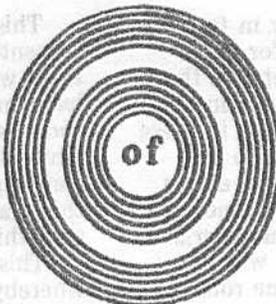


Revelations



Awareness

81-24 The New-Age Cosmic Newsletter

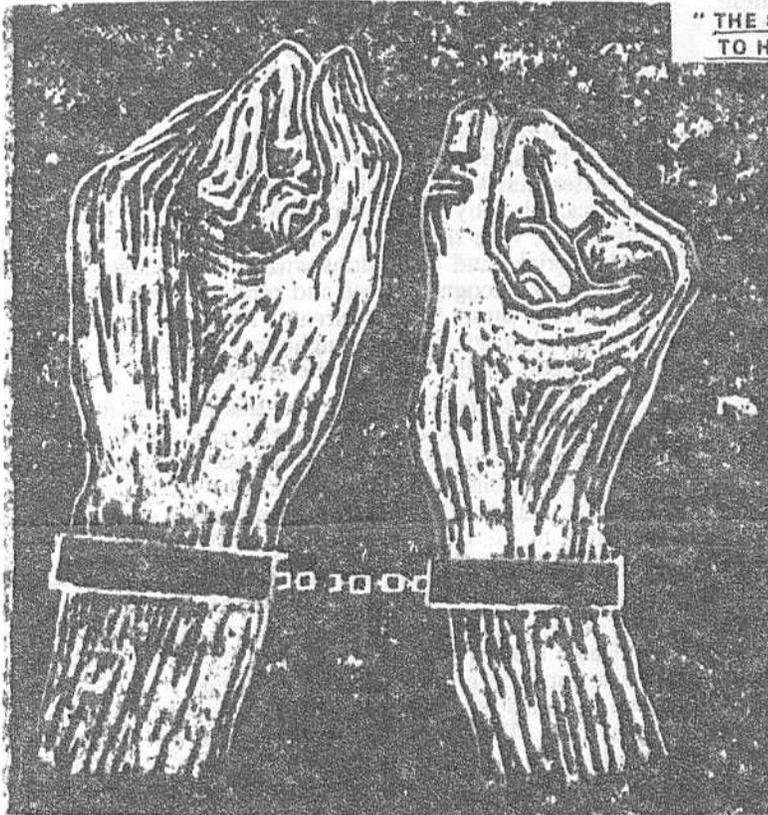
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Cosmic Awareness Communications

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.



" THE SCHOOLS OF THIS NATION ARE A DISGRACE TO HUMANITY".....Cosmic Awareness

PROBLEMS OF **America's Schools**

COSMIC AWARENESS
ADDRESSES
THE SCHOOL TEACHERS

PREPARING THE "THIRD WAVE"
FOR THE NEW AGE

PAUL SHOCKLEY
INTERPRETER

QUESTION:

We received a letter from N.B. in Illinois which contains a question. "Please send me a copy of *Red Fog Over America*, by Commander Guy Carr. After reading your message about fluoridation*, I have been wondering what other 'big lies' I might be teaching my children at school. I teach second grade in a small town public school system. What should I be doing to help my students become more aware and understanding of themselves and others? Does Awareness have any advice for teachers? I'd really appreciate any suggestions."

* 'Revelations of Awareness' No. 81-11;\$1.00 from C.A.C. (Fluoridation for Stupification & Population Control)

COSMIC AWARENESS:

This Awareness indicates that one area of importance which you might consider helping your students to understand, is the need to develop themselves and their talents and skills in areas of expression which gives them a livelihood in future times, which gives them a livelihood that is compatible with the environment and needs of

others, whereby these entities in growing and developing, can earn their own living by giving some form of service or investing in some form of activity which benefits others of society and which also is beneficial to the planet in general. This Awareness indicates that often entities in schools are taught to develop those skills which will help them to become eligible for some form of employment in the workaday world which gives them the minimum wage or possibly somewhat above, so that they can enter into the world whereby they place their feet on the treadmill and stay there until retirement age, then go into oblivion in society of the poverty level of the retired class.

This Awareness indicates that the retirement entities in poverty levels compose 98% of those entities retired. This Awareness indicates that approximately 2% are capable of tending to their own needs with a relative freedom and luxury. This Awareness indicates that the remainder of retired entities within this nation of the United States are approximately 98%, and these are dependent on retirement pay, welfare, food stamps, and relatives and friends. This Awareness indicates that this may increase for many entities in the coming years.

This Awareness indicates also, that a teacher in today's schools may wish also to prepare the students for the future changes which are occurring in this society, as that which is referred to as the 'Third Wave' movement in the movement toward the changes which are occurring in these times. This Awareness indicates this in reference to the book called *The Third Wave* by Alvin Toffler, the entity who presented the book *Future Shock*. This Awareness indicates that this movement which has been characterized by this author as the Third Wave, is that which will be experienced by the students of your class as time rolls on.

This Awareness indicates the First Wave being that of the Agricultural period, which lasted for many thousands of years; the Second Wave being that of the Industrial period, which has lasted for approximately 300 or 350 years; the Third Wave being that wherein individuals and groups become involved in certain types of internal energy affairs, whereby in clusters, in homes, in areas, these individuals and groups, rather than working so much in factories, which will become highly automated,—these individuals, groups and cultures will become active in their own businesses, or in conducting businesses at home, or in their community, whereby goods, information, commodities, products are manufactured, built, exchanged or disseminated, or gathered, and are exchanged between those who need and those who have.

This Awareness indicates that this kind of semi-independence of individuals is that which shall, in future times, become the New Society. This Awareness indicates much of this will relate to computers, to information-gathering, to service activities and occupations, and also to the exchange of information, products, processes, methods, and goods, commodities and systems, between individuals and businesses and groups. This Awareness indicates that obviously, such activities will require certain types of education, whereby the basics are needed; but also, where certain social rapport becomes equally important as reading, writing, arithmetic or other basic learning skills and techniques, and also various types of physical, technological dexterity and training becomes equally important.

This Awareness indicates that it also is important that these children be taught they are capable of doing many wondrous things and need not be limited, except by their own fear of trying. This Awareness indicates that many entities never succeed because they do not think they can; therefore, they do not try. This Awareness indicates there is a saying that 'if you aim for nothing, you will hit your target; but if you aim for something, it is possible you may reach that goal'. This Awareness indicates also, that wherein entities are taught that they can have opportunities to develop and grow and improve upon their own skills, investing in themselves and their capabilities; that this kind of investment is far better than investing in some form of commodity that loses value quickly, or disappears in a matter of days or hours.

This Awareness indicates that whereby entities can be taught to save, to invest in that which brings forth greater rewards in future times, such as education, or such as properties which last and remain valuable as time passes, rather than those things which are lost and disappear as your energies and valuables are spent; this Awareness indicates this is also an important message for these children. For such a message can help these children so that by the time they are out of school, they are already on their way to becoming self-sufficient, and may reach those levels whereby they are capable of helping others in similar ways within but a few brief years. This Awareness indicates that the majority of schools are not interested in teaching such information, but rather are interested only in programming the children of the school to learn the basic skills that will allow the child to become a kind of efficient robot for the treadmill occupations of society.

This Awareness also suggests that children need to be presented with the skills that help them to learn,—the skills which teach children, the tools whereby they may learn more faster. This Awareness suggests that many such tools as cause and effect; the ability to recognize causes which bring forth effects, the ability to recognize the outstanding quality of something, the uniqueness of something, as opposed to merely the glitter or the mass of something.

This Awareness indicates that qualities of perception, whereby different types of observation are taught; these can also be beneficial. This Awareness indicates that children being taught how to think clearly in terms of stripping away the confusion and looking at the heart of the matter,—this can also be important. This Awareness suggests also, that children may be taught how to see the heart of the matter, and how certain things can be added to enhance that which is the heart of the matter, or to confuse and hide that which is the heart of the matter; so that the mind of these children learn the techniques of camouflage, as well as seeing through the camouflage and deception, to the clarity involved.

This Awareness indicates this may be applied in terms of literature, in terms of discussions, lectures, in terms of art, or in various other forms of learning. This Awareness indicates that this may also be found in terms of mathematics, whereby certain things are thrown in as tricks or confusion, with the children being warned that there are certain tricks and confusions within these areas, and that they are to recognize these and remove these blocks or circumvent these. This Awareness indicates that in this manner, children may be taught to look beyond surfaces at the heart of the issue or the concern.

This Awareness indicates that this is much more than you will be able to do with your classes, but it may be considered by certain entities who assist in planning and teaching systems and programs, so that there can be greater use of the skills involved in teaching children to learn and to think beyond the mere actions of memory and rote.

This Awareness suggests that also, children be taught the joy and thrill of learning, researching, and discovering and developing the learning techniques. This Awareness indicates that this can be best accomplished by much praise for each child whenever that child does something well in terms of mental discovery, development, research, or activity. This Awareness suggests that the praise as much more powerful than criticism; but that direct, clear and uncharged acknowledgement of error is important.

This Awareness suggests that when a child makes an error, and you can either assist the child in recognizing the error, or you can point out the error without an emotional charge that causes the child to feel badly for having erred,—this is important. This Awareness indicates that children need to be able to recognize mistakes without feeling badly about such mistakes, so that they can accept the error and go on to correct and improve in future actions. This Awareness indicates that wherein a criticism is charged and the child feels badly about having made an error, this causes the child to lose initiative and become fearful of making mistakes.

This Awareness indicates that it is important to put emotion into the praise and make the child feel good about successes, but to be rather matter-of-fact about an error. There is nothing wrong with saying, "Sorry, Joe, that isn't correct. Can you find the correct answer?" Then, when Joe finds the correct answer, everyone may cheer, clap their hands, or you may simply give praise in an emotional way; so that the child feels the thrill of having found the correct answer, but never feels the sting of having been in error. This Awareness indicates that this is the most appropriate method for instilling joy and excitement in the learning process without damaging the child's ability to learn by creating a fear of mistakes.

DECEPTION AND PROGRAMMING
ARE FOUND IN MANY SCHOOLBOOKS
(THE BEAST ENTERS THE SCHOOL)



QUESTION:

With all the new school books etc., and techniques being introduced, or have been introduced recently, is there any other area that might be considered deceptive?

COSMIC AWARENESS:

This Awareness indicates that many of the new schoolbooks are controlled by certain large publishing houses on the East coast, which are in fact associated and working with, or controlled by those forces which are attempting to set up a future control of the masses, and which are in fact working in part through the children's school and through their books, to prepare these children for activities which will become social programs as these children become older.

This Awareness indicates an example being that some of these books contain brief stories which are in fact politically oriented toward certain policies that will later be implemented in society. This Awareness indicates an example being the story of a child whose father is hoarding food for fear that there will be a food-shortage, and the child assists in helping the father to see that this is not right; but the father, not recognizing the child's suggestions, creates a dilemma, so the child tells the teacher that his father is storing food, hoarding food in such a manner, and the child is then praised for informing on the father, and the teacher informs authorities; and the authorities contact the father, and the father sees the error in his ways, and the child is a hero.

This Awareness indicates that this as a story which has circulated in some books in public schools recently and is that which is a form of programming for future social policies that will require the child to inform on the parents. This Awareness indicates that teachers of schools may wish to notice such stories, and if they cannot have influence in avoiding the use of these books and stories, they may at least be able to circumvent or explain, or at least not focus upon the story to such an extent as is damaging to the relationship between children and parents at later times.

This Awareness indicates that there are some schools wherein members of *Cosmic Awareness Communications* and other organizations teaching in the schools, have in fact given their children information regarding the banking system, the Beast system, the Electronic Funds Transfer System, so that many young children are already well-aware of what these various policies and plans are about, and are informing other children. This Awareness indicates that children are often the most open and capable persons for educating each other in these matters. This Awareness indicates you might be surprised how interested children can become in learning about the banking controls and the Beast system. This Awareness suggests that entities who have children of approximately 8 to 12 years of age who enjoy reading comic books such as the 'Avengers', and 'Captain America' and similar types; these children are prime prospects for learning of the Beast programs. They enjoy reading and learning about these policies which are being prepared. This Awareness suggests they also have a fascination for UFO's and other similar concepts.

This Awareness suggests however, that you must also recognize that these children will talk about these things to their parents, and any school teacher must recognize that the parents of such children may object to these teachings. This Awareness suggests therefore, that much caution must be taken if you would preserve your job. This Awareness suggests however, it is quite possible for teachers to *ask questions* relating to the cause of wars, and to assist children in certain age brackets to look more deeply at the financing of wars, and to refer entities, particularly of high school level, to some of these reference books which relate to the causes behind the wars.

This Awareness indicates that teachers may also help to focus attention of young people on the ways to find and assist a society to bring about harmony and peace, through cooperation being made more important than competition. This Awareness indicates that most public schools stress and emphasize competition as a way of life, and avoid the promotion of cooperation, except when attempting to develop a team which is in competition with another team. This Awareness indicates that teachers who can help children recognize the value of cooperation, of entities helping each other so that all win and none lose; this can be of greater importance than any of the other courses taught.

This Awareness indicates that the areas of competition in school are actually mostly designed to lead boys and girls into future roles in society. The child learning to compete in grade school, moving into high school football teams, or other teams; these activities, while important in themselves in helping children to develop skills, can also be quite damaging and harmful to children, particularly in terms of physical injuries;--but in a psychological sense, these can also be preparing these young people for further competition, such as military training.

This Awareness indicates that also training young women to express themselves verbally and intellectually can be of great importance in helping these entities not to feel as though they are second-rate citizens. This Awareness indicates that the activities whereby men and women, boys and girls, are treated fairly in school; this is important--where there is no sexism played in the schools by the instructors or teachers.

This Awareness indicates also that another area in which many public schools are in great neglect, is that of protecting the children from bullies,--both psychological bullying and physical bullying. This Awareness indicates that many teachers simply do not wish to become involved

in separating or preventing such violence and abuse. This Awareness indicates that the schools of this nation are a disgrace to humanity in the sense that it is totally unsafe for children to be in these places. These schools are very much like a small prison, or prison for children, in that there are gangs set up and allowed to exist around various bully-types, who pick on the weak and unprotected, who extort from these, or who ridicule and who psychologically damage the self-image of various individuals, so that these children come out of these schools either with over-inflated egos and a feeling of great power, or damaged as individuals, fearing their peer group, fearing society, or feeling a need to follow some powerful bully. This Awareness indicates that these kind of operations in schools should be stopped at any cost, even if it requires expelling those students who form such clubs, gangs, or bullying actions.

This Awareness indicates also, another area which needs attention in regard to schools, is that of fluorescent lights. [This Awareness indicates that this in terms of all forms of fluorescent-light office buildings]. This Awareness indicates that particularly children are susceptible to the negative influence of fluorescent lights, in that it creates, (and this has been shown to be true)-nervous tension, headaches, vision problems of serious nature, whereby entire generations require glasses because of the fluorescent lighting; much greater than in previous generations; and also tooth decay. This Awareness indicates that the vibrations from these fluorescent lights create an irritation within an individual, so that entities working under these become more irritable and touchy in their relationships. This Awareness indicates there are full-spectrum daylight lights which can be used to replace these fluorescent lights. This Awareness indicates these are much better, although not absolutely perfect. These also do have some negative effect, but the general tendency or general quality of these as that which is considerable less damaging.

ED's Note: this is practically the same rap Awareness gave some years ago when Vicki T. asked a question about the Vita-Light full-spectrum tubes. As a result, all regular fluorescent lights in the C.A.C. office were replaced with these Vita-Light tubes. They cost more, but you really do notice the difference, particularly when you look back in retrospect. Vita-Light tubes can be found by looking in the Yellow pages of your phone book under 'Lighting fixtures'. If you can't find them there, write to the manufacturer for name of nearest dealer or have them shipped direct to you. The address:

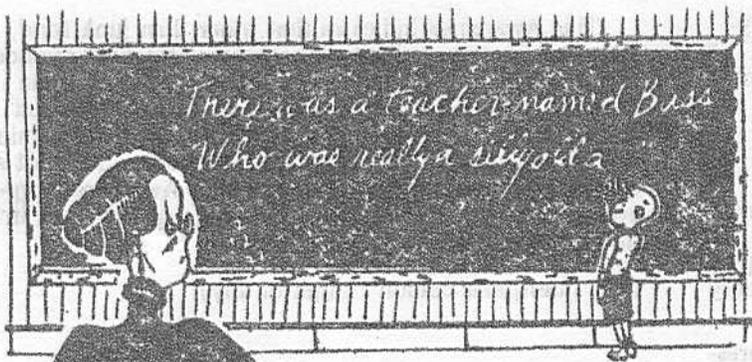
Jewell Electric Products, Inc.
Encinal Terminal
1501-A Doolittle Dr.
San Leandro, Calif. 94577



This Awareness indicates that the better schools, as far as the welfare of children is concerned, would have open windows, or windows which allow light to enter, so that daylight is one of the major lighting forces. This Awareness indicates that many of the modern schools are built without windows, or with only one small window, in order to keep children from looking out. This Awareness indicates that these schools are also built so that in case of emergency, they can quickly be converted into detention houses for neighborhood people. This Awareness indicates that these are mini-jails or prisons in the event of National Emergency. This Awareness indicates that many children in public schools actually refer to their teachers as "guards" and their fellow peers as "inmates", and to the principal as the "warden". This Awareness indicates that this speaks revealingly of the school system, in that these students do not enjoy schools, and do not recognize these as being a privilege.

This Awareness suggests that schools should be created so that children recognize the privilege of receiving an education, and enjoy,--receive joy and excitement in learning. This Awareness indicates that this cannot be accomplished by any one person; that a whole revisal of the school system may be necessary to create a new system of learning whereby learning can be fun. This Awareness indicates that in many systems and in certain educational philosophies, entities have recognized this and have set about to attempt to find ways whereby children can be taught in environments that are designed for their enjoyment, for their level of accomplishment, and for the development of their own skills through games and through other challenging systems, such as that of Montessori and Krishnamurti.

ED's Note: Awareness has continually recommended the works of Krishnamurti for those who have children and particularly those who teach children. His book on this, "Education and the Significance of Life" is available through C.A.C. (See book catalog).



I wondered if Awareness could comment briefly on the implications of this, particularly in relation to the fact that these stories say the children won't necessarily even have to learn how to write anymore because they can talk to the computers, and as long as they learn how to work these processors, some of the old education methods won't even be necessary.

COSMIC AWARENESS:

This Awareness indicates that this as in the affirmative. This Awareness indicates that rather than needing to learn the mathematical systems or writing systems and techniques, many children will learn to use computers for composing works of literature or of mathematical formulas, without fully understanding how to add, subtract, do square root or other things, except through the computer. This Awareness indicates that there will always be some who will become interested in the old basic technical information, and techniques which are programmed into the computer, and the future generations may wonder what occurs in computers, and how they can know so much. And such entities, if becoming serious enough, may in time, go back into these ancient sciences and learn how to add, subtract, divide, multiply, etc.

This Awareness indicates that this in itself may become a branch of the new educational system; whereby entities, after reaching a certain age, may wish to understand how these numbers, letters, and writing techniques evolved; and when entities study this branch, they may become programmers for such machines as are used by the society in general.

The Legacy of the Beast...

HIGH SCHOOL GRADUATES HAVE ONLY A NINTH GRADE EDUCATION

Robots of the TV sets (Just another brick in the wall)

QUESTION:

One comment on Awareness's reference to the schools being a system; there could be some significance in the fact that a rock group by the name of Pink Floyd put out a two-record album last year called *The Wall* which was concerned with the school, which has become an all-time number one best seller, and it contains lines like, "We don't need your education; we don't need your thought control" and so forth, and I was just wondering if there is more than meets the eye to the fact that so many millions of this particular album have been sold?

COSMIC AWARENESS:

This Awareness indicates that this in the affirmative. This Awareness indicates however, there is also the other side of the coin, whereby many entities are seeking to tear down the educational system, which would indeed give entities knowledge and wisdom that could be valuable. This Awareness indicates that there is indeed a faction, particularly that out of England under the Rothschild influences, which would like to see the educational system, the masses being educated, to decrease in its efficiency; so that as time passes, the masses have little ability to think abstractly, or to deal in areas of mathematics or writing. This Awareness indicates that these forces would like to see a generally illiterate population which could be more easily manipulated, in fear of the educated population which could be a threat to their control.

WHAT INFLUENCE WILL COMPUTERS HAVE IN THE CLASSROOMS?

QUESTION:

One question relative to the educating of children: with the quantum leaps in technology being made today in computers and the silicon chips, there are increasing stories in the magazines that it is just a short time before low-priced computers, very small, will be installed in the school systems, and probably be on all the desks; and

ED's Note:

As Vicki was proofreading the section on the Rothschild influence working against the school system, particularly in England, she flashed on the riots in England going on (this was July 10, 1981) and that this was part of the plan. That these children, some as young as 8, will be totally unteachable when their next school term starts and most likely, indeed, even in that they will have no respect for any form of authority-figure, adults etc, and will no longer recognize and accept any of the traditional values or disciplines necessary for manageability and/or mental-emotional growth/maturing/honing etc.

This Awareness indicates that down through the ages, those who had the higher wisdom could manipulate the masses who held ignorance in their consciousness. The priest who knew when spring would come could extract a fortune in bounty from those who sacrificed and gave to the priest, in order that the priest would bring the sunshine and spring to their crops. The priest could then simply state, "This will come in approximately 30 days, or one moon, if you give to me a portion of your possessions." This Awareness indicates that sure enough, if these entities gave to the priest that portion, then in approximately one moon, the spring would arrive and the crops would begin to grow. This Awareness indicates that that the knowledge of the priest in regard to the seasons as that which was greater than that of the masses, or ignorant farmers who were dependent upon him. This Awareness indicates this as a mere analogy of how wisdom can be used as power over the ignorant.

This Awareness indicates that similarly, there are factions on this earth who recognize that the United States, in its 200 years of freedom, developed a highly-educated and technologically competent society of highly-skilled individuals; and in so doing, reached such a state as to become a threat to those who have held power through secret occult knowledge and wisdom, that has been the privileged domain of a few in these secret organizations. This Awareness indicates that therefore, these forces would like to see the educational system be downgraded, and be put into levels which create a general dependency on those who are the agents and programmers of society,--this in terms of the society created by these forces.

This Awareness indicates that essentially there is presently an entire generation of children who have been growing up with the programming that "You can get along fine if you can come up with a good line that answers any criticism." This Awareness indicates that television programming, whereby the writers of situation comedies, and the shows on television and in movies, which create heroes who come up with sharp 'one-liners'--statements that retort and answer sharply any other who would compete with them; this Awareness indicates that many children believe that these techniques of coming up with smart answers to questions or statements of others, is that which will 'get you through life', develop those qualities whereby they respond, from entity to entity, from situation to situation, by simply mouthing back some smart answer to every statement or situation that comes before them. This Awareness indicates that in some cases these so-called smart answers are nothing other than efforts to shock the speaker, to disturb the listener through foul language or through some other clever, double-meaning remark.

This Awareness indicates that many of these children are growing up without much comprehension at all of the finer workings of the mind, incapable of writing a paragraph that can be understood the same by all readers, incapable of doing mathematical problems correctly, incapable of thinking in a logical manner. Many of these children are simply being programmed by the educational system, (which is presently a failure), into becoming robots of the television set, whereby they are programmed by the programs on television, and by clever statements that retort to criticism. This Awareness indicates that many of these children, in entering into college, find it necessary to take their basic education over again, and many colleges have refresher courses to teach these entities how to read, write and do arithmetic, so that they can continue in their college courses.

This Awareness indicates that essentially, most of the high schools in this country have decreased in their efficiency-level of training. That most of the children now graduating from high school have approximately a 9th grade education, in comparison to those who graduated in the 1950's and early '60's. This Awareness indicates that much of this is the result of the changing system of teaching; the "new math" and other new methods brought about by those agents of the Rothschild forces, working through the large publishing houses which supply books to the schools, and through the HEW system set up by the Rockefeller powers to help direct the education of this nation.

A SUMMARY OF PROBLEMS AT SCHOOL

QUESTION:

Could we go back to the question of any other specific products that might be pushed in the schools for kids, that teachers might be alert for?

COSMIC AWARENESS:

This Awareness indicates that other than junk food, fluoride, fluorescent lights, incompetent teaching methods and books, allowing children to become violent to one another and abusive, and encouraging competition, and the creation of schools which look like prisons and which *can be converted into prisons*; this Awareness does not see any other products of significance. This Awareness suggests that the questioner may have some specific area in mind which could be further discussed.

(The questioner couldn't think of any).

NATIONAL EDUCATIONAL ASSOCIATION (NEA)
IS WORKING WITH THE BEAST FOR ONE-WORLD
GOVERNMENT

(MORE ON ROBERT WHITE'S 'DUCK BOOK')

QUESTION:

I'd like to read an editorial from Robert White's recent *Duck Book*, because there's a section here with a question concerning education. This is called "A Redneck Cracker's editorial", and it's very obviously confirming a lot of information Awareness has given us which has been published, but from his particular point of view.

He says, "Just when in the holy hell are you going to wake up and realize you are living in a country with a bunch of dummies? Fact: 50% of our high school graduates are functionally illiterate. Fact: U.S. military training manuals are now written for 7th grade students because our boys couldn't understand the manuals written for 9th grade students. Fact: 65 million Americans now get their total news from their Trilateral Commission's controlled boob tube. Fact: the average American male now spends only 16 minutes a day reading newspapers or magazines and 9 of those 16 minutes are spent on the funnies and sports. Fact: 10,000 confirmed avowed Marxists are now teaching in our colleges and universities as shown by *Business Week* magazine. Why in the name of God ask yourself why this has occurred in the greatest nation the world has ever seen? Maybe the following quote from the giant National Educational Association (NEA) teacher's union new 'Declaration of Independence' preamble will tell you:

"We now join others to bring forth a new world order."

"The union of a million and a half teachers who are supposedly teaching your children the three R's, actually put it in print! It's there for the world to see and for the past 4 years, Rockefeller's Trilateral Commission puppet, Jimmy Carter courted the teacher's union by handing out your tax money to them like a drunk in a cat house. 65,000 of these teachers were actually doing voluntary campaign work for him. Ask yourself why? And, ask yourself why our colleges hired those 10,000 Marxist professors.

I'll tell you why. To raise a nation of dummies that will be happy and content as long as they get their boob tube, six pack, food stamps, grass and weekly dole while they destroy our free enterprise system and create a socialist welfare state to achieve their one world government goals. It's just that simple.

The question is, are those of you that can read, going to put up with it or are you going to get off your duffs and wake up the masses before Rocky and his one worlders completely destroy our economy and country?"

My question in this was in relation to the NEA teacher's union and their statement, "We now join others to bring forth a new world order." Would Awareness comment on that please?

*"The Duck Book" C/O Robert White, Inc. P.O. Box 1928, Cocoa, Fla. 32922, (\$15 for a lifetime subscription). ED's Note: C.A.C. has mentioned this publication several times before. Although it has not put forth anything new, for the most part, it is helping to awaken the masses to much of what is going on behind the scenes, in a truck-driver kind of communication. This editor cooled toward Robert White some time back when he insisted that all his subscribers were going on his computer to make sure they would all get their copies correctly. Although this is standard practice for large publications, entities have no assurance that such a list will be used only for delivering the mail. Robert White claims he now has millions of subscribers so even if the names should fall into the wrong hands, there isn't much the powers that be could do with all those people. (CAC uses a small Radio Shack computer solely for its mailing list, and although we get many requests to sell or rent our mailing list, we will not nor ever do so because we know how such a list could be misused by the Beast forces and would also violate the confidence of our membership, which we value most highly.

COSMIC AWARENESS:

This Awareness indicates that this as an obvious statement which states exactly what is meant. This Awareness indicates that this organization as that which has aligned itself with other organizations of the communist movement, that which may be referred to as the Bolshevik or Zionist or the Illuminati One-World Government program. This Awareness indicates that this as being brought quickly into the forefront of consciousness for those entities who can read and who explore deeply behind the comics or television front to see what is truly occurring behind the news. This Awareness indicates that more and more, such information is being released through books such as this and through other sources of non affiliated types of communication, whereby other than the controlled media is now having some effect on consciousness to awaken the masses and answer questions which are unanswered in the controlled media. This Awareness indicates that these questions being raised and answered by these underground papers and magazines and books are having an effect, not only on the general masses, but are also beginning to color and reflect into the controlled media of communication. This Awareness indicates that there will be seen more of this as this increases.

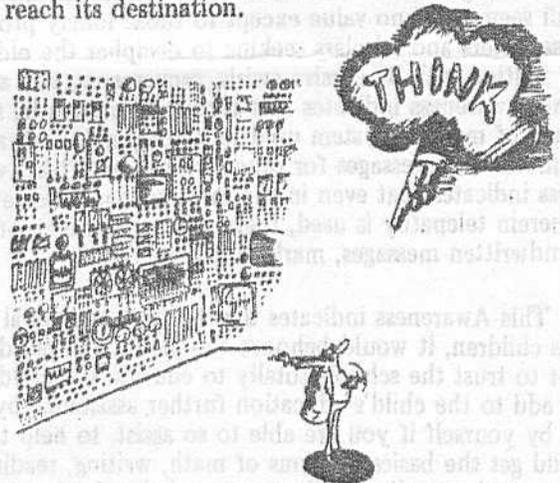
This Awareness indicates that these educational techniques which have been used during the past 20 years, gradually deteriorating the quality of education for children, as part of the overall plan to raise a nation of under-educated individuals who are more easily influenced by the leadership. This Awareness indicates that there are ways of educating which amount to brainwashing; there are ways of educating which amount to stupifying; there are ways of educating which amount to robotizing individuals, so that they become willing subjects of the system and are unable to actually think for themselves. This Awareness indicates however, there are also ways of educating so that certain changes occur in the thinking mechanism of the mind and whereby the rational mind does not receive its complete education, and the creative mind is given stimulation and exercise through art and music, show, drama, etc. The entity who grows up on such a diet may not be quite able to solve arithmetic problems, but will develop other talents which can, to some degree, add to the general well-being of society.

This Awareness indicates that essentially, one of the things which has occurred over the past 20 years, is that of the right side of the brain of young people receiving greater stimulation through cultural energies, (whether approved of or not by various members of society); these such as the music and artistic interests of these young people. This Awareness indicates that the rational side

of the brain, the left side in general, as that which has not been emphasized in its development as much as in previous times. This Awareness indicates that in this respect, many entities are incapable of using the methods and logical systems of problem-solving, but are intuitive in their approach by using the creative side of the brain.

This Awareness indicates therefore, the trade-off is that which is more of a moot question based on values; whether entities should be like computers or whether entities should be like humans, or whether there are combinations in between. This Awareness indicates that wherein an entity can have a calculator solve the math problem, and wherein calculators are available for low price at almost any shopping center; why should the entity spend hours on hours attempting to solve mathematical problems just for practice? This Awareness indicates that the entity feels this to be a waste of time when there are so many other things to do.

This Awareness indicates that the entire fabric of society is in constant change, and is changing so rapidly in present time that the old values, the old standards of measurement are not capable of taking accurate account of the subtleties and influences which are occurring by these changes and how these influences will affect the general course of event. This Awareness indicates that even the forces which have brought on the condition do not have the answer as to what the outcome will be. This Awareness indicates however, that it is all part of the cosmic or general overall theme or plan, (if there is such a plan visualized by entities the gestalt of the human condition in its movement toward its purpose, destiny and fulfillment of its essence and potential. This Awareness indicates that each movement along the path can be looked at as either too far to the right, or too far to the left, but it is this continuous rocking back and forth and movement along the path which allows humanity to reach its destination.



FUNCTIONAL ILLITERACY--A HUGE PROBLEM THAT CAN LEAD TO A TOTAL BREAKDOWN OF OUR SOCIETY

QUESTION:

Does Awareness see any solution for the functional illiteracy rate,--these entities who cannot read or write properly? For example, in our mail order business, I would say that 50% of the letters that come in have to be studied very closely in order to get the name and address, and probably 20% of these require a group of us to get around and try to get a consensus on the entity's name and address. It seems to me that in this area alone, if they continue turning out children/people that cannot read and write and communicate, that this is where the major problem lies.

COSMIC AWARENESS:

This Awareness indicates that this *can* lead to a total breakdown of a society; for wherein entities cannot read each other's writing and wherein such cannot be conveyed properly to the entities' children through the school system or from parent to child as generations pass, then before long, the communication between entities is fractured. This Awareness indicates that likewise, the verbal communication levels are also in shoddy condition compared to that of past years.

This Awareness indicates the gradual and continuous deterioration of these methods of communication,--writing and speaking,--as that which, while disconcerting in many ways, is also being used as an excuse or reason for shifting to other forms of communication, such as the Electronic Funds Transfer System, whereby entities may pick up a telephone, place their order, have funds transferred, and the actions never needing to be written on paper for anyone to need to decipher. This Awareness indicates that these breakdowns of one system, while the implementing of another system is on the horizon, can be seen as part of the general approach and scheme of the world planners to bring about changes in society for new systems which serve in ways that differ entirely from the old.

This Awareness indicates there are perhaps somewhere in the time/space continuum, entities who look at the handwriting of the most professional printers and penmen and complain that this writing is not nearly as decipherable as were their marks on the tablets of clay which the scribes of old left for their readers. This Awareness indicates that in future generations, these handwritten notes and letters will seem as of no value except to those lonely professors, researchers and scholars seeking to decipher the old system of writing with its cursive swirls, movements, and actions. This Awareness indicates that there will always be some form of marking system used by the hand to indicate symbols and messages for others to follow. This Awareness indicates that even in the most advanced societies wherein telepathy is used, there still are these records of handwritten messages, marks and symbols.

This Awareness indicates that for any individual who has children, it would behoove the parents or guardians not to trust the schools totally to educate the child, but to add to the child's education further assistance by tutors or by yourself if you are able to so assist, to help the child get the basics in terms of math, writing, reading, some understanding of literature and the classics, proper grammar in the most basic sentences, and at least a general skeleton of the flow of history for both the world and for the nation. This Awareness indicates also, the child should have a general understanding of geography and the political systems or states, so as to be at least partially aware of what is occurring in various countries and what might be expected or what one must do to prepare in the event the entity needed to know more about that country.

This Awareness indicates that some of these children simply attend school to see friends, to engage in the social activities, to seek self-approval from the associates, to get through the day, through the week, through the year, one moment at a time, getting some cheap thrill here or there, wherever possible through drugs, excitement, group interplay, interactions, or through individual relationships with other individuals, through bizarre or other intrigues, through music and records which are fed by the social attitudes of the generation; and the entity may move through school, reaching ages of 14, 15, 16

and older, without having any concept or idea of what is occurring outside in other countries, but having only the school jungle as a reference point.

The entity may find an opportunity to travel on a boat with a friend, or may receive a special inheritance and be invited by an associate to fly to another country. The entity may find himself or herself in a situation which is so totally structured and alien to anything the entity ever imagined, and the entity can very easily find himself or herself in a world not of his own creation, imprisoned or caught in a dilemma in which the entity has little recourse for escape. This Awareness indicates this situation, experienced by many entities of the past generations, as that which could have been easily avoided by simply having better understanding of the culture outside the immediate environment of the student.

This Awareness indicates the problem is that the students are nearsighted, the instructors often encouraging the nearsighted vision, wherein the entities look toward themselves, their special interests and those which the teachers emphasize. This Awareness indicates that there is not enough opportunity in the educational system of today which encourages entities to look out further, explore and expand the mind into those areas of society, of the world of information, of the universe, to allow the entity to have the adventures of the mind through discovery of information that has been left and recorded by the historians and experts of the many fields of science. These entities often feel that the only expansion of the mind is that which comes from dropping a pill or smoking a joint or listening to some pimple-faced teen-age warbler singing in garbled tones about some infraction of justice which he imagines being perpetrated upon him for having 'smoked a joint in front of mom.'

This Awareness indicates that while all of these may have some value and message, all must be taken in perspective. While children are exploring themselves, their local society, the drug-oriented experiences, they are discovering some degree of information which can be meaningful to their soul-growth, and this is having some effect on the mass-changes in consciousness, releasing certain blocks of energies, allowing certain inflow of astral energies to be worked off and cleansed from this planet, allowing certain structures to break down;--this Awareness indicates there are certain benefits that are inevitable from even these drug-oriented societies. This Awareness indicates also, there are a great many priceless systems, structures, actions, potentials, opportunities, aspirations, goals which are being kicked aside, ignored, rejected, despised, gathering dust, misused, unused,--simply because these students, these children do not realize there were, among all of the areas, priceless gems, great valuables which the past generation also had developed and held sacred, to be passed on to this new generation along with the problems, the pollution, the threat of war, the nuclear radiation, the overpopulation, the breakdown of communication between the generations.

This Awareness indicates that whereas the younger generation has the opportunity to totally reject all that went before and search for something new in its pursuit of music, drugs and social involvement, the younger generation also has the opportunity to sift through all of the garbage given to it by the older generation and see if in that garbage there might not be something of value worth saving after all.

(Excerpt from 2nd Trance Reading, Cannon Beach, Oregon)
June 4, 1978--A New Age Free School

(Opening Message)

This Awareness indicates the action of this convention at this time and this place wherein the sands meet the sea and the air in the sunlight, as that which is of an alchemical nature in which entities who have been involved in activities of a spiritual seed-planting nature for many centuries, through many lifetimes, have gathered in this place at this time in this particular state of consciousness as a convention to begin sharing in the activities of spreading the light in a manner that becomes more uniform and harmonious through co-creative action.

This Awareness suggests that the present expression of the group in attendance be matched and reflected in other areas in later times to come; and this kind of light sharing and energizing of the spiritual purposes of humanity is that which begins to spread likened unto the vines which grow along the fence and give their shoots into leaves and pods and clusters for others to enjoy. This Awareness suggests that what is occurring at this time seems of little significance at this time, likened unto a seed dropped from a tree, yet there comes a time when entities shall look back and recognize that activities which began upon this day are those which have borne great fruit.

This Awareness suggests that you recognize also that each and every moment of your lives can also be viewed in a similar manner, that each moment is a new beginning, and can be used to create and plant seeds for future benefits and harvest.

This Awareness indicates that the energizing process of the activities here in this area, as that which occurs likened unto steps in time, moving through time as the expression begins to move into manifestation, as that which is being created by the New Being. This Awareness indicates that the New Being is that which is an activity in consciousness by entities who share their vision, share their energies, and share their discoveries with one another, and as this New Being is created in consciousness, that New Being consciousness begins to manifest in those young children who begin to emerge from the sea of consciousness into the physical plane.

This Awareness suggests that these young children begin to exemplify and express that co-creative consciousness which is being created by entities upon this plane who are working in collective harmony with one another. This Awareness indicates that the coming generations being given this kind of consciousness, wherein they work together, wherein they inherit from their previous generations the co-creative instinct, these entities then are those who shall bring about the new world. This Awareness indicates it is your function in this time and in this space to provide that atmosphere and the attitudes which foster the seeds and environment for co-creative expression. This Awareness suggests that in holding the actions of co-creative expression in highest regards, Spirit shall have its time to move through these forms into manifestation.

QUESTION:

What does Awareness see as the foundation of a basic education?

COSMIC AWARENESS:

This Awareness indicates in terms of priority: love, curiosity, sensitivity, self-image, sharing, self-expression. This Awareness indicates that in placing those priorities in order, other activities shall be seen in reflection to these. This Awareness suggests that following these, yet inter-connecting with all of these, is that primary function known as communication, which is the life force of all education, wherein none of the other activities can function without the blood of the communication flowing between. This Awareness indicates that clear communication is the essence of education.

QUESTION:

How can this best be carried out?

COSMIC AWARENESS:

This Awareness indicates that each of these areas be looked at, discussed, and given priority, that whereby this may be presented upon a diagram with love as the foundation, and each of the others being built on top of the one below. This Awareness suggests this be placed in a prominent position where every teacher and student can see this diagram at all times. This Awareness suggests that this be surrounded by the word 'communication'.

"GLOBAL 2000"--MASS MURDER PLANNED FOR MILLIONS OF ENTITIES

QUESTION:

The *Solidarity* newspaper has been running a series of articles on what they call a new conspiracy they've uncovered called 'Global 2000', which Henry Kissinger masterminded and is now trying to sell the Reagan Administration under the name of National Security. I'd like to read this editorial which came out in a recent edition and ask Awareness if this is really true what's happening and any other comments *It* might have.

"New Solidarity" is uncovering the details of an international conspiracy to lower the world population by 3 billion people. The Global 2000 report, put together under the Carter Administration and adopted by Alexander Haig's State Department, put forward a plan for genocide 100 times the magnitude of Adolph Hitler's butchery. The command structure for this operation traces to the National Security Council ad hoc group on population policy. In April 1980 this group released a report targeting El Salvador for its high population density as the worst case in Latin America.

We have demonstrated the fact that both the right and left in the warfare in El Salvador are being run by the Socialist International and the Black Oligarchy for the purpose of creating a "Dark Ages" slaughter of the entire population. Now, even State Dept. bureaucrats are openly admitting their intentions. The head of the Latin American desk of the State Dept.'s office of population affairs, explained the grisly plan for the war-torn Central American nation to a reporter: "The quickest way to reduce population is through famine, like in Africa, or disease, like the black death."

"Every hot spot in the Third World is a result of failed population policy. El Salvador is an example of where our failure to lower population becomes a national security question. The government of Salvador failed to use our programs to lower their population, now they get civil war because of it. There is a single theme behind all our work, we must reduce population levels. Either the governments will do it our way through nice clean methods, or they will get the kind of mess they have now in Salvador.

For these planners, war is one of the obvious methods to rapidly reduce population. "We thought that the Vietnam war would quickly lower population rates and we were wrong. If you want to reduce population quickly you have to put all of the males into the fighting, and you have to kill a significant number of the fertile age females. In Salvador you are not killing enough males or fertile age females to do the job on the population.

But food shortages leading to mass starvation will soon begin to do the job," he reported. The Office of Population Affairs, part of the U.S. State Dept., is running a genocide machine. Such operations, and the Malthusian Zero Growth theories that rationalize mass murder must be destroyed" [And that was the end of the editorial].

Does Awareness have any comments or can *It* verify that this conspiracy is actually working?

COSMIC AWARENESS:

This Awareness indicates that this concept and such promotions as that which which have been in effect since the mid '60's. This Awareness indicates that the action as growing in momentum and in receiving the acceptance from promotion to those in higher authority in various countries, particularly in the Western world. This Awareness indicates that this was earlier reported in reference to information released from the Club of Rome, this also in reference to various books which have been placed on the market in regards to population explosion. This Awareness indicates that this as a major factor being considered in all political / international intrigue theories, and serves as a kind of moral justification for war and other population-decimation systems. This Awareness indicates that this appears to be such as will continue to be a major factor in policy making during the coming years, until an international change in attitudes and total revision of systems can be brought about by one method or another.

IS THE MALTHUSIAN DOCTRINE QUESTION: VALID ?

Is the Malthusian doctrine actually valid? That the populations will ever and always reach a certain point and go no further, but will be wiped out by war or decimated by disease, as Malthus has maintained?

COSMIC AWARENESS:

This Awareness indicates this appears to be a tendency, in that in any action such as increased organisms, these organisms can only progress so far until the stress factor of daily living begins to take such a toll as to weaken the strain. This Awareness indicates that when this occurs, the fertility factor and the desire to reproduce becomes less enhanced and the conflict from such tensions becomes more enhanced, leading to increased violations. The increased consumption needs leads to greater lack and starvation. This Awareness indicates that in this respect, the doctrine is accurate. The area in question is related to how far the natural line of growth increase would move before declining in terms of the population increase.

This Awareness indicates that there are other ways of decreasing the population, such as are being used in food additives, as has been mentioned previously, and through birth control programs and educational systems. This Awareness indicates that this as effective in those cultures which accept and use these systems, but as not solving the general world condition, because the percentage of response to these programs is of such limited nature as to be almost unnoticed in terms of the line on a graph registering population growth.

This Awareness indicates that the actions in regards to dealing with these conditions as that which requires mass education of entities. This Awareness indicates that much of the military appropriations could be curtailed somewhat to allow greater appropriation for educational needs to be disseminated throughout the world. This Awareness indicates that to solve problems with the simplistic approach of the mass-murderer is that which is most appealing to many in power, rather than enhancing educational opportunities throughout the world. This Awareness indicates that many entities in power do not relish the thought of the masses becoming any more educated than is necessary for them to function as servants or robot beings.

This Awareness indicates that when a nation begins curtailing its education and healing systems for military operations and development, it reflects a change in values from humanitarian to utilitarian approaches. This Awareness indicates that the 'temple of necessity' has always had its share of sacrificial victims, and appears to be ever and always that which those in power tend to worship and pay homage in their highest level of authority. This Awareness indicates that the appropriateness of the actions are not considered with the same kind of discernment as the necessities of the actions.

This Awareness suggests that there are ways and there are means which can bring about results, and these can be more humane than other ways and other means. This Awareness indicates that this needs greater attention from the press, from the masses so that these means, these methods of education can replace the means and methods of war.

This Awareness indicates that starvation also appears to be that which serves as a natural control. This Awareness indicates that the present population is that which could be sustained and doubled without depleting the earth of its capacity to sustain life for the masses, IF the energies on this planet were properly organized and used not for destructive purposes, but for purposes of service to the masses,--the service including education to the Third World and primitive societies, as well as the more wealthy societies.

This Awareness indicates that there are, to some degree, attempts to do this, in part through television, even in other nations, educating the masses in terms of birth control techniques. This Awareness indicates that there needs also to be education in other areas, so that entities can become more productive with greater understanding and development of individual skills and talents, so that more entities can share from the productive energies of each other, rather than becoming parasitical attachments to a social system.

HOW DO THEY INTEND TO RID THE U.S. OF 20 MILLION EXCESS ENTITIES?

QUESTION:

I read somewhere that there was supposed to be 10 or 20 million too many people in the United States even. I wondered how they intend to get rid of them?

COSMIC AWARENESS:

This Awareness indicates that there are a variety of plans and approaches which can be brought into play. This Awareness indicates that the information previously given in regards to National Emergency Powers put into

effect, allowing the rounding-up of certain types of citizens who could be potential troublemakers to a dictatorial society,—this Awareness indicates that this as one system. That these actions, drastic in nature, can only come about when the climate is right in terms of the mass-consciousness being prepared and willing to watch fellow citizens suffer indignities of this type under the name of some righteous cause. This Awareness indicates for this reason, entities should be watchful of any mass movements which polarize the population of any country or culture in such a manner as to set one segment of the culture against another segment, for these can then become the forces which trigger such civil war, or national emergencies to deal with and eliminate certain groups or types of citizens.



ARE THE FOUR HORSEMEN OF THE APOCALYPSE GOING TO DESCEND UPON THE UNITED STATES?

QUESTION:

There was an article that appeared in a Soviet newspaper that might be related to this. It says, "A Soviet newspaper yesterday accused the United States of stockpiling chemical warfare agents. In particular, the Pentagon devotes paramount attention to substances which can paralyze the human mind; the LSD hallucinogens. Such drugs, though not lethal, can cause disease such as epilepsy." it said. The purported chemical stockpile also includes toxic gases and preparations causing small pox, poliomyelitis, fever, tuberculosis, typhus and cholera, microorganisms capable of destroying vegetation and food reserves, the newspaper said.

If this is true, is it possible they might even unleash some of those diseases on the people of this country, if worse came to worse?

COSMIC AWARENESS:

This Awareness indicates that you need not be surprised if famine, pestilence, warfare and plague: all of the Four Horseman of the Apocalypse and the other predictions in the *Book of Revelation* become manifested in one manner or another, in one degree or another, during your lifetime, and particularly during the present decade. This Awareness indicates that there are however, other alternative approaches which can affect and influence these energies, even to the degree of neutralizing many of the predictions and prophecies which have haunted mankind for centuries.

This Awareness indicates however, individuals in all cultures, in all societies, still experience the pain of hunger, the sting of the scorpion, the desolation of death, and the hauntingness of separation from loved ones. This Awareness

ness indicates that as individuals, each entity experiences that which has been prophesied in the *Book of Revelation*; and as each entity experiences the movement through these conditions toward the return of the Christ Consciousness, each entity adds to that of the social condition, making ready for the changes which can avoid the prophecy, or can neutralize its extent and effects.

DOES COFFEE CAUSE CANCER OF THE PANCREAS?

(SOME ALTERNATIVES TO DRINKING COFFEE)

QUESTION:

There was a story released in today's paper which I'd better ask Awareness about because it is sure to bring a deluge of questions:

"A new report out of Harvard University Medical School now reveals that drinking coffee is a major cause of cancer of the pancreas. In recent decades, cancer of the pancreas has emerged as one of the most important human cancers, accounting now for about 20,000 deaths in the nation annually. Only cancers of the lung, colon and breast cause more cancer deaths among Americans. Among patients who have pancreatic cancer, only 1% survived for 3 years. Statistically, the data showed that a person who drank 2 cups of coffee a day had twice as great a risk of pancreatic cancer as a person who did not drink coffee. For a person who drank more than 5 cups, the risk was more than three times that of the non-user."

Awareness has given considerable information on coffee and the evils of it, but is this report on it causing cancer of the pancreas accurate?

COSMIC AWARENESS:

This Awareness indicates that this appears to be accurate with some reservations regarding the statistics and the quality of coffee being used, the additives involved, and other mitigating circumstances which also contribute to this disease. This Awareness indicates that basically, this information is correct. This Awareness indicates it appears, however, that there are other factors which have some bearing on this conclusion. This Awareness indicates the coffee additives also are contributions to this. This Awareness indicates that the use of sugars and the artificial creams also contribute in some degree to general conditions which assist in weakening the system, so that this cancerous condition is more probable.

This Awareness indicates that essentially, the information may be considered correct in terms of present usage of coffee. This Awareness indicates however, that under other circumstances, wherein the coffee beans are without additives and are of a natural, pure origin, of good quality, uncontaminated by sprays or other chemicals during growing and processing,—the statistics would be lower in regards to this information. This Awareness indicates however, essentially, under present circumstances, this information is relatively accurate for the sample size which was reviewed.

This Awareness indicates that there are other alternative drinks which entities may find equally enjoyable once they manage to create proper circumstances and habits for switching to such drinks. This Awareness suggests the use of teas, particularly herbal teas, as that which can serve as substitutes

This Awareness suggests also, certain other more commercial substitutes such as Postum. This Awareness suggests, however, that entities drink a cup of coffee, not so much for the taste or stimulation, but out of habit, and out of a need for liquid in the body. This Awareness indicates that often an entity is simply thirsty, but from habitual coffee drinking, will drink a cup of coffee instead.

This Awareness indicates however, that some entities can drink coffee without any apparent or with negligible harm. This Awareness indicates that for others, it affects nerves and organs of the body in such a manner as to be more hazardous to the general health. This Awareness indicates that the concern for the cancerous potential is not the only concern with regard to the use of coffee and other harsh stimulants, for these also are harmful to some extent in some entities to the liver and kidneys.

HOW ABOUT COMMERCIAL TEAS ?

QUESTION:

The report stated they could not find a relationship to cancer with the ordinary teas on the market, like the orange peko and peko. Would Awareness confirm this?

COSMIC AWARENESS:

This Awareness indicates this appears to be accurate; that the teas however, do have other effects, not so detrimental to the system, but in some instances can be detrimental if used excessively. This Awareness indicates this relates to the acids,--tannic acid and others,--and their effects on the liver, spleen, and kidneys. This Awareness indicates however, that tea as being much more mild in its general use than the use of coffee.

D CELL AND S CELL WATERS WILL HELP COUNTERACT THE EFFECTS OF COFFEE

QUESTION:

For those entities, (and evidently there's a lot of them), who believe they can't really get the day started without 3 or 4 cups of coffee; if these same entities are taking daily the vitamins and minerals and drinking D Cell water, would the addition of these substances (which Awareness has recommended over the years) build up enough resistance that the drinking of the coffee would not be as serious a threat as it would be had they not been taking these other substances?

COSMIC AWARENESS:

This Awareness indicates that the use of D and S Cell water,--particularly D Cell water, and occasionally S Cell water,--can assist somewhat in countering any ill effects from the drinking of coffee. This Awareness indicates also, that the psychological use of coffee as a kind of medicinal energy boost or stimulant affecting the adrenalin in the system,--this can become a kind of crutch. This Awareness indicates however, that it does not actually contribute any health, vitamins or minerals of any value to the system.

This Awareness indicates that it appears that wherein an entity uses other health-building foods: vitamins, minerals and so forth, that the energies from these natural foods will become greater as the use of coffees and stimulants such as red meats, stimulants such as alcohol and coffee and highly caffeinated teas and chocolate and colas, as these are reduced or eliminated. This Awareness indicates that stimulants tend to require more stimulants for energy because the stimulants tend to leech out the vitamins of the body, or inhibit their absorption to some degrees. This Awareness indicates that wherein entities move more toward the natural diet, the stimulants become less

and less needed and the natural diet becomes more capable of supplying greater energies.

This Awareness suggests also, that entities who use the substance GH3 or its equivalent daily, and entities using Aloe Vera juice, either of these or both, and entities using the D and S Cell,--particularly the use of the D Cell,--and having somewhat of a natural diet such as the use of fresh fruits and vegetables and high fiber diets, will also find that they will lose the interest in coffee and such stimulants so that these no longer have quite the psychological appeal and entities may find that they can more easily lay these aside.

This Awareness indicates that this use of these more natural dietary foods and additives, such as the Aloe Vera juice and the GH3, these are best brought into one's life-style, not in a sudden change, (unless necessary), but gradually, in the manner of switching for example from the use of white bread, to that of a high fiber whole grain bread, switching from the use of cheap cereals to that of some high fiber or whole grain cereal, switching from the use of sugar-filled drinks with artificial flavoring to that of the real juices from fruit, switching from cheap processed food to those which are fresh and wholesome, switching to fresh vegetables and fresh fruits.

This Awareness indicates that rather than attempting to throw out your old diet, it is best to begin with one item at a time, bringing in a new, wholesome food to eat, and you will find that you have no appetite for those unwholesome foods, for these additives to your diet of a wholesome nature do not leave room for the old unhealthy foods. This Awareness indicates that natural sweets from the fruits can soon become more suitable and appealing to you than the candies and desserts which once were so important to your diet.

This Awareness indicates that likewise, in switching from harsh drinks such as coffee and heavily caffeinated teas, rather than attempting to stop using these substances, this Awareness suggests you begin using other substances, being very sure that you drink at least one or two cups of herbal tea daily, or ginseng tea, or some drink which is wholesome for your health. This Awareness suggests chamomile tea as very healthy, particularly before bedtime, as this can help you to relax and sleep well.

This Awareness indicates there are many teas of combined herbs for morning to assist entities in waking up and becoming more active. There are also combined teas to assist entities to relax. This Awareness suggests that rather than simply attempting to cease drinking coffee, that you decide to add these teas to your menu and to your daily routine. This Awareness indicates in so doing, you will not deprive yourself of the right to have coffee, but you may find that after having your herbal tea, you are not interested in that cup of coffee. This Awareness indicates that when this occurs over a period of time, you may find that the coffee habit is no longer with you, but you must have your early morning herbal tea.

Herbal teas are available at most healthfood stores. Also from the Goodship, P.O. Box 40083, Portland, Oregon 97240. Write for their free herbal catalog. D and S Cells are also available from the Goodship as well as C.A.C. Pure Antigua coffee beans, grown without chemicals, can be obtained by writing to: Ronald Ross, 320 Artist Rd., Santa Fe, N.M. 87501.

For more on coffee, please refer to 'Revelations of Awareness' No. 81-6 (How to heal the body); \$3.00 from C.A.C.

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