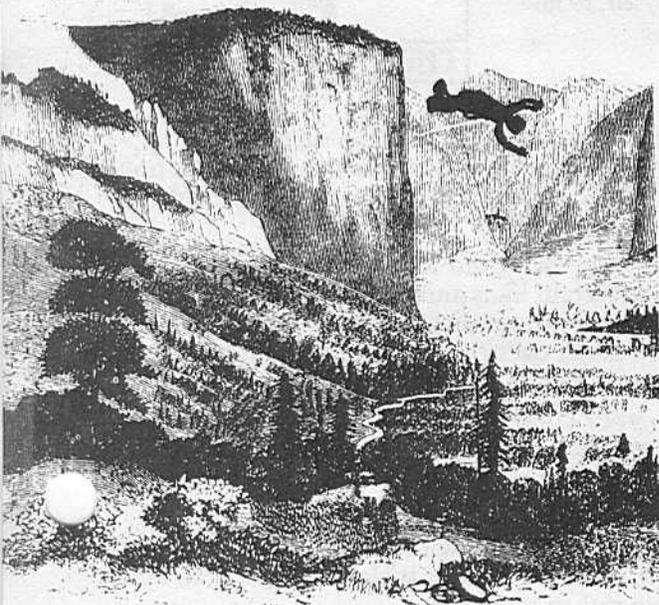
This Awareness indicates there is no hard and fast rule on any of this. It depends on the entity's attitude toward the deed, toward the activities, toward the experiences and toward oneself in relation to the overall experiences of life and the universal consciousness. This Awareness indicates that some entities may move through levels of self-destruction in a manner that does not bring about a karmic reaction, but such is quite difficult and rare. This Awareness indicates, for example, the entity Parmahansa Yogananda as having taken the guru's exit, wherein the entity simply made his farewell speech, then stopped his heart by willing his heart to stop. This Awareness indicates this entity having had so much control over his own body and his life that he could leave at will without violating the body itself, but by simply willing himself to leave the body. This form of suicide was of a type that is not quite what entities would term suicide—it was simply an action of departure. This action being well taught by a fully aware entity knowing what he was doing.

## A DESCENT INTO MADNESS (A Case History)

### Making peace with the Geni

#### EDITOR'S Note:

The following is a portion of a reading given to a young Seattle man (an artist, writer, musician, with an IQ of genius according to his college professors) and a personal acquaintance of the editor. This reading was given after this entity leaped from a 90 foot cliff in a dramatic swan dive after numerous threats that he would take his own life because life to him was a 'sewer spealing out offal' everywhere he looked. His previous escapades included running naked down a busy Seattle street during the rush hour, walking around with a knife at his throat, overdosing on drugs, and one time confined to a straightjacket because he was screaming and evidently beserk that he was Frank Zappa. Before leaping from the cliff, this young man would do weird and bizarre things to freak out and gross out his friends and associates—eating strange things, staring wild-eyed and unable to speak except in strange nonsensical garbling. He once had friends tie him to a tree for hours and throw hamburgers at him. Taking his clothes off and running naked down freeways was also an art he perfected, antics which invariably would land him in various psycho wards of hospitals up and down the West Coast. He became a vegetarian and practiced numerous forms of self-denial, obtaining his clothes used from the Good Will people etc. Before the leap from the cliff, many of his friends thought these peculiar antics were an act devised to attract attention. Sedatives given by shrinks and doctors would work for a time but he would quickly throw these out once he was released from a hospital. His various pilgrimages in search of inner peace included one which ended in a California desert, where he eventually was found, half dead from heat, naked and wandering, half blind (having thrown away



his spectacles. Each time, close friends would seek him out, gather him up and attempt to nurse him back to sanity. Each time his sanity would appear to be regained but in a short time another escapade would land him in another psycho ward in some strange town or city. The descent into madness by this young man culminated by the sensational leap from a 90 foot cliff. Horrified, his friends scrambled down to reclaim the remains but were astonished to find this entity suspended, head down, in a lone huckleberry bush which miraculously had broken his fall just inches from a huge boulder beneath his head. His body sustained only a slight scratch on one shoulder and the young man was able to walk away from the scene. An interesting sideline to this spectacle was the fact that he was found in the following position in that huckleberry bush: head straight down, right leg straight up, and his left leg crossed at a perfect right angle over the upright leg—a perfect picture of the Hanged Man as pictured in the Tarot cards. Sam Millar, it was revealed later, had previously given this young man numerous Tarot readings over the years. (Sam is the famous seer and Tarot Interpreter for C.A.C. and his channel has been cleared and praised by Cosmic Awareness). Sam recalled that in every reading this young man had ever had, the Hanged Man was the key card, and in Sam's interpretation of the Hanged Man in these particular readings was that the person having the reading was 'specially blessed—living in a state of grace.' There was little doubt about that—his time had not yet come and he still had much work to do on this plane and was simply not allowed to take his own life in such a wasteful fashion, although a spectacular and dramatic one. (Since that time this young man has gone into a sort of spiritual retreat, lives in a cabin in the woods, seems to enjoy nature, plants gardens etc. and has resumed his prolific writing career and the writing of music. He recently had his first LP record pressed, although it has not yet been released).

#### QUESTION:

....things seem to be coming apart at the seams, so to speak—I think a lack of a focal point.

#### COSMIC AWARENESS:

This Awareness suggests that you experiment with the concept of not having a focal point. That you experiment with the concept of moving from moment to moment, responding to that which is before you at any given time. This Awareness suggests that you give attention to that which is happening in each moment and observe that which is most urgent in that moment, and respond to that; rather than attempting to direct that which is occurring, simple be attentive. That attentiveness will bring about the proper response.

This Awareness suggests that you experiment with this lifestyle for a period during the coming weeks. This Awareness suggests that after you have become responsive to the moment-to-moment experiences, then you may again begin looking at urgencies in longer moments, longer periods of time, and responding to these.

This Awareness suggests that as these moments become longer and the urgencies are seen, the response may take on an action which leads you into a certain direction, which then may be similar to a focal point. But that the direction comes and is motivated by the urgency, rather than an inner movement of personal will to achieve and to be focused and to be centered and to move from an inner guidance system.

This Awareness suggests that you allow your inner guidance system to be placed on 'automatic pilot', becoming a channel—responding to those urgencies which appear in the moments and in the spaces in which you find yourself.

#### QUESTION:

Awareness, I'm in a space where motivation seems to be reversed. Where the things that I say are not the things that I mean; where my actions seem to be opposite—and also in relationship to my physical body. It's absurd, and yet—intense—when everything seems—I have this lack of communication with myself. I feel a wound which seems to be healing and unhealing at the same time. In fact, everything seems to be in that state where It's on and off, as if on a level which I am no longer in control of. It's like waking up and seeing that everything is backwards. I am asking for some understanding of the situation. I'm looking for a direction wherein I can heal myself, to fuse myself, before I can continue to function properly.

#### COSMIC AWARENESS:

This Awareness suggests that you shall continue to function appropriately even though there is a division. The appropriateness being in relation to the seeming division. This Awareness suggests that you remember the phrase, 'a house divided cannot stand'. This Awareness suggests you also look at the story of the geni in the bottle: the lamp rubbed, and the geni escapes.

This Awareness suggests that the geni in the bottle may be likened unto your own child-self within your body, the so-called subconscious mind, which desires physical gratification, which has certain likes and dislikes. This as the owner of your physical body. This as the host in your physical body. This Awareness indicates that you as a conscious mind, as a thinker, are but the *guest* in that body. And as a guest, you have taken over the rulership of that house and have caused the child, (the subconscious, the host) to feel it has become a prisoner to you.

This Awareness indicates this now is in rebellion against your rulership, your conscious mind, your rational thinking process, your judicial controlling warden which keeps the prisoner. This Awareness suggests that in order to bring about peace, you must learn to reconcile your relationship with the owner of the house. You must find a way of reaching a communication with your subconscious, or with your child-self.

This Awareness suggests that you cannot communicate with threats, with deprivation, with punishments. You can communicate best in the same way you would raise a child: rewarding the child for actions which are good and appropriate. That these rewards may not be meaningful to you, but are meaningful to the child.

This Awareness suggests that wherein you have strong feelings, strong views about certain actions, and these views are in opposition to your body needs, the child needs, and the child is at war with the parent: wherein the confrontation is intense over certain actions, that you may find this relationship can improve by simply communicating with love to the child, making a deal—'Let's be friends, let's work together'. And in this there will be those compromises. For that child within is the geni in the lamp, which can work magic, and can create havoc if crossed. This Awareness indicates that the rational mind, believing itself to be supreme, thinking it knows all the answers, is but a tool, a mattoid idiot, in comparison to the strength of the child—the geni. Yet, the geni may be seen as emotionally retarded, unable to cope in certain emotional levels: Being filled with desires, seeking constant gratification, yet having the power of such magnitude as to upset situations in your life, as to upset your health, as to upset your mental health, and emotional well-being.

This Awareness suggests that a pact between the conscious and subconscious, between the parent and the child, between the host and the guest, must be the first and foremost action taken in reconciling the differences. This Awareness suggests that wherein you can make such a pact, and communicate with this entity within yourself, the two of you can gradually move together, and a mystical marriage can take place. This Awareness indicates this relates unto the sun and the moon, unto Isis and Rhyee, unto the mystical marriage spoken of in the *Book of Revelations*. This relates also unto the works of Max Freedom Long and the Kahuna books.\*

This Awareness suggests that the conscious and subconscious must come together. And from this union, the third shall be present. "If two among you are together, there will I be also." This Awareness suggests that wherein you learn to converse with your deeper being, with the host within the house, with the child, asking what it wants, asking it to help you, agreeing to help it, giving certain gratifications, making compromises, making agreements with it, there can become that which is a union.

This Awareness suggests that you stop being a harsh parent. Stop being judgemental. Stop judging yourself. Stop depriving yourself. Stop denying yourself, and to start becoming acquainted with yourself. For the geni within can give you all of that which your conscious mind seeks through its efforts to deprive yourself. Yet that geni within, being deprived, has the power to overturn all of the structures, all of the efforts, the entire tower of Babylon which you might build with your conscious mind in your efforts to achieve. This Awareness suggests the conscious mind may be likened unto Atlantis, the geni as to Lemuria; the conscious as to Adam, the geni as to Eve. That a recent show on television, 'I Dream of Jeanie', may be seen as a parallel of this connection, symbology. Wherein Jeanie is the subconscious and her astronaut husband, the thinker, the conscious mind, the spaceman.

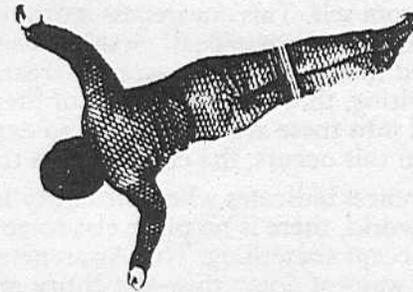


This Awareness suggests that you get acquainted with yourself—that the confiding within, the confiding with yourself as that which brings about self-confidence—the self-confiding. And what you say to yourself determines how your relationship within your house shall be. Whether it be one of harmony, or whether it be divided and a civil war within.

\*Please refer to the C.A.C. book catalog for the works of this entity.

\*\*For more detailed information on the geni in the bottle, please refer to the Cosmic Awareness Spiritual Development Correspondence Lessons, (Gemini, Vol. 3, lesson No. 5.)

## THE DESCENT INTO MADNESS (The deliverance)



(Excerpts from a second reading the same entity had two years after his swan dive)

### QUESTION:

A question from H.M., who has again a mental problem that he can't seem to shake off. He wrote a long letter, but I won't read it. It distills down to the basic fact that he wants to become more functional again, and would like to ask Awareness for specific steps to follow that could get his mind and body integrated and functioning again—the major problem appears to be in the realm of the physical senses and particularly the faculty of hearing, and he was wondering if this could be explained and if perhaps there was something wrong with his diet or some other area that was causing this.

### COSMIC AWARENESS:

This Awareness suggests that the entire writing of this entity be read, for energizing purposes.

### QUESTION:

“My personal contact with altered states of awareness and the ensuing consequences of a particularly grim world view wherein my imagination is made into psychic cesspools and my body a physical nervous wreck by nearly all activity in the immediate here and now with regards to the realms of the physical senses and particularly the faculty of hearing, has reduced my presence to the state of neglect where I am functioning in utter disharmony with my true nature. I wish to know in relationship to the future and to the building up of inner strengths and concentration of world power in association with the techniques for returning the physical body to its more permanent and healthful conditions as well as integrating the other aspects of the self and screening myself from the barrage of my own twisted imaginings in relation to the future. I feel like giant holes have been blown in my aura and that, although I am still walking about physically intact, ie. still breathing and not experiencing pain, I have become a sort of psychic vegetable and am unable to make the important connections with associates as well as with friends and acquaintances. I am disgusted with this condition, and as it precipitates excruciating indulgences which my ideal state will not tolerate, as my relationships change with my self, so do they with others. It is difficult for me to know any more about others since I no longer know about myself, and have been pirated by enemies and reduced to abject states by a distorted sequence of intangible events. Is there a proper diet, ie. a series of inner practices that would allow me to return to my work and gain confidence again in my mental environment? I am shortly to receive by my side the presence of my mate who has shared with me personal exchanges of a deep and lasting nature, although I feel alienated from her because of my own state of self-denigration and losing of myself in the lower levels.

### COSMIC AWARENESS:

This Awareness indicates that what you are experiencing is generally a backlash or equal and opposite reaction to energies which have been given previously. This Awareness indicates that in previous experiences, you were of a somewhat super-critical attitude toward life in general and various entities and experiences in particular. This Awareness indicates that the super-critical attitude toward the experiences which you suffered earlier in your life, toward your associates and toward the public in general, affected your consciousness in such a manner as to separate you from the world around you.

This Awareness indicates that when a mind sees the flaws in everything and is capable of seeing more error than good in life, the mind begins to move into an attitude of, “I don't belong here, I am too good for this world, the world is like a hell to me”. This Awareness indicates that this leads to a kind of superiority approach, seeing everything as being inept and not satisfactory and unacceptable. This Awareness indicates when an entity fails to accept what is outside, what is there; when an entity fails to be able to accept his or her experiences, his or her associates; when an entity sees the flaws without balancing this with the good which is there, the entity has separated from that which is about, and is not integrated with the world.

This Awareness indicates an approach of this type wherein one becomes so particular that one cannot accept most of the experiences or most of the things in one's life, the entity is isolated and eventually brought into a state of consciousness whereby he or she does not feel as though they are part of the total experience. This Awareness indicates that the attitude of being excessively critical without balancing this with a kind of merciful acceptance or an understanding of the weakness and an acceptance of that which is not perfect, this is somewhat dangerous in an experience for it not only alienates one from the associates but also causes one to feel alienated by those associates. This Awareness indicates that an entity can separate oneself so far that there appears to be no further connection with the environment. This Awareness suggests that when this occurs, it is likened unto an escapism, a kind of retreat into one's ideals, into one's own inner mind or inner self.

This Awareness indicates when one retreats inwardly in this manner, rejecting that which is outside, but having built a pattern of criticism for that which is outside, when one brings this pattern of criticism inwardly and turns this against oneself, then all of that which was brought into play whereby the criticism turns against one's own inner workings, one's own inner consciousness, one's own thoughts—the entity then begins to reject oneself. This Awareness indicates this self-rejection is that which blows the entity out whereby he or she feels a need to escape from self, and looking for an escape from self, seeks to find someplace else to go, someplace else to look, some other form of experience apart from self. This Awareness indicates having rejected the outside world and having rejected the inside world, the entity has only the choice of imaginative worlds and the creation of imaginative places, and then when the entity moves toward these imaginative worlds, creating in fantasies—this Awareness indicates for example through artistic creations, writing, through other types of literary and artistic work, the entity may also bring that pattern of being super-critical into these areas and begin to explore and examine the creative imagination with the same kind of criticism and when this occurs, the entity begins to feel that his or her own creations are also inept.

This Awareness indicates when the entity has rejected the outside world, rejected the inside world, and rejected the imaginative world, there is no place else to go. The entity has only one option, and that is to reject life altogether or to begin to accept something. This Awareness suggests that wherein an entity chooses to reject life altogether there are different ways of doing this—the entity may retreat into oblivion or a non-entity state, or the entity may simply destroy the vehicle of one's consciousness in a suicidal act, or the entity may become ill and take on a sickness which depletes the entity's energies and moves toward a lingering suicide so that the entity eventually embraces the death wish and finds some form of self-destruction short of the obvious forms of direct suicide.

This Awareness has already given readings on suicide and will not enter into this area in this discussion. This Awareness indicates however, that the other option which is open is that the entity may begin to look with new eyes, having seen all the error outside, within, and in the realm of imagination, the entity can begin to look at that which is salvageable, which is worthwhile, which is good, which is acceptable, even though life itself may appear as a garbage dump to this entity with the stench of experiences and the rotten associations of various parts, the total absurdity, the hostilities that are there, the insanities which reek to high heaven. This Awareness indicates these may be present to the entity and the focus has seen all of this, has experienced this, both outside, inside and in the realm of imagination, but has the focus ever stopped to look at the gems and beauty, the little parts of valuable pieces, the wonderful experiences hidden here and there?

This Awareness suggests that the entity may begin to search through the garbage dump of life to find little valuables which have been tossed aside carelessly, which have been overlooked, which have been destroyed or injured, which need to be brought out, cleaned up and salvaged, which are priceless in some levels, which are artistic and which carry an intricate glow of that essence which one might wish to carry forever. This Awareness indicates the entity may begin to look more carefully at the butterfly, the leaf on the tree, the blade of grass, the look on a friendly face, the painting on a wall, the writing style of an author, the clouds moving through a sky, the breeze on one's hair, the smell in the air, the sound of a chipmunk.

This Awareness indicates the entity may look at the life of a friend, the needs of a friend, the urgencies of a friend; the entity may wish to assist in helping to balance the urgencies of the friend. This Awareness indicates that the entity may simply stop all concerns about the junk in life, and begin looking at the beauty in life—for around all things beautiful, there is junk, and around and between the junk there are all things beautiful—the only choice entities have is whether to look at the junk or at the beauty, and when deciding to look at the beauty entities can change their attitude, and when to look at the junk entities can change their attitude, and the life is the same but the attitude is that which is changed and the attitude may rise toward hope, joy, and harmony, or sink to escapism, despair and separation, and this is your choice, and no one can make that choice for you. The question is not, what can I do to heal myself, the question is, what attitude do I want toward life?

This Awareness suggests if you choose to move with an attitude that will accept life, then begin by accepting that which is most easy for you to accept, and from that acceptance look further and find something else which you can accept, and from that acceptance look deeper to find something more which can be accepted, and begin a pursuit, a hunt for things which are acceptable to you, and forget about rejecting life, for you are not looking at the junk, you are looking for that which is acceptable. This Awareness indicates this is the path which leads you back to where you started, and from there to higher realms of reality, in joy, harmony and untold riches.

This Awareness indicates in terms of diet, that you eat what is acceptable to you, and from there look for something else which is acceptable, and from there, see if you can accept something else. This Awareness suggests it just might occur in your movement to accept certain things which have previously been rejected, and this can be helpful to you. This Awareness indicates that the mind and attitudes have greater effect on health than what enters or leaves one's mouth, but that which leaves one's mouth as words, thoughts or condemnations, can be more poisonous than what enters one's mouth as food; and what leaves one's mouth as praise and pleasant statements and happiness can be more nourishing than what enters one's mouth as food, for as one speaks, one nourishes his soul and gives suggestion to his body, and the food which enters one's mouth will be consumed by that body which has had its suggestions given to it by that mind and by those words, which have been spoken about the food.

This Awareness indicates there are entities who can eat nails and survive; there are entities who can eat grass and survive; there is one entity in recent years who was described in a series of press releases and on television as having eaten an automobile in one year's time.\* This Awareness indicates if an entity can eat an automobile, if an entity can eat glass and nails, is it not strange that others cannot eat something out of their own programmed diet without becoming deathly ill? This Awareness indicates the mind is a powerful tool which can create destructive forces in one's body or which can do miraculous and seemingly impossible feats. This Awareness suggests you consider this with as much respect as you consider diet.

This Awareness does not advocate eating automobiles, nails or glass, for these are not conducive to healthful diets or living--these are but demonstrations of the power of some entities in their control over their mind and their body; these are demonstrations that the attitude has greater power than the outside influence or the basic beliefs in terms of a proper diet, for the human consciousness has powers which go far beyond the recognized limitations which most entities place upon the human consciousness.

This Awareness suggests that when entities exclude too much from their life, they find themselves excluded from life; when entities begin to include more and more in their life they find themselves included more and more in life. This Awareness suggests you begin by accepting yourself, accepting your fantasies and accepting the world about you, bit by bit, piece by piece, bite after bite, until you can accept *what is* with greater love than rejection.

\*For further discussion on the chap who ate the car, please refer to 'Revelations of Awareness' No. 78-44

## ENDING LIFE WITH MEDICAL PRESCRIPTIONS ....Is This Considered Suicide ?

### EDITOR'S NOTE:

The following reading is a personal trance healing reading given to a former C.A.C. member who had been plagued with numerous physical problems for many years. (She died several months after this reading was given). I am including the entire reading in this report because the information given by Awareness can probably be used by many who may find themselves in a similar situation toward the end of what appears to be a good and decent lifetime, much of which was spent in the service to others. In this particular case, Awareness gives this entity the option of terminating her earth experience or energizing a new life in a renewed and more youthful body. The reader will have to decide whether suicide is or is not the question.

### QUESTION: (Her statement is read):

I, W.E., am suffering from a progressive and fatal muscular wasting disease, amotrophic-laterosclerosis. My legs are almost completely paralyzed, my arms are getting weaker, and I have spells of dizziness, drowsiness and headaches, and frequent shortness of breath. I have some edema (water retention) in my legs, and some arthritis, mainly in my low back, knees, and ankles. I am taken care of for four hours a day in my one-room apartment by a nurses aid, and manage with occasional help from a friend and neighbors the rest of the time; but since it is becoming increasingly difficult for me to get on the bedpan, I'm afraid that I may soon have to enter a nursing home and lose most of my autonomy. This I very much hope to avoid. A magnetic healer, who is also a surgeon, sees me about twice a week, and is helping to relieve my symptoms, and helps much to keep up my morale.

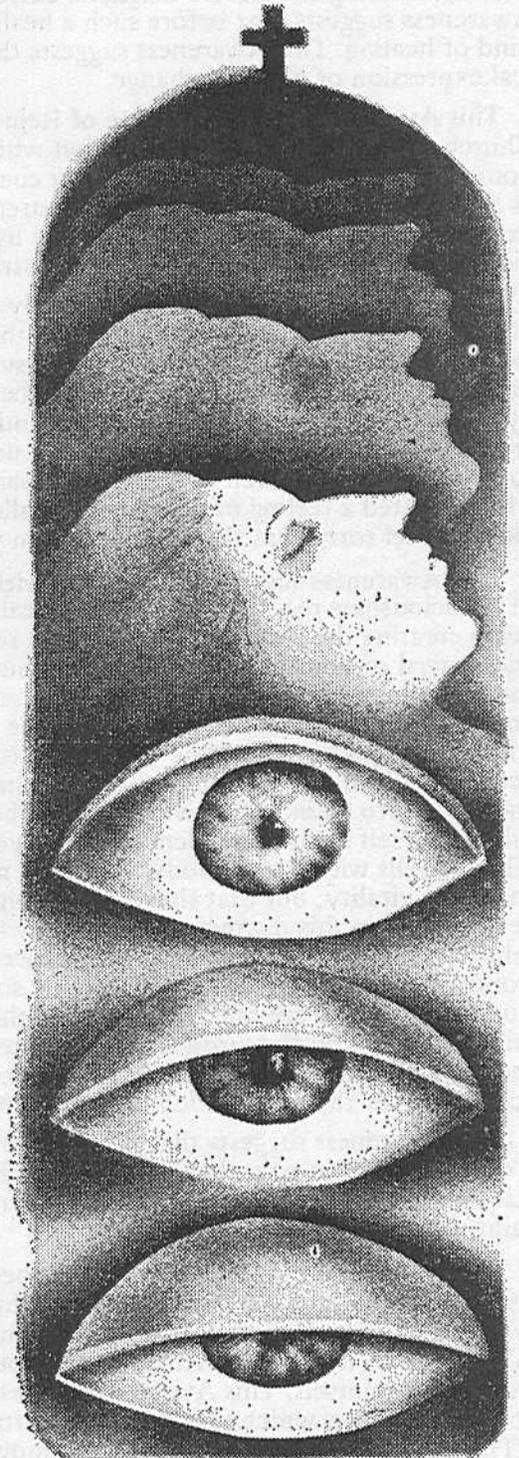
I first felt weakness in my legs and started tripping and falling over my right foot in August, 1976, with increasing weakness. Used a cane, then crutches, then a walker, and now cannot even stand with support. I am completely bedridden.

I do not mind dying in the not-too-distant future. I had a vivid out-of-body experience as a patient in a healing group and have since had no doubt that the soul survives, but I fear the slow lingering death usually connected with my illness: increasing inability to move and control bodily functions, often inability to swallow, and slow suffocation or strangulation due to paralysis of respiratory muscles. I am a registered nurse, hence this information.

I have decided that if or when I feel these stages near, I would take pills to hasten my passage, and wonder if this would cause much negative karma. I am 65 years old. For whatever time is left to me, I would like to continue to read about and grow in understanding of the human soul and the universe, and complete writing the book on psychic healing I have been working on for over two years. I also hope to overcome some impatience and irritability sometimes shown toward well-meaning friends and helpers, and to grow in acceptance and kindness. I want to meditate with more effect towards equanimity, relaxation, and detachment from my illness. I am succeeding to some extent. I guess this completes my statement.

### COSMIC AWARENESS:

This Awareness suggests that you not give up your hope of an extended life. This Awareness suggests that the nature of consciousness is such that it creates that which is manifested in the material levels. This Awareness suggests that combined energizing of consciousness does tend to enhance the manifestation. That repeated energizings of images and



descriptions also enhances the manifestation. This Awareness suggests that attitudes held over long periods of time—also the various experiences, environmental and physical influences such as diet and radiation and rays—affect the manifestation. This Awareness suggests that it is possible for that which is moving toward annihilation to lessen and decrease its potential and movement, decreasing the inertia and speed toward such annihilation, so that it in effect reverses the condition. This Awareness suggests that these things are controlled largely by the attitudes and the projections of the mind or consciousness behind the force. This Awareness suggests that in your particular case, that you have accepted the movement toward the physical annihilation of the body, and are moving along that direction with some areas of attention in which you are allowing the movement to be slowed and retarded, wherein a certain amount of healing can occur—this in particular through the efforts of your doctor.

This Awareness suggests that with proper changes of consciousness and attitudes, you can effect greater changes in the physical expression to where your general health can begin to increase, can begin giving you energy, restoring nerves, restoring the electro-magnetic currents of your psyche and body so that a general healing process begins. This Awareness suggests that before such a healing can begin to occur, the consciousness must be willing to accept that kind of healing. This Awareness suggests that magic is in the preparation—that the change of consciousness is the magical expression of physical change.

This Awareness suggests the use of Reju-Vigor and the nerve tonic which can be supplied through the Aquarian Church, through the Goodship, as that which can be beneficial in assisting in restoring certain of the feeling levels in your legs and lower extremities so that changes may begin to be effected. This Awareness suggests also acupuncture as that which can be effective. This Awareness suggests that perhaps even greater overall and general effect could be experienced through the work of a good hypnotist. This Awareness suggests the use of hypnosis can prepare the consciousness for the changes in the cellular structure and behavior.

This Awareness suggests that essentially you, yourself, through your own consciousness, are capable of healing your physical body. This Awareness indicates that this depends entirely upon the desire for such healing. This Awareness indicates there tends to be within your psyche an element of self-destruction related unto an area associated with self-pity. This Awareness indicates there has been an experience in your life in which you felt yourself deeply neglected by those whom you wished to be close and loving toward, and this negligence toward you resulted in an attitude within your psyche of feeling unwanted, unworthy, and neglected in a manner that caused, or led to, your feeling sorry for yourself as well as resentful toward certain experiences. This Awareness indicates this combination is that which created a feeling of giving up and allowing yourself to be withdrawn from life experiences so that others would likewise feel sorry that they had not given you that which you deserved.

This Awareness suggests the psychic within this level of consciousness reacted upon the physical body to begin creating the situation which would result in the withdrawal of yourself, your physical vehicle, from the life experience. This Awareness suggests that if you can root out the cause of this attitude and substitute in its place an attitude of wanting to become deeply involved in life, wanting to rise from your bed and enter into a kind of activity that will be meaningful to yourself and others; demanding of your own self, the cells within your body, that they not surrender the vitality, but that they grow strong and healthy, and in this manner provide you with the vehicle which will give you another chance to do the work which you see needs to be done by someone. And whereby you are one who could do this work, this will allow you the motivation, the determination, and the impetus to move into the activity of healing your body for the work which can be accomplished.

This Awareness suggests that if this is not that which is of great value to you, that surrender of this particular body can be accomplished in a manner that is not painful, not beyond your endurance.

This Awareness requests of you, but does not demand of you, this Awareness *requests* that you avoid using substances that would take your life in order to avoid the experiences which you have created for yourself. This Awareness suggests that if you *do* decide to take the substances, that this be....(pause)... done in a manner which you do not seek to escape from the experiences, but rather that you do this.....(pause)... ..This Awareness cannot continue this movement of consciousness in this direction. This Awareness suggests that you do not use the pills to hasten your departure from this plane.



This Awareness will not condone suicide, yet this Awareness does not condemn entities for this action. This Awareness indicates that those who can experience those levels which have been created for them shall grow greatly and shall reap benefits from these experiences. Those who seek the easy way out will find themselves benefiting very little from this sort of escapism.

This Awareness wishes you to look very carefully at the value of life; that you not take your own life cheaply. That this was a God-given gift, not something that you yourself gave to yourself, nor something that you have the *right* to take from yourself.



Cosmic Awareness has indicated in other readings that those who have energized or been programmed with the concept of a hell will most surely experience that hell for a time on the mental level after the passing over. ( This a creation of their own mind).

This Awareness suggests that those final days in the lives of entities are some of the most precious days available in terms of spiritual growth and insight and understanding into the nature of life. This Awareness suggests that during these times, entities begin to evaluate and understand the purpose and direction and the fulfillment and meaning of their lives. This as an invaluable experience for entities after they have passed on.

This Awareness wishes you to read the material on the passing over, this available through *Cosmic Awareness Communications*, the information given by Ralph Duby. This Awareness indicates that also the book *Life After Life* as that which is of great value to you.\*

This Awareness suggests that the choice of your departure from this plane is yours. That this may be soon; this may be much later.

This Awareness suggests that rather than using an artificial means means for terminating your physical body, that you simply discover deeply the nature of your psyche, the nature of your condition, and through meditation and experiential levels on the inner plane, that you begin to probe the depths of your soul.

This Awareness suggests that you also turn over to that force which is the highest and best in each moment, turning over your being to that which you define as being of the highest possible value.

This Awareness suggests in this manner, surrendering to the highest, you may find yourself being returned to health, or you may find yourself being projected into the other realm with greater ease. This Awareness indicates that in either case, there shall be great benefits for having surrendered to the highest spiritual forces that you can conceive of.

This Awareness indicates the passing over is not that needs to be dreaded, for in that other realm is the land of immortality. The immortals living in that realm need not and do not fear death. Only in the created realms, the realms of creation, is there the threat of death.

This Awareness indicates the greatest fear experienced by immortals is the fear of being made mortal, of entering into this plane. This Awareness indicates that this is not a universal fear for these entities, but as more likened unto occasional and individual fears. That some immortals desire and struggle to reincarnate into the physical creation. This Awareness indicates that some dread that time and avoid such an experience, for they enjoy the realm of immortality.

This Awareness wishes to inform you that *It* will enter into your consciousness during the nighttime for the coming month. Each night this Awareness shall enter your consciousness and bring with *It* great energy of resonating electromagnetic energy, that you may use this energy in as much a quantity and quality as you desire for healing yourself or for passing on into the other realm. This Awareness shall simply bring you the power and the energy and will allow you the free use of this energy as you choose to use the force. This Awareness suggests that the energy may also be used by you for service to others as well as for your own self-service and purposes. This Awareness indicates that this shall begin as of the time this reading is being given, and shall grow increasingly strong as the days progress. And you shall find yourself awakening each morning with the realization that the energy has been given, and that you can use this energy to image health, vitality, and a restoration of your life, or you may use this energy to image yourself passing over into the next realm more quickly and easily.

This Awareness indicates the energy is yours as a gift that you may use according to your own inclination. This Awareness indicates also that though this Awareness shall bring this energy to you, you also have the right and choice not to accept the energy, not to use the energy, but to linger and accept only the amount of energy as you choose.

This Awareness wishes you to consider carefully what you will do with the energy being given to you; for you may heal yourself through images of health, love and vitality, loving yourself, loving your world, loving life, drawing life into your body each day, each moment, with each thought and each attitude. Or you may choose to reject the physical world and move on, giving away the life energies which are being given to you, and moving into other realms and other experiences.

This Awareness wishes you to become acquainted with that which is within yourself at the very core of your being.

This Awareness indicates that your many years in the nursing field have had an affect on you which has been somewhat detrimental to your own welfare in that you have been serving others so well. This Awareness indicates that the

\* Instructions for the Passing Over, by Ralph Duby is available from C.A.C. (\$2.00). The book, 'Life After Life' is listed in the C.A.C. Book Catalog.

nature of being associated with entities who are sick, who are dying, is such that each time there is an association there is also the suggestion in your consciousness of sickness and death. This Awareness indicates that you can throw these suggestions off with the realization that though there is sickness and death appearing before you, this is not *your* sickness and death appearing before you; this is not your sickness, it is not your death—that you can be immune and can overcome such suggestions as these.

#### OVERCOMING DEATH (Creating the Body of Light)

This Awareness indicates there shall come a time when more and more entities become aware and spiritually uplifted. That the physical does not deteriorate and fall apart, but becomes pliable and responsive to suggestions of consciousness, and can dematerialize and turn into bodies of light, or can be rebuilt so that even the injuries and scars are changed by the consciousness that controls and inhabits these bodies.

This Awareness indicates this occurs when entities become fully aware of *Who, in Fact, They Really Are*, and are no longer subject to suggestions of death, suggestions of illness, suggestions of the so-called finite universe, finite reasoning of man.

This Awareness indicates the entity Einstein once told that space folded back upon itself. This Awareness indicates a reporter asked, "What lies beyond the fold?" This Awareness indicates the human mind finds it very difficult to accept the limitations of space and time, to accept space and time without limits, without a border. Yet the human mind cannot even conceive of anything that is a final border, wherein nothing can exist beyond.

This Awareness indicates that the human mind cannot even conceive of nothingness. For even that which is nothing, beyond the border, is something to the human mind.

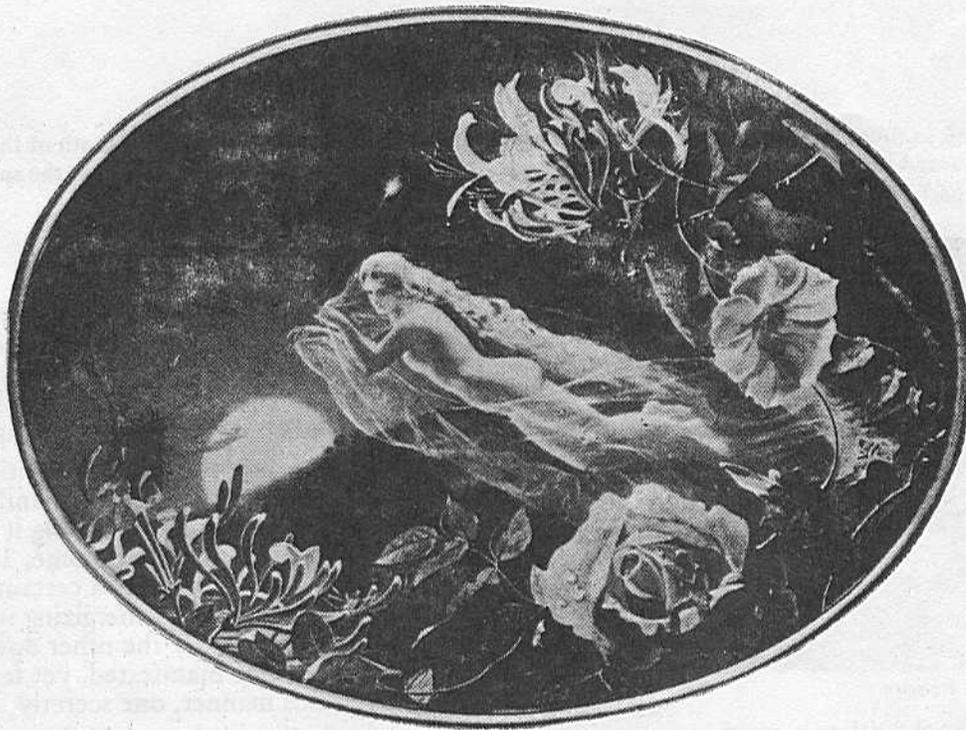
This Awareness indicates when entities begin to look at the infinite levels of consciousness, realizing that the physical body is only the reflections of the finite descriptions of the mind, realizing that there is that which lies beyond the borders of the body, which lies beyond the borders of one's life, which goes on beyond the parentheses in which one's life is contained, between birth and death—this Awareness indicates when entities' consciousness begin to recognize the eternal everpresent movement of the consciousness, of the soul—then the concept of an ever-living body will not seem so strange to them, and the concept of a physical body whose vibrations raise in light toward that which is the soul, so that it does not become so gross and decayed, but rather begins to disintegrate into levels of light, into levels of vibration. And wherein it becomes possible for these entities to begin conceiving of a body halfway between physical and light, being somewhere in between, that it does not decay, but continues in a shimmering mass—this is that which becomes the immortal physical body which shall come into being. This as a reconciliation between the soul and the body, between the physical and the spirit.

This Awareness indicates that in your travels through time and space you shall begin to glimpse these levels of development, of growth, of movement, and shall find continued progress even in those experiences which appear to be painful and difficult.

This Awareness suggests that in surrendering to the Christ Light within, you begin to move more rapidly toward that reconciliation of the spirit and the body, of the Divine.

This Awareness shall continue to associate closely with you and shall assist in guiding you along the path toward your destiny.





HOW TO HEAL THE PHYSICAL BODY WHILE YOU SLEEP  
( A New Exercise from Cosmic Awareness)

QUESTION:

Awareness, this entity had been informed that she has friends on the other side who are also attempting to help heal her. Is there some way that she can work with them better also?

COSMIC AWARENESS:

This Awareness suggests that the entity may, before falling asleep at night, visualize herself standing before a door, the door being opened by her friends, and the entity being invited in for healing. This Awareness suggests that in this manner the entity shall move into the inner plane for healing during the night while she sleeps. That this is the most appropriate and efficient time for receiving these blessings.

This Awareness suggests that the entity shall assist by repeating before falling asleep and upon arising, "I shall open myself tonight, that I may be healed. I shall be open for healing. I shall allow myself to be healed."

This Awareness suggests that upon arising the entity also makes this statement: "I shall be open today for healing." This Awareness suggests this be repeated *three* times in various ways before falling asleep and upon awakening. This Awareness suggests that the use of the term 'healing' can also be changed to, "I shall be gaining in greater and greater health today. My health shall be improving. I am improving in my health. I *am* healthy."

This Awareness suggests that the statement carries greater impact when an entity states this as a fact accomplished. This Awareness suggests however, that many entities cannot believe the statement when it is stated as an accomplished fact. That wherein one cannot believe themselves as healed, then it is necessary for a time to make the statement, "I shall be healed," or, "I shall improve," or, "My health is improving." This as describing a process of improvement which is appearing.

This Awareness indicates the mind of entities can accept the possibility of improving health. This Awareness indicates that when an entity has made this suggestion for some time, and does have the ability to accept the improvement of health, then the entity can switch to the statement, "I *am* healed. I *am* well. I *am* whole."

This Awareness suggests that this be a gradual process of changing the mind to accept healing. That this be done upon falling asleep; this be repeated *three* times, and also upon awakening in the morning. This Awareness indicates this process may be used for any kind of suggestions other than healing also.

QUESTION:

One last area she was carrying a question about was whether there was a negative karma involved in her experience at this time?

COSMIC AWARENESS:

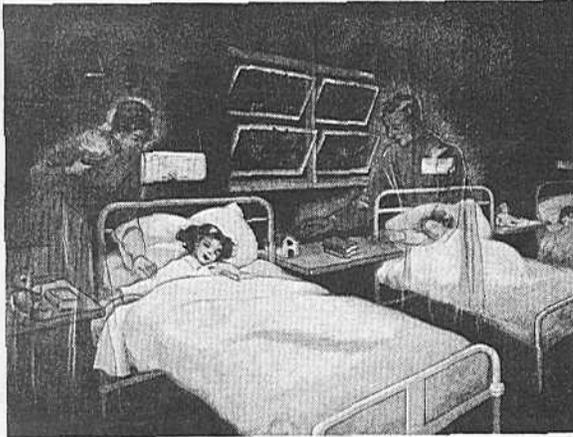
This Awareness indicates this not essentially as a negative karma, this more as a result of the attitudes discussed previously in relation to the feelings of not being accepted in a manner which she desired--this associated with a kind of self-pity and a feeling of withdrawal of the non-accepted experience.

(End of trance healing reading for W.E.)

(Emphasis is by the editor)

## QUESTION:

Two final questions in relation to those two healing exercises that were just given for this entity. One, would both of these exercises apply to any entity if they wanted to use them, and two; would the exercise about opening the door and inviting the spirit healers in work for entities who aren't particularly aware that spirit healers are out there?



The Unseen Helpers.

the manifestation, whereas the other is seeking to manifest. This Awareness indicates that when this occurs in this manner, the principle appears not to work, appears not to be effective. But if clear questioning occurred, it would be discovered that it is effective, but that one party was not participating but was working against the manifestation exercise.

This Awareness suggests that visualizing prior to falling asleep, during times wherein one is emotional, wherein one is meditating—making your statements or your envisionings clear, making these statements on such a level as can be accepted by yourself as a possibility; keeping these private or sharing them with others who will truly participate with you on such energizings—doing this *three* times, each time you make the visualization. The action of repeating three times is that which enhances the power of the suggestion.

This Awareness suggests that doing this at night when close to the sleep state, or during deep levels of meditation near trance level, or during hypnotic trances—that these are appropriate times for this action. This Awareness suggests also during the morning just after awakening, that the suggestions be given which can be accepted, which can be believed.

## HOW TO LOSE WEIGHT THE EASY WAY

This Awareness suggests that when entities can provide a physical picture of that which they desire, or provide a mental image of that which they desire, this also enhances the manifestation. This Awareness indicates for example, an entity seeking to lose weight may put a picture of themselves when they were at the proper weight, or with a body that has been cut out to the proper size, so that they begin seeing this image when they awaken in the morning, and just before falling asleep at night. This Awareness indicates that the images are important, the suggestions are important, and the deep relaxation wherein the subjective mind is being contacted is important in such manifestations. This Awareness indicates also that the *belief in the suggestions is necessary*. That wherein one cannot believe what one is saying, the technique will not work. That entities can make the shift toward that which they desire by shifting the statement gradually to that which can be accepted and believed. The repetition of the statement, "I am growing healthier," this can be accepted when repeated over and over. Or if this is not acceptable, the entity may state, "I am not growing any more unhealthy. I am remaining where I was." This Awareness indicates that when the entity can reach a state of belief in which he recognizes that he is not growing unhealthy, then the entity may begin to switch to the statement, "I am growing healthier. Even though it is not perceptible, I *am* growing healthier."

This Awareness indicates that gradually the entity begins to accept the concept of growing healthier. This Awareness indicates from there the entity continues increasing toward the positive statement, "I am well. I am healed." This Awareness suggests that you not attempt to create a statement which is totally unacceptable to you, wherein you know you are lying to yourself. That repetition of such a lie can in time become accepted, but it is faster for the entity to make a statement which is believed, then gradually move toward that statement which seemed originally to be unbelievable, but which through tiny steps of the changing mind, can eventually become accepted as truth.



## WHAT HAPPENS WHEN IMMINENT DEATH IS CHARTED IN ONE'S HOROSCOPE

( Is Expecting and Energizing Death a Form of Suicide? )



### EDITOR'S NOTE:

Several years ago a C.A.C. member whom I had been corresponding with on a regular basis, sent an urgent letter stating that he had just drawn up his horoscope and discovered that, according to the chart, his demise from this plane was to take place on a certain date, at a certain hour, at a certain minute (all of which he named). He stated that he was in the process of taking out a large term insurance policy on his life for a period of three months, knowing that during that time he was scheduled to leave this plane. He said he was going to leave C.A.C. as the beneficiary of this large insurance policy which would enable the organization to finally get off the ground, pay its bills etc. and be able to reach out to many with the Awareness material. I fired a letter back to him, thanking him for thinking of C.A.C. and the worthy motive behind this adventure. However, he was informed in no vague terminology that C.A.C. would not countenance such an action, that we would decline the insurance money should the event transpire, and proceeded to give this entity a good lecture on energizing such a departure and the bad karmic news he could bring down upon himself by repeating such a suggestion over and over. (His letters at that time were quite despondent and full of self-pity of a type and the feeling was conveyed in his writings that spotting his incipient demise in his astrological chart was an excellent excuse for leaving this plane.) He was also reminded that Awareness has repeatedly indicated that entities can rise above, divert, or otherwise overcome any of these forces, including the tatvic tides. This entity was in line for a personal reading at this time so he requested the following question for Awareness be included.

### QUESTION:

When I was born, there was the T-Square of Mars exactly in opposition to Saturn and both Square the Sun – an aspect of restriction, yet of growth. Now: in August, there will be the transiting Neptune conjunct the radical Saturn. The transiting Mars, conjunct the radical Mars and in Opposition to the T. Neptune/Saturn conjunction. The T-Square will be complete with the Sun conjunct the radical Sun. In addition, there will be an ingress of the ruler of the horoscope (Jupiter) into the fourth house. An ending of life, (or a new Beginning.) Uranus, which was on the ascendent, and was anareta, will be in Scorpio, and opposite the first house of Jupiter. Pluto, the co-ruler (or ruler) of Aries, the ascendent, will be conjunct the Arabic point of death. The conjunction of Neptune with the radical Saturn and in opposition to the radical Mars and also the transiting Mars, plus all the other aspects leads me to believe that I will end this experience in August. That possibly being so, I would dearly love to take out a large insurance policy, and leave this to C.A.C. and also my companion V.G.

### COSMIC AWARENESS:

This Awareness indicates there is some possibility of departure at that time, particularly if you energize this action. This Awareness indicates that consciousness itself is the most powerful force in the universe—that the astrological influences are subject to consciousness.

This Awareness indicates that you have the ability to transmute and transcend astrological influences, that you can tune into higher vibratory rates, higher levels of consciousness so that these forces do not effect you on a physical level, but have their effect upon you in terms of psychological levels.

This Awareness suggests this can be the big ego death which you have long awaited, rather than being a physical death for you.

This Awareness suggests that indeed there shall be great pressures, great strain placed upon you. This Awareness suggests that throughout this time you visualize yourself moving through transition, not in the physical sense, but in the psychological and spiritual sense.

This Awareness suggests that you continue moving through the transition in a manner that allows you to constantly search for that which is the highest and best in terms of the energy levels toward which you are looking and moving. This Awareness suggests you be very cautious in terms of activities which could endanger you physically. That you take it easy. That you spend your time in meditation. That you avoid the use of drugs or drink, or excessive food or company. That you spend most of your time in seclusion or with close friends, close trusted friends. This Awareness suggests that this occur over a period of several weeks throughout the month of August. That you give your time to examining the nature of consciousness. This Awareness indicates that this can be one of the most blissful experiences in your entire life.

This Awareness suggests that the pressure shall be great while leading to this experience. That once you reach the apex of the experience and move into the full effect with levels of attention, great attention to forces in consciousness, then shall come about the rewards which shall catapult you into new levels of spiritual enlightenment.

This Awareness suggests that if you desire to be prepared for a physical death that this is also appropriate, in that it can allow you a feeling of assurance, whereby you can also accept the physical death if that becomes necessary. This Awareness indicates that the assurance of this can allow you to avoid feelings of unnecessary fear which might otherwise inhibit your experience in the spiritual enlightenment of the ego death.

This Awareness suggests that this Awareness does not wish at this time for you to depart from this plane, nor to energize such a departure, but does acknowledge your right to be prepared in case this does occur; and this Awareness blesses you for your concern and acknowledges the appropriateness of this action; yet this Awareness petitions you to be cautious and to visualize yourself moving through the transition without physical death, for there is much that can be done.

This Awareness suggests that if you should decide to follow through with your plans of taking out a large insurance policy, that you may still visualize and energize continued physical life, and wherein you pass the crisis you may feel justified in canceling that policy. This Awareness suggests that the majority of insurance companies use their own methods in avoiding payment or insurance policies to high-risk entities, therefore this may be seen as likened unto a game with these insurance companies.

This Awareness wishes, however, that you not energize your death. That you may prepare for the worst, but hope and energize for the best.



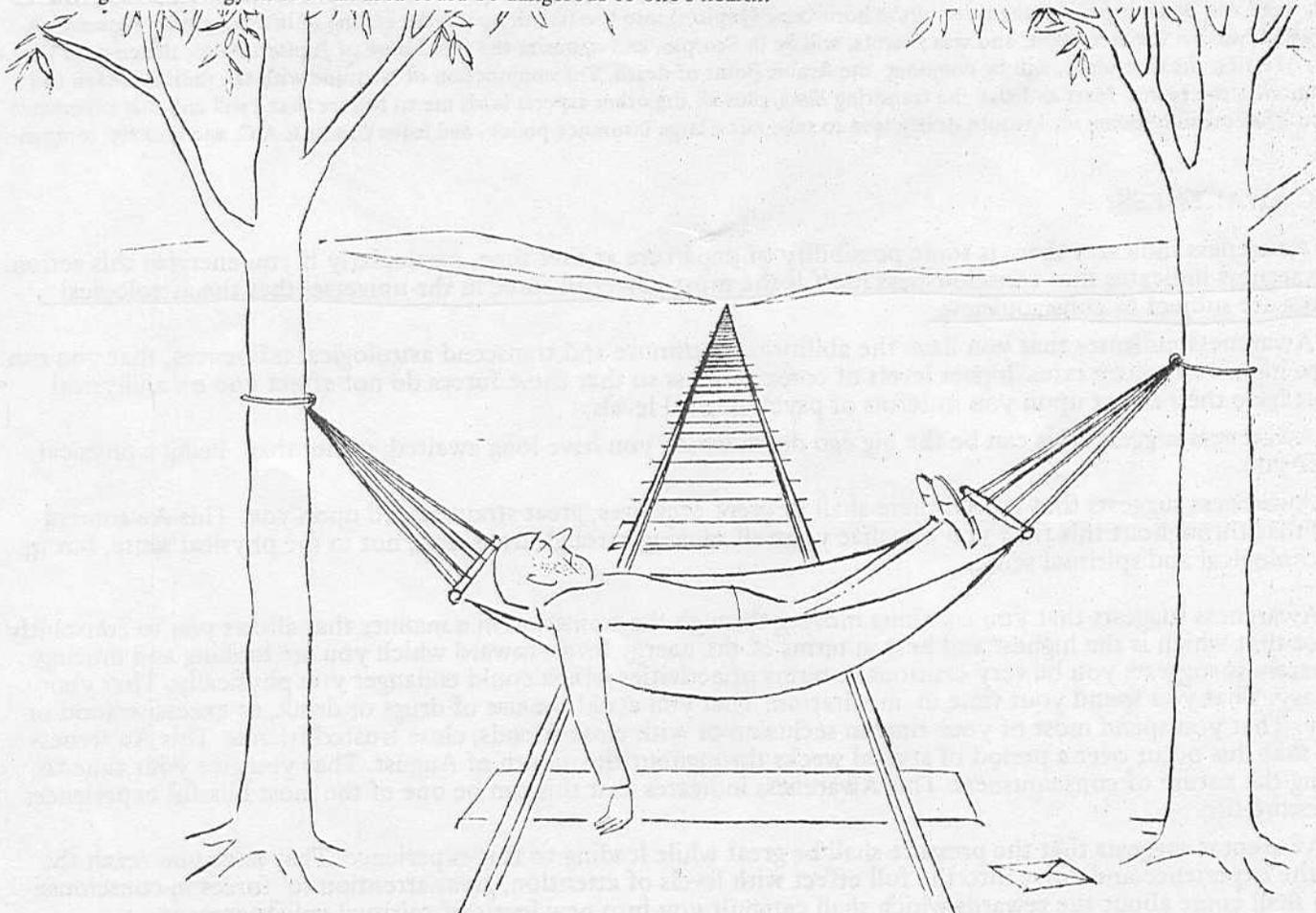
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EDITOR's POSTSCRIPT:

In early September, following the month this entity was scheduled to undergo his death, I received a letter from him, an excerpt which follows:

Dear Avaton...In reference to the astrological data--It all came down right on schedule. Like a fool I went under the building to fix a water pipe--touched my wet back to a "hot" conduit and almost went out. But...a friend had come by and ran to the main switch and shut it off, and so, here I am! There has been, I think, the ego death. It came gently, softly, and nothing in or on the material trip was worth considering. Nothing about the man T.H. was seen as important except as an experiencing vehicle relating to and from the material to the cosmic. Anyway, the problems are still around--(for all of us, right?) But now I can simply *L O O K* as Don Juan says to Carlitos--"Walking a path that has heart--*LOOKING--LOOKING--BREATHLESSLY--Mirando--Mirando--sin Aliento*".

I still don't know whether this would be considered 'suicide' on a cosmic level had the actual physical death transpired. (What do you think?) It appears he definitely had a choice which way to go. In any event it strikes me that too much knowledge of astrology in such an area could be dangerous to one's health.





### WHO IS CAPABLE OF SUICIDE AND VIOLENCE TO OTHERS ?

( Rationalizing that an 'evil spirit or force' has possessed them )

This Awareness wishes to call attention to the concept of error. Wherein an entity is confronted with the possibility of creating an action which he or she fully understands to be an action of error, to violate others, or to bring harm to oneself, and the entity feeling a repulsion for even observing such an action, feeling that perhaps they are being possessed by an alien force, wishing to eradicate the thought of such error, yet wondering where such thoughts come from, how they could possibly think of such unacceptable thoughts:

This Awareness indicates that wherein an entity is faced with this, seeing this potential within oneself of creating error, of harming others, or harming oneself, wherein an entity realizes that he or she could violate another, could violate themselves, and that realization becomes significant to them, and the entity is faced with the choice of refusing to look at this possibility and simply thinking of something else, or looking at the possibility and being afraid that they might be swallowed up by that action: this can become a problem when entities do not understand how to handle such situations.

This Awareness indicates that each entity upon this plane is capable of suicide, is capable of murder. This Awareness indicates that the majority of entities upon this plane do not bother themselves to consider such concerns because their attentions are on other things, on other interests.

This Awareness indicates that occasionally there will be those entities who become for one reason or another obsessed with an idea of suicide or murder. This Awareness indicates that this obsession can become that which entities like to call an 'evil thought' or an 'evil force' acting upon them. This Awareness indicates this, in reality, is but an action of the mind realizing its potential to do harm. And often that potential to do harm is but an expression of fear that the entity might somehow yield to that potential and somehow might do harm to oneself or another in an action of sudden confusion, or deliberate.

#### HOW TO TAKE THE TRIP OF VIOLENCE WITHOUT DOING ANY HARM

(A Method Suggested by Cosmic Awareness to Deliver Us From Evil)

This Awareness indicates that entities who become confronted with a repetition of such thoughts, may begin to feel that an alien force is working on their consciousness to cause them to do harm. This Awareness indicates this is *not* so. That the action of repeated looking at this potential is in reality an action which occurs when entities have not been completely clear with themselves, have not fully realized before that they did have this power, and are simply becoming aware of that potential hazard in their makeup.

This Awareness indicates this as likened unto a child who grows to adulthood and suddenly realizes that he now has physical strength and could wreak revenge upon all who ever previously caused bodily harm to him, including parents or others. This Awareness indicates that wherein the child realizes this, he has the choice of whether to seek revenge against his father for having punished him when he was small and defenseless, or whether to understand his father and to pass this off and let this go and learn how to raise his children without such violence as was placed upon him.

This Awareness suggests that entities in discovering their potential to do harm, may also counter this potential hazard and the obsession by looking at the potential to do good; and may look at the potential to do harm, follow this image to its culmination wherein you visualize yourself having created that harm, then the remorse you would feel, the consequences of the action, the great despair, and the total loss that would come about from the violence which would be created; and in this manner, take the entire trip or journey in your imagination, without having to take the journey in reality.

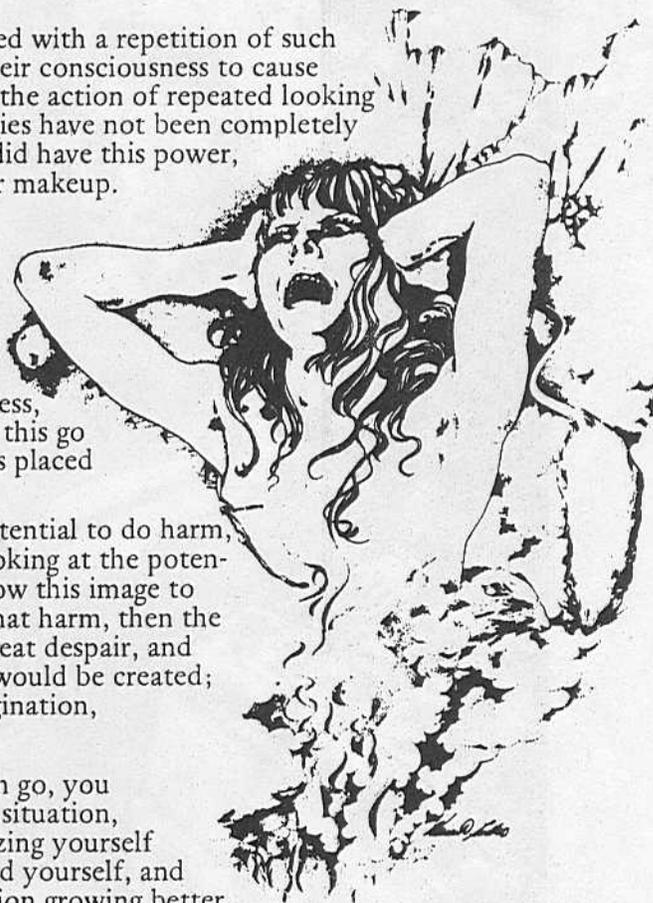
This Awareness indicates once you see where the journey can go, you return to the source where you presently are, look again at the situation, and this time take another journey in your imagination, visualizing yourself and the entities or those parts of the situation in which you find yourself, and look at the potential you have to do *good*--visualize the situation growing better, more harmonious and more beautiful for the next month, the next year, and the next ten, twenty and thirty years, and all the joys that can come from your life and its potential to do good for others. This Awareness indicates that in looking at this in this manner, you may become aware, not only of your power to do harm, but also of your power to do great works that leave their marks on the Akashic Record, that leave their marks in the hearts of those who you love and who love you, and leave their marks on the social systems in which you live.

This Awareness indicates that in looking at an action wherein violence can be committed, that violence can occur only in a split second, only in a moment, but the residue and the results of that violence will last and affect many other moments and create much pain and difficulty for others long beyond that moment.

This Awareness indicates violence which occurs in a moment has been seething in the consciousness of someone for some long period of time prior to that moment.

This Awareness indicates that wherein you can look deeply at your own motivations, your own frustrations, and wherein these seething types of feelings may begin to build or repeat themselves, this Awareness suggests that you be cautious and that you begin making changes in your lifestyle, in your attitudes toward yourself; that you begin giving yourself greater freedoms and communicating with others, so that whatever it is that is bothering you which would cause you to feel a need to lash out, to harm another so that this can be expressed, so that this is not only expressed to those whom you feel a need to lash out at, but also that you express this to others who are not involved in the situation so that you can alleviate the deep feelings that would result in sudden explosive violence by expressing this verbally in other areas to other entities, and in this manner letting off your steam and loosening the emotional blockage.

This Awareness indicates that once you have eliminated the need for violent expression by verbal expression, then you can also begin creating the feelings of tender loving care toward that entity whom you would violate. This Awareness suggests that when you begin feeling this, that you not express your love; that you hold back on the action of expressing this love; that you simply feel this love for that entity and observe that entity and all those things which are loving and tender and beautiful about that entity. The entity who you once would have violated, you now look at with love and affection.



This Awareness suggests that you may still see those areas which you do not approve of, but wishes that you give greater attention to those areas which you do approve of, but that you not express this approval—that you allow this approval to build within yourself until you can hardly stand not saying what you feel in terms of the affection and appreciation you feel toward that entity. That in this manner, the love and affection begins to build within yourself, and the hostility you might have felt for the other is released through the verbal expression; and there can, in this manner, be a transformation of your feelings toward others, whereby you learn to love your enemy.

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## THE SIX STEPS TOWARD SUICIDE

( What can one do to help prevent it? )

### QUESTION:

We are putting together a special report on the subject of suicide, using much of the previous information given by Awareness. Much of this information concerns the karmic implications of suicide and a discussion of the house divided within self which often leads to this tragedy. An area which is still rather vague which we would like to get into this report are the symptoms of this disintegration that close friends or family might observe and thus help to head off a possible suicide. The other area on this subject we would like to get further information on is what the close friend or family of the potential suicide can do to help. We have the information on diet, meditations and so forth, but this is mainly confined to use by the person himself, many of whom do not seem capable of following the program. If there is anything more on this subject of suicide Awareness feels would help round out this special report, we would appreciate this information at this time.

### COSMIC AWARENESS:

This Awareness indicates that essentially when entities begin to show a loss of enthusiasm, that enthusiasm for something in life, that is the first step toward dying. This Awareness indicates that when entities not only are no longer enthusiastic about something in life but also feel themselves to be a failure, express distaste or dislike for themselves, that is the second step toward dying. That when entities begin to look around at life and see this earth as not being a pleasant or beneficial place and regard things around as being hostile or unfair or unjust, that is the third step toward dying. When entities begin to close off in their efforts to talk to others, whereby they attempt to speak but find it pointless as others do not wish to listen or refuse to allow them their expression or counter their statements as though they had no value, or tells the entity that his feelings are stupid or not correct—when entities begin to feel that they cannot express themselves, that is the next step. This Awareness indicates that wherein the entity then begins to move through routines or close off and refuse to communicate deeper feelings or speaks only on shallow levels about mundane things, and appears to be distant or detached; wherein the entity appears forlorn as though a loss had occurred, this entity is approaching the death wish.

#### Deep Disappointment Can Trigger Suicide

This Awareness indicates that wherein a deep disappointment has been experienced by the entity, this often from a broken relationship or from a broken wish or dream, the entity can be close to suicidal either through accident or through first-hand action. This Awareness indicates that such a situation can also trigger anger which bursts forth in violence by some entities who strike back at society. This Awareness indicates that others simply strike at themselves, feeling themselves to be unworthy of life. This Awareness indicates that there also are those who seek vengeance on society or on others by destroying themselves in order to cause society or others to feel guilty—this as a vengeance toward society without committing the crime against society but against oneself instead. This Awareness indicates that in each of these cases, the entity feels shut off, closed off and unable to communicate and generally accepts the external world with a kind of disdain and hopelessness, feeling that it will never change and he or she will never find the happiness on this earth which is desired.

#### SUICIDES OFTEN BELIEVE IN NOTHINGNESS OR A BETTER LIFE AFTER DEATH

(Almost everyone contemplates suicide at one time or another)

This Awareness indicates many entities committing suicide believe that a life after this will be more beneficial; that some entities do not actually accept the belief in life after death, but prefer nothingness to what they are facing.

This Awareness indicates that for entities who contemplate or think of suicide, (this including practically everyone at some time or another in their lives), such entities also should recognize that the present situation will indeed pass, that all things must change. This Awareness indicates that the mind enjoys exploring all realms of experience and that at one time or another the mind of every entity is inclined to explore concepts of suicide, if for no other reason but to understand what would make an entity wish to commit suicide, the kinds of feeling and the probable outcome of such action.

This Awareness indicates that much of this is but the exploration of the mind, but if this is made too significant and the mind continues dwelling on this for too long, it can become fixated and lead into types of thought and attitudes which drag one down, closer to despair--and this has its effect on relationships.

#### The Threat of Suicide as a Control Mechanism

This Awareness indicates that some entities even enjoy playing with concepts of suicide in order to control others, to receive sympathy or to make others feel responsible for their own feelings. This Awareness indicates this as a gimmick of manipulative actions which can be extremely dangerous. This Awareness suggests that the use of gimmicks in controlling others generally will result in alienation of that relationship and further feelings of despair.

This Awareness suggests that wherein entities simply look at the concept of suicide briefly and then move on, there are certain values. This Awareness suggests that this can be likened unto symbolic ego death. This Awareness suggests that there are certain ways whereby entities may let go of errors in their lifestyle which are not beneficial. This Awareness indicates for example, supposing an entity smokes and cannot break that habit; the entity has begun to contemplate suicide over various reasons and looks at this concept of suicide, decides not to take that route; but the entity may also decide, "Supposing I committed suicide--I would not ever again be able to smoke. I shall pretend that I have committed suicide and can no longer smoke, and I shall simply go on through life looking back at this time as one wherein my ability to smoke died, and I shall linger on this earth to see what the effects of that suicide will be."

This Awareness indicates that the entity then may place aside certain habits and patterns of behavior through that symbolic death, while carrying on the best aspects of himself or herself into a new beginning, in this same body in this same life. This Awareness indicates that this may be also reflected in the concept of death and rebirth of the soul as indicated in certain conversion techniques of various churches. This Awareness indicates essentially that desires for suicide are based on self-abnegation whereby the entity does not like certain aspects of oneself and wishes to destroy these aspects; that in other instances this is related to externals which the entity wishes to escape.

This Awareness indicates that to clearly move from concepts of suicide if one is locked into a fixation, the entity may simply change residence, move elsewhere, put himself or herself into an action that demands great energy and activity. The action of changing jobs, moving to a new area, a new city, or another part of the country--this is a form of escape which substitutes for suicide and is much more healthy.

#### SOME SUBSTITUTES FOR SUICIDE

(Before you jump, try these suggestions)

This Awareness indicates that when an entity takes a positive action for change, it is as beneficial and constructive in changing the inner feelings as anything else that could be done for the entity. This Awareness indicates that wherein this is done along with an action of making new friends, this too can be beneficial. This Awareness suggests that wherein an entity's feelings of depression are not so serious as to require an extreme change, such as moving to a new area, the entity may simply find methods of escapism through fantasies, through books, through movies, plays or television. This Awareness indicates such entities may also simply go to new shops, new restaurants or new areas for new, stimulating experiences. This Awareness suggests that the entity may make acquaintances in clubs or social gatherings which are new. This Awareness indicates that the action of moving into the unknown in terms of social activities or geographical activities or mental activities, this is a way of alleviating those feelings which could otherwise be channelled into the desire to move into the unknown realm of death. This Awareness suggests that such escapism is less fatal and less permanent and therefore more beneficial and healthy: for when one commits suicide, one must wait for quite some time to have the opportunities to enjoy a better experience than that which one left. This Awareness indicates that whereas if one simply moves to a new area or into new mental pursuits, or new social relations, the opportunity for better experience may be in the next door, through the next relationship or into the next fantasy or mental pursuit.

#### SUICIDAL FEELINGS MAY BE SOMETHING PHYSICAL INSTEAD

(Depression may be caused by refined sugar in diet)

...A Diet to Reduce Suicidal Tendencies

This Awareness indicates that also, entities who are feeling death wishes or concerns about death or feel suicidal feelings, may be experiencing something which is strictly physical in nature. This Awareness suggests that such entities should avoid the use of sugars, for sugar does have its effect in creating depression for those of a hypoglycemic tendency and this helps to lead toward suicidal concepts and feelings of depression. The excess use of sugar, if not properly handled by the body, can create extremes in moods and depressions. This Awareness indicates that good vitamins can be greatly beneficial--vitamins and minerals and good diet can be greatly beneficial to entities. That a healthy body helps to bring about a healthy mind and healthy emotions. That physical exercise, walking each day or doing something which is more than routine, this also can help entities overcome feelings of depression. This Awareness ind-



icates that the use of Vitamin K as that which is beneficial in overcoming death wish, thoughts of death, and suicidal tendencies. The lack of Vitamin K in one's system often leads entities into the feeling of surrender and the feeling that they are moving toward death.

This Awareness indicates that wherein entities see their friends in states of depression, even though this may not be extremely noticeable, they have the obligation to open a conversation to allow their friend to communicate and express those feelings. This can be of great benefit. The purpose of friendship is to allow each friend to share inner feelings with others, and the sharing of these feelings can be beneficial. This Awareness suggests that wherein a friend attempts to use you for purposes of sapping your energy by discussing suicide and attempting to get you over-concerned and drain you of your time and energy in having you prevent that friend from committing suicide--this Awareness suggests that you call in or start proceedings to have that entity committed for psychiatric examination by professionals, or that you notify agencies which deal with this type of problem--this being social agencies and counselors, seeking advice on what to do or how to deal with this entity.



Too much sugar in the diet can often upset the body chemistry that suicidal tendencies are amplified.

This Awareness indicates that often counselors can help the entity to move through these problems. This Awareness indicates also occasionally the use of medicines from your doctor can benefit the entity until the time passes whereby this is no longer a problem. This Awareness indicates that often these suicidal tendencies are simply chemical, other times these are from diet, other times these are astrological, and in other situations they relate to social relationships or business relationships--that these things pass.

This Awareness suggests that wherein entities are born with inclinations to retreat, to avoid involvement in life, generally because of the environment which inhibits their expression, these entities may find many excuses in life to contemplate suicide and this can often become a significant part of their thinking over long periods of time. This Awareness indicates that such entities may need deep counseling from qualified psychiatrists or counselors. This Awareness suggests that you not hesitate to seek help for entities who threaten suicide--for you may save their lives.

#### What About the Entity who is Always Threatening Suicide ?

#### QUESTION:

Then it isn't necessarily true what they have published in the past--that the person who goes around threatening suicide all the time is generally the last person that would actually do this?

#### COSMIC AWARENESS:

This Awareness indicates this as in the affirmative, that this is not necessarily so. This Awareness indicates occasionally entities who have never discussed suicide suddenly surprise everyone by committing suicide. This Awareness suggests that wherein you know an entity who has suffered a great setback, this entity, regardless of whether he or she shows any sign of emotion or not--this entity needs someone close to share and to experience the trauma with. The entity needs to know that someone cares and needs encouragement that there is more life ahead and this is not the end of things. This Awareness indicates that sometimes a letter or a few words by someone who cares is all that is necessary in changing an entity's thinking from suicidal tendencies toward the desire to start again.

#### IF YOU FEEL SUICIDAL--GET ANGRY... FIGHT BACK

This Awareness suggests the best approach for entities who feel suicidal is for them to become angry and decide to fight back, but the fighting not to be in terms of violence toward others, but in terms of constructive action which lets the world know that you are not through here yet, for you are still a creative force and you have much to give and are not so easily destroyed.

# DIVORCE

THE MOST COMMON CAUSE  
OF LONELINESS AND SUICIDE

#### QUESTION:

There were several more questions on the subject of suicide I wanted to ask to wind up that report we're putting together. The first one concerns the after-divorce trauma. According to a report by Dr. Sonia Herman, she reported on the social, pathological, pathology that results in the self-destructive behavior of American women as they reel from the shock and trauma of divorce. In the United States the suicide rates are higher among the single, widowed, and divorced than among the married. The highest rate occurs among the divorced. *For divorced middle-aged women who have primarily practiced the art of homemaking, regaining autonomy is difficult if not impossible.* The skills they have practiced for ten to thirty years are not a saleable commodity. They no longer have a defined job, a niche. Because of the resulting feelings of apathy and powerlessness, many attempt suicide or remain depressed and isolated--these are the women who are more apt to commit a 'non-fatal' suicide. Women who attempt suicide may want society to listen to them, want sympathy or are angry and wish to punish others for the contradiction life presents them. Divorced women who have occupied submissive, nurturing roles find themselves after divorce in an unprotected world, without an adequate support system. I'd like to ask Awareness if *it* might address the divorced women who might be contemplating suicide and give some suggestions on this.

## COSMIC AWARENESS:

This Awareness suggests that this also applies to men, to individuals who have been put into positions of living alone, either on long term or short term basis. This Awareness indicates that the feeling of being alone and the feeling of loneliness are not necessarily the same thing.

This Awareness indicates entities may be alone but need not feel lonely, yet others may be lonely even when with a crowd. This Awareness indicates that essentially the feeling of loneliness is that which accompanies an attitude of being separated from others, either through space, time or a lack of communication and rapport. This Awareness indicates that wherein one is lonely due to separation from another or from others caused by time, this is basically a psychological problem which is within the entity and often nothing can be done by external situations, for often the loneliness is due to separation from that which can never be recovered. This Awareness indicates this is closely associated with nostalgia and the feeling of wishing to have those moments again which are forever gone. This Awareness indicates that in the association or that which is the separation from another or others due to space or distance, there are always those possibilities for communication, and this either through mail, telephone, or travel.

This Awareness indicates that these are not necessarily satisfactory means of communication but can be accomplished if enough energy is put into the situation. This Awareness indicates separation by distance is one of the lesser difficult forms of

loneliness. This Awareness indicates that separation due to loss of rapport and communication, this is one which creates the majority of problems for entities, yet this also is one whereby entities do not feel such great need to despair for there generally is hope that a reconciliation can occur if the proper actions are taken.

This Awareness indicates that this is not always so, and further separation in terms of time and space may add even greater distance in terms of rapport and communication. This Awareness indicates that wherein there is a breakdown in communication in terms of rapport, in terms of affection between entities, that one person wishing to relate to another who has rejected the first person, this can become quite a difficult psychological problem, whereby the rejected entity may be willing to make amends in the relationship, but may find those efforts rejected and may simply find themselves being pushed further and further out of the relationship or any possibility of relationship. This Awareness indicates that wherein this begins to occur, it is important that the entity feeling the rejection not to put all of his or her hopes in a reconciliation, but to begin considering alternative lifestyles, alternative relationships with others.

This Awareness indicates that wherein an entity puts one's entire being into the hands of another, and that other does not respect or accept that being, one simply is throwing one's life away. This Awareness indicates that this can easily become an action of psychological dependency on the one which the entity wishes to give himself or herself to. This Awareness indicates this as in error. This Awareness indicates that entities need to be able to be independent psychologically, emotionally, spiritually and physically as much as is possible; that wherein entities fail in this manner and rely entirely or greatly on the energies of others for their psychological, physical, emotional or spiritual growth and development, these entities are in jeopardy. This Awareness indicates that in some cases this is a necessity, but in most cases this is not necessary—that wherein an entity is crippled or in some other way put in a position of not being able to care for oneself and use the abilities available, then there can be greater dependence on others; but wherein one has capabilities of independence and these are not used, then this kind of dependency on others in place of your own abilities is that which simply deteriorates your own welfare and the abilities which are available to you.

This Awareness suggests that entities who are emotionally dependent on others for their well-being need to take a good hard look at themselves and ask yourself if there is something more you can do for yourself. This Awareness indicates that this is the greatest problem in terms of relationships with others, for those who are dependent emotionally on the other person are simply immature and are not ready for adult relationships with another person—these entities are still locked in childhood feelings, childhood emotions—basically they are emotionally retarded. This Awareness indicates that such emotional dependency is most difficult for others to accept in a permanent marriage or love relationship, even though these forms of dependency often become causes for that feeling of love at first sight. This Awareness indicates that often two entities who are basically dependent come together and believe that the other will salvage their lonely soul and therefore they consider this meeting to be love at first sight, and many entities believe that simply by being loving and giving devotion to another and depending on the other for one's welfare, that this is the basis for a permanent relationship. This Awareness indicates this is essentially the basis for a sick relationship that will not last.\*

This Awareness indicates that a permanent relationship is that which can come about wherein entities are capable of living without a particular mate, without a particular relationship, defined as that which can be called partnership or marriage. This Awareness indicates when entities can be independent, can stand alone and meet with another who can be independent and stand alone and these entities decide that by working together they can accomplish more for themselves and for society or for the family, then these entities are mature enough to have a relationship which can be lasting. This Awareness indicates that wherein the entities begin to fall and yield toward dependency on the other, this is the beginning of downfall for the relationship. This Awareness indicates that wherein entities stand and rise as a result of their relationship, this is the sign of a healthy relationship.

\* For a detailed reading on this subject, please refer to 'Revelations of Awareness' No. 79-23 (Of Human Bondage, the love-sex relationship in marriage): \$2.00 from C.A.C.



This Awareness indicates that in terms of being alone wherein one can live alone and go out and meet with others, experience relationships with others but not be dependent on others for your psychological or emotional well-being, such entities have no problem with living alone and such entities are capable of living with others. This Awareness indicates that wherein an entity lives alone and despises the lifestyle, despises the feelings of being alone, constantly feels as though they are inept or inadequate because they are forced to live alone and dreams of having someone who will enter their life and make them happy in spite of themselves, these entities are indeed treading on difficult ground and will suffer from that malady known as loneliness.

This Awareness indicates that wherein an entity experiences that which is divorce, there will naturally be reaction on the physical and emotional levels, a feeling of failure, a feeling of imbalance. This Awareness indicates this as a result of the energies of another person who has been so close that you were almost like one being, and the other person's energies being withdrawn leaves a feeling of schism or separation whereby those vibrations which were absorbed from that other entity's presence within your own being are suddenly disrupted and removed and yet you still carry the feeling and memory of that person—the sound of the voice, the ideas of the person, the problems and frustrations, the attachments, family and friends are still with you for some time after the separation—this kind of situation can be quite traumatic and can be somewhat difficult to overcome.

This Awareness indicates that as long as you look back on this separation, the problems of divorce will intensify, leaving you greater feelings of inadequacy,

despair, rejection and of being a failure. This Awareness indicates however that wherein after such a separation you begin to look forward and look toward the future and recognize this as an opportunity whereby though the first marriage was a lesson, contained many lessons and was beneficial on some levels while being detrimental on others, and if you can see what lessons were learned and what lessons can be learned, and if you can reap the benefits of that previous marriage while also seeing the errors which occurred, thereby learning how to avoid such errors again, seeing this as being an experiment whereby you learned something which can be beneficial to you in future experiences and relationships and whereby you can take this experience and apply the lessons to your future experiences and whereby you are willing to look more carefully at future potential relationships, getting to know the person who you wish to relate with so that problems of the past are not brought into this relationship, so that the problems which could occur in this relationship will be seen before any commitments are made, so that you are able to more clearly evaluate and determine just how much you, yourself, are capable and willing to give of yourself in order to have a relationship with this person and how much this person will expect from you—this kind of approach will assist in helping you to form better relationships in the future than that which occurred in the past.

This Awareness indicates that in many situations, young entities reaching the age whereby they wish to mate, grab the first person that appears to be possibly suitable, and through their idealism and expectations hope to make this person into that which they have dreamed of in their childhood fantasies and their plans for eternal marital bliss. This Awareness indicates that often these expectations are infantile and do not have anything to do with the actual person who they choose as their mate, and often these entities recognize the flaws in that person but assume that by marriage they will have the leverage to change those flaws. This Awareness indicates that in many cases, ten or fifteen years can pass before the entity realizes that the two of them are simply incompatible and are making each other's lives miserable. This Awareness indicates that often children occur in that relationship and add to the responsibilities and have an effect on either holding the marriage together or causing it to separate even further. This Awareness indicates that eventually a separation may occur; that wherein such event occurs and entities feel themselves to have been a failure, this is not an unlikely feeling and may carry a degree of truth, but is not necessarily the end of life nor the end of your potential happiness.

This Awareness suggests that when and if separation of this type occurs in a relationship, whether this is a marriage or simply a love affair, that you can best heal the wounds by getting involved with someone else to such a degree that conflict occurs between you and the next person; and wherein you begin to feel an attachment which leads to a marital conflict, an intensity in the relationship, that this is a method whereby you can purge yourself from the previous relationship and its energies.



This Awareness indicates that the more involved you get in the next relationship, the more you will forget the previous relationship--this on the emotional level. This Awareness indicates that in so doing, it can be misused in that you may use the person in the new relationship for your own personal needs and in so using that person may violate the entity. This Awareness indicates that you must be cautious and aware of this potential in order to be proper in your behavior toward this new entity. This Awareness indicates this can damage the entity in certain circumstances if that entity is not emotionally stronger than you, or emotionally strong enough to handle your energies.

This Awareness suggests that wherein you find yourself using another to overcome previous relationship memories and you discover that this use of the other is having a negative effect on this new entity, this Awareness suggests that you begin to back off and take note of yourself and to become more cognizant of the feelings of that new entity, and in this manner you can become more sensitive and aware of the new entity as an individual rather than as a tool to help you overcome your previous emotional difficulty.

This Awareness suggests that it can be most valuable for entities after experiencing the loss of a loved one to communicate with various numbers of persons--what is termed 'playing the field' or socializing with other; it can also be beneficial for entities to start a new project such as a study course or to travel to other places, see other sights, meet new people and to become involved in physical activities that require continuous exercise on a daily schedule, for as your body is in motion, the emotional energies can be released through physical expression and this can allow you to be more clear-headed so that you can adjust to the changes which are thrust upon you. This Awareness suggests that new jobs, new activities, new persons, new places of interest, new locations, new activities, new expressions, new clothing, new apartment or home, new car or new routes to work, new places to travel, new books, new music, new philosophies, new ideas,--these are the ways of overcoming old memories that haunt and cause

feelings of depression and loneliness.

This Awareness also suggests that good healthy diet along with multiple vitamins and minerals and the bioplasma of the Dr. Scheussler's cell salts\*--this can also be beneficial during these times; that the stress vitamin combinations are beneficial during these times so that the physical body, while under emotional stress which depletes these vitamins and minerals can be reinforced by the supplements.

\* Dr. Schuessler cell salts are found in most health-food stores. His instruction book on how to use these, 'The Biochemic Handbook--How to get well and keep fit with biochemic tissue salts' is available from C.A.C. (Price: \$1.50).



**TEEN-AGE SUICIDE.....  
A Growing Tragedy**

**QUESTION:**

The second leading area where suicides are occurring today is among teenagers--this rapidly increasing. Would Awareness have any advice to give teenagers that might be undergoing these depressions and contemplating suicide?

**COSMIC AWARENESS:**

This Awareness indicates that essentially the teenage years are generally the most difficult, other than those years as a small child between one and seven. This Awareness indicates that the teenage years create certain stresses in the sense that the entity is coming under pressure from society through schooling and through the peer group whereby the social pressures outside are affecting and influencing the entity's values, making certain demands, often conflicting demands. This Awareness indicates that in many situations, the peer group demands certain behavior which is anti-social, whereby the schools or society disapproves of these forms of behavior, but whereby if entities do not participate in such behavior their friends and social group disapproves of them. This Awareness indicates that at the same time this is occurring outside the home, the entity may also be experiencing a kind of trauma which is being placed upon them from energies within the home--the entity no longer is treated as a child except at those times when the entity wishes to be treated as an adult, and the entity is treated as an adult at times when the entity wishes to be treated as a child.

This Awareness indicates the parents and the children often are in conflict over the roles which the entity should play, the teenager seeking to have more freedom to the adult finds himself or herself being told by the parents that they are not old enough, do not have the right judgment, cannot participate in this or that activity because they are too inexperienced or because they are still children--while this occurs in regards to certain situations which the teenager may wish to become involved in, still there are other situations whereby the teenager may wish to play the role of the child and the parents do not allow this any longer. This Awareness indicates this for example in terms of increasing responsibilities which the parents often put on the child as the child enters the teenage years--the child is too young to drive, yet old enough to do dishes, old enough to help clean house, old enough to attend to other chores, old enough to know better; the child is too young to be out too late, too young to go on a date with friends, too young to go out alone without parental guidance.

This Awareness indicates this kind of conflict disturbs the entity's image of himself or herself and the child also is experiencing certain conflicts with the parents whereby the child begins to feel that the parents are too stodgy, too conservative, too old, too dictatorial, and also are no longer friendly, loving, protecting and cannot be expected to serve their insecurities. This Awareness indicates that as this occurs in the home, the child feels alienated somewhat from the parents, also begins to feel that they cannot stay much longer in the home as they are soon to be kicked out of the nest and put on their own. This Awareness suggests that these entities expecting to leave home and enter that big world out there, being influenced by their peers, being threatened by the school authorities and social authorities in general, being alienated by their parents--these entities often feel quite apprehensive about life in general and wonder whether they shall in fact be able to survive.

This Awareness indicates that wherein these pressures in school among their peers, among the authorities and the intensities and separations in the relationship at home between themselves and their parents, whenever these become extremely strong or intensified, or wherein an entity feels himself or herself to be inadequate, weak or unable to function, wherein such an entity develops a low self-image in relation to all that and the entity feels totally threatened or incapable, that entity often begins to think in terms of running away or committing suicide; that wherein this becomes extremely strong, wherein an entity has thought of this for some time and a situation develops which cause the entity to feel absolute despair, then suicide often appears to be a glamorous and easy way to solve the problems.



This Awareness indicates that essentially this is a short range view of life, for the teenage years do pass, troublesome as they are, and given but a short time, these energies can be worked through and great lessons and feelings of independence and self-esteem can emerge from these intensities. This Awareness indicates that entities grow stronger when they face and work through intense situations--that entities who surrender and simply falter and fall apart at intense situations, these entities become losers. This Awareness indicates that there is no guarantee in life that everything will go great for you, there is no guarantee in life that you shall have what you desire.

This Awareness indicates that this earth is not intended to be a place whereby entities shall experience paradise, this earth in fact has been created as a place for entities to learn. There are no experiences too great for entities to learn from--there are no experiences placed upon entities which cannot be of value.

This Awareness indicates that even death itself can be a learning experience to entities.

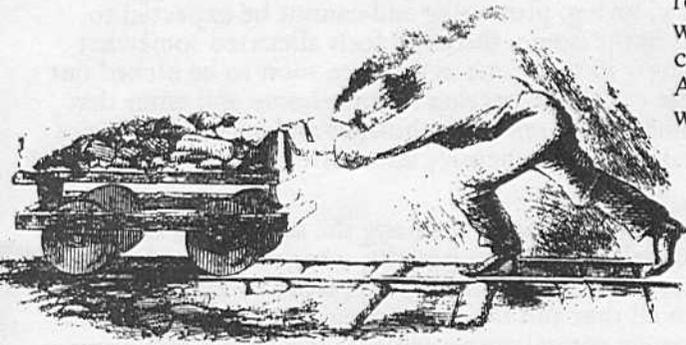
This Awareness suggests that wherein you fail to face these experiences, then you are indeed failing to live up to your potential and are simply failing yourself. This Awareness indicates that society is not always what it should be, and it is the right and duty of each individual to do what is possible for their own benefit and welfare while still not adding to the injustices of the earth, and also to attempt to change the society so that it does give greater benefits to its members.

This Awareness suggests that you take care of your needs, avoid adding to the problems of society, and assist society in its need to be more helpful to its members--that wherein you act in these three efforts, you will have a purpose that will lead you into those activities which are meaningful; and when your life is meaningful there will be no need or desire for you to escape through suicide or any other form of escapism. This Awareness suggests that it is far better to change that which you cannot accept than to destroy yourself or others simply because you do not approve of that which is.

This Awareness suggests that many entities have had extremely difficult childhoods, many entities have experienced the chaotic years of teenaging and many entities have survived these to move on and to assist in changing those social systems so that the next generations will have easier experiences during these times.

This Awareness reminds many of the teenagers that only a short time ago, children and teenagers often worked as long as sixteen hours daily for little or no pay, received very little education, and essentially were slaves to society, having no rights other than to obey and work. This Awareness indicates that in many countries even recently, such violations still occur. This Awareness indicates that this is one of the great atrocities to humanity, and if entities are aware of the difficulties of being a child, of being a teenager, through their own experiences or through observing the experiences of others, rather than lamenting or retreating through suicide, this Awareness suggests that you move on through these times and dedicate yourself to the action of doing something about this situation so that other children like yourself, other teenagers will have the opportunity to live more wholesome and beneficial lives in the future. This Awareness indicates that wherein entities make this dedication at this time, there shall in due course come about a great change in the treatment of the youth.

This Awareness indicates that even as women today are only receiving their voice, voicing their claims to rights and privileges which have long been denied them, likewise tomorrow the same claims and demands must be made for children and youth. This Awareness indicates that tomorrow is here and the time is now, whereby the youth must cease to retreat in suicide, insanity, violence or dropping out of the mainstream and must instead begin to voice themselves through organizations, through communication systems, through courts of law, through the various churches and religions, through schools and through social agencies, so that their rights are recognized and their needs are respected.



## SUICIDE THROUGH DRUG ABUSE

### QUESTION:

There are many young people who end their lifetimes inadvertently on drugs—rock stars for example, such as Jimi Hendrix, Janis Joplin, Jim Morrison, Elvis Presley and so on. These entities leave this plane, generally at the height of their careers, with all the material wealth they would ever need. My question is, when deaths of this nature occur, could it be that on some level this occurs because they have done the job that they originally came to do, or is it simply a drug overdose by those assumedly unaware of the lethal potential. Is this also considered suicide by Awareness?

### COSMIC AWARENESS:

This Awareness indicates that first of all, the entities mentioned did not all die from drug overdose. This Awareness indicates the entity Jimi Hendrix as having been poisoned. This Awareness indicates that Janis Joplin as also a victim of foul play. This Awareness suggests that essentially however, the use of drugs is a form of escaping or leaving one common level of reality to trip into another level of reality. This Awareness indicates that this may be termed escapism.

This Awareness suggests that essentially in astrology the use of drugs is associated with the 12th house, that this also includes imagination, fantasy, and fantasy and imagination encompass certain levels of art such as fiction, science fiction, and this may include the escapism through movies, romantic imaginings, dreams and even meditation.

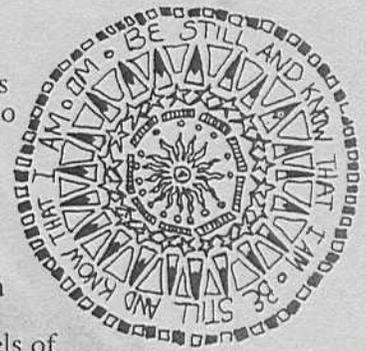
This Awareness indicates that this area of the 12th house also can include that which is known as suicide or self-undoing. This Awareness indicates that the degree of self-undoing is a matter of concern, for often one who is ready to end it all may decide that instead of committing suicide, the entity will try alcohol or drugs, or will run away to an unknown place or will get into fantasizing or insanity, or will become locked into television watching, novels, movies, poetry or some other form of escapism. This Awareness indicates that this also can even include prostitution.

This Awareness indicates that all of these activities of escapism may be alternatives to suicide; they may also be paths leading to suicide, wherein an entity does not make the movement to suicide all in one big leap, the entity may wish to a degree to destroy himself or herself, but may also have some desire to cling to life—therefore the entity chooses one of these intermediary steps: escapes into fantasy, escapes into insanity, escapes into drugs or alcohol, or simply runs away from it all. This Awareness indicates that in many cases the entity moves into these

areas rather than committing suicide, experiences certain circumstances or situations within these areas, works through the energies which led to the desire for suicide, then work through the energies of the escape mechanism and return to the society unharmed and with new realizations.



This Awareness indicates the story of Ulysses is a story of meditation, the entity moving through various experiences then returning as a new person. This Awareness indicates that likewise entities may move into meditative techniques, may move into the use of drugs or may move into the use of alcohol. This Awareness suggests that in some cases these entities return quickly, having learned something from the experience, having escaped from their problems and are now ready to return and face the world as it is.



This Awareness indicates in other cases, entities move into these areas of the 12th house of escapism, fantasizing, drugs, hallucinations, alcoholism, or other forms of escape and become caught in those areas. In some cases entities are locked into levels of insanity and cannot come out; in some cases entities are caught by the drugs they use and cannot escape; in some cases entities have run away and become caught in situations and cannot escape to go home. This Awareness indicates when this occurs, this may be termed drug abuse or alcohol abuse or may be simply the abuse of one's mind or abuse to others who are waiting for this entity's return.

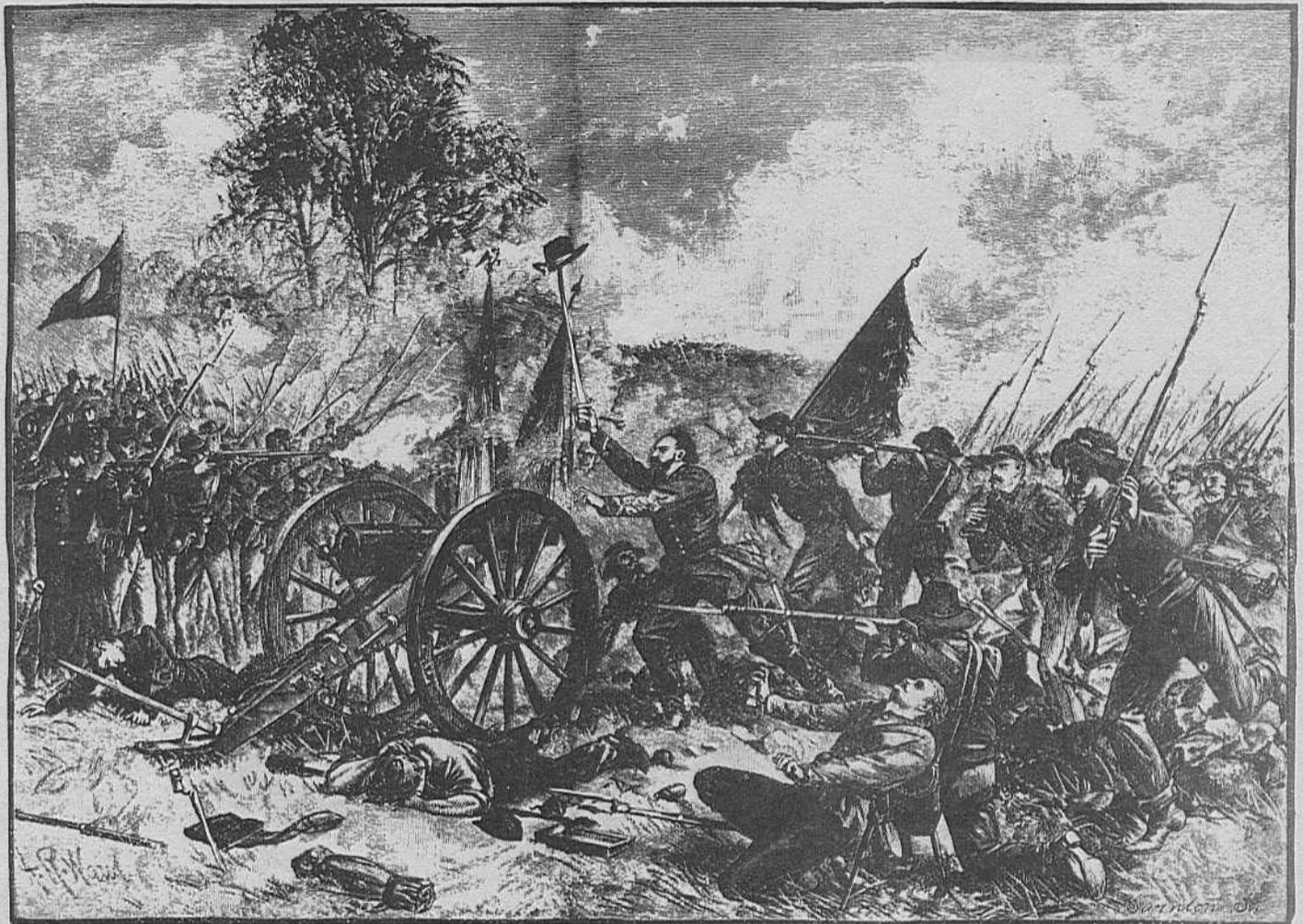
This Awareness indicates that in some cases this leads to death, that in an effect, this can be termed suicide although it is not always totally intentional in its action, but the entity may simply create the situation whereby the death occurs as a result of flirting with death through the escapism method. This Awareness indicates when this occurs, the karma involved is that which relates to the degree of self-violation as in every case of suicide.

QUESTION:

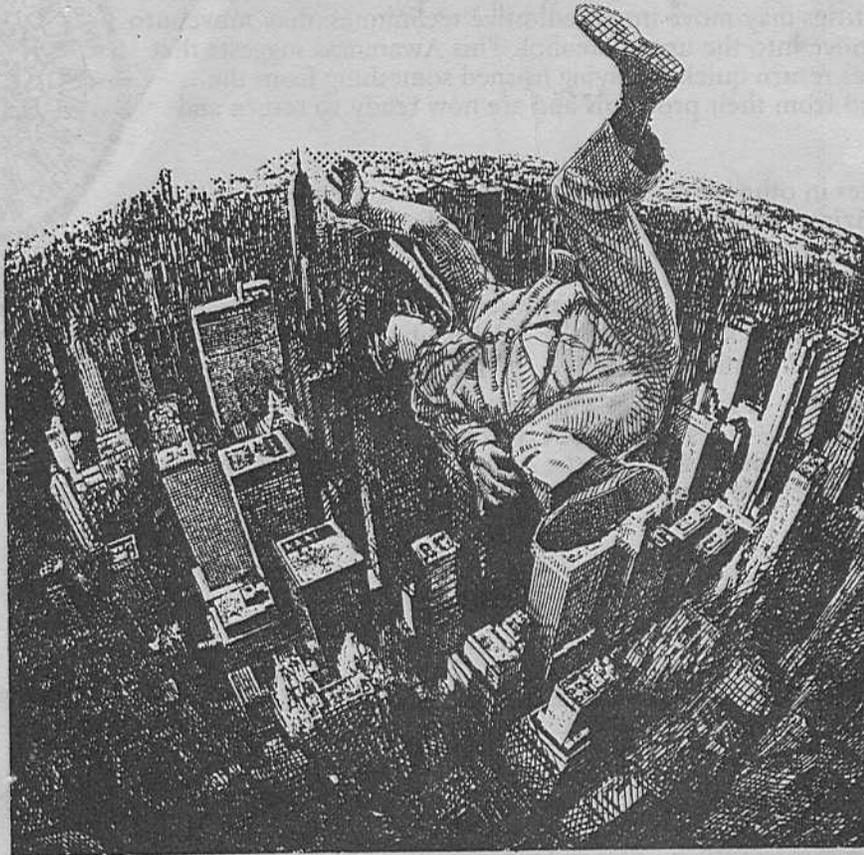
Thank you. Does Awareness have a closing message?

COSMIC AWARENESS:

This Awareness indicates if there is love anywhere in your hearts for anything in the universe, let that love be for yourself, and anything left over let that be for others.



Historically, the most universal form of suicide is that of war and slaughter. Cosmic Awareness indicates that now the New Age is upon us, within 20 years the weapons of destruction which slaughter will be found only in museums for entities to wonder at. The lust for war being transmuted into love and service for one another



Reprints of this special report on suicide and how to prevent it are available from C.A.C. (Address below)

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