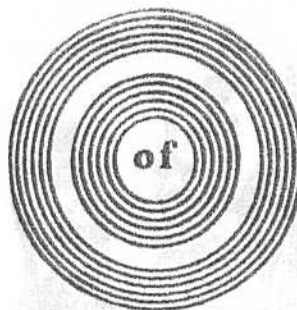


Revelations

81-22

The New-Age Cosmic Newsletter

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Awareness

Cosmic Awareness Communications

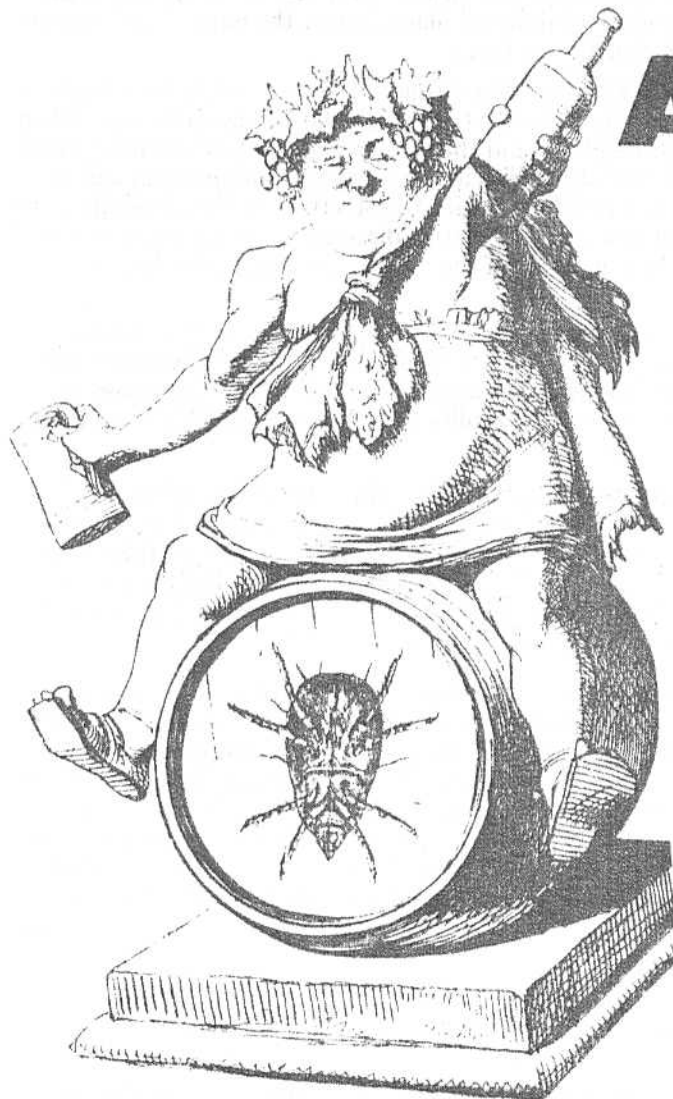
P. O. Box 115, Olympia, Washington 98507

(Helping people to become aware)

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.

LIVING TOGETHER IN PEACE....(Continued)

Problems with ALCOHOL



ALCOHOL AS A PROBLEM IN RELATIONSHIPS...

HOW TO DEAL WITH IT...

ALCOHOL AND THE LIGHT WORKER....

ITS SPIRITUAL AND PHYSICAL CONSEQUENCES...

Paul Shockley
Interpreter

QUESTION:

A question from a lady member in Pennsylvania: "Dear Awareness. I have a pertinent question in regard to my relationship with my husband. For the past 15 years I have been studying and striving to elevate my Cosmic Awareness, and through many problems have grown into a much better understanding of myself and my relationship with others. I do however, have a perplexing problem with how to deal with my husband. Things have gotten to the point of chaotic conditions at times, and I have almost divorced him. In meditation, my feelings will not allow me to finalize this. On the other hand, I want to be free of his dark, negative, unkind attitudes, and on the other, feel this deep love and obligation. I would appreciate so much knowing what, if anything, is being accomplished by this union. If I knew that I was assisting in bringing some understanding to another individual, or if I am fulfilling a

karmic debt, I certainly would do the task more willingly. I would appreciate any information that would shed light on this situation. I sincerely feel there is much depth in my husband, but I never know exactly how to react to his drinking alcohol moods. Thank you in advance for your help."



ASTRAL ENTITIES

CAN POSSESS THE DRINKER

Communication--the first step

in solving the problem

COSMIC AWARENESS:

This Awareness indicates that the greater problem with alcohol is that it brings in other entities who are of the bardo levels, the lower bardo levels or that which is the sub-astal plane, and these entities tend to hang around the party who indulges in alcohol, particularly if this occurs frequently. This Awareness indicates these dark energies are self-seeking, and affect the thinking of the entity, and in certain periods even channel themselves through the thinking and mouth of that entity, through the actions of that entity. They can, in fact, possess the entity. This Awareness indicates that these dark energies from the sub-astal planes affect the entity's self-esteem and weaken the entity's personal connection with the Higher or Divine Light.

This Awareness indicates that the best approach in dealing with one who drinks excessively, is to keep track of the negative effects of that drinking, to contact others who have been negatively affected by the drinking, and all of the entities involved to get together, discuss the situation together; and then, in an action of intervening, meet with that entity all together, inform the entity that you all care about him and wish to see him progress and do well, and inform the entity as to the effects which you each have felt in regard to the effect of the alcoholic problem, or the drinking problem. This Awareness indicates that wherein each entity discusses these things, and how it makes each entity feel, or what experiences were felt, and how it affected the entity; this being then begins to realize the extent of the drinking problem.

This Awareness indicates the purpose of such a meeting is to inform the entity that he does, in fact, have a problem which is affecting his relationships with other entities. This Awareness indicates that wherein each entity expresses and tells this entity of the difficulties felt in the relationship because of the drinking, this focuses on the problem to the extent that the entity can no longer escape from the reality of that problem. This Awareness indicates that this as the first purpose.

The second purpose is to assist the entity in finding a solution to the problem. This Awareness suggests that you not find the solution for the entity, but rather that you locate various alternatives and present these alternatives for the entity to choose. This Awareness suggests you may, for example, prior to meeting with this entity, contact various groups or associations which deal with alcohol problems, and get the information available to present to this entity so that the entity has something to read in regard to alcohol-related problems, and what it means, and so that the entity also has something to choose from as a means of positive action.

This Awareness indicates that the third purpose of this meeting is to inform the entity that you are no longer intending to pick up responsibility for the entity, nor to put up with further abuse from the alcoholic, or the alcohol-related problems. This Awareness indicates that it should be recognized that alcoholism and the over-use of alcohol are not necessarily the same thing. Some entities can drink large amounts of alcohol over periods of time without becoming alcoholic. Other entities can drink but a single drink and then become alcoholic and unable to cease drinking. This Awareness indicates that alcoholism essentially is a disease, just as diabetes is a disease, or just as leukemia is a disease, or just as tuberculosis is a disease. Alcoholism essentially is related to an allergy within the system. This Awareness indicates that the entity who is alcoholic completely loses control of his ability to avoid drinking, and will return again and again to alcohol. This Awareness indicates that this becomes progressively worse as time goes on, until the entity becomes unable to function.

The Progressive Stages of Alcoholism

This Awareness indicates the stages are that wherein the entity first drinks socially, then drinks excessively, then drinks alone, then begins needing to drink in order to feel good or feel capable; then the entity begins to feel guilty about the drinking and therefore, drinks to cover the feeling of guilt, for in drinking he can forget the feeling. The entity then begins having problems with the family. The entity then begins forgetting experiences when drunk,--conveniently forgetting the various actions which occurred the night before, or the day before, when drunk. The entity then begins having trouble with the job and may lose the family and the job. The entity then may seek to change residences, to go elsewhere, to start anew. The entity then finds a hole-in-the-wall in some other city, and begins drinking more excessively and goes downhill further, becoming more and more sick, weakened and diseased, until the entity dies.



This Awareness indicates that the intervention in this kind of progressive movement and disease can occur at any step along the way. This Awareness indicates that without some form of intervention by someone, the alcoholic will follow that path, downward to the death. This Awareness indicates that entities can intervene and show the alcoholic which level he or she has reached, what alternatives are available to bring the alcoholic out of that level, and can assist in seeing to it that the alcoholic follows through on whatever program is selected.

This Awareness indicates that in some cases it may be necessary to assist the alcoholic in recognizing his or her problem by allowing the entity to have these difficulties in job, in family, of being fired, or of losing the family, so that the entity can actually recognize that the alcohol has caused a problem. This Awareness indicates that whereby entities continue picking-up after the alcoholic, whereby entities cover-up for the alcoholic, the alcoholic has no real reason to change his lifestyle, so long as he can keep covering-up or so long as someone covers up for him, or so long as entities continue putting up with his behavior.

This Awareness indicates that in terms of the questioner, this situation does not appear to be of such extreme level as to require intensive action, but does appear to require intensive confrontation, whereby discussions are blunt and frank and open in regard to the effect of the alcoholic energies and the attitudes which are expressed in the relationship. This Awareness indicates however, it is also very important that wherein an entity on the path of Light confronts an entity who is dark, that the entity on the path of Light not flaunt his or her Light and condemn the entity who is dark, but rather that the Light shine upon that entity as love, enlightening the entity, showing the entity the truth by shining the Light of truth without condemnation, with love, with concern, and with compassion. This Awareness indicates that the Light entity should also be strong enough not to compromise and to surrender to the appetites, demands, and self-centered arguments of the dark entity.

This Awareness indicates that wherein an entity does not have the capability to deal with these problems, then outside counseling may be brought in, either through friends or professional counselors; or if this is not allowed or effective, then the entity may wish to take more drastic actions, such as temporary separation until the problem is dealt with in an affirmative way. This Awareness indicates that an entity may wish to give an ultimatum that the partner receive counseling for the problem or the relationship will be severed.

This Awareness suggests that each relationship is of a different nature, some having greater problems than others. This Awareness indicates this particular relationship does not appear to need this type of extreme action at this time. This Awareness indicates however, it does appear that there is a potential for this problem to become greater unless there is some form of confrontation, and greater communication between these entities in regard to this situation.



CAN, OR SHOULD A TOTAL STRANGER STEP IN TO HELP AN ALCOHOLIC ?

QUESTION:

Awareness, Avaton and I, by casual coincidence, were made aware of a situation where a woman, a solitary drinker and apparently severed from her family, is a chronic alcoholic, and we were there one night when the medics had to haul her off, after collapsing in the ladies' room and remaining there on the floor for almost 30 minutes. We both felt that maybe we needed to do something for her (others were attending her, however). As a stranger, or someone who doesn't have any particular attachment to a condition like this, what about intervention from people that are not known to the person? (We learned later that the very next night this same woman was again drunk and drinking at the same bar in this restaurant).

COSMIC AWARENESS:

This Awareness indicates this of course is more difficult, yet it also can --depending upon the individuals involved--be seen as even more valuable, in the sense that a total stranger would care enough to take the time to intervene in one's life. This Awareness indicates that this depends upon the individual; for one entity might see this as a compliment and an indication of self worth, whereas another would see it as an interference and an effort to insult or butt-in or invade one's privacy. This Awareness indicates that it would depend largely upon the individual's personality.

This Awareness indicates that it appears in this instance that the entity would be open to communication to some extent. This Awareness indicates however, that it does not appear that your particular influence on this entity would be sufficient to change the entity's life; rather it appears that this would simply be a momentary interest to her, creating a curiosity. This Awareness indicates that it appears the only way you could actually have much impact on this entity, would be to create a permanent relationship with the entity, whereby you spent several sessions or visits with the entity, encouraging her and leading her along on her recovery.

This Awareness suggests however, that literature sent to the entity from Alcoholics Anonymous or other similar alcoholic agencies could have some effect on her. This Awareness indicates the greatest effect would be from communicating with her friends, those who care about her, so that they could create an intervention that would be more significant in her life. This Awareness indicates that you could arrange this and be part of such intervention if desired. This Awareness reminds you however, that there are millions of such entities in this world, and that you cannot be all things to all entities.

This Awareness indicates that you *can* serve many, and serve them well, through organized activities, such as you are presently involved in. This Awareness indicates that you may serve individuals and serve them well, but this takes greater time and energy. This Awareness indicates that you must discern whether to put your energies into activities which serve many and serve them well, and how much time you can divert into individuals such as this, without taking away from the organized action. For it can very easily occur that individuals can siphon your energies, both physical and psychic, so that you can no longer function effectively in an organized way.*

*ED's Note: this is about the 5th time Vicki T. has heard this rap from Awareness. She is a very kind-hearted entity and often this leads her into problems when she decides to get involved, and this almost always leads to complications of some kind which effect her energies in her work for C.A.C. (Even saving a cat in distress one time led to incredible complications). In each instance, Awareness always reminds Vicki, in effect, that her present work is much more important than allowing her energies to get spread out in other areas.



A Message for Light Workers who get Involved with Side-trips

This Awareness indicates this opens up another area of relationship which needs to be looked at; this in terms of those entities who are involved in Light work, serving others, or creating actions which can serve humanity. For those entities who are kind-hearted, generous, and giving of themselves, who seek to give energies for the good of others, often become the victims of Dark Forces who use individuals who are weak in nature as agents to siphon-off the good energies of such people away from their true act of service to humanity, and to an individual who is in great need.

This Awareness asks you, "What would have happened to the world if the entity Jesus had come across one who was a derelict, or a needy person who refused to be healed or lifted, but who insisted that Jesus drag him along, take care of him, and never leave, and keep him by his side, and who continued to sap the energies of Jesus, so that Jesus could not perform his other actions for humanity? And what would have happened in the course of history if Jesus had succumbed to this kind of dependency by such an entity?" This Awareness indicates that obviously, the entity would have totally changed the course of history. This Awareness indicates obviously, Jesus would not have allowed his mission or purpose to be diverted by such an entity.

This Awareness suggests that those who find themselves involved in creating something which is good for humanity, will very likely also find very many different situations and circumstances which call for them to leave their purpose and come and attend *this* circumstance. This Awareness indicates this is often a weak individual which is used by the Alien Force to draw the entity, the Light Worker, off of his or her purposes. This Awareness indicates that it is important that the Light Worker serve others and serve them well; serve those who are close to you. It is also important that you be able to discern whether an entity seeking your help could find help elsewhere; and whether such if given, would in fact be contributing to the maintenance of the problem, or would in fact assist the entity to rise up from the problem and to become a Light Worker, or whether the energies should not be diverted to this individual, but should continue in the organization and service to others.

This Awareness suggests that this relates to the statement, "If you feed an entity a fish, you have given the entity one meal; but if you teach the entity to fish, then you have fed the entity for life." This Awareness indicates that wherein you can teach an entity to help himself, to rise up from weakness and become strong, then this investment is that which is appropriate; but if you must use your own strength to help another, and the other cannot or does not wish to exert effort on his own, then your action is but prolonging the condition. This Awareness indicates the continued effort to carry the weight of another who is unwilling to improve even if given the opportunity, is a waste of your own energies.

This Awareness does not wish to imply that entities should not help those who fall. This Awareness indicates that some entities may fall and may need to be picked up, and may need to be carried, and may need to be healed. This Awareness suggests that wherein an entity needs to be taught to help himself, this is a greater importance than simply carrying an entity. This Awareness indicates that if the entity can be taught to rise and walk and carry his own weight, then why should you carry the entity and allow the entity to remain incapable?

This Awareness indicates that the Light Worker must become sensitive in discerning the weakness of another,--whether that weakness can be overcome from within the other, or whether the weakness is a fact which cannot be overcome and therefore must be attended and recognized for what it is. This Awareness indicates the Light Worker may also need to find ways whereby the weakened entity can gradually grow and develop greater strength or greater understanding, or the tools whereby the entity can train and teach himself to attend to his own needs.

This Awareness indicates that this sensitivity to the needs of others, and the sensitivity as to how much one should give of oneself, and whether this gift is simply sustaining a condition, or whether this gift, by being withheld, can help the entity to overcome the condition; or whether the Light Worker can give the entity tools, so that the entity can help himself to overcome the condition,--this kind of sensitivity and discernment is that which must be developed carefully and with great concern for the welfare of others.

This Awareness indicates also, the Light Worker must recognize his or her limitations, for an entity cannot be all things to all entities. An entity must choose whether to put forth great amounts of energy into one or two others, or into one after another, or into masses through less personal contact, such as through written material or through lectures, or whether to communicate to masses through art forms or music or dance, or whether the relationship with others should be in a one-to-one style. This Awareness indicates that each Light Worker will have his or her own preferred way of serving others; and this may also change as time passes, as each Light Worker proceeds from moment to moment, from one state of consciousness to another, from one level of discernment to another, or from one circumstance to another.

Parents who Divert the Potential of their Children

This Awareness indicates that the mother who has four children, or even one child, may find that the appropriate action is to attend that child first and give service to others second; while at a future time, the child may not need such attention and the masses may receive more. This Awareness indicates that each parent, each mother may also recognize that the individual child could perhaps become a world leader if given proper upbringing; whereas if neglected, might not bring forth the full potential of his or her purposes. This Awareness indicates that this does not imply that mothers should expect great things from their children, for it may be that the purpose of the child is to simply grow up and be a good citizen of the human race, without any great cause or inclination to leadership.

This Awareness indicates that a parent must consider the responsibility of raising a child to be what its greatest potential is, but the parent should not determine or attempt to decide what that potential is. The parent can give suggestions and can open up discussions which are of some interest to the child, encouraging the child as to his or her worth, and as to his or her potential expressions. Whereas the child has certain tendencies toward business or arts or healing or some social activities, the parents may point this out and explain these areas so that the child can further explore and determine which direction he or she may wish to go; and if the parents encourage the child to find that which is most suitable, this is sufficient.

This Awareness indicates there are many entities who would have been great doctors, except for their parent's insistence that they become a policeman or a lawyer. There are many children who would have become great teachers except for the parent's insistence that they be a doctor. This Awareness indicates there are many children who would have become great engineers except for the parent's insistence that they become a minister. This Awareness indicates that many of these attempted to follow their parents' insisted directions, and many failed, and some became derelicts or social failures in some other way, never finding their true purposes.

This Awareness indicates that as it with children, so it is with every other human being. Each person has potential for some significant purpose; and often,--too often,--they are diverted from their purpose by someone who seeks to use their energies or to live their dreams vicariously through that other entity and attempt to direct that entity in the direction he or she would go.

THE "MAINTENANCE ALCOHOLIC"

(Some Hazards in Beer-Drinking)

QUESTION:

There's one question related to the discussion last night on alcohol I'd like Awareness to comment on, and this is what the Alcoholics Anonymous group refers to as the "Maintenance Alcoholic". We've noticed this phenomenon more and more lately, particularly among young people,--construction workers and people that work outside; that they carry along with them a bottle of beer, sort of like a baby packs his bottle around. They have them in their cars, in their lunch box, and periodically during the day, like every half hour or so, they will swill down maybe two or three swallows of the beer, and maybe the next half hour another two or three swallows,--this continuing all day long. We have a friend, Richard A., a young musician, (he's 30 now), but since the age of 15 he has been doing this. He claims he's not an alcoholic, that alcohol is no problem to him; we've never seen him drunk. He claims that by drinking a little beer every hour that it maintains a 'high' or something for him that he finds is necessary. He continued to do this, and his particular fate was, he ended up a month



waiting for 3 days and was rushed to the hospital, and was told his pancreas was in very bad shape. The

doctor told him if he drank any more it would kill him. Well, he quit drinking for awhile, and the last time we saw him he was back to drinking an occasional beer, saying "because I need this". Now would Awareness give a little more discussion on *this* type of drinking which is referred to as the 'maintenance alcoholic'?

COSMIC AWARENESS:

This Awareness indicates that this essentially is of a similar nature to the regular alcoholic, although the progression is that which moves much more slowly. This Awareness indicates that essentially the entity becomes dependent on the alcoholic effect, due to both the psychological and cellular conditioning, and also to the dependency on the effects, as it raises the blood sugar. This Awareness indicates that the alcohol turns to blood-sugar after entering the body, and this in turn is energizing for a brief moment. This Awareness indicates that this likened unto children eating sugar candy for energy. This Awareness suggests however, that over a period of time, these attempts to receive energy from sugar products do have their effect and take their toll on the organs of the body.

This Awareness indicates that the alcohol effect is that which gives the entity certain energy through the sugar created by the metabolism, and this is interpreted as energy which is needed. This Awareness indicates in reality the entity could receive good nourishing food and have better results in the maintenance of health and energy. This Awareness indicates in terms of the use of beer, there are certain benefits in this through the B Vitamins; yet over a period of time, there are more detriments than benefits; the B Vitamins giving certain energy, and a sense of stability. This Awareness indicates however, the long-term effects of the alcoholic content and use of this substance is that which gradually deteriorates certain of the organs including the spleen, the pancreas, the liver and kidneys.



This Awareness indicates that when these begin to fail,--these organs of the body,--one organ will pick up for the other and attempt to do its work, until it can no longer function properly, then another organ will attempt to do the work of the first two. This Awareness indicates that in this action, the psychological effect upon the entity is the feeling that something is wrong, and whenever the substance is taken, the problem seems to subside for a period; therefore, the entity uses more beer, or alcohol for the temporary lift it gives in terms of the blood-sugar rush, and the feeling of euphoria. This Awareness indicates this however, is contributing to the long-range problem and intensifies and continues the growth of the problem, which is in fact the continual deterioration of these organs: the spleen, the pancreas, the adrenal system, and the liver and the kidneys. This Awareness indicates that this, along with the habitual tendencies, the conditioning process, create a sense of continued dependency; that it is in fact the illusion of being beneficial for the entity, when in reality it is detrimental.

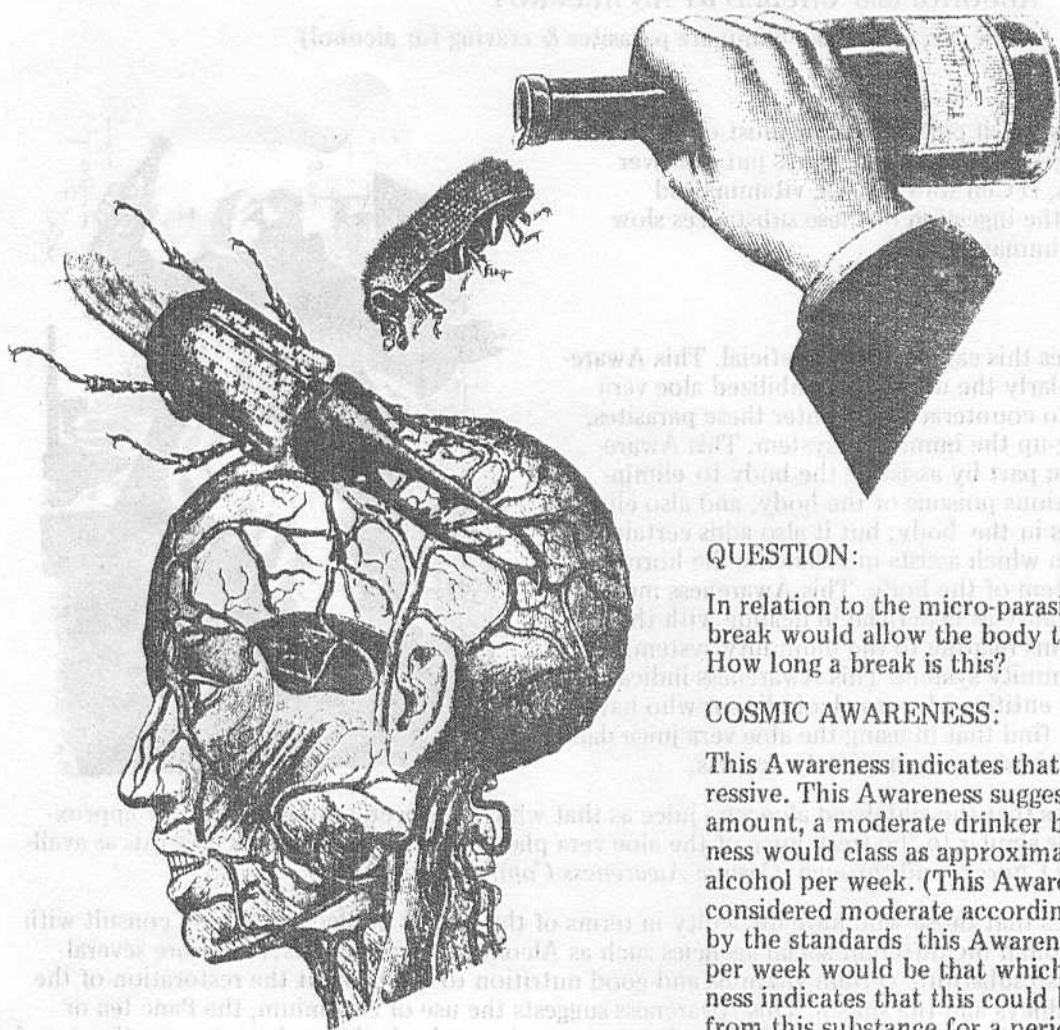
BAD NEWS FOR BOOZERS.....

ALL ALCOHOL CONTAINS BRAIN-EATING PARASITES

This Awareness wishes also to inform entities that the substance alcohol contains extremely small parasites, which are sub-microscopic, and which enter into the body and deteriorate the cells. This takes some time, but unless there is a break, whereby the body can eliminate the effects of these parasites, it eventually will be weakened; the immunity system will weaken and the body will suffer severely. This Awareness indicates that the occasional use of alcohol is that which can be tolerated, depending upon the quality of one's immunity system, the white blood cells, and their ability to attack these parasites. This Awareness indicates that the quality varies from individual to individual.

This Awareness suggests that some entities may have a strong immunity system for a period of time, then find this totally collapsing, their health going downhill suddenly, not knowing why, and attempting to prop up their health with those substances which have previously been taken and which previously have been beneficial. Some entities who have received euphoric feelings from certain substances such as alcohol or other stimulants or other depressants or drugs or certain stimulating foods, may find that even though this brings a temporary lift, they suffer afterwards, and the problem of failing health increases. This Awareness indicates this generally is the result of an immunity system which is failing, the white blood cells being damaged, and whereby they are weakened they begin to fail in their ability to counter the effects of these various substances. This Awareness indicates that when this happens, the entity's health continues failing; and unless proper medical attention or proper dietary attention is taken, which counters the continued deterioration of the immunity system, the entity will proceed toward further failing health.

This Awareness indicates with proper withdrawal from those substances which create the problem, and with proper nutrition and care for the immunity system, building-up the white blood cells properly according to that which is the proper balance, this then can bring back the health. This Awareness indicates however, this may take several years of attentive effort on the part of the individual. This Awareness indicates the human body is capable of much self-abuse, but there are limits, and when these limits have been reached, the human body can fail, just as can anything else, regardless of one's attitude.



HOW TO COUNTER THE PARASITES

QUESTION:

In relation to the micro-parasites, Awareness said that a break would allow the body to clean-up this situation. How long a break is this?

COSMIC AWARENESS:

This Awareness indicates that this as that which is progressive. This Awareness suggests that depending on the amount, a moderate drinker being that which this Awareness would class as approximately one ounce of pure alcohol per week. (This Awareness indicates this not considered moderate according to present standards, but by the standards this Awareness would set: one ounce per week would be that which is moderate.)* This Awareness indicates that this could be countered by withdrawal from this substance for a period of approximately one week; the amount or the microscopic or sub-microscopic

parasites would be diminished by approximately 90% within the period of one week.

This Awareness indicates that essentially, a 10 ounce glass of wine, having 10% alcoholic content, used once weekly, would allow the 90% reduction of microscopic or sub-microscopic parasites within the period of the week. This Awareness indicates that without a break to remove the other sub-microscopic parasites, the population within the system would continue to grow and develop over a period of years in the maintenance of this pattern, so that in time it would have its effect.

This Awareness suggests that the best approach for alcohol is to indulge, (if indulging at all), to indulge approximately once per month maximum, and preferably when an entity has some form of virus, such as a cold or other type of virus, whereby the alcohol is used as a medicinal substance; the alcohol having its counter effect on the bacteria or the virus. This Awareness indicates that essentially this can be beneficial when used in this manner. This Awareness indicates that small amounts of alcohol as carriers for medicinal purposes, this also can be beneficial, and is not of such quantity as to cause problems in terms of the sub-microscopic parasites.

This Awareness indicates however, entities who use alcohol on a continuous basis over long periods of time cannot expect their health to be maintained at high levels. (This Awareness suggests this all relative, of course, to the individual's constitution and immunity system, and general health to begin with; some being more vulnerable to the effects of alcohol than others.)

This Awareness indicates that the use of alcohol also has an effect upon the aura, or etheric body, whereby it cuts off the connections from the High Self. This Awareness indicates this can best be described in an analogy: This Awareness asks entities to imagine themselves being wired to a higher transmitter, which transmits vital energy to them,--this being the High Self,--which resides as a Light above the body. This Awareness indicates these wires coming down being light beams, but for the sake of the analogy, this Awareness suggests you visualize these as being copper wires. This Awareness indicates the effect of the alcohol would be likened unto the copper wires being fed a substance that causes them to corrode.

This Awareness indicates that likewise, certain substances have a similar effect upon these light beams or copper wires. This Awareness indicates this as pork and beef and sugars (particularly the white sugars) and alcohol; these being the main substances. This Awareness indicates that certain other substances also affect this in some manner, but these being the more intense agents affecting the connecting wires to the High Self. This Awareness indicates that the use of many drugs also affects the connections.

*One bottle of beer contains at least one ounce of alcohol.

ALCOHOLISM CAUSED BY AN ALLERGY

(Aloe Vera juice can eliminate parasites & craving for alcohol)

QUESTION:

In reference to these parasites: if entities follow most of the prescribed programs and suggests that Awareness has put out over the years: occasional fasts, D Cell water, GH3, vitamins and mineral programs....Does the ingestion of these substances slow down these parasites or eliminate them?

COSMIC AWARENESS:

This Awareness indicates this can be very beneficial. This Awareness indicates that particularly the use of the stabilized aloe vera juice as that which helps to counteract or counter these parasites, and also assists in building-up the immunity system. This Awareness indicates this works in part by assisting the body to eliminate those alkaloids and various poisons of the body, and also eliminate some of the parasites in the body; but it also adds certain nutrients, certain nutrition which assists in balancing the hormone system, the endocrine system of the body. This Awareness indicates therefore, this substance as beneficial in dealing with these parasites and other problems relating to the immunity system, helping to restore the immunity system. This Awareness indicates that for this reason, many entities who are alcoholic, or who have a craving for alcohol, may find that in using the aloe vera juice daily the craving for alcohol diminishes or completely departs.



This Awareness indicates that the stabilized aloe vera juice as that which has been on the market for approximately 3 to 4 years, and is similar to the fresh juice of the aloe vera plant. This Awareness indicates this as available through the Aquarian Church, and through *Cosmic Awareness Communications*.*

This Awareness indicates that those who have difficulty in terms of the effects of alcohol, should consult with the programs available through the different social agencies such as Alcoholics Anonymous; (there are several others also), and should also substitute certain vitamins and good nutrition to bring about the restoration of the pancreas, the liver, and kidneys and the spleen. This Awareness suggests the use of chromium, the Panc tea or that which is associated with that formula of Dr. Christopher for restoring and rebuilding the pancreas; the use of lipotrates for cleaning the liver, and juniper berry for cleansing the kidneys.

This Awareness indicates that also, the use of aloe vera juice as that which is beneficial. This Awareness suggests also the entity to avoid stimulants such as beef and pork foods, and to switch to lighter foods such as fruits and fresh vegetables, fish or fowl. This Awareness indicates that stimulants such as cigarette tobacco, beef and pork, increase the appetite for alcohol. This Awareness indicates that there are a number of programs whereby entities can receive social assistance in dealing with this problem.

This Awareness suggests that whereby entities become involved in a fasting program, whether this is a complete fast or merely refraining from certain foods, and indulging in other foods such as three days of eating apples, or three days of grape juice, whatever the form of fasting may be; this Awareness indicates that this can be beneficial in helping to cleanse the body. This Awareness indicates also, the use of sunflower seed and pumpkin seed oil; particularly pumpkin seed oil as that which can help to rid the body of parasites.

Pumpkin Seed Oil Works Best to Rid Body of Parasites

(More about allergies)

This Awareness indicates that more entities have parasites than is generally believed or recognized. That these parasites enter into the muscles, and in many cases throughout the brain of an entity, and over a period of years can completely devour an entity's brain, creating problems such as senility and other similar problems. This Awareness indicates that pumpkin seed oil is that which helps to destroy these parasites quickly. This Awareness indicates likewise, the aloe vera juice and also GH3 has an effect on these. This Awareness indicates there are other vitamins and minerals also, which are effective. This Awareness indicates selenium as one which can have some effect, and also is beneficial to the immunity system.

This Awareness indicates that the immunity system as that which is linked very closely to allergies; for as certain foods and substances affect and harm the white blood cells, this creates a breakdown of the immunity system. This Awareness indicates as this occurs, the immunity system becomes weaker, and therefore other substances can also harm the system, harming the white blood cells. This Awareness indicates this becomes a progressive action, whereby one allergy continued, leads to another and another and another; whereby these allergies harming the white blood cells, reach such a state that the white blood cells are greatly harmed by a particular substance. This can result in great discomfort, or even may be fatal.

*The Dr. Christopher formulas and single bottles of stabilized Aloe Vera juice are available from the Goodship, P.O. Box 40083, Portland, Oregon 97240 (Write for free catalog). C.A.C. offers Aloe Vera juice in case lots only (write for prices). Pumpkinseed oil and sunflower oil is available at most healthfood stores.

This Awareness indicates for example, some entities may be allergic to a peanut, or some other substance, and one bite of this substance may cause the throat to swell, the eyes to water, or terrible headaches to occur. This Awareness indicates that this being the extreme end of the allergic condition, whereby the white blood cells, attempting to fight against this substance, are in fact being destroyed by the substance itself, and a reaction occurring which is called an allergy. This Awareness indicates that even as there are these extremes, (and these appear to be rare), there are also minor or trace allergies, whereby the allergic condition is slight, or is but a trace of allergy, the cells being damaged 20% or 10%, or only 5% by the ingestion of that substance.

This Awareness indicates that wherein entities have these effects, they may not realize the substance which is causing the problem, but many different problems can result from an allergic condition. This Awareness indicates that diabetes, headaches, high or low blood sugar, high or low blood pressure, kidney problems, heart problems, circulatory problems; many different types of conditions can in fact be caused by different allergies, and by the foods and other substances which entities ingest.

This Awareness indicates essentially, alcoholism is a type of chronic allergy as well as addiction to the substance.

SENILITY MADE EASY.....

"IT'S
THE
PARASITES!"



ARE THE LIQUOR
COMPANIES AWARE OF THE
PARASITES IN THEIR PRODUCTS?

QUESTION:

Awareness, have scientists and those companies that promote and manufacture liquor; are they aware that these parasites exist and have been covering it up, or is this new information?

COSMIC AWARENESS:

This Awareness indicates that these scientists in certain circles are aware of this; that the majority of liquor manufacturers are not aware of these parasites. This Awareness indicates however, that it would not matter if they were, for they would not be adverse to allowing parasites of this nature to be ingested by entities. This Awareness indicates that they do not have any understanding of the nature of these parasites in terms of the spiritual effects. The entities do however, recognize the spiritual effect of alcohol; that it is detrimental to the spiritual side of humanity. This Awareness indicates these entities recognize the dangers and the harmful effects of alcohol on the human body, and on society, yet they have no control over the substance in terms of limiting how much an entity is allowed to have. This Awareness indicates these promoters are not interested in limiting the amount, but rather are interested in allowing as many sales as is possible before society objects to the effects of such sales.

This Awareness indicates it would do little good to notify the liquor manufacturers of the parasites in the alcohol.

THE PROPER APPROACH TO THOSE
WHO REFUSE TO RECOGNIZE THEY HAVE A
PROBLEM:

QUESTION:

Judging from the many letters we get from members, whom certain people in their family have these drinking problems, and from our own personal observation; the tragedy appears to be that most of these entities do not recognize that they have a problem, particularly those maintenance type of alcoholics; so the solution then must lie in educating these people in some way so they don't react violently or resentfully; either that or just let them go ahead on their route until the problem reaches a point where they end up in the hospital. Is that....?

COSMIC AWARENESS:

This Awareness indicates that if one cares about another, the proper approach is to have a confrontation or intercession with that other entity, an intervention, as the alcoholic groups may term it, --to intervene,-- and to inform the entity of the problems which have been created by the drinking. This Awareness indicates this allows the entity to recognize that he *does* have a problem, and it is spilling out on others. This Awareness indicates that wherein an entity drinks alone and does not affect the lives of others, then it becomes necessary for those who care about the entity, to inform this entity that you are being affected because you care for the entity, and you feel the entity is damaging himself or herself by drinking so much, and the effect on you is that which you wish to call to attention of the entity.

This Awareness indicates that therefore, if you care about the entity, you have a problem too; and you need to confront the entity with your problem and need to get the entity to recognize that the drinking is the problem which you and he share; and that this entity's drinking problem needs to be resolved, so that both of you can be free from his problem. This Awareness indicates that if it has not reached a point where it has created such problem, then perhaps in time it will; and if it does, the greater the problem, the greater the reason for intervening.

ED'S Note:

For more information on alcohol, please refer to 'Revelations of Awareness' No. 77-13 (The nature and cure of drug addiction); \$2.00 from C.A.C. This reading gives information on how alcohol and other drugs which addict entities can be cured once and for all through the homeopathic process. For more information on how to deal with alcohol problems in a personal relationship, please refer to No. 81-22 (Sensitivity & Understanding to Each Other's Needs; \$3.00 from C.A.C. (to be forthcoming).

"...This Awareness (hic) indicates..."

ALCOHOL AS AN AID

TO THE PSYCHIC CHANNEL

(More on how to open your channel)

"This is the Great Kumara...hic...
Wait a minute--no, its the Great Sananda..hic..
How about Mother Mary?
Will you settle for St. (hic) Germain?"



QUESTION:

A question from R.K., of Minnesota. "This concerns people who have developed a certain degree of psychic sensitivity and ability of spiritual discernment. However, to be aware and receptive they need a couple of alcoholic drinks. Would Awareness please comment on this and what can be done to correct this condition?"

COSMIC AWARENESS:

This Awareness indicates that the action of the alcoholic drink as that which assists the entity in relaxing, allows the conscious filtering devices to be put more to rest. This Awareness indicates that essentially this as a kind of relaxant activity, a type of tranquilizing effect on the individual's consciousness. This Awareness indicates that this assists in blocking out the objective mind to allow

the subjective mind to have greater influence. This Awareness indicates this in effect assists in opening the channel for psychic energies. This Awareness indicates however, that alcohol as not being the most appropriate method for this purpose. This Awareness indicates that the alcoholics and derelicts who have basically had their mind and bodies nearly destroyed by overuse of alcohol are very often psychically open and these entities very often are channels for other forces. This Awareness indicates however that the types of forces which come through these entities are generally not of a high level.

This Awareness indicates that there can be exceptions to the levels of forces coming through entities who use alcohol. This Awareness indicates this for example in the Jane Roberts' channelings of the Seth material. This Awareness indicates however, that the use of alcoholic liquids by this entity is not of a high consumption and the entity's consciousness and mind is relatively free and clear from abuse of alcohol. This Awareness indicates that this entity has not developed a dependence for her psychic channeling on the use of alcohol, but even so the continued use of alcohol during her channelings could have a slight detrimental effect over a period of time, that generally however this appears at this time not to be causing problems for this entity.

This Awareness indicates that in relation to the use of alcohol for your own channeling or that of your group, this Awareness suggests that this can be used for a kind of temporary benefit, that however you will receive greater benefits by developing more slowly through meditation, by not attempting to force the opening of your channel with the use of alcohol; that by using certain herbal teas which are relaxant, such as chamomile, this can be of even greater benefit. This Awareness indicates that also certain harmless sleeping tablets could be used to assist you in becoming more relaxed. This Awareness suggests also that you may wish to involve yourself in these psychic experiments at times when your energies are already leaning toward the relaxed states such as late evening. This Awareness suggests also that this is more effective during times of the full moon. This Awareness indicates that the use of hypnosis once or twice or a few times can be beneficial in assisting you to relax and move into these subjective states.

This Awareness suggests that there is no greater assistance in opening your channel than an urgency, a question which needs to be answered and a desire to go within to find that answer. This Awareness indicates that there are many ways entities may open their channel and many types of channels, that it is not to be expected that your channel will follow the same course as another channel, for channels do not simply develop through imitations or through a desire to do that also, but rather channels develop over lifetimes of experience, development of various talents, the development of certain types of consciousness and the experiences which lead entities into certain forms of expression which together causes the type of channeling which others may see.

This Awareness indicates that even the physical features of an entity can influence the type of channeling, can reflect the type of channeling that entity will do. This Awareness indicates that some entities are prone to channeling through music, others through dance, still others through words and others yet through business activities; that there are many ways whereby entities can channel this Awareness, often without the realization that they are channeling this Awareness. This Awareness indicates that any entity who channels love through any action is in effect channeling this Awareness.

This Awareness suggests that in your own expressions wherein you become calm, quiet, look within, and wherein you develop your skills and talents, your inclinations to express yourself in ways which do good, which serve others, and which express love,--you are opening your channel and will find yourself moving into the kinds of activities which will be most suitable for your own particular expression, and the channeling of the spirit through your mediumship whatever it may be, is that which shall be as pure and clear as is your love for your fellow people and the planet and its creatures.

ARE THE BRAIN CELLS REPLACED PERIODICALLY ?

(More on 'Miraculous Healings')

QUESTION:

A question from S.H. "Science is now convinced that every single cell within the human body and brain is duplicated and replaced every 6 months. Also, over a period of years, depending on the age, the entire brain is replaced between 5 and 25 times. The human is not conscious or even aware of this. Awareness, will You speak on this matter so that I can see and understand this, and the universe appearing and reappearing every 4 quadrillionths of a second? How long does it take to replace a brain? Also, how do we retain thoughts and memories from one brain to the next?

COSMIC AWARENESS:

This Awareness indicates that this may also be observed when you stop and look at values which are handed from generation to generation. This Awareness indicates that as one child is receiving certain values from its parents with the one hand, the other hand is dispensing those values first to its dolls and animals, then its friends, brothers and sisters, and then its children, then its grandchildren. This Awareness indicates that the children and grandchildren, taking from the parents and grandparents certain values, discarding others, then turn and give to their children and grandchildren similar values, which are taken or discarded. This Awareness indicates that in the same way, the cells of the body from moment to moment die and are replaced by their children and grandchildren; and the memories, like values, are passed on in order, (in perfect order in some cases, wherein the system has been in proper operation and programmed approximately to convey and to remember,) the cells then pass on to their children and grandchildren these memories of what it is they are holding as values and what they do in their position and place in the scheme of things in the physical body.

This Awareness indicates that wherein the entire organism, such as the brain, is replaced over a period of time, this is no different from a nation or civilization being replaced by another over a period of time. Wherein the same memories and values are handed down from generation to generation, in spite of who is in control of the government, or by what laws the people are governed, or by what language the people speak, the values may remain much the same from one generation to another. This Awareness indicates this particularly in terms of instinctive values; those values such as the protection of children, the propagation of the races and so forth. This Awareness indicates that the pursuit of pleasure, of freedom, of expression, and the denial of threats, of punishment and pain; these are programmed into the individual just as the cells also have their particular programming. This Awareness indicates that these values and instinctive experiences or programmings are passed on from generation to generation, whether this is a civilization or the cells within the organ of a body.

This Awareness indicates that wherein an entity understands this and can recognize this, the entity may also, in applying information given in the opening message,* use a kind of alchemical zen koan to trick the mind in such a way as to heal the cells which have gone awry and bring them back into proper balance. This Awareness indicates that for a society which has moved toward programming of false values over a period of time, which has become decadent, an entity in fully understanding the opening message* may see the implications of an application of such a koan, or trick, whereby the left path is so frustrated that it cannot function any further and the only thing possible is to surrender to the Light.

*ED's Note: the opening message Awareness is referring to is not in this particular reading, but in the opening message of 'Revelations of Awareness No. 81-15 (The Rebellion in Heaven and the Fall of Man); \$3.00 from C.A.C.

This Awareness indicates that wherein this occurs in a human body, or an organ of a human body, wherein the mind of the entity or the organ of the entity is so affected by Light Forces that the programming of the cells is changed, even as Light Forces may enter upon the planet earth and affect the consciousness of individual souls; this is called a 'miraculous healing'. This Awareness indicates that this may defy medical science and this may be properly called 'Divine Intervention'. This Awareness indicates this is best effected by entities having and moving into higher states of consciousness so as to add their consciousness levels to those lower dualized values, and to redeem those by reconciling rather than by condemning. This Awareness indicates that wherein you can reconcile the polarities that cause your illness, then the illness is no longer valid and will fade, and this may be termed a miraculous or psychic healing. This Awareness indicates that this may be termed a Divine Intervention; that when this is applied to the planet earth and the masses of entities therein, this is then defined as Divine Destiny and fate. This Awareness indicates however, that it is important to have the energies of entities who can rise above their own mundane view of things into higher levels which reconcile the lower divisions.

SHOULD WE WORRY ABOUT OUR BRAIN CELLS DYING OFF ?

(More on the evils of drinking coffee)

QUESTION:

One final question regarding the brain: the medical people have put out for years information that certain substances like coffee, alcohol, marijuana, other drugs,--each time an entity ingests these substances, literally millions of brain cells are destroyed. Now if the brain is constantly being renewed, is this something entities should worry about?

COSMIC AWARENESS:

This Awareness indicates that essentially, there is an action occurring in regard to the substance of caffeine, and particularly as used in coffees, whereby on the mass brain of humanity, entities are being made somewhat impotent; the action as being part of a total plan to assist in slowing down the population explosion. This Awareness indicates that this tending to be a substance which hinders and slows down the drive for reproduction. This Awareness indicates therefore, for the mass brain, this as having a certain benefit in terms of hindering the population explosion according to the values of those entities who see the holistic future of entities on this planet.

This Awareness indicates that for the individual cells within an entity's brain, these likewise, are being wiped out, so that they are not as capable of reproducing themselves; nor do they increase in number, but rather, decrease. This Awareness indicates that therefore, this substance as that which is linked to the aging process. This Awareness indicates that it does have this detrimental effect, and as has been indicated by various tests, can contribute to heart conditions and other diseases such as cancer and diabetes, high blood pressure and nerve problems. This Awareness indicates that this substance, along with other poisonous substances which are commonly ingested by humans, may have certain redeeming values in that there are momentary flashes of energy or insight; or in some cases, these substances counter other hostile energies or non-friendly substances of the body, and therefore, in some cases, may have healing effects. This Awareness indicates this simply is such that anything to excess is poisonous, anything used moderately (according to its compatibility with the system), can be beneficial. That every instance is unique.

HOW ABOUT MUSCLE-TESTING ALCOHOL AND COFFEE ?

QUESTION:

Would Awareness recommend that entities who are in doubt about commonly-used substances like coffee or alcohol, give themselves the muscle-testing test, and if it is negative, that their particular body should refrain from the substance; and if it is positive, that they can use the substance without probably damaging themselves?

COSMIC AWARENESS:

This Awareness indicates that this may be done for gaining information for the left side of the brain to make evaluations and to have logical information necessary for proper logical assumptions and reasons. This Awareness indicates however, that even if entities did reach a logical decision that they should or should not continue or discontinue a substance, this has no real bearing on whether the entities will change or not. This Awareness indicates that what is more important than figuring out what goes into the mouth or even what comes out of the mouth, is to determine what the entity wishes to "be", and once this is focused on with totality, and wherein the entity can begin to "be" who he or she wishes,--not with regards to external praise or condemnation or position or reputation, but what the entity wishes to be if there were no one to look at that being except himself or herself, and if that entity had to live with that being eternally. This Awareness indicates that when an entity truly looks at that, the entity can then decide other issues, such as whether to give up coffee to live longer, or whether to follow this or that teaching. This Awareness indicates however, all of these things will naturally follow in proper order when the entity turns and looks inward and asks himself or herself: "What am I to be that will actually satisfy myself for all eternity?" This Awareness suggests you not answer, or seek an answer, but simply ask that question and wait, and accept the unanswered question while pursuing to ask and search and follow the quest of self-discovery and purpose.

ED's Note: I was really trying hard to get Awareness to end this reading on a happier note, one which could justify those of you out there who, like myself and Vicki T., like to tip a few now and then, get loose and boogie etc. The general feeling of all of this is that alcohol simply isn't good for the human body; but since 'mind is the builder' it is possible to reprogram the cells through the low self, as explained in the Scorpio lessons, to undo any damage done by the use of alcohol and other drugs. But we have all got to work on this, right? (For more information on coffee, please refer to 'Revelations of Awareness' No.81-6; \$3.00 from C.A.C. (More on coffee in relation to cancer will be forthcoming. It's a good idea to stop coffee now). Avaton.

REVELATIONS OF AWARENESS is a cosmic newsletter published every two weeks by Cosmic Awareness Communications, P.O. Box 115, Olympia, Washington 98507 (A non-profit organization). Subscription rates are available upon request.