

Revelations of Awareness

80-27 The New-Age Cosmic Newsletter

Cosmic Awareness Communications

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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 carefully-trained channels. The information contained herein was received from deep super-conscious trance levels 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. Throughout the thousands of 'Readings' given through these channels, Cosmic Awareness tells us not to 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. Neither C.A.C., the Aquarian Church of Universal Service, or the Interpreter, Paul Shockley is responsible for anything Cosmic Awareness may state in any of these readings, nor does C.A.C. or Paul Shockley necessarily believe or agree with the statements of Cosmic Awareness. Paul interprets the energies as he sees them in trance levels and is not personally responsible for what is said. Members of C.A.C. are invited to send in questions of general interest to ask Awareness for possible publication.



HOW TO HEAL THE BODY, MIND, EMOTIONS, AND SPIRIT

SOME SUGGESTED PROGRAMS
FROM COSMIC AWARENESS
YOU CAN BEGIN RIGHT NOW

Paul Shockley
Trance-Interpreter

QUESTION:

A question from J.S. "I would like to have a question considered for the general reading. I am interested in the many forms of healing that now exist for repairing the body, mind, emotions and spirit. The problem I am having is that there are so many available that it becomes difficult to know which have the most value. I am wondering if Awareness would make some comments regarding the new body and mind therapies and specifically I am wondering if Awareness would recommend which are of most value. Thank you."

COSMIC AWARENESS: THE FIRST APPROACH: (PHYSICAL EXERCISE)

This Awareness indicates that this be considered in terms of various approaches:

This Awareness suggests that first the approach of physical exercises be considered. This Awareness indicates that dance, particularly that dance which comes forth freely from within but which is not based on a habit pattern of the same step, this is that which is beneficial, particularly beneficial to an individual as this is promoted by inner feelings unfolding, based on the energies within the entity. This Awareness indicates that generally entities develop certain dance patterns and always dance the same patterns and even when attempting to change the patterns generally only change one or two actions and remain loyal to their basic dance patterns.

This Awareness indicates that the entities who are familiar with that which is the Latihan (of Subud), that whereby the entity tunes in to the body and allows the body to have complete freedom but lets this begin to move very slowly with great attention and sensitivity rather than just jumping into a dance. This Awareness indicates that when an entity enters into this sensitivity to the feelings in the body, allowing the feelings to begin to move the body, similar to that action of the 'planchette' on the Oija board, wherein the movements come from within, not promoted by will or conscious patterns but prompted from feelings deep inside which develop very slowly and through the action of willful surrender to these feelings--this is that which begins to unlock certain tensions within the body.

This Awareness indicates that if music is playing at the same time, these tensions generally begin to follow the beat, rhythm and vibration of the music. This Awareness indicates that entities who experience this type of dance do not consider, will not consider that they are dancing, but rather will consider that they are being danced by the music -- it is as though something was dancing the entity and the entity will feel like a kind of puppet on the string of the puppeteer, the music being the force which dances the entity. This Awareness indicates this as an exercise which is of great physical value in releasing tensions. This Awareness indicates also any forms of stretching exercises such as Yoga, these being movements of slow deliberated and stretching actions, this can be of great benefit.

This Awareness indicates likewise, these can also be of great benefit; that sports such as running, jumping, skiing, various types of games such as baseball, basketball--these also can have great benefits. This Awareness indicates that the value in such sports is helping the entity to develop coordination between mind and body, giving the entity endurance, moving the entity into such positions as the entity would not normally experience, to give the entity certain muscular exercises, a sense of balance and a sensitivity to the physical body. This Awareness indicates these regardless of which sport is being used, these developments are beneficial to an entity's physical and emotional health.

This Awareness indicates that the action of riding a bicycle or driving an automobile is also beneficial in the same vein of effect. This Awareness indicates that in terms of physical actions, mind-body coordinations, there is a definite relationship between physical coordination and mental development, mental skills; that as one's physical skills improve, likewise the mental skills



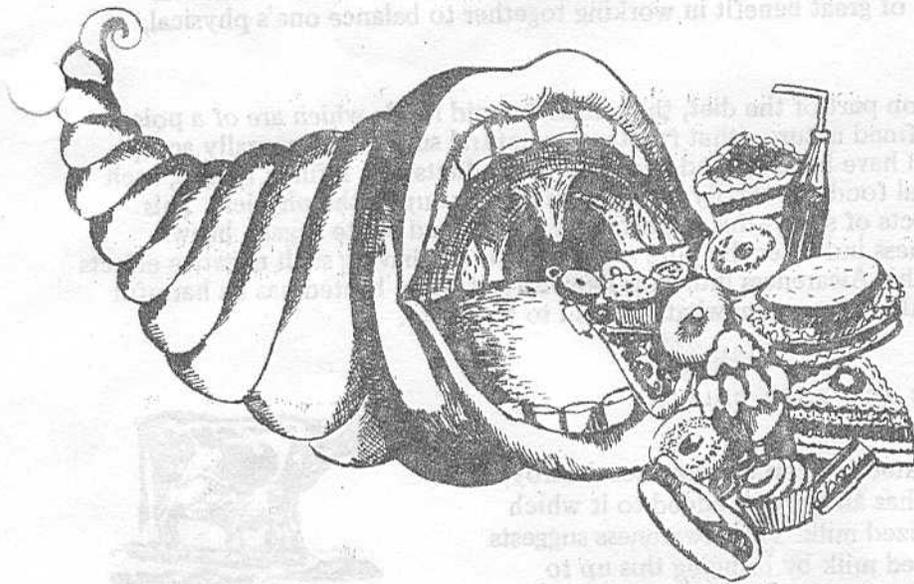
improve, particularly in areas related to manual dexterity, having its effect on the mind; that wherein entities, for example, coordinate both hands and feet together, this has an effect upon the brain or mind of the entity to assist them in coordinating various concepts together so that the mind becomes more capable of synthesizing. This Awareness indicates this relates to the right side of the brain as well as the left side--the left side analyzing the activities of the physical coordinating needs, while the right side coordinates and synthesizes these into smooth flowing action. This Awareness indicates this relates and reflects into mental creativity and analytical capabilities also. This Awareness indicates that generally speaking, those physical activities which require skill, dexterity and physical agility or mind and physical coordination, these are beneficial for an entity's development and it matters not so much which particular sport is used. This Awareness indicates that swimming, running or dance or any of the various games and sports can be beneficial. This Awareness suggests that entities who are capable of many of these various physical activities will likewise have minds which are capable of flexibility, coordination and agile expressions.

RECONCILING POLARITIES THROUGH PHYSICAL THERAPIES

This Awareness indicates that in terms of certain therapies regarding physical healing techniques, there are those related to various types of energy transference such as is found in massage, chiropractic practices or spiritual magnetic healing techniques. This Awareness indicates that in terms of this kind of physical manipulation and physical therapy, these are generally based on polarizing the physical body so that currents of energy flow properly.

This Awareness suggests that entities understand that the use of polarity on the physical form is that which is a necessity for good health. This Awareness indicates that *It* has suggested that entities reconcile the 'yes' and 'no', that entities reconcile polarities. This Awareness indicates this is in reference to concepts and ideas, in reference to energies of relationship between one another, in levels of conflict between entities wherein there is polarity, these conflicts increase and wherein there is reconciliation of these polarities, the conflicts diminish. This Awareness indicates that the message regarding polarity, the reconciliation of polarity, is in reference to polarizations between entities or conflicts, between concepts, and when these are reconciled, greater harmony occurs to allow greater growth and development for all. This Awareness indicates that in terms of physical energy polarizations, these may be used for improving physical health of the body.

This Awareness indicates that wherein an entity seeks to enter into higher spiritual experiences while in the body, such as through meditations, that these polarities can also be reconciled. This Awareness indicates, for example, the right side of the brain and left side having two varying functions, when in meditation may be brought together, reconciled into a higher consciousness, one based on synthesis or the rational and the wholistic. This Awareness indicates that therefore physical therapies must be understood and distinguished from mental therapies while simultaneously being recognized in their relationship to one another.



THE DIET.....

CHOOSING CORRECT FOODS

AND AVOIDING

THE POISONOUS

This Awareness indicates that in terms of diet, the balance of foods, this has generally been covered in such publications as are popular today, as in the naturopathic types of diet and medicines, whereby proteins may be absorbed through grains, vegetables; whereby the use of animal flesh is diminished; whereby carbohydrates play a stronger role in the balance of good nutrition.

This Awareness indicates essentially in terms of a harmonious diet, the diet which uses approximately 60 to 75 percent carbohydrates based from *natural sources* such as fruits and vegetables rather than refined sugars or flours--the fruits, grains and vegetables of natural origin; the grains which are unrefined; the fruits which are uncanned, unsweetened; the vegetables which are fresh or uncanned and not refined. This Awareness indicates these carbohydrates composing approximately 60 to 70 or 75 percent of one's diet. (This Awareness suggests this be approximately 60 percent, that 15% being in oils, particularly vegetable oils, making a total of approximately 75% of one's diet). This Awareness suggests that approximately 15% protein, that approximately 5% or less as junk food or the unnecessary part of one's diet--this as a buffer to allow entities certain amounts of freedom so that they need not worry. This Awareness indicates that the protein be approximately 15 to 20% through foods, including various vegetable combinations, grain combinations and fish, fowl. This Awareness suggests that 5 to 10% be left to the entity for his own discrimination according to the appetite. This Awareness suggests that the protein be approximately 15 or 20% as being sufficient, that the carbohydrates be approximately 60 to 75%, this including oils, including sweets or sugars or starches from vegetables and fruits and from grains. This Awareness indicates that this can be varied somewhat according to the physical activity of the individual, according to their chemical makeup, according to their particular individual needs. This Awareness indicates that for some entities more protein may be necessary, for others less. This Awareness indicates that this as being a kind of general guideline for an optimum type of diet. This Awareness indicates that this also must include the proper minerals and vitamins if an entity is to have the optimum diet.

PROPER VITAMINS AND MINERALS MUST BE INCLUDED

This Awareness indicates that in terms of the physical body's capability of utilizing the vitamins, minerals, enzymes and the general input, while eliminating that which is waste--the alkaloids, the poisons--there are certain substances which may be taken to enhance the physical capabilities. This Awareness indicates these may be termed 'medicines'--this particularly in reference to non-pharmaceutical medicines. This Awareness wishes to mention certain of these which can be of great value in assisting entities to live long and healthy lives through proper assimilation and elimination substances:

This Awareness indicates that the intake of the proper amounts of vitamins, (these generally being taken approximately twice or more than which is recommended by the government), the intake of proper enzymes, the intake of proper minerals, (this as being essential for building the physical cells, tissues and the muscles, circulatory systems, energy flows and so forth) which are necessary for good health. This Awareness indicates that these may be obtained through good, particularly chelated natural vitamin and mineral supplements; this also may include homeopathic cell salts, particularly that known as bioplasma which contains all twelve cell salts of the tissue cell salt in homeopathic tablets.

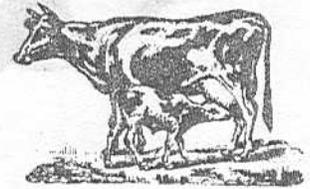
This Awareness indicates that enzymes to assist the physical body in absorbing the vitamins--this as beneficial. This Awareness indicates also the proper balance of minerals through mineral supplements of *organic nature*--these as being of great value. This Awareness suggests you avoid inorganic minerals as these tend to accumulate in the body and can cause some harmful effects. This Awareness indicates that the absorption of vitamins, minerals, and enzymes through natural foods and natural vitamins as that which is on the productive side for physical development and health. This Awareness indicates this as part of the assimilation process. This Awareness suggests that this

to include Vitamin B--15 and 17, Vitamin T (which is found in sesame seeds), and Vitamin K. This Awareness suggests that all of these various vitamins can be of great benefit in working together to balance one's physical, mental, spiritual and emotional health.

This Awareness indicates that in the elimination part of the diet, that entities avoid foods which are of a poisonous nature, this including caffeine, sugars of a refined nature; (that fructose or natural sugars are generally acceptable.) This Awareness indicates that those which have been refined and used in products of a refined nature, such as donuts and certain pies and various commercial foods, generally have negative effect upon the physical. This Awareness indicates that these as refined products of sugar--this in particular the refined white sugars, brown sugars and so-called 'natural sugars'. This Awareness indicates the pure sugar cane as not having such negative effects --yet, this when cooked has its harmful effect. This Awareness indicates likewise salt when heated has its harmful effect, that generally most of the oils once heated become somewhat harmful to the body.

BUONOBIO COW'S MILK IS FOR BABY CALVES

This Awareness indicates that likewise milk heated has certain enzymes destroyed. This Awareness indicates that homogenized milk has an enzyme added to it which causes even greater problems than simply pasteurized milk. This Awareness suggests that this enzyme may be destroyed in homogenized milk by bringing this up to approximately a simmering heat for approximately one minute. This Awareness indicates that basically raw milk and the milk products which are fermenting slightly such as used in cheeses, whey, buttermilks, these are more beneficial for entities. This Awareness suggests however, that these not be used in excess for dairy products are not the best form of calcium. This Awareness indicates that certain amounts of dairy products and cheeses are not of great harm, but that these can become difficult for the body to eliminate if used in excess.



THE EVILS OF SUGARS AND SALTS

This Awareness indicates that sugars have their effect of blocking certain molecular energy flows, these particularly affect certain glands of the body causing over-secretion which creates a reaction which affects other glands. This Awareness suggests this particularly working on the pancreas, affecting the adrenalin which in turn affects other glands, these being such that continued use of sugar products, (particularly the refined sugar products), can be quite harmful and eventually even fatal to the human body.

This Awareness indicates that heated honey also has similar qualities to refined sugar. This Awareness indicates that fruit sugar as not being harmful, particularly when fresh and raw; that once heated, its properties are not so beneficial as when uncooked. This Awareness indicates that vegetable salt and sugars, fruit salt and sugars, supply enough of these glucose and the sodium for human needs; that the addition of white sugar or salt, refined salt for flavoring is unnecessary and generally harmful to the human body, causing it to run down and have less efficiency, and to deteriorate more rapidly. This Awareness indicates that by avoiding certain foods such as the sugars, heated oils, salt and foods from the pig such as the oils, lard, bacons, ham and so forth--these being avoided--and the minimizing of the use of beef, and avoiding beef fats--this can be beneficial in assisting the human body to have more durable health.

IF YOU MUST EAT MEAT---EAT FISH AND FOWL
(Pork is five times more damaging to the body than beef)

This Awareness indicates the beef as a major cause in certain circulatory problems as well as certain joint and bone aging. This Awareness indicates this particularly in regards to fats and over-cooked meats. This Awareness indicates that certain hormones within these meats as also having some detrimental effect.

This Awareness indicates that pork, however, is five times more damaging to the human body than beef. This Awareness indicates that fowl such as turkey or chicken as that which is approximately one-fourth as damaging as beef; that lamb as likewise being less damaging than beef, this approximately one half. This Awareness indicates that this, of course, is not intended to imply that these

foods do not have beneficial qualities, for there are certain benefits--these however, tend to be of short range, rather than of long range benefits : these foods give energy for a short duration, but in the overall benefits to the

human body will tend to cause degeneration at a more rapid pace. This Awareness indicates that these may be considered foods which are consciously eliminated from one's diet, that there also are certain foods which can be consciously taken into one's diet which can help in eliminating some of the negative effects of these poisons and foods which have been absorbed.



GH3 and ALOE VERA--

SUBSTANCES THAT STOP AGING

This Awareness indicates that for example, that substance known as GH3 as that which can assist in balancing a certain enzyme within the body; this balance of this particular enzyme as that which helps to maintain a harmonious metabolism for a long period of time. This Awareness indicates this tends as a rule to become over-balanced at a time approximately 40 to 45 years of age, and this enzyme being out of balance generally leads to the symptoms known as aging.

This Awareness indicates this not as the only cause of aging, but as one of the contributing factors. This Awareness indicates that the dietary poisons which have accumulated within a body, the improper exercises and certain absorption of radiation over a period of time, these also are contributing factors to aging; however, this

as a major concern, or major cause along with others for the aging problem. This Awareness indicates this GH3 substance as that which can assist entities in preventing aging and in many ways can even restore certain vitalities which have been affected by the imbalance of that particular enzyme. This Awareness indicates there are approximately 20 million Rumanians using this substance, this being sponsored by the Rumanian government. This Awareness indicates that this as having been proven to the satisfaction of this government as to be beneficial for these entities to assist in their productivity and their longevity.

This Awareness indicates that likewise, the use of that particularly new substance recently placed upon the market of aloe vera in a stabilized condition, this in a form which allows it to retain the properties of fresh aloe vera, this as also having its effect in not only giving its beneficial properties to the body, but also it assists in eliminating certain poisons from the body. This Awareness indicates this particularly in reference to the juice of the aloe vera which has been stabilized for the use of entities. This Awareness indicates that this substance appears to have certain effects when added to one's diet, to be beneficial in most instances. This Awareness indicates that essentially those who have used this, testifying to various experiences of benefits from this particularly stabilized aloe vera, those entities may offer their testimonies as to the effects they have received from this. This Awareness indicates however, that each individual's use becomes a somewhat different situation, for it has a different effect on different entities according to their total metabolism, according to their needs for elimination, according to their imbalance. This Awareness indicates that for some the use of this substance has an effect which appears almost miraculous. This Awareness indicates that there are those cases wherein entities who have used this substance and who have been given but a short time to live, have recovered miraculously in but a matter of two or three weeks--this in terms of cancer, in terms of other chronic and very harmful diseases. This Awareness indicates that for others, the use has not been so dramatic. This Awareness indicates that some entities using this substance do not feel that they have acquired or received any particular value. This Awareness indicates that in some cases entities may use the substance for a prolonged period of time, receiving no apparent benefits, then suddenly they begin to have an almost miraculous recovery from an illness or imbalance, which they attribute to the accumulated use of the substance. This Awareness indicates that essentially entities using this substance would best consider this as an individual experiment to determine its particular value to the individual, that those involved in this do have many testimonies to share with one another in regard to effects which they have experienced from the use of this particular product of stabilized aloe vera. This Awareness indicates that the Interpreter as having used this and as one who can give testimony to the use of this particular brand of aloe vera.

ACIDOPHILUS CULTURE WILL AID ELIMINATION

This Awareness indicates also that the use of acidophilus culture in eliminating, as that which can be of great benefit--this in keeping the bacterial flora of one's intestines in harmony so that elimination is proper and effective. This Awareness indicates that there are several types of flora necessary in the elimination process, that the acidophilus cultures generally contain several of these types of floras: that wherein entities have used antibiotics, that after such use, the entities should use the acidophilus cultures for a period of at least three weeks to rebuild the flora necessary in the intestine--that the antibiotics tend to destroy the flora of the intestines and this hinders the normal elimination process of the intestines of an entity.

This Awareness indicates that the use of fasting and fruit juices for eliminating poisons as also of great benefit, particularly the use of grape juice and lemon juice -- these can be beneficial in ridding the body of certain harmful effects. This Awareness indicates that also the use of exercise can assist in eliminating certain poisons from the system. This Awareness suggests that besides the action of eliminating by willful avoidance or by willful intake of substances which cleanse the body, this Awareness indicates there are also herbal substances which can be used to enhance the capabilities of the body. This Awareness indicates these including certain teas for stimulants or for relaxants or for particular ailments; these also to include combinations of herbs for particular organs or for the totality of the body. This Awareness indicates this also including that which is Reju-Vigor and those similar combinations. This Awareness indicates that likewise certain herbal formulas used for particular situations to assist in bringing back a temporary or permanent balance of the body may be considered here.



SUGGESTION AND OTHER POLLUTANTS THAT HARM THE MIND AND BODY

(CRITICISM CAN HEAL OR DESTROY)

This Awareness indicates that apart from these forms of nutrients and eliminators, there are also areas whereby electronics, magnetism, and environmental conditions such as sound, attitudes, the ionizing effects of the environment have their effects upon the human body. This Awareness indicates this also includes the pollutants found in air, food and water as well as those pollutants of the mind, emotions and the spiritual levels.

This Awareness suggests that entities not forget that a negative suggestion is a hypnotic pollutant; that when entities accept an insult or accept a negative suggestion, it is poison to the consciousness and that reflects and effects the physical. This Awareness suggests that you accept those suggestions or statements from others which have benefit either in assisting you to clarify or which give suggestion to improve your condition. This Awareness indicates that many entities may point out a fault thinking that they are helping. This Awareness wishes you to look carefully at these criticisms which are directed toward you, for often they can be likened unto a scapel which cut into you, to heal, to cut out that which is harmful, or they may be likened unto a knife which cuts into your self-image, tears you apart and destroys certain organs of your being.

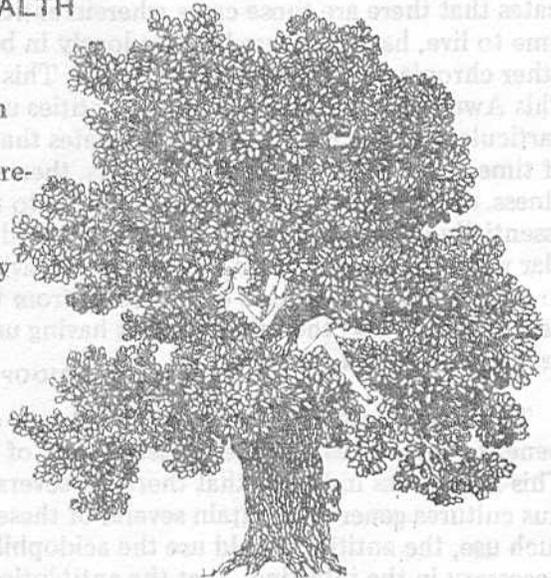
This Awareness indicates that criticism in the hands of a healer is much different from criticism in the hands of a destroyer. This Awareness suggests that you watch these criticisms carefully, that you yourself become careful in terms of how you use these criticisms, for when one misuses the power and harms another, surely that *Law of Karma* will bring back the coincidence, the incident, the accident which balances out and gives back the energy which was misused on the other, for the originator to experience.

DISCHARGING ENERGIES FOR BETTER HEALTH

(Hug a Tree)

This Awareness indicates essentially these are the areas of optimum health. This Awareness suggests that the use of magnets, the use of certain polarities, the use of energy fields can be beneficial. This Awareness suggests for example, when emotionally upset an entity may discharge those energies to plants which then convert this to their own growth. This Awareness indicates that when emotionally or physically weak, entities may hug a tree and will find themselves feeling better afterwards, for these trees give off certain magnetic energies which are beneficial to the human body.

This Awareness indicates likewise walking barefoot on the ground can be beneficial, or lying on the ground absorbing the vibrations or magnetisms from the earth can be beneficial. This Awareness suggests also avoiding polyesters and acrylics in your clothing can have an effect on your aura whereby you feel greater energy coming from outside your body rather than just from the food and nutritional intake through the mouth.



Magnetism, Negative Ion Generators, Music, Art, Color as Healing Agents

This Awareness indicates that magnetisms and ionizing machines also have their benefits when properly used, that this may be the subject of further discussions. This Awareness indicates also the use of music, art, color, diagrams or geometrical figures can have their effects on the human body and the balance of health; that essentially harmonious environmental vibrations, colors or diagrams will give entities feelings of balance and harmony; however, when an entity is out of balance, when an entity is already ill, by placing the entity in a situation and bombarding that entity with discordant designs, discordant sounds, discordant colors--this can break up the patterns, the energy pattern of the entity. This Awareness indicates when this occurs, the entity then becomes more flexible to the tuning influence of harmonious energies which may be added thereafter; that in breaking up the aura through discordants the entity then may be moved into situations of harmony, balance, wherein the colors, sounds and patterns are harmonious--this then allows the reassembling of the energy patterns so that the entity may begin to heal, harmonize and become more balanced.

This Awareness indicates that the confrontation groups based on this kind of experience dealing with disharmonious emotions, that color healing and music healing of the physical body can also make use of this principle; that essentially this principle is applicable to various experiences of imbalance and the movement back into harmony. This Awareness indicates also that often the physical imbalance of an entity is simply the reflection of an emotional or circumstantial imbalance wherein the situation is not balanced and harmonious for the entity; therefore the entity may work on his own physical, attempting to bring this back into harmony, but whereby the situation or circumstance which caused the imbalance does not change, then the efforts appear to be fruitless in bringing back the physical harmony. This Awareness indicates that wherein the physical affects the situation or circumstance, it is possible that in some cases the physical illness brings about a balance of the circumstance, particularly when that physical illness dramatizes and points out the urgency of the physical circumstance and others may cooperate with the ill entity in balancing out the circumstances which led to this illness.

UNDERSTANDING THE TOTALITY WILL HELP SOLVE THE PROBLEM

This Awareness indicates that therefore, entities must begin to recognize the interaction between individuals and the social or situational experience in which the entity resides. This Awareness indicates it is an interaction of emotional, mental, physical, nutritional and environmental, spiritual and social relationships, wherein all contribute for good or ill. This Awareness wishes entities to begin to recognize the totality of the situations rather than simply tuning themselves with one aspect and saying, "This is the cause of your problem." This Awareness indicates the entity who looks at the purse and says, "Your lack of money, your lack of earning power, this is the cause of your problem", this entity is right, yet wrong. This Awareness indicates the other entity who looks and says, "Your lack of exercise, your lack of physical strength, this is the cause of your problem", this entity also is right, yet wrong. The entity who looks and says, "Your lack of communication, your lack of rapport with your fellow humans, this is the cause of your problem," this entity is right, yet wrong. The entity who looks and says, "It's your diet, you eat the wrong foods, this is the cause of your problem", this entity is right, yet wrong. The entity who looks and says, "It's your attitude. You have the wrong attitude. It's your philosophy, your religion; it is the cause of your problem," this entity is right, yet wrong. The entity who looks and says, "It is you. You are the cause of your problem," this entity is right, yet wrong. The entity who looks and says, "It is your environment; it is the cause of your problem," this entity is right, yet wrong. The entity who looks and says, "It is your background, your parents, your childhood; this is the cause of your problem", this entity is right, yet wrong. The entity who says, "It is your behavior; you have been molded by patterns of improper behavior," this entity is right, yet wrong. This Awareness indicates it is the totality: it is the totality of your awareness, your sensitivity, your understanding and your desire to discover what is the cause of your problem if it is not in balance.

This Awareness suggests that there are entities who do not wish to see the details and the totality of all sides and that ignorance, (the action of ignoring), is that which is the cause of the problem. Wherein entities become sensitive and aware, look, discover, learn all varying aspects, listen to each aspect given by its representative spokesperson; as each entity listens and learns, they begin to discover more and more about the totality: and that totality and the awareness of that totality and the awareness of one's role and one's purpose and one's relationship to that totality begins to bring forth the harmony--the harmony of the individual and the circumstances in which the individual resides, the harmony of the society, whereby the individual is recognized as a harmonious part of the whole.

Keep it in balance. Don't lose
your head about all this.



ED's Note:

For more information on pork, fish and fowl in relation to health, please refer to 'Revelations of Awareness' No. 78-39 (\$2.00).

Re-Juvigor (an Awareness formula) can be obtained from the Good Ship, P.O. Box 40083, Portland, Oregon, 97240. They also stock the Dr. Christopher herbal remedies & formulas Awareness recommends. Write them for free catalog.

For more information on magnetism and health, please refer to 'Revelations of Awareness' No's: 80-9 (\$3.00); 80-8(\$3.00); 80-2(\$3.00) and 80-24 (\$1.00) which is all about the Sam Millar Polarizer now on the market.

Acidopilus was introduced by Ken Kesey in the 1960's and is available at most health food stores.

Information on magnetic bracelets, necklaces & magnetic belts and current prices is available from C.A.C. (No charge).

Information on Negative Ion machines can be found in 'Revelations of Awareness' No. 78-47 (\$2.00). Free information on the System Four Negative Ion generator and prices is available from C.A.C.

GH3 is not legally sold in the U.S. except in Nevada. However, various companies have marketed this under other names and make this substance available until the government shuts them down. The following addresses have recently advertised that they have GH3 available:

Rejuvenation Products Inc.
PO Box J
Miami Beach, Fla. 33141

GH-3 Discovery
5460 N. State Rd. 7, No. 120
Ft. Lauderdale, Fla. 33319

Standard Research Labs
PO Box 5009
Pompano Beach, Fla. 33064

G.S. Standley
433 Willington St
Maidstone
Kent ME 15 8HD
England

An ad is running in 'Spotlight' that you can obtain genuine GH3 imported from Romania, from:
Geriatric Institute
PO Box 1510
Tijuana B.C. Mexico

Note: Reference books on the healing properties of GH3 are available in health food stores;

Aloe Vera Juice can be found in most health food stores. However, most brands are not stabilized and do not have the full potency that the stabilized brands do. The brand Awareness recommends in the readings is made by Forever Living Products (formerly Better Living Products) of Phoenix, Az. C.A.C. has become a dealer for this, on a limited scale, and can order this for you if you cannot find it locally. However, it can only be ordered by the case (12 one quart bottles) which retail at \$12.95 per bottle. C.A.C. can have a case shipped to you direct from factory for \$125. We suggest that your group or families go together to share the expense of a case. Cosmic Awareness has recommended that entities take two tablespoons of Aloe Vera Juice in the morning and two more at bedtime. A quart should last two people for about six weeks.

Note: other information concerning diet, health, age-reversal, cancer etc. can be found throughout the various 'Revelations of Awareness' newsletters which have been published. More on these subjects will be forthcoming. Also recommended is the book: 'Cosmic Awareness Speaks', Vol. 2, (\$3.00) and 'Revelations of Awareness' No. 75-76 (\$2.00), both of which have information on these subjects. Also recommended is 'Revelations of Awareness' No. 78-20 (Cancer, and ways to reverse it):\$2.00. These are all available from C.A.C. P.O. Box 115, Olympia, Washington, 98507.



WHO WAS THE APPARITION
IN THE OLD STATE HOUSE
WHO PUSHED FOR THE SIGNING
OF THE DECLARATION?

QUESTION:

A question from L.D.P., Santa Fe, New Mexico: "According to Jefferson, on July 4th, 1776, in the Old State House in Philadelphia, a group of patriotic men were gathered for signing the Declaration of Independence. The doors were locked and a guard posted. Late in the afternoon they were still talking about axes, scaffolds and the gibbet, because if the revolution failed and they had signed that parchment lying on the table, they would all be executed for high treason. Then suddenly, a strong voice from a man in the balcony sounded out with an impassioned speech exhorting the delegates to sign that parchment. When he finished he fell exhausted into his chair and the delegates, carried away by his enthusiasm, rushed forward. John Hancock scarcely had time to pen his signature before the quill was grasped by another. It was done. And when the delegates turned to express their gratitude to the unknown speaker, he was not there. Who was this speaker and how did he enter and leave through a locked and guarded door?"

COSMIC AWARENESS:

This Awareness indicates this information has been given before. This Awareness indicates this has having been that entity commonly known as Count St. Germaine. This Awareness indicates that this information available through various sources, particularly through the channel of Claire Prophet. This Awareness indicates this through other ascended master channels.

This Awareness indicates that this as an apparition of great intensity moving into that situation, whereby the entities in high levels of awareness experienced the intensity necessary, along with the exhaustion, to allow their consciousness to attune itself to that energy level; and also from the other dimension, feeding energy into that particular level allowed the apparition to appear. This Awareness indicates that this type of occurrence, though rare in historical documented experiences, does occur with entities and groups on occasion, whereby apparitions appear and give messages. This Awareness indicates this, being an intense moment in history, required such an apparition.

THE ALIEN INVASION BEING REPORTED ON TV & MOVIES

(More on Organic Robotoids and the Synthetics)

QUESTION:

We have a question from B.S. of Lakewood, Colo. It's sort of long and I'll read it: "Last night, March 2nd, 1980, I watched a TV movie, 'The Aliens Are Coming'. And I was struck by how much it resembled the older television show, 'The Invaders'. May I refer you to page 26 of your newsletter 79-25 in which this Awareness stated, "that essentially the TV show called 'The Invaders' which was presented some years back as having been an accurate depiction of what was occurring. The government itself confiscated those films and burned them to prevent this information from being shown further." I wish to take this opportunity to pose several questions on the movie, 'The Aliens are Coming' and the similarity between it and 'The Invaders' in consideration of a response from the Awareness. First of all, there were two statements at the beginning of the movie which really raised my hair as to the accuracy with the information that Awareness has already given about the invasion of this planet by extraterrestrials. One of them was, "They sneak in under the cover of a meteor shower; they've done it before." And the other statement was, "They landed in the South Eastern Nevada desert". Which, according to Awareness, is the exact method of entry and the exact location of the main alien manufacturing center of the so-called 'Synthetics'. Second of all, 'The Alien' is based on the premise, like 'The Invaders' that disembodied extraterrestrials are able to take over human bodies, dispossess the owner and inhabit the body, using it for their own purposes. The human body that was possessed no longer needed food for nourishment, but did however need recharging by a little black box. And again, when the alien entity died, the body disintegrated exactly as in 'The Invaders'. There is no way I can assume that these inaccuracies or similarities are coincidence or rip-off of the part of the writer, Robert Lensky, or the director, Harvey Hart. And I wish to inquire first of all as to the total accuracy of the depiction and if these accuracies are the results of leaks filtering out from the government, or if it is information that is commonly accepted by the UFO information gathering groups, or if it is a result of deliberate channeling of creative concepts of Awareness, as in the case of 'Star Wars' and George Lucas? Also, are there individuals who deliberately attempt to get information out in fictional works because they can't get it on the 6 o'clock news? I wish to make the observation that in spite of what I consider extreme repression towards information of this type, it continues to keep popping out through movies, through books, through TV

shows. Could this be considered a natural result of the human race's need to know or of the continued channel of Awareness, or could it become a statement about the position of the artist, writers, directors, painter etc. in relationship to a society and culture. I have seen statements by learned individuals who assert that the artist and his work not only reflects important changes within the society in which he exists, but in many cases will actually predict them. Is there a relationship between the artist and the information which is available to him through the conscious mass-mind so that the suppressed information can never truly remain suppressed because it is all there just waiting for the creative individual to tap into it. Last of all I wish to ask if the televising of this show, which is obviously a pilot for possible serialization, has already caused panic in certain quarters and will become a target for suppressive activities. I wish to call your attention to the fact that another series, "Beyond West World" is based on what I would call 'classified' information, is making its debut Wednesday, March 15th. Will the constant showering of attention on these concepts eventually result in an all-out raid on the Alien base above Las Vegas?"

COSMIC AWARENESS:

This Awareness indicates that there were many questions raised in this letter. This Awareness indicates that in almost every instance, the answer is in the affirmative. This Awareness indicates that these informations are leaking out in various ways through various sources. That there are a large number of entities within the intelligence groups who are aware of these facts and who leak information to their friends; and from there, the word spreads. This Awareness indicates that there have been several attempts through various entities to bring these concepts into books, into artistic expressions, such as movies. This Awareness indicates also that much of this information, while being accepted by some, is viewed simply as fiction by others, who may, in fact, produce and act in these movies without realizing there is anything more than just a good story. This Awareness indicates that the word does get out in various ways.

This Awareness reminds you of the movie, 'The Invasion of the Body Snatchers' and others of this type, whereby entities are being given hints about certain possible invasion techniques, which in many ways, may be disguised or different from what is actually occurring. This Awareness indicates that "Future World", and this television show mentioned in your letter, and the show, "Beyond West World"---that these are again hitting closer to the truth. This Awareness indicates that other information which has been revealed during the last two years is beginning at this time to surface more quickly in various established circles.

This Awareness indicates that generally, the concept of the UFO in the 1950's was regarded as that of 'kooks' or that of the lunatic fringe. This Awareness indicates that as time passed, more and more of the majority of people began to accept the possibility of UFOs. That when Hollywood glamorized these concepts, this also increased the probability of such things; and during the recent years with the movie, "Close Encounters" and "Star Wars", the majority of Americans have accepted the possibility and even the probability of UFO's as being real.

This Awareness indicates you are now in the time of the Organic Robotoid or Synthetic, the time wherein the human being can be substituted by its facsimile. This Awareness indicates that when in present times, you find yourself being ridiculed for such concepts, you may also recall that likewise, in the 50's, those who believed in UFO's were also criticized and considered as the lunatic fringe area.

This Awareness indicates that discussion of such things with the society about you must be done carefully. That it is pointless to lose your friends over such ideas, whether you are right or wrong; that it is pointless to endanger yourself or jeopardize your well-being in your occupation or in your society. That it is better to know and be silent, and speak about these things to those who wish to know, to those who are open, to those who are capable of handling such information. This Awareness indicates that in this way, you may slowly and gradually assist in awakening the masses without jeopardizing yourself.

QUESTION:

Her question about: 'Will this lead to an assault upon this factory in Nevada that manufactures the Synthetics and bring an end to this type of business?'

COSMIC AWARENESS:

This Awareness indicates that this appears to be in a future time. That this as being but one place for this action. This Awareness indicates there are other such places.

ALL ABOUT THE "WALK-INS"

QUESTION:

We recently sent out a questionnaire to the membership, one of the questions asking what areas they would like us to cover in more depth. And it seems like practically everybody in the membership has read Ruth Montgomery's book called, 'Strangers Among Us'. It's about 'Walk-Ins' and Awareness has briefly covered this subject before; but everybody would like to have more information on how this phenomena has come about, the reasons behind it etc. Would Awareness please give more information?



COSMIC AWARENESS:

This Awareness indicates that this as being over-dramatized by this entity in her book. This Awareness indicates that the information as being essentially valid, but the slant or approach in evaluating the situation as being presented in a manner that is not entirely correct. This Awareness indicates that this as being correct in one sense, but in another sense may be simplified in more familiar terms.

This Awareness indicates this as likened unto possession,--but rather than the possession being that of a tormented creature possessing some entity, the possessing being tends to be of a higher intelligence. This Awareness indicates that this occurring through the willingness or the lack of will of an entity--this often the result of an entity's lack of purpose in his or her life, so that the surrender of the body as being easily accomplished. This Awareness indicates that this phenomenon as being quite old, wherein entities' bodies can be possessed by other entities; and also another related phenomenon being that wherein the entity releases certain portions of self and allows new portions of being to enter. This appearing as a kind of transmuting of personality, whereby an entity becomes changed in their personality as old, unusable qualities drop away and new and better qualities enter.....(This Awareness indicates or, the reverse, wherein the better qualities fade and unacceptable qualities enter.)

This Awareness indicates that this as closely related to the phenomena referred to in her book, and that the book as presenting this in a way whereby entities can better understand and accept, in a dramatic sense, the occurrences.

This Awareness indicates that this also as relating to efforts from other dimensions of entities who are seeking to enter into this plane to have an influence, for fear that the energies of this plane, if not placed under the control of those who are aware of what is occurring and of those who seek to end the futility of intentional warfare or accidental warfare.....that these entities from other dimensions, recognizing the danger on this plane, are using various means as necessary to enter and influence events. This Awareness indicates that there are also those who are of the Alien Force who also enter into the human affairs.

This Awareness suggests that if the physical plane experiences nuclear holocaust, this will not only affect the physical levels, but also affects other dimensions; and that is the reason why those of other dimensions feel justified to enter in and take whatever steps are necessary to prevent this action. This Awareness indicates that according to the Cosmic Laws, entities are restricted under most conditions from interfering directly with human affairs, other than through influence of consciousness. This Awareness indicates however, that wherein mankind threatens more than himself and threatens other dimensions also, there is justification for defense of these others by whatever means is least violent and yet efficient to prevent such violations.

This Awareness suggests that entities not seek to give their bodies to another, but rather that entities seek to become aware, that they might become more effective and efficient in dealing with the Earth's problems, in reconciling the differences, in raising the vibrations, in bringing about peace on earth.

QUESTION:

One question relative to these walk-ins: When a walk-in possesses an entity, (which I assume is not a violation because the entity has opened himself), does the entity being possessed physically die, or where does the spirit go during the time of this possession?

COSMIC AWARENESS:

This Awareness indicates that this as relative to the wishes, to the degree of possession, and to the agreement or wishes of the parties involved. This Awareness indicates that for some entities who are relatively dissatisfied with themselves, they may, in fact, turn over their lives to another, who possesses their body. This Awareness indicates that for others, the action may be temporary. That for still others, the action may simply be that of a voice speaking to the entity, or guidance felt, or other slight influences. This Awareness indicates that this depending on the entity's attachment and purpose--the attachment to his or her physical vehicle, and the purpose for which he or she is attached, and how well the entity carries out these purposes, using this body as a vehicle to carry out the purposes.

This Awareness indicates that alcohol can loosen one's hold on the physical body, that certain drugs and even foods can also loosen entities' hold on their physical body. That other foods and drugs may intensify the hold on the physical body. This Awareness indicates likewise, concepts and thoughts and emotions can loosen or attach entities to the physical or from the physical. This Awareness indicates much of this information has been given in previous readings--through implication, if not directly related to this subject.

ED's Note: for more information on grounding and preventing an entity from taking over your body, please refer to 'Revelations of Awareness' No. 79-13 (Psychic Vampirism):\$2.00; 77-13 (Drug addiction):\$2.00;78-9:\$2.00 .For more information on Synthetics, please refer to 'Revelations of Awareness' No. 79-18 (The Web of Conspiracy)\$3.00, and 79-25 (Secrets of the UFOs)\$4.00 from C.A.C.

sing Message)

his Awareness indicates that the human race as being on the threshold of great changes; so great, that at present they are not and cannot be fully comprehended, and will not be understood for approximately fifty years, in entities can look back and recognize when and where certain changes began. This Awareness indicates this singularly refers to those changes which are occurring politically, in the secret war which is occurring behind the scenes, and also genetically in the science of genetic engineering, which is on the threshold of creating totally new fields of sciences and benefits and problems for mankind to solve.

"CONSIDER THE LILLIES OF THE FIELD".....

QUESTION:

V.K. of Lincoln, Nebraska has a question: "When Jesus said, 'Consider the lilies of the field; they see how they toil not', one of the multitude replied, 'But who will plough the fields?' Jesus didn't explain himself with this analogy. Did he mean that God would supply those who followed the ways of Jesus with what they needed to survive, or what? I have also heard this phrase mentioned in the Edgar Cayce readings and again from Awareness. Could the Awareness clarify exactly what is meant by this analogy? It has puzzled me for years.

COSMIC AWARENESS:

This Awareness indicates that this in relation to a universal law, whereby any vacuum created in the Universe, any want, any need will be fulfilled by any excess created in the Universe, when the universal forces are allowed to flow without interference. This Awareness indicates that for every vacuum created, there is that which would rush in to fill that vacuum, and for any excess created, there is a vacuum which needs fulfillment from that excess; that wherever the forces are allowed to flow naturally without resistance, interference,

manipulation or the holding action, these forces will balance themselves out. This Awareness indicates that the lilies of the field toil not, and receive that which they need for their sustenance, and for their purpose and for their cycle. This Awareness indicates that every moment has within it that which is necessary for that moment to be. This Awareness indicates you have within each moment of your being that which is necessary for you to be in that moment. This Awareness indicates there is an eternal vacuum in everything, there is an eternal emptiness and an eternal unfulfillment, and wherein this unfulfillment is recognized and accepted eternally, the next moment allows that which needs to be brought forth into that vacuum, the properties necessary for fulfilling that which was the vacuum in the previous moment. This Awareness indicates that in this manner, entities move from moment to moment, existing and living with their needs and their vacuums, and these needs being fulfilled one after the other.

This Awareness indicates that were it not for this vacuum, were you to be fulfilled, were the moments to be fulfilled, there would be no further need for your existence. This Awareness indicates that when you move into the next moment and have one need fulfilled there automatically appears another, and that vacuum, that need, creates a new purpose for your being, and this emptiness is that which moves entities from moment to moment through their lives and after-lives.

This Awareness indicates that wherein entities can accept the unfulfillment as a part of being, it becomes less difficult to enjoy what you have. This Awareness indicates where entities feel that they must be fulfilled at every moment, this creates feelings of inadequacy, deprivation, self pity and feelings of being victimized or violated or separated from the universal forces. This Awareness indicates this is an attitude created not by the universal forces, but an attitude created by the entity who experiences the vacuum: One entity can accept the realization of eternal unfulfillment and find happiness in that acceptance, and in that which is given; another entity cannot accept eternal unfulfillment, and concentrating on that which is missing, fails to enjoy that which is present, and this entity may spend his or her lifetime being eternally unhappy.

This Awareness indicates that one entity may labor in the fields, plowing the fields, planting the lilies, and may enjoy the experience and may find happiness in this action--another entity may labor in the fields planting the lilies and feel resentful at the efforts put out in doing this work. This Awareness indicates it is a matter of choice whether you enjoy what you have or resent what you don't have.

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