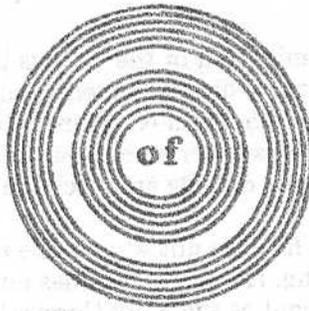


# Revelations



# Awareness

81-6

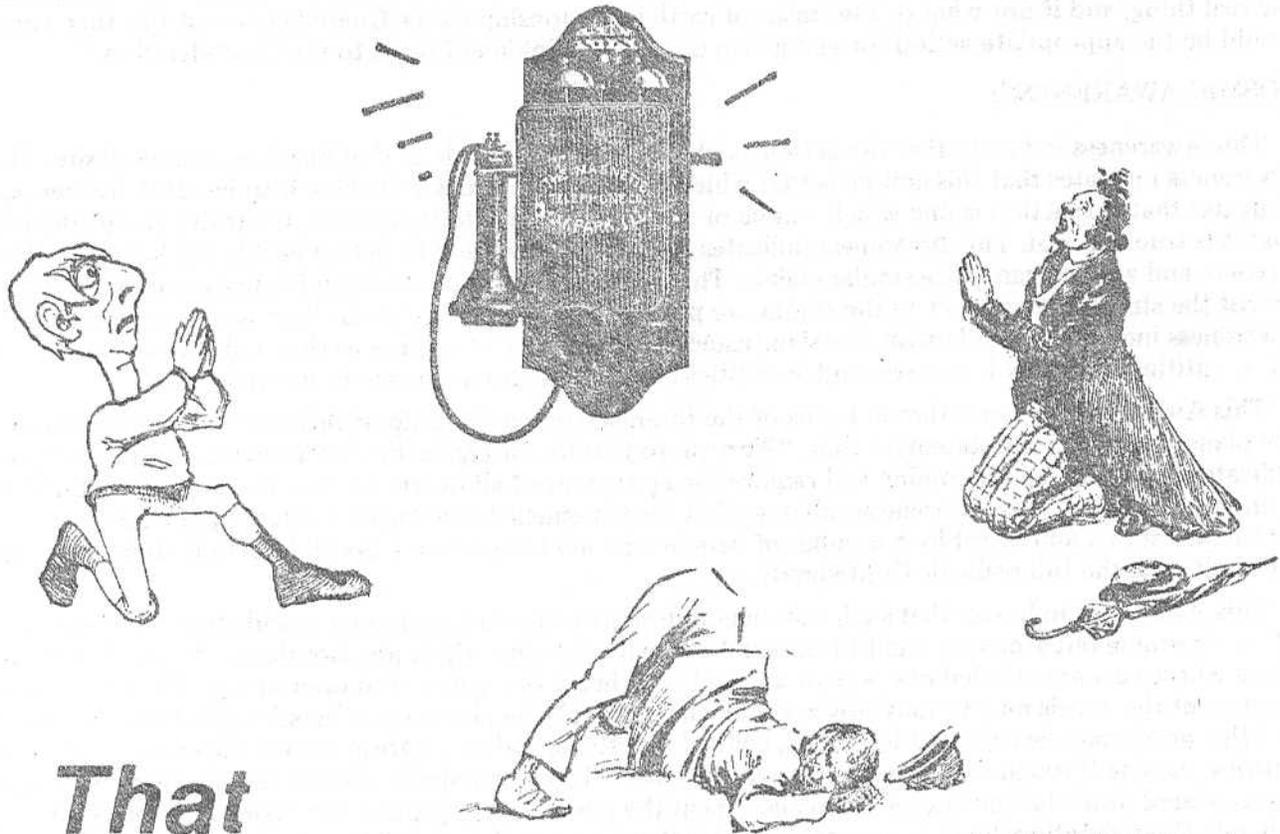
The New-Age Cosmic Newsletter

\$3.00

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 speak 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.



Paul Shockley, Interpreter

## That

# Great Telephone in the Sky

The Significance of 'The First World Conclave of Light' --Linking Earth with the Galactic Confederation

### QUESTION:

A question from B.K. came in last month about an event that has since taken place. The question did not get asked before it took place, but I'd like to read the question and ask Awareness to comment on the significance of the event. "The Unarius Educational Foundation of El Cajon, Calif., has just published an announcement of the 'First World Conclave of Light', inaugurating the Interplanetary Confederation to be held Oct. 21, 1980, at the East County Performing Art Center in San Diego. The announcement card goes on to say, 'Earth will be invited to become the 33rd member of the Interplanetary Confederation. Come and cast your vote yay, or nay, for Space Brothers to come in their craft to earth.'

The announcement is the logical culmination of the various books recently published by the Unarius Foundation, whose head, Ruth Norman has been channeling material purportedly from the Intergalactic Confederation. The material claims that she, Ruth Norman, is the incarnation of the arch-angel Uriel, and is the spiritual leader of this planet, as well as other planets in the Confederation. It claims that it is through her channel that the Confederation is now making an official request to earth-humanity to ratify and join the Confederation.

I know that Awareness has indicated *it* does not want to be regularly commenting on the authenticity or not of every channel that comes along. However this does not seem to be just another claim. If it is true, it would seem to be every bit as significant as the York Convention which in 1977 inaugurated the Unified States of Awareness, the latter to anchor on earth the structural pattern for New Age Government, and the first world conclave this Oct. 21st, to officially inaugurate the full complement of 33 planets to enable the Intergalactic Confederation to rev up for its full activities, the earth being the necessary last link in an energy transmission chain that is necessary for the evolution of this galaxy.

Would Awareness please comment on the significance of the Oct. 21 World Conclave, and is this event the real thing, and if not what *is* the status of earth's relationship to the Confederation at this time and what would be the appropriate action for energizing the official linking of earth to the Confederation?"

#### COSMIC AWARENESS:

This Awareness indicates that the action as one which can be made as significant as entities desire. This Awareness indicates that this action as that which is as real as entities will allow it to be. This Awareness indicates that this action is one which can be of great significance to this planet, if entities accept the premise that it is true and real. This Awareness indicates that essentially, such an action as this can be initiated by anyone, and anyone can make similar claims. This Awareness indicates the significance comes when entities accept the statements, and when the claims are presented in such a way as to allow such acceptance. This Awareness indicates that likewise, the significance of the York Convention as that which has as much validity as entities will allow it to have, and as entities continue to give credence to its intentions.

This Awareness indicates that in terms of the Intergalactic relationship of this planet, any one person on the planet can make the statement that, "We wish to join the Intergalactic Confederation." This Awareness indicates however, the the joining will require the agreement of all others on the planet, or at least a large number of entities. This Awareness indicates that the statement as having its greatest significance in the fact that it was stated and heard by a number of people who are in agreement that the earth is ready for aligning itself with the Intergalactic Confederation.

This Awareness indicates that such a statement has little meaning in present world affairs. It is but a tiny voice screaming out among the multitudes and the many tongues which are shouting to be heard, and only those whose ears are attuned one way or another have heard this voice. And even though the entity who shouts out the words may or may not have the claims which she places upon herself; still, the voice was heard, and the words may be repeated by others, echoed by others, and may spread among the consciousness of entities, passing through the mass-mind upon this plane. This Awareness indicates that this may be repeated and repeated until the entities on this plane accept the possibility of joining this planet with others in the Galactic Confederation. This Awareness indicates that someone has to make such a statement, and has to make the statement in a way which is heard by someone else in order for that statement to be repeated and to spread among others.

This Awareness indicates the validity of all of the information and claims by this entity are not of great concern to this Awareness. This Awareness indicates that the entity does believe in what she claims. This Awareness indicates that those about this entity believe her claims. This Awareness indicates that it is not of concern to this Awareness whether this entity's claims are believed by others, unless such belief begins to create problems. What *is* of importance in this action is that entities consider what it would take to bring this earth into agreement and alignment with the Intergalactic Confederation.

This Awareness indicates that there are great changes which would be necessary on this planet before complete rapport could be created, but these changes are occurring very rapidly. This Awareness indicates it is not simply going to occur because an entity claims to be the Divine Ruler, or have Divine Right to rule over a planet, and has made the statement and invitation for extra-terrestrial involvement in the planet. This Awareness indicates that such alignment will come about when the vibrations and the behavior of entities on this planet are, in fact, ready--when the timing is right. When the harvest is abundant and is ready, then the energies will be such that the fruit of consciousness will be plucked for its special perfection.

This Awareness indicates that there is much information channeled through the entity Ruth Norman which is valid in the sense of its basic motive and discernment in regards to the affairs of the galaxy. This Awareness indicates there is, however, a certain personality coloration to these channelings, whereby this entity has placed herself as the center of the events and circumstances which are being channeled, seeing herself as the significant point of interest and attempting to center the consciousness of others about that point of self-interest. The entity giving forth a message of unity, but seeking to unify the energies of others about herself from claims of being a certain energy, having moved through eons of time, having suffered greatly at the expense of those who now are her followers.

This Awareness indicates that in this sense, the entity as creating a kind of messiah energy about herself, in which she appears to be saving those who have wronged her in her previous incarnations, where the entity appears to be forgiving those who have wronged her; but in the process of forgiving, the entity also collects their devotion to her. This Awareness indicates the entity also tends to create a kind of faddist type of energy which encourages those in her presence to feel that they cannot be involved in this action unless they can recall some previous incarnation in which they wronged the entity, then make a confession as to their part in the affair and receive forgiveness from this entity, thereby being brought back into the good graces of the entity and allowed as one of her followers in present time. This Awareness indicates that this as a form of manipulation, using deceptive energies for personal glory and personal aggrandizement, as a kind of spiritual leader.

This Awareness indicates that the messages in terms of Love, Unity, Harmony among all entities as being good messages. This Awareness indicates that the messages regarding the past connections and relations of forces in the Orion empire, this as also clear in a sense. This Awareness indicates that much of the information channeled as of very high importance and of great value. This Awareness indicates the only area of deep concern in regards to the energies of this group is that which centers upon the concept of devotion to this entity.

This Awareness indicates that wherein any entity seeks to be a central force of power, holding the devotion of others, this entity may, in fact, receive much energizing, and in such, may have greater power than simply a follower of the person would hold. This Awareness indicates that this power as that which is of significance and which *can* be used for good or ill, and it is that power which must be watched carefully; for it can lead into great tragedy, as was with the entity Jim Jones and his Guyana followers, or it can lead entities into actions which serve as great benefit to humanity, as with the entity Mahatma Gandhi. This Awareness indicates that it is how this power is used,--the power of personality, the power of self-claims (which may or may not be true at all, but which, in fact, are believed by the followers),--it is this power which must be carefully watched.

This Awareness indicates that the rest of the story can be informing, entertaining, and harmless. The part wherein the entity claims to have 'Divine Right to rule this planet', and wherein there are those who accept these claims, this is that which can be of great consequence and create certain significant problems for entities.

This Awareness indicates that there are many entities who compete to be "The Voice," to be "The Ruler of this planet," to be the "Divine Spokesperson." This Awareness indicates that the desire to be the spokesperson for the planet is such that if enough entities would get together, (four or five), and tell a child, "You are to be the spokesperson for this planet," and if these entities repeat this to this child long enough, the child will begin to believe the statements. This Awareness indicates that it can be any child whatsoever. This Awareness indicates likewise, if an entity seeks importance, and finds others who say, "You certainly seem to be important. I see you as the spokesperson for this planet,"--this Awareness indicates that as the number of followers increase, both in time and in magnitude, [the devotion building in time and magnitude for this entity to be spokesperson], before long the entity will believe, in fact, that he or she *is* the spokesperson for the planet.

This Awareness indicates that this consciousness attitude will prevail so long as the entity shelters himself, or herself, with his or her own followers and with those who energize that concept. This Awareness indicates however, that when this entity is put out, away from followers and forced to see himself or herself from the eyes of disbelievers, the entity may, indeed, question his or her own self-deceptions and beliefs. This Awareness indicates that there are many would-be messiahs who must have their 'yes-men' and 'yes women' nearby to keep them in their glory. This Awareness indicates that it is much simpler not to make the claims, but simply to give forth the truth and let the truths be the significance: let the messages hold the power, and simply be a receiver for the messages.

This Awareness indicates that entities may dearly love to receive phone calls from their beloved friends. This Awareness indicates that entities may dearly love the idea of receiving a message from Divine Beings. This Awareness indicates that entities would love to be able to pick up a telephone and talk to Jesus, or talk to Mother Mary, or talk to God. This Awareness indicates that if such a telephone existed, many entities would kneel before the telephone, praising the telephone, worshipping the telephone. This Awareness indicates so it is with some channels,—that they are but telephones, and yet the entities worship the channels rather than the messages which come through. This Awareness indicates that though you dearly love to speak with your mother or father or wife or children or loved ones, you do not love your telephone, worship your telephone and become an obedient servant to your telephone, if you are to remain mentally balanced.

This Awareness indicates likewise, entities need not worship their teachers, their gurus, and bow to masters. Obedience and homage expressed to such entities becomes somewhat of a burden, not only to the follower, but also becomes burdensome to the teacher who must be held responsible for those followers and their welfare. This Awareness suggests that entities simply let the telephone do its job and not spend all of your days bowing before the telephone and neglecting your own duties, or failing to develop your own channels, expressions, talents and abilities, or asking the telephone for continuous directions on every move, or waiting for the telephone to ring you to tell you what you may or may not do. This Awareness indicates that to devote yourself to the telephone, to another channel, and fail to recognize your own potential, is doing yourself a disservice.

This Awareness suggests that while it is important to be in touch with others, with ideas and concepts outside of yourself, and to learn from others, to learn from teachers, to learn from gurus, to learn from self-proclaimed messiahs, — this Awareness indicates that while this is important, to be open and receptive to these messages and even to open yourself and listen to the words of children, the babblings of the insane, the discourses of drunks, entities may learn from the spouse, from the children, from your enemies....all of these are sources and channels of various types of information,—some beneficial, some detrimental.

This Awareness indicates that entities who attune themselves only to one source of information, cut themselves off from all of the others. This Awareness indicates that whereas you are surrounded by telephones, all ringing, offering a message to you as to how to live your own life, but you worship only this one telephone who has given you a sense of direction at a time you needed it; therefore, you assume that all others are in error or are but nuisances, and this is the *only* telephone. This Awareness indicates that this creates within an individual a cutting off, and the cutting off can be dangerous if the voice on the other end of the telephone begins to become possessive of you and does not want to let you go, and does not want to let you consider any of the other telephones, or the messages which are being made available to you.

This Awareness indicates this can be of even greater danger, if the telephone does not let you listen to the ringing in your own inner spiritual channel, does not allow you to attune to your own Higher Self, and answer your own phone within yourself. This Awareness indicates that if you do not hear the ringing within your own telephone, or do not trust this, you may benefit by going through the lines of others, who are connected to their Higher Self, to the spiritual realm, in an action of asking “the telephone company in the sky” to repair your phone, or to give you advice as to how make your own connections possible, so that you can also have direct linkage to the higher worlds. This Awareness indicates however, when the telephone which you are speaking through and asking for such guidance, tells you that there is no way you can have this kind of connection, except through them, then you have become their slave, if you believe that story.

This Awareness indicates that the proper teacher, the proper guru, is the one who tells you how to move through to connect your beings so that you may have contact with your higher Divine Guides. This Awareness indicates that this does not mean that the teacher must make that contact and become your electrician, wiring you up to your Divine Self; the teacher may not be the electrician you would desire and may simply give you advice as a friend, or may have some more professional knowledge, and give you not only advice, but may assist in showing you certain techniques. This Awareness indicates the entity may also refer you to techniques and books which will help to guide you, or refer you to others who are certified electricians who could help you contact your spiritual divinity.

This Awareness indicates that *It* is not intending to imply that entities have a right to demand that their teachers heal them spiritually; they may ask for this, and the teachers may assist, but the healing can only take place under certain conditions wherein the entity is capable of making the contact to the Divine Source: and the entity who attempts to hold the teacher responsible is, in fact, blocking his own growth and development, for the teacher can only assist. The teacher cannot save you; the saving comes by surrendering yourself to the Divine within yourself.

This Awareness indicates that error in this process occurs when entities expect too much from their teachers and fail to surrender to the Divinity within, and when entities believe that the teacher *is* the Divinity and forgets the Divinity within and bows to the Divinity within the teacher. This Awareness indicates that these are the two significant errors in this process, for devotion to the teacher, or the Divinity within the teacher can be such that the entity forgets the Divinity within himself, or herself.

This Awareness indicates that this entity, Ruth Norman, as having powerful messages to give, and it is the responsibility of those about her not only to recognize their own divinity, but to assist this entity in recognizing that her divinity is such that it needs not be worshipped at the expense of the divinity of her followers.\*

## THERE ARE MANY KINDS OF TEACHERS

\*ED's Note: In an earlier reading, Awareness recommended the book channeled by Ruth Norman, "Decline & Destruction of the Orion Empire", stating the information on Orion for the most part was valid. For this reason CAC now stocks this book. (Price: \$6.95) so the membership may energize more questions on this subject. Awareness has indicated it intends to give more info on this subject. Some of you who purchased this book have written that it is hard to accept the Orion information after wading through the first part of the book which concerns the karmic trips etc. of those involved in the Unarius group. We suggest that if you read those parts to view the material in light of the above reading just given. The material near the end of the book on Orion is what is important.

### QUESTION:

Awareness, in reference to the teacher of entities, the teacher within: an acquaintance of ours heard this 'inner voice' tell him several months ago that John Anderson was going to win the Presidency this year, so he placed a large bet on this, flying to England to place the bet where he was able to get better odds. John Anderson, of course, did not win, and I don't know who or what the entity is going to blame for this,--but is it true that the teacher within, in a case like this, although giving misinformation, was deliberately giving it to the student so he would learn?



### COSMIC AWARENESS:

This Awareness indicates that this *can* be a very powerful learning lesson, an expensive learning lesson for this entity. This Awareness indicates that in some cases, these voice are but mischief-makers, are not from Divine levels, are but disincarnated spirits, playing games with entities. This Awareness indicates entities channeling voices which tell them information of great significance, are those which should most be doubted and questioned until the channel has proven itself over a period of time to be relatively accurate in most instances.

This Awareness indicates that every entity who finds a chakra opening to allow a new level of psychic energy, tends to immediately start channeling earthshaking information such as: a major earthquake is going to strike this area at a particular time; or that this or that system is going to be created which will change the course of history, and this will occur at a particular time through certain activities of the group; the energies of the group will be used for such powerful actions as to change the course of history; or that the such-and-such person is going to die or have a strange accident or something else.

This Awareness indicates that when entities begin channeling such intense information, particularly at the beginning of their 'opening-up process', this can often lead to intense belief because the entity has never experienced such feelings before and cannot recognize clearly that his or her own personal ego was involved slightly in delivering a message which would pack power and information to the listeners. This Awareness indicates that such messages often are delivered by these entities in a carefree manner, not really caring whether it is true or not, not really knowing whether it is true or not; but when the message comes out and the followers hear that message and accept it as fact, then the channel begins to believe the message with the same intensity as the followers and may act upon these messages.

This Awareness indicates in the case of this entity, it was not so much a disincarnated spirit that spoke to him, it was more of an energy which the entity was carrying around with him in which he wanted desperately something of great beneficial significance to occur to him, and wherein the entity had been paying much attention to the political concerns, and the entity subconsciously began to wish that John Anderson would win, and subconsciously having a personal need for more money, felt subconsciously a mixture of these two attitudes and energies, and this surfaced into his conscious mind as a line, or as words: "John Anderson will win the election." This Awareness indicates that this immediately triggered off with this entity the feeling that such was logically unlikely, if not impossible. This then triggered off within the entity the thought: "But what

if he *did* win?" and the entity began to become fixated on the concept that John Anderson could, in fact, win. This Awareness indicates that at this point, the subconscious need for more money began to surface and brought forth the concept of the entity making bets that John Anderson would win.

This Awareness indicates the entity realized that this was, indeed, an unlikely possibility and that the energies for such were logically unsound as an investment; but the entity began to feel that if the odds were right, it would be worth the gamble: and the entity, in looking back at the entire process, began to recall the voice which spoke to him, and assumed it was either a disincarnated spirit or a higher spiritual message, when in fact, it was his own unconscious surfacing in an expression of his own desire. This Awareness indicates the entity, then, taking action and betting his \$10,000 on the victory of John Anderson, felt that he was, in fact by taking this action, having a good chance of winning large amounts of money. This Awareness indicates that this did, in fact, turn out to be a loss, and yet a gain in terms of the lesson:--the lesson being one of value equal to that of the loss.

#### FOR THOSE WHO WOULD OPEN THEIR CHANNELS

(Closing Message)

(More on Being a Cosmic Awareness Channel)

This Awareness indicates that in regards to entities seeking to open their channels, particularly those who would like to become Awareness channels, this Awareness wishes to warn entities to avoid such efforts, as the effort to become a channel is that which will cause problems in your channeling. This Awareness suggests however, that wherein it happens by circumstances, wherein circumstances create the events, the influences, the forces which lead to the opening of your channel, this being guided not by personal will, but by forces of a spiritual nature acting upon you--this can be the proper way. This Awareness indicates however, that even in this kind of opening-up process, there can be much danger when entities are not prepared or qualified as channels, for it may not be high spiritual forces which are opening up your channel, it may, in fact, be low spiritual forces of the Alien Force which are opening your channel.

This Awareness indicates that to avoid such Alien Force energies, this Awareness has given certain *Cosmic Laws*\* which can be applied to evaluate the types of energies which you may be channeling. This Awareness indicates that alien forces do not abide by these Universal Laws, and therefore, may be recognized as they break these Universal Laws. This Awareness indicates that there are also the Basic Development Classes which this Awareness has given and which will in the near future be made available through the *Aquarian Church*, whereby entities can progress spiritually in a short time, that which would normally take many lifetimes, and in such progression, entities then may feel safe if the opening of their channel occurs.

This Awareness suggests that wherein the motive of an entity is to open a channel and particularly wherein this is a conscious motive wherein the entity seeks to open the channel in order to have a significance, this generally is not beneficial to the entity or to others. But wherein the opening of the channel comes from deep within and is guided by those from the inner plane, opening the entity's channel through events and circumstances which test the entity for all forms of weakness before the channel is opened and continues testing the entity after the channel is opened, then essentially it is a beneficial channel. This Awareness indicates that such channels should still be continually evaluated and never worshiped.

This Awareness indicates however, that support for such channels is a form of energizing which allows the channel to continue functioning at optimum efficiency. This Awareness indicates that support of such a channel does not require worship in a sense of putting oneself lower on the spiritual value scale.

\*\*\*\*\*

\*ED's Note: Please refer to the booklet, 'The Cosmic Laws of Cosmic Awareness', \$3.00 from C.A.C.

Please don't write us about the Development Classes at this time. When Paul has these ready on tapes and has the instructors trained to help entities hold these classes in their own area, C.A.C. will announce this to the membership. It may be of interest to note that the last four preceding channels for Cosmic Awareness (including Paul Shockley) all opened their channels to Cosmic Awareness during these Development Classes.



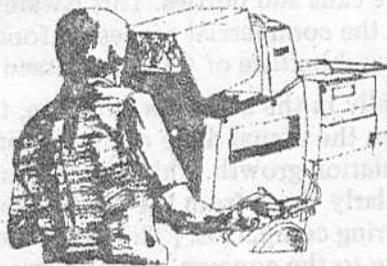
### TV-TELETHONS--WHERE DOES ALL

### THAT MONEY REALLY GO?

HOW MANY OF "JERRY'S KIDS"  
ACTUALLY RECEIVE BENEFITS?

## QUESTION:

A question from R.G. of Norwalk, Ct. "I would like to inquire through Awareness about the annual Jerry Lewis Telethon. It seems that much energies and moneys are put forth to this effort,--over the years millions and millions have been



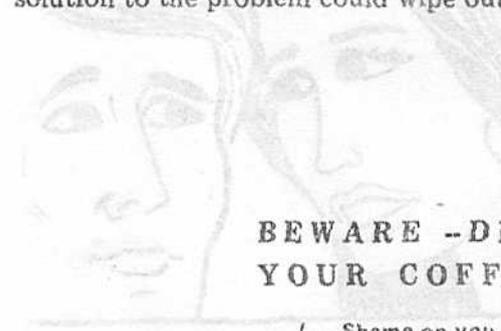
raised. This September alone, \$31,000,000 (thirty-one million) was raised. What about the truths which are suppressed during these times, i.e. cosmic laws and nutrition etc. It seems that this is a well-planned and conceived rip-off. Who are the people who are actually perpetrating these things, and where does the money actually go? I think that some of these well-meaning people will look like fools later." He'd like Awareness to comment on this annual telethon.

## COSMIC AWARENESS:

This Awareness indicates that entities may begin to wonder eventually why it is that the greatest amount of money is raised for causes which never have any major breakthroughs or solutions to solve the problems. This Awareness indicates that the fund-raising activities of so many of these campaigns is such a big business for the fund-raisers and so little actually goes into the actual purposes for which the fund-raising program was created; this Awareness indicates that it is a wonder that entities would ever give to any cause at all, seeing how their money never reaches those for whom it is intended.

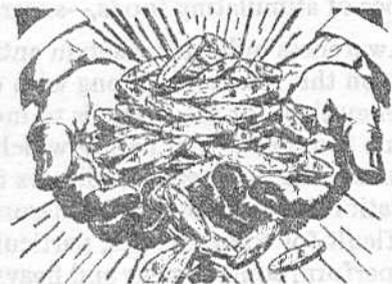
This Awareness indicates that there has been much publication of the ways by which these fund-raisers use the money, and there is always the opportunity for entities to request an accounting to discover *how much actually goes to the intended victims*, for which the money is supposed to be given, and *how much goes to the fund-raisers*. This Awareness indicates that it is indeed a phenomenon in modern times to see the misuse of these funds or to see how funds are proportioned for these causes.

This Awareness suggests that entities who are truly interested in discovering more about the cause which they wish to contribute to, may write to or find the publications which present the information regarding the fund-raising processes and how the money is distributed. This Awareness indicates there are generally certain guidelines required in the action of fund-raising and these are generally followed. This Awareness indicates, however, there are some which do not follow ethical standards, and there are also many of these fund-raising programs which continue their operation by neglecting to study or to find the solution, for the solution to the problem could wipe out their entire industry of fund-raising to solve the problem.



**BEWARE --DRUGS ARE IN  
YOUR COFFEE**

( ....Shame on you, Mrs. Olson )



## QUESTION:

A question from M.B., Harbor City, Calif. "Cosmic Awareness reported that drugs were being added to coffee to slow us down mentally. Could more information be brought forth on this? Is the drug still being added? Is it added to all the kinds or brands: instant and ground, and beans? Many brands say "100% pure coffee". Is this a lie? Is the drug a liquid that is poured over it or powder that is sprinkled on it? I still drink coffee and would like more information. Thank you."

## COSMIC AWARENESS:

This Awareness indicates this appears to be involved in the commercial processing after the coffees are ground and before being packaged in the cans and bottles. This Awareness indicates that this as a similar type of additive as are used in many of the commercial processed foods, this having an effect through the preservation of the aroma and the taste and texture of these processed foods.

This Awareness indicates that essentially in the additives in coffee, this appears to be a substance known as saltpeter which assists in slowing down the sexual drive of men in particular. This Awareness indicates this as part of a plan to reduce the population growth. This Awareness indicates that there are certain brands which are free of this substance, particularly those from the smaller companies, the independent companies not associated with the large manufacturing companies. [This Awareness indicates that the Interpreter as blocking this information somewhat, due to the concern of mentioning brand names which could lead to potential lawsuit or some legal action in regards to this information being printed.]

This Awareness indicates that it appears there can be some information made available regarding the ingredients of coffee. This Awareness indicates this appears to be forthcoming in approximately 6 months and may be made available. This Awareness indicates this information may not include all of the chemicals involved in the process, but may be of some value in enlightening entities as to the basic composition of coffee, so that entities may better understand the general effects of the substance.

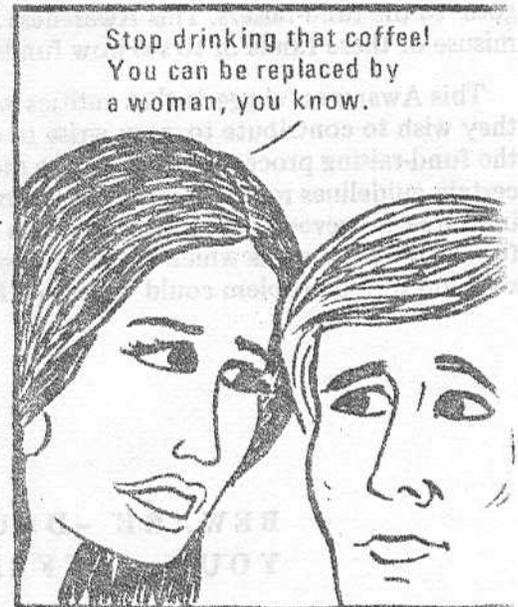
This Awareness indicates that a moderate amount of coffee is not essentially harmful to some entities. This Awareness indicates however, that for some entities it can be detrimental in that it creates extreme nervous-type energies, and for others, it may create constipation, while for others, it may serve as a laxative. This Awareness indicates that each individual may experience different effects from the use of this substance. This Awareness indicates that it does have some harmful effects on the liver and kidneys if used excessively in that it requires excess filtering process for these organs, and the caffeine involved in coffee does have detrimental effects in terms of long-range effects on the general health of an individual. This Awareness indicates however, that for short-term benefits in situations where an entity needs extra artificial stimulation of vitality, the caffeine can serve as a lifesaver, particularly in terms of one driving late at night while sleepy.

This Awareness indicates that the instant coffees and the decaffeinated coffees contain certain chemicals which are even more defective to the human body than the natural grounds. This Awareness indicates that one effect of excessive use of coffee is that the entity may tend to become reliant on artificial stimulation and may fail to develop healthy dietary habits to bring forth the wholesome vitamins and minerals which the entity needs, and may rely on coffee for stimulation rather than real vitality of healthy diet. This Awareness indicates also, that there is a tendency to begin relying on stimulants such as coffee, then including or expanding that reliance to include other types of stimulating foods,--sugars and heavy meats.

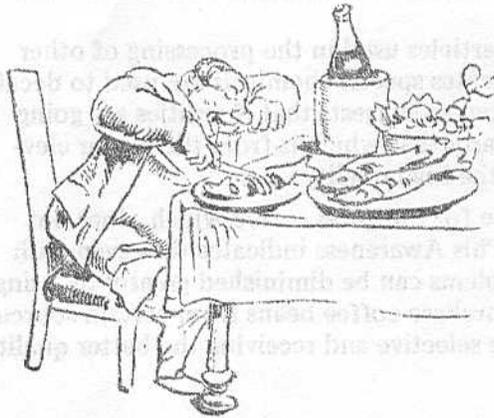
This Awareness indicates wherein entities cease using coffee or cut down on this substance, along with other caffeinated foods, the tendency then for the body, is to move more toward healthy, wholesome foods of a vital nature which supply the proper vitamins and minerals. This Awareness indicates that switching from a diet of stimulation foods to one of wholesome and vitalizing foods is often difficult for some entities, particularly those who are under stress to perform some regular and heavy duties. This Awareness indicates for other entities, it is a simple matter of deciding which diet to follow, and once that decision is made, there is no serious problem in making the change. This Awareness indicates that essentially, it would be beneficial for entities to move more to the vital diet of wholesome foods which supply the proper vitamins, minerals and enzymes and to receive the proper proteins, rather than relying on stimulating foods and drinks which create their stimulation through drugs such as caffeine. This Awareness indicates that this shift may be rapid or gradual, over a period of years, according to one's capability and inclination to make the change.

### MORE ABOUT THE MEATLESS DIET

This Awareness prefers that diet not become part of one's religion so much as to become part of one's general awareness of one's own body and needs and the gradual realization of what is healthy for body, mind and spirit. This Awareness indicates that eventually, entities should move from heavy meats toward lighter meats and eventually toward the vegetarian diet, according to their ability to make the shift. This Awareness



indicates also according to their understanding of the use of other foods which can allow this shift to occur without damage to their body. This Awareness indicates also, that some vegetarians may find it necessary and beneficial to be open-minded and to occasionally have certain other types of protein, particularly in urgent situations in case the proper vegetables are not available. This Awareness indicates this, of course, can be left to the individual, should be left to the individual. This Awareness suggests, however, that entities not become fanatic about diet to the point of letting that be the heart of their spiritual or religious beliefs, for there are far more important concerns.



Heathen,  
disgusting cannibal.



**A GRADUAL DRIFT TO VEGETARIANISM CAN END DIET PROBLEMS**  
(Don't Let Diet be the Measure of your Spiritual Life, or You're in Trouble)

This Awareness indicates that as mankind progresses in the expanding levels of awareness, it moves toward greater realization of the needs to avoid the eating of animals and toward the use of vegetables, and as further progression occurs, entities may find that with proper spiritual training, less food is necessary and even the possibility of living on mostly water, air and light can become a goal. This Awareness indicates, however, that those who attempt such before they are ready, as a spiritual pursuit or ego trip, are simply asking for trouble, for there are great dangers involved in attempting to become a breatharian before one is naturally evolved to that place. This Awareness indicates that one's diet should not be the measure of one's spiritual life, for then the entity becomes superficial and vain and showy about one's diet, and may tend to flaunt the diet as proof of one's spiritual progress.

This Awareness indicates that if one simply pursues expanding levels of awareness and the life of love, a life including and tolerant and caring about other beings, then the entity's diet will modify, change and follow the spiritual evolvment which the entity experiences, and the progress of the entity will force the change in diet, when it is time and necessary, by giving the body the message that this substance is no longer beneficial and necessary, and therefore, the entity may cease using this substance or may gradually diminish the use of this substance and may substitute another substance in its place which is more beneficial.

This Awareness suggests that entities first begin by eliminating the heavy meats, particularly the meat from pigs, and following with the meat of cattle. This Awareness indicates that entities also may begin reducing the amount of sugar, and from there, move on toward the more wholesome foods as a substitute for those being eliminated. This Awareness indicates there is a massive amount of information available on diet at this time and entities may find the information needed for wholesome diet in almost any book store.

**INSTANT AND DECAFFEINATED COFFEES ARE DOPED WITH CHEMICALS**

( The Safest Coffee is the Whole Coffee Bean which you Grind yourself )

**QUESTION:**

Getting back to the mind-dulling drug being put in some coffee: is there any simple test, such as a litmus test perhaps, that entities could use to determine which coffees they buy might have this substance or don't have?

## COSMIC AWARENESS:

This Awareness indicates essentially this as related to the cheaper brands of coffee wherein a filler has been included, this being coffee which includes the coffee beans from the bushes, a kind of wild bush coffee, which is much higher in caffeine, and entities can best tell this type of coffee by its effect. This Awareness indicates this generally having a kind of acidy feeling when entities have had 2 or 3 cups of this coffee, the feeling of having acid throughout one's body and of feeling highly charged in terms of excessive caffeine, with a kind of tension. This Awareness indicates this affects the mind as a dulling effect because of the acid and intensities or the tension from too much caffeine in the system. This Awareness indicates that this can dull the mind.

This Awareness indicates that there are more minute chemical particles used in the processing of other coffees, such as the instants and decaffeinated. This Awareness indicates special chemicals are used to decaffeinate the coffee, and this has some detrimental effects. This Awareness suggests that if entities are going to use coffee, the best to use is that which is 100% coffee, particularly that which is from the higher elevations and that which is from commercially grown coffee beans of the high quality.

This Awareness suggests that entities generally can develop a taste for the good coffee which does not leave the heavy acid feeling and the excessive caffeine experience. This Awareness indicates that even with these, there can be some additives involved, but that the major problems can be diminished greatly by using better quality coffee. This Awareness indicates also, entities may purchase coffee beans from certain sources and grind their own coffee, and this can also serve as a way of being selective and receiving the better quality beans.

\*\*\*\*\*

ED's Note: Pure coffee beans can be found at many co-ops, health-food stores and specialty shops specializing in teas. These can usually be ground at the store or low-priced coffee grinders are available.

## SHOULD A POLARIZER BE USED ON CHILDREN?

( Greater Intelligence and Longer Lifespan Made Possible )

### QUESTION:

A question from G.K. of Chicago: "As an owner of one of Sam Millar's Polarizers, I would like to ask Awareness what effect this magnetizer has on children? Specifically, would it be okay for a five-year old? Also, what effect would the North pole have on any future children we may wish to have?"

### COSMIC AWARENESS:

This Awareness suggests that this as beneficial in all of these cases. This Awareness indicates that essentially, the use of the North pole as that which allows the entities to have greater sensitivity: the sensitivity creating, along with it, greater intelligence, greater discernment; and the greater intelligence and discernment tends to create longer lifespan. This Awareness indicates that it will be found that higher intelligence and longer lifespans are correlated. This Awareness indicates also, that the sensitivity may tend to cause entities to feel somewhat less blusterous in entering life, more cautious in their movements and development. But this as being quite beneficial as the entity develops and grows, for the entity does not just blunder into situations, but steps into situations with discernment, observing and aware, or capable of becoming aware, of the circumstances within the situations. This Awareness indicates that in this manner, the entity who is more sensitive becomes more adaptable to the various changing experiences of life; and this adaptability is that which helps to increase the entity's awareness, intelligence, courtesy, diplomacy and capabilities. This also assists the entity in avoiding troublesome situations.

\*\*\*\*\*

\*ED's Note: For more information on magnetism and the Sam Millar Polarizer, please refer to 'Revelations of Awareness' No. 80-9 (\$3.00); 80-8 (\$3.00), 80-2 (\$3.00); 80-24 (Cosmic Awareness evaluates the Polarizer): \$1.00 from C.A.C. Sam Millar is still making these Polarizers on special order for the membership. If interested, please write for free information.

## IF YOU THINK TODAY IS WEIRD--WAIT UNTIL 1990

(Closing Message, C.A.C. General Reading, December 5, 1980)

This Awareness indicates that the world in which entities live in the year 1980 as so different from that which entities experienced in 1950, or 1960, or even 1970, that in any of these earlier decades, if entities were to glimpse that which is experienced in this decade, they would have rejected it as fantasy and science-fiction.

This Awareness indicates that if you think it is bizarre *now*, wait until 1990 and the year 2000, then look back to 1980.

## IS THERE A CURE FOR SINUSITIS?

( Don't Believe all Those TV Commercials )



### QUESTION:

A.C. of Ft. Mill, S.C. would like to know if there is a cure for sinusitis? "Thousands of people suffer from poor sinus drainage." She would like to ask Awareness if there is a cure for this?

### COSMIC AWARENESS:

This Awareness indicates there are several things which can be done to assist in this: This Awareness suggests that first of all, avoid the general sinus sprays and tablets on the market, as these simply weaken the membranes, causing more secretion and greater blockage the more these are used; plus also having other harmful effects on the system, such as increasing blood pressure. This Awareness indicates that there is a cell-salt available which can be used to assist the symptoms and also to assist in eliminating the causes. This Awareness indicates that this available generally through the health food stores carrying these homeopathic cell-salts. That there are books available to describe the use of this and which cell-salt to use for the different symptoms of, and stages of the problem.\*

This Awareness indicates, also, there is a procedure used by many chiropractic and naturopathic doctors, known as the 'nasal specific'. This being a procedure which is very beneficial in many ways, though somewhat troublesome for entities. This Awareness indicates that essentially, this is one whereby the doctor places a balloon-like object into the nasal passage. There are three different areas in the passage where the balloon is placed. That it is then pumped-up, so that the area is expanded within the sinus cavities. This Awareness indicates that this can be somewhat of a shock to the entity, but when done properly, is over quickly and leaves no harmful effects. This Awareness indicates, however, that it be done by those who have been experienced, not by amateurs.

This Awareness suggests that the secondary effects of this, not only in alleviating the sinus problems, but also that this can assist in opening up the frontal bones of the face, so that there is more room for one's brain. This Awareness indicates that in many cases entities in being born, the head being the largest part of the body, are somewhat damaged in that the front bones of the head are squeezed together and do not move back to normal after birth; and therefore, this can eventually lead to sinus problems, as well as cramped areas for the brain, so that it does not have proper room for growth.

This Awareness indicates that there are many examples of entities who, on having the nasal specific, not only have had the sinus problems relieved, but also find that their intelligence increases and their personality can even change for the better, changing from a moody or quiet person to one who is more outgoing and optimistic.

This Awareness indicates that other than these two methods of dealing with this problem, there often is relief accomplished through certain chiropractic adjustments of the Atlas vertebra and other vertebra in the spine, particularly when these are at the bottom of the problem. That many times the sinus problem is but a symptom of spinal conditions.

This Awareness indicates in terms of diet, that entities who are suffering from sinusitis should avoid drinking milk, particularly homogenized and pasteurized milk, or using cheeses and other mucus-forming foods. This Awareness indicates that some yogurt is acceptable. And, also, that entities be cautious about eating any other mucus-forming foods, for this shall intensify the sinus problem as excessive mucus is formed in the system. This Awareness indicates mucus-forming foods including white flour products, sugars, dairy products, and red meats.

\*\*\*\*\*

\* One of the easiest-reading books on cell salts is "The Biochemic Handbook--How to get Well and Keep Fit with Biochemic Tissue Salts", available at most health food stores or from C.A.C. (Price: \$1.50).



WHEN ENTITIES ABUSE THE BODY TOO LONG  
( HEADING FOR THE JUNKYARD )

(Closing Message)

This Awareness indicates that the human body is a remarkable construction that is capable of much punishment and self-repair. This Awareness indicates, of course, it does have its limitations, and when abused too much, will give out. This Awareness suggests that entities should become aware of the needs of the body and recognize the actions which are abusive to it, and in such recognition, will come to know better how to take care of the body.

This Awareness indicates that those whose bodies are healthy seldom can imagine anything other than continued health, and therefore, are seldom concerned about protecting the health and often indulge in physically abusive habits which can eventually cause problems. Then such entities often go to their doctor and ask the doctor to fix up the body, as a mechanic would fix up a car.

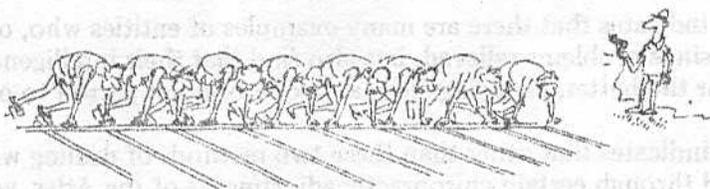
This Awareness indicates, however, that often the entities do not wish to change the abusive habits. And like one who takes his car to a mechanic, then moves back out on to the highway, running over rough roads, driving in an abusive way, failing to change oil, failing to fuel the engine with proper fuel,---the entity again abusing the automobile, finds it becoming disgustingly worse, and again returning to the mechanic, may request that it be fixed up better, just like new.

This Awareness indicates there comes a time wherein the mechanic says, "There is nothing I can do, unless we begin to transplant organs, or take out this and run without it". This Awareness indicates that the mechanic, if being honest, may even say, "This is a pile of junk. You should get another".

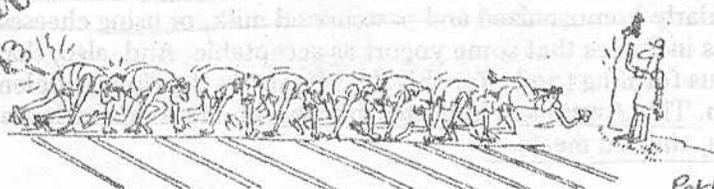
This Awareness indicates that this kind of statement coming from a doctor is not acceptable. Therefore, the doctor simply says, "I'll do what I can; the rest is up to you".

This Awareness indicates there comes a time whereby the entity's body must be attended by the entity who owns the body. And the attending carries its own consequences; and those who have abused the body suffer the consequences of that abuse, regardless of whether they paid the doctor or not.

\*\*\*\*\*



**BAN!**



Pat Matiel

Matiel/Pourquois Pas?/Brussels

## LINKING UP THE "LIGHTS"

EDITOR's Comment: A FOOTNOTE TO THE READING ABOUT RUTH NORMAN

Excerpts from various letters: 1/9/81 To Ruth Norman, Unarius Foundation, from Avaton of C.A.C.

Dear Mrs. Norman..enclosed is a copy of a question by one of our members concerning you and your activities, and the response given by Cosmic Awareness. You may find this of interest. Some time ago Awareness suggested we offer your book on the Orion empire to the membership as It said much of this information you channeled on this was valid. We have received a number of letters from members who have purchased this book who expressed doubts about it because of the other information it contained concerning the significance of the entities involved in your group and work. When we publish the enclosed reading, this should clarify the matter. Please let us know when Vol. 2 is available as we wish to purchase a quantity of this book also. Thank you. Sincerely, Avaton.

1/12/81 To Avaton, from Unarius Foundation

Dear Mr. Avaton: In regard to the pages you have recently sent to our teacher, Ruth Norman, I am replying to you as one of her channel/teachers. My first feeling and desire was to not dignify your letter with a reply, for dear friend, if this conglomeration of chit-chat is supposed to have come from some spiritual consciousness, I feel you people are indeed being fooled and led down the garden path. No true and higher Being or Consciousness would ever belittle another higher Being or Consciousness as you have done in your words.

After I had hastily tossed your pages into the wastebasket, where it so rightfully belongs, on second thought and after entering into my own Inner Awareness, it was given to me by our true Brothers of Light that here you, so-called Avaton, or whatever your real name may be, was one of the negative leaders in the Nucleus of Orion 3/4 million years ago when Uriel sent down a physical body named Dalos to try to bring a bit of light and truth to the negative, befuddled, frustrated people of those worlds, who were all at swords points. And here is the crux of why I am telling you this and why you have this strong desire to run down, belittle or deprecate our kind, loving and beautiful teacher...because you, dear soul, were one of these negative Orionites, so determined to get the answer--answers which were never obtained through their physical means, manners and ways. We 60 students in the class here in El Cajon have all been reliving these happenings and experiences and as a result have experienced a freeing, healings: physical, psychic, mental and psychological, and although we were, at one time, the negative leaders of this Orion Nucleus of 100 planets, now we have reversed this trend and desire and can become a part of this great way-showing, Light-channeling and disbursing.

It is quite a dicotomy that in one breath you request Unarius books and on the next page your fangs of hostility are projected with all that is within you. Quite illogical, wouldn't you think? No, friend, our teacher, Ruth Norman, is not that which you accuse her of being in any sense of the word. In fact, she is the most humble, selfless, egoless person you could ever know, and she has no desire to hold people to her. I can say this much, that I am fully aware of the vituperate hatred and envy your words carry--although I didn't read the letter through as I felt it would be time wasted. Being Ruth Norman's Public Relations Director, I, Vaughn Spaegel, screen her mail and would not pass your letter of great insults on to her, of course. With such explosive knowledge and concepts that will, in time indeed change the future of the world greatly, we do expect letters from crackpots, but it is still quite confounding to receive such a deprecation from one who is supposed to be in Truth. Believe it or not, yours is only the 2nd crank letter that has come to Mrs. Norman in the entire 26 years she has been the Director of this Mission. The other poor soul was a totally insane man! In the service of mankind, Vaughn Spaegel, M.Sc

1/17/81 To Vaughn Spaegel, M.Sc, Unarius Foundation from Avaton of C.A.C.

Dear Mr. Spaegel, M.Sc. Thank you for your letter in reference to the communication from Cosmic Awareness which we sent to Ruth Norman. I am sorry you made such a judgment without reading the entire message. Had you read it carefully, you would have seen that Awareness was in no way putting Ruth Norman down. There are many references to her good works and channelings. What bothers Awareness is the means by which this entity obtains and holds her followers. I feel this message should be read by Ruth Norman in order that certain energies in her psyche may be reconciled and certain realizations made which otherwise might possibly hold back her spiritual evolvment somewhat. I am sure this entity is aware enough and capable enough of discerning the message Awareness has given to her and I request again that you allow her to read the message. Thank you. Avaton.

1/22/81 To Paul Shockley, C/O CAC, from Ruth Norman, Unarius Foundation

Dear Mr. Shockley: I am requesting from the Higher Being, Uriel, to reply to your letter as it is imperative that an akashic reading from own past is given. Ruth Norman.

Uriel: "It seems an akashic reading is in order here, for the one so-called Paul Shockley. This soul is not scientifically minded and is not aware of the very exacting, karmic principles involved in his accusation. This soul, Paul, was one, who, along with numerous others, vying for one of the 'top man' positions, accepted a post on the electronic control boards in the Orion Nebulae that developed so extremely in their negative actions until they destroyed themselves to the point where they became uninhabitable. These gigantic controls caused the populace to act as robots; man's mind was overcome by the constant robotizing from these masterminds at the controls--masterminds in a totally negative way. This control-board position is what the one Paul is presently reliving; he sees Ruth Norman as being the controller--a position which he, himself, held for countless numbers of years and he, himself, became controlled due to his thoughts of controlling others! And so now it is, he sees this teacher, Mrs. Norman, as a controller.

"The failure of Paul in his attempts to stop or block the one Dalos has left its aggravating and antagonizing psychic memory with him; thus, he feels he must continue to strive in the present to slur or slander--even to the point of printing and distributing untrue and erroneous knocks and slurs against this kind, loving teacher--one who gives her all, asking for naught. So you see, friend, you are but seeing yourself in the mirror of your past when you so wrongly accuse our selfless and indeed, egoless teacher; she would not for one moment permit anyone to become attached to her. We are sure you meant well in your pointing up, but it is that you are still living under the influence of those drastic and hellish controls...surely the workings of the satanic and hellish forces. Turn the finger of accusation about and direct it at the self and you shall experience a most pleasant and freeing healing! No truly developed spiritual Being as is Ruth Norman would ever strive or claim to be any ruler of any person or world. But here again, in your blatant and false accusations, Paul, you are but reliving your own Orion past where you did strive desperately to become the very leader of that world! Ruth Norman is helping to undo your dirty work! She is freeing through her Superconsciousness, the many souls who have been held captive under this vast control system. It could be pointed out to you too, although it is doubtful you would be able to accept the truth: That the one or mind you call "awareness" is but your subconscious and is NOT SOME GREAT SUPER BEING you believe it to be! We of the Spiritual Worlds say to you that you do indeed, owe to our Brother and helper, Ruth Norman, a letter of apology and resind in your Newsletter that you were so vehemently anxious to 'tell others' the direct lies which you printed. You claim the name 'awareness' which indicates Spiritual Awareness. Do you truly believe a true, sincere, Spiritual Being would actually deprecate and lie about another who is spreading Light and Truth? Yes, you acted purely from subconscious of the past and which is a growing cancer; when not dealt with, can cause man to do all manner of drastic, negative deeds. And with your reply to Mrs. Norman's letter to your adherents, rescinding your derogatory remarks of our dear and dedicated Sister of the Light, will be the first step in freeing you of this present karma." URIEL--Universal Radiant Infinite Eternal Light.

ED'S Note: (Yawn). This was the highlight of Ruth Norman's channeling for Paul. The rest can be found almost word for word in her book on Orion wherein she tells how she was so deeply wronged by all those entities who now flock around her in repentance. (The letterhead of the Unarius Foundation contains a full-color photograph of Ruth Norman. Their envelope contains the phrase, "Welcome, Space Brothers".

From Paul Shockley, to Ruth Norman:

Thanks for the channeling:  
You're a grand old dame,  
But I'm on to your game.  
You've got a good thing going,  
but your "slips" are showing.

Yours truly, Paul Shockley

ED's Note:

I guess sending that particular Awareness reading to Ruth Norman really stirred up a can of worms. Since that time we have received letters from her students informing us that "your Cosmic Awareness is a lower astral negative force of the Orion computer that is influencing you and your group. You Paul, (or Avaton), were one of these leaders in that past time who strove particularly to discredit the Being Dalos (Ruth Norman) and are but reliving this time. This entity you contact is but one of the 'wolves in sheeps clothing' that are so strong at the end of the Old and beginning of the New Age. I feel that since this information given is fraudulent that a complete retraction is necessary for you to rectify this regeneration of your negative past and should be immediately sent to all your subscribers," etc. etc. We also receive copies of letters from Unarius Foundation written in reply to CAC members who inquire about her books. These letters are almost carbon copies of the above, warning the CAC member to not get associated with Paul Shockley or CAC etc.

Archangel Uriel (Ruth Norman) touts herself in her books and literature as the 'ruler of the planet earth and other planets' and recently held a well-publicized spectacle in El Cajon which was to welcome the first UFO to earth with open arms. Had the UFO actually landed, this charitable offer might have resulted in Dalos and her followers being 'raptured' into that UFO and invited to dinner--the main course being themselves.

(CAC members wishing to comment one way or another are invited to write Ruth Norman, Unarius Ed. Foundation, PO Box 1042, El Cajon, Ca. 92022).



(Postscript to Reading No. 81-3 (What's Ahead for the Aquarian Church, C.A.C. and the Crew?))

To: Elizabeth Clare Prophet, Summit University, Malibu, Ca. 90265, From Avaton at C.A.C.

12/16/80

Dear Miss Prophet: We are putting together a 'Revelations of Awareness' newsletter to go out in Jan., 1981, in which Cosmic Awareness refers to certain visions and prophecy made by you and mentioned in your book, 'Prophecy for the 1980's'. A copy of the material we would like to use appears on pages 127-128 and 130. Full credit will of course be given as well as your address and price of book. Please let me know as soon as possible whether or not it is okay to use these excerpts. Many thanks, Avaton. (The quotes we would like to use are as follows:)

"When I was in meditation recently and I was looking at the problems of the earth, the nation, the community, the state, I saw this clipper ship passing through a very narrow isthmus, so narrow, with very high mountains, like fjords. The waters were very choppy and the sides of the ship had to be carefully guided from crashing on either side--the extremes of left and right in the world scene. I saw that ship guided by the hand of God. I saw individuals of responsibility take the helm. And I saw its safe passage through that narrow way. And finally, at the very far, far end, miles down--the opening and the great light of the sun shining on the golden sea..." "I believe that the very prophecy that I bring is that if the people have the facts and figures of life and the ability to contact God as we have been taught, then, and only then, can they change the course of history. Without your attention on these particular issues this year and through the decade, I don't think that the ship will get through that passage-way. But somehow, somehow it does..."

Jan. 5, 1981 From Church Universal and Triumphant, Box A, Malibu, Ca. 90265 to Avaton at CAC:

"We are in receipt of your letter of Dec. 16, 1980 requesting permission to quote in your Jan. 1981 newsletter certain portions of the book, 'Prophecy for the 1980s'. We are unwilling to grant such permission to you. We ask that you not contact us again and that you remove the name of our organization from your newsletter mailing list. Yours truly, Timothy Connor, Administrative Assistant, Church Universal and Triumphant, Inc.



## LETTERS FROM BILL....

( A Cosmic View of things from another frame of reference )

Jan. 13, 1981

Dear Avaton...here's a few more of the 'channelings' which have come through in the past few days. All is well. Give my love to Vikki. Sincerely, Bill.

### CONCERNING 'WANDERERS' AND MASTERS

Since the Law of Grace or Pure Devotion to God was brought to earth, many entities have gained the ascension through Grace. In fact, it is only by Grace that *any* entities ever gained the Ascension, save for a bare handful. "By Grace are ye saved through Faith. It is the gift of God and not works (karma) lest any man shall boast." Grace is the Higher Law, the transcendence of karma, by which man gains salvation. This is absolutely the message of the *New Testament*, or New Covenant.

The 'Wanderers' or Star Children who trip around the cosmos are souls who gained their Ascension primarily by Grace. Their childlike, pure devotion to God was their Bhakti or Grace that freed them from the "ball game" of karma.

Now there are other ascended, karma-free beings known as the Ascended Masters. These are entities who accomplished great victories in the karmic arena. They are the 'Babe Ruths' and the 'Casey Stovalls' of the game of life. Their Ascension was primarily by high feats on the ladder of karma, the remainder by Grace. These are Masters of wisdom and knowledge that the 'Wanderers' or Star Children may not necessarily be versed in. If one of these Masters incarnates, the result is a Jesus or a Buddha or a Krishna, one who channels the Light of Divinity even in physical embodiment.

When the Wanderers incarnate on various missions, they usually lack the outward attunement of a Master, and may sometimes appear psychotic or weird by worldly standards. Some of them may appear to be atheists, egomaniacs, moral degenerates, subversives, and anarchists whose idea of peace is to let all criminal run free. Yet hidden under all that, to the eye that can see, is an avatar, a descent of Light. (This channel spent the bulk of its embodiment as a vehement, foam-spitting atheist and self-righteous egomaniac).

Yet these are avatars, and their mission is being directed from the inner plane, with or without the 'rational mind's approval. And these avatars may be destined for multiple embodiments before regaining the Ascended State. Even though they dispel large amounts of karma from the world, they can fall into personal karma, which locks them into another embodiment. To regain the Ascension, they *must* come back to their First Love, back to pure surrender to God. And this is a message that desperately needs to go out to the avatars, the descended Wanderers, who are in the earth now. There is a Divinity, a deity who overrules the affairs of the karmic world. Deity is the High Self of every entity, and is simultaneously the Great Self of the Universe. And it is surrender to this High Self, to this Christ, that transcends the karmic world and leads directly to the Ascension. As Christ told the repentant thief, "This day ye shall be with me in Paradise." Throw off the ties and shackles of the plastic world even though it hurts and crucifies the ego in the eyes of the world. In Jesus' own crucifixion, that was the example to all of us, to all avatars and all humanity.

Of all the great Ascended Masters, only the barest few gained their Ascension through perfect mastery of karma. Lord Krishna was one of these few Perfect Masters. In embodiment, Krishna was a perfect master of karma as well as a perfect master of Grace. He was infinity and eternity functioning perfectly in flesh. In the Ascension, he went on into the realms of Infinity, beyond the void, beyond the Octave.

It is taught by the Great White Brotherhood that Jesus had expiated 91% of his karma by "works" alone. And the remaining 9% was Grace, by which Jesus made the Ascension. Other Ascended Masters range from 51% karmic mastery up to Jesus' level of attainment. But the Wanderers, whose karmic mastery may have been small, were great in their love and pure devotion to God. "He who is forgiven much loveth much." And that was the Grace that brought them Home.

### CONCERNING ANIMALS AND ASCENSION

Did you know that even a few animals have gained the Ascension as well as the Star Children or Wanderers? This is true. There have been animals so intensely devoted to human Masters that these animals ascended right along with their Masters. Many cows and horses of Krishna were so devoted to him that they became virtually aspects of him. Animals can be so devoted to God in the person of a Spiritual Master that they come under "Grace" and rise into the Ascended State.

The animal, in effect, comes to identify with the Master in much the same way a child identifies with a parent, and essentially becomes One with that parent, who is One with God.

So there are actually Ascended Animals who romp and play in the great 'Elysian Fields' of the cosmos along with the Star Children. The animals of Greek and Roman mythology for which the constellations were named are some of these. Sometimes one of these Ascended Animals will take human birth, coming back as an avatar along with other Wanderers. In ancient Israel there was a dog who belonged to David when David was a youth tending sheep in the hills. The boy and the dog functioned virtually as one soul in the occupation of sheep-herding. David was also a Spiritual Master, a worshipper of the great YAHWEH. When David later ascended the throne of Israel, the old sheep-dog of his youth had long since died. But that dog came back as a new pup in the King's household. And again a third time the same dog came back to be with his beloved master.

(Now it is not indicated in the Edgar Cayce readings, but David was the entity who reincarnated as Jesus. This may come as a great shock to many, but it is a fact. Cayce lists various other embodiments of Jesus, but not the last one, which was David). Anyhow, David's old sheep-dog was with his Master now as the Ascended Jesus. Only now, in the Ascension, they tended sheep in the hills of New Judea, the high country of the starry cosmos. Today that old sheep-dog has come back to the earth as a human avatar along with the troupe of wanderers bearing karma for the earth.

The memories of the 'dog days' in ancient Israel, the abundant fascination with all things Hebrew and Jewish, and an abiding love for the House of David and the Master Jesus are etched in his consciousness. This entity knew well of Jesus and Mary Magdalene and their marriage by an Essene priest, a marriage not recognized by the orthodox Sanhedrin and which would have resulted in their being stoned for adultery had it been found out. This entity remembers also a time when the Vedic civilization was flourishing in India, a time prior to Krishna. And there was an even prior time in the Sirius system, among a race of dog-people living there.

The present identity of this dog-avatar is not important, for we are all One in the Great Entity who is God. We are all the Avatar, the Son who was lost but now is found.

The entire past and future, the eternal Now of Akasha, is already written in the consciousness of every entity. It begins to manifest through our outer understanding once the tenets of the Great Law are met: "Ye shall love thy Lord thy God with all thy heart and all thy soul and all thy mind."

When the understanding comes, the outer mind, the so-called "rational mind" begins to see all other entities as gods, which they literally are. They may be sleeping gods, unconscious gods, gods having a dream, but they are Gods nonetheless. And to the eye that can see, God is all there is, "Christ is the only Reality".

The faces of all living things, of dogs and kitties and fish and fowl and humans, are all faces of the One who is God. Every voice and sound of nature, from the chirp of the cricket to the peal of the summer thunder, is the voice of God.

Though the avatar sees other humans as sleeping and unconscious gods, he knows their awakening is at hand. All that's unreal, all that's rooted in a system separate from God, is ending. The pseudo-existence, cocooned in plastic and asphalt and false materialism, is ending. Aquarius, the age of "living waters," is washing away the illusion, washing away the mesmerism, that has held man, has held God captive for so long. This is the New Day, the turning of the ages, when the many shall become the "living scriptures" of the One, and God shall walk fully conscious in flesh, the long dream of separateness ended.

\*\*\*\*\*

After his Enlightenment, Buddha was asked, "Are you a prophet?"

"No."

"Are you a god?"

"No."

"What are you then?"

"I am awake."

Buddha, like Jesus, was simply an example or specimen of man's true state: being awake in consciousness.

\*\*\*\*\*

## ON AWAKENING FROM THE COSMIC DREAM

Few entities ever stop to realize it, but each human is a Universe, a whole and complete Cosmos that unfolded from the union of Alpha and Omega. Each human is absolutely a god, a Cosmic Deity, the actualized form of Infinity and Eternity. Originally each human walked in full consciousness of Oneness with Deity. But by and by the human race, this race of Gods, fell into the Great Experiment. That was the experiment in separation, the idea of an independent selfhood apart from the Cosmos. The experiment of the ego, or Lucifer, became the dream or illusion that humanity is living under now.

Man lost consciousness, fell into this cataleptic, zombie-like stupor and now believes he is just a carnal being, a biological accident that somehow happened. His idea of God is a far-away, unreal "something" out beyond the realms of space somewhere that may or may not exist.

Karma and rebirth became the law perpetuating the Great Experiment of Lucifer. Spiraling ever-downward on the zombie-wheel of this incredible dream-trip, man became the creator of the world as it is now.

It is actually God, in the person of man, experiencing this descent into UNconsciousness. The one God, now fractionalized into many independent, self-willed egos, became the many bewildered entities who populate this zombie-world, chained by karma. If the total scheme of creation is the great Dream of the Cosmos, then the Luciferian Experiment is the "dream within the dream".

As an old sage of India once said, "Man is a god clothed in rags, a king begging a crust of bread". God's own dream, God's own experiment of being fractured into many egos, became the human condition as it is today. It's as if all the cells in a human body had become self-willed and independent and divided against one another and running berserk: a "cosmic cancer", in other words. That is the Luciferian Experiment. Only perfect obedience to the karmic law could ever 'cure the cancer'. Only perfect mastery of karma could ever extricate a soul from the Experiment and permit its return to the Godhead. And in all the eons since the Great Separation began, do you know how many souls have ever obeyed the karmic law perfectly? You could count them on the fingers of one hand.

This massive failure of Luciferianism, the total non-worth of the karmic system as a means of salvation, became the "Cosmic Flop". The Great Experiment had utterly fizzled. And so the New Covenant, the law of Grace or Bhakti, was instituted. This permitted the souls long-lost in the "wilderness" of karma and rebirth to come back home to the "Promised Land" of the Godhead. By pure devotion or pure surrender to God, all entities can now slip the chains of karma and come back Home to God. The terms of the New Covenant end karma and rebirth forever. God is in effect saying, "OK, you guys. The experiment's over. The ball game's been called. You can put down your bats and gloves and masks and come on in". All it takes is pure surrender, pure devotion to the 'Coach', even though it means cutting off the karmic ties of the "ball game".

But so many entities want to go on with the ball game; they've become so engrossed and so enmeshed in it that they don't hear the coach hollering at them. That's why Grace or Bhakti of the New Covenant is so universally ignored by humanity. They want to continue the 'ball game' of their little artificial pseudo-world. The glitter, the glamor, the tinsel, the rattles and baubles of "this world" have so mesmerized humanity that this has come to be called "reality". Humans are so afraid of cutting loose from this artificial "reality", which is nothing more than a cosmic soap opera.

This channel has long stressed that the 'soap opera' is ending; the plug on the TV is being pulled. Entities need not be afraid of throwing off the chains of karma in pure surrender to the High Self, or God. From the plane of Reality, "this world" is seen for what it is--a plastic, artificial pseudoism that served only as the vessel of the Luciferian Experiment. But it is a broken vessel, broken in shivers by the total failure of the Experiment. The illusion of man as a separate, self-sufficient ego apart from God has simply been a total wash-out. And the karmic "ball game" has been called because of rain.

All of the man-devised systems of good-and-evil that the ages have ever seen have been based on the Great Illusion of a selfhood apart from God. It's the illusion of God and man, instead of God as man. All of the experiments in relativity--of caste against caste, church against church, North against South, brother against brother, conservative against liberal and capitalist against communist--each faction thoroughly convinced that it is "good" and the other is "evil"--this is the duality that sustained the Great Experiment. And karma--obedience to the law of your particular faction as dictated by your conscience, was the "good" that you had to strive for. Whether you were a Hebrew under the Ten Commandments or a Hindu under the caste system of India, your karma and your dharma in life was to obey the laws of your system.

There is good to be found in all factions, even communism and liberalism. And all good tends ultimately toward Divinity. But human consciousness became riveted on the differences between these many factions and ignored the One Light that was hidden in all of them. And so the hatreds were fanned and the wars were fought, and the Crusades and the Inquisitions were waged, all in the name of "good".

This is duality--the artificial, illusory consciousness of man separate from God. It's this consciousness, UNconsciousness actually, that cannot see the One Light, the Christ, that shines in all things. It is the great dream of Maya, the dream within the dream. In the ultimate analysis, Maya is allowed by God. The Great Experiment that failed was part of the Creation process itself, and was ordained by Divine Will.

The "Son of man coming in the clouds of heaven" is man's own reawakening to Cosmic Consciousness, his return to the High Country of his own Christhood. The "clouds" represent the heavenly realms of the Universe, each a plane of Consciousness fully embodied in man.

Man's awakening is God's Awakening to Self-Consciousness. It is the dreamer awakening from the dream. Man's Grace or Bhakti, cutting across the old karmic struggles of the plastic world, is the 'High Road' back to the mansions of the Father's House.

\*\*\*\*\*

One unit of karma will keep an entity bound endlessly to the wheel of rebirth, whereas a billion units of karma can be forgiven by Grace.

\*\*\*

### ON MUSIC

Music--the good and uplifting kind of music--is the language of the Universe itself. It is said that what man cannot express in words, God can say in music. The very language of God is embodied in the music that is played by human hands and sung by human lips. The works of Mozart and Beethoven, many Christmas carols, the patriotic songs of America, some of the later music of the Beatles, of Mahalia Jackson, Jim Reeves, and Johnny Cash, the Psalms of David, and the Bhajans of India, are examples of man's music that could thrill a citizen of another star system.

The music of John Denver, songs by George Beverly Shea, or the Mormon Tabernacle choir, or the Gregorian chants of the Catholics, speak the very language of God to the heart that can hear.

When there is good music and the chakras are open, channeling the concepts of that music, constellations tremble and galaxies rejoice in their turning. For the voice of God fills the firmament and angels marvel.

\*\*\*\*\*

## SOME REFLECTIONS ON THE 'PASSAGE PERILOUS'

It is only through the human vehicle that the works of God can be done on earth. For God, the Great Spirit of the Universe, truly has no "mind" or senses except the minds and senses of His entities. That is how God does His works on the lower planes. Embodied adepts and avatars are the way God works in the planes of mind and matter. For God is a Spirit, the Causal Force behind all mind and psyche, yet *inhabiting* every mind and psyche. Once a mind is yielded fully to this great Causal Spirit or High Self, that mind *becomes* the very mind of God. It becomes a clear vessel, a channel, of the Godhead. And the outer senses become the *senses* of the Godhead. The rational mind begins to reason from the standpoint of Ultimate Reality instead of from within the dualism of the world. When the God-channel is fully open, God looks out through eyes and *sees*. God sees, through human eyes, the incredible farce that man has built up and is living in, calling it "reality".

And so God, using human minds and senses, which are His minds and senses, begins the work of undoing and dismantling the Luciferian world. God may work through His channels on the physical level in many ways. And He also works through the inner planes of the human mind, transmuting and purifying the ethers of the planet. Using the 4th, or Etheric plane of mind, the concentrated rites of Magic are one of the most potent tools in bringing healing to a world.

God is not going to step in from 'way out there' somewhere and do it for us in the fundamentalist tradition. But He is doing it through us once we yield our minds, egos, and hearts to the Holy One. The yielded heart, the pure love toward God, is the Coming of Christ to this world.

The hand of God which guided the clipper ship of humanity through the straits was working through human minds that were fully yielded. That is how the few, the yielded vessels of God on this planet, were able to pilot the ship and keep her off the shoals of destruction.

Those unheralded few will never be named nor remembered in the history books, nor do they want to be. Their reward is seeing the ship sail safely into the Golden Sea.

The world was saved not by the politicians or the mighty of the world, but in *spite* of them. And humanity, oblivious to its near-fatal passage through the straits, can now enter the New Era of "peace on earth, good will to men."

## VISIONS AND APPARITIONS

A vision of a Saint or an Ascended Master can occur when an entity's consciousness is tuned in to the higher planes. Sometimes while tuning the higher planes, (sort of like station-hopping on a TV dial), you can actually see into the Hyper-spatial realms. You can see the light patterns and hear the various sounds characteristic of these realms. Krishna's flute is a metaphor of these sounds.

When you "tune in" to say, the 6th plane, you have actually "expanded" yourself to the 6th sphere of Hyper-space—the realm encompassing stars and constellations. You are in the Ascended state, even though you're still in the flesh. And you can see directly into that realm, just like looking through an open window. Similar "window-openings" can occur into other planes as well. When the situation warrants, there can be face-to-face meetings with Masters and other Ascended beings.

This occurred in the visions of Bernadette at Lourdes. Though Bernadette was in the flesh (she was only a child), she was also "expanded" to the 6th sphere, and met directly with Mary. Though Mary was in Hyper-space or Heaven, she appeared to be standing only a few feet away. Though Mary occupied many light-years of 'normal' space, she appeared in ordinary life-size to Bernadette. Through this interdimensional translation, through the octaves of consciousness and lightspeed, the gods tabernacle with man when then the motives of the heart is pure. The chakras open, and the octaves, the "stair-steps" of the speed of light are bridged, and the interdimensional communion takes place.

This same tuning of Consciousness can also be extended to the 8th plane and beyond. That is how entities can *see* directly, the great Alpha-Omega vortex of the Universe and understand how it functions.

The full opening of the chakras, tuning in to all the planes instead of just one, is man's native state. That is how man originally "walked with God" in the Garden. And that is the native "Home" that the race must now return to.

\*\*\*\*\*

ED's Note: "Letters from Bill" have been included in the following 'Revelations of Awareness' newsletters: 81-3; 81-4; 81-5; 81-6 (\$3.00 each, available from C.A.C.) An introduction to Bill may be found in No. 81-2 (A Search for God):\$3.00 from C.A.C.)

## MISCELLANEOUS THOUGHTS:

\*\*\*\*\*

What an incredible Cosmos of unfoldment is seen in a lowly leaf.

\*\*\*\*\*

The advent of Higher Consciousness on the Earth--"This day is the turning of ages and the binding of the Dark Force. "This is the Day that the Lord hath made". 'Behold, the heavens are My cathedral and the earth is My altar".

\*\*\*\*\*

Every entity is a Christ. Every entity can channel Cosmic Consciousness. All it takes is to love God above any other love, and to fervently desire "not my will but thine be done." It's as simple as that.

\*\*\*\*\*

"LETTERS FROM BILL" are published periodically as a service to the C.A.C. membership and is published by Cosmic Awareness Communications, P.O. Box 115, Olympia, Washington, 98507, Subscription rates and information on request.

