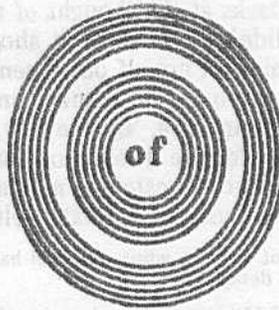


# Revelations



# Awareness

81-25

The New-Age Cosmic Newsletter

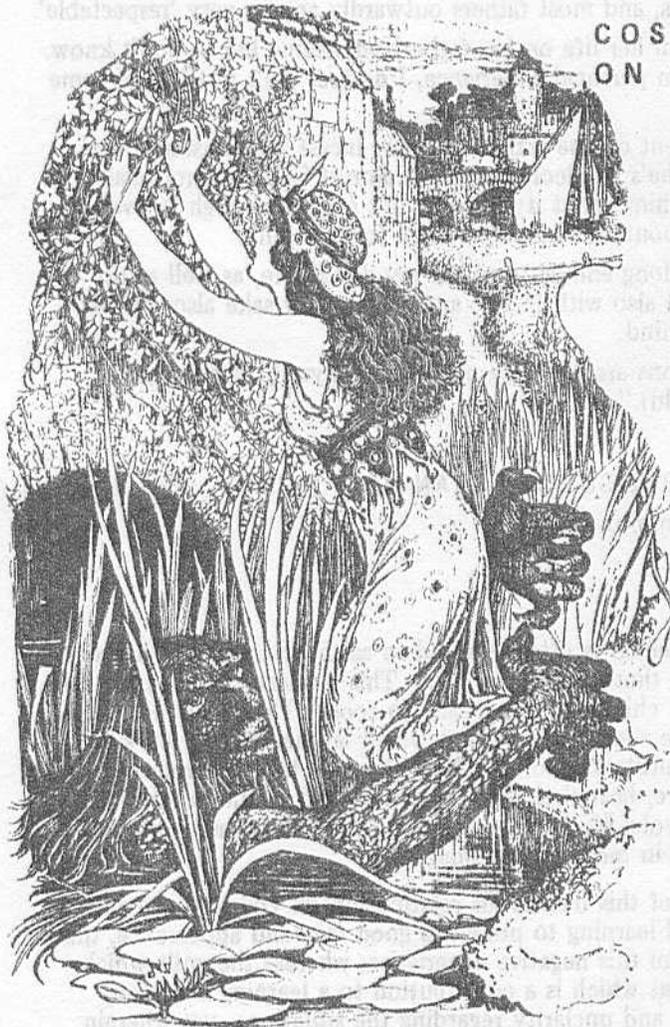
\$4.00

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.



COSMIC AWARENESS SPEAKS  
ON THE "UNSPEAKABLE" CRIME:

## INCEST...

HOW TO REMOVE  
THE EMOTIONAL SCARS

HOW TO RELEASE  
THE KARMIC BIND

HOW TO DEAL  
WITH GUILTY FEELINGS

( A SPECIAL C.A.C. IN-DEPTH REPORT )

Paul Shockley  
Interpreter

### QUESTION:

Awareness has touched upon this subject in other readings, (the subject of child abuse); but we have a question from a female member in the Midwest that might bring forth more information, particularly the psychological aspect. She writes:

"I just wrote the other day, and I forgot to ask a question that caused me a heavy load of weeds and blockages in my garden. I am good at blocking this one out, and it's probably why I'm just now asking.

From age 6 to 12 my father molested me, or masturbated me. He never penetrated me, but I vaguely remember seeing and feeling his penis. He told me *never* to tell my mom, and I have to admit he was very gentle and the physical feelings were pleasurable. Psychologically however, I caused myself to feel I was a terrible person at the core, that it was my fault, and because of society's disgust and taboo with incest, I compensated by trying to have an extremely nice and pleasing exterior. I made straight A's (except for two B's in Geometry) in High School, and was voted "Nicest person" my senior year. All the while I had a terrible self-image.

As time went on I began having panic attacks at the thought of anyone coming to see me. I felt they'd catch me doing something terrible, and I didn't know what. It about drove me crazy. After my son was born in 1979, I began to feel an urgency to straighten myself out. I sent for a Tarot reading in March 1980, and told Sam Millar of my panic attacks,--that was question number one; and as I was running out of things to ask, about question number 14, I said something like, 'By the way, my father molested me, but I didn't feel I'd be very affected by it.' Well, the whole tape dwelled on that question, and Sam told me that my panic attacks originated from my fear of somebody catching me having sex with my father. Gulp! It was hard to swallow, but Sam helped me tremendously with what I felt was quite an insight.

ED's Note: Sam Millar is the official C.A.C. Tarot Reader, whose channel has been verified by Awareness. Any member interested in this service, please write C.A.C. for details.

It's still hard for me to know in my mind if incest is such a terrible crime (still trying to understand it in terms of my dad) in a cosmic sense, or if it is only society that makes it so terrible, as I understand that in some societies it's just fine. Has Awareness commented on incest? I don't remember any comments since I've been a member.

Yesterday on Phil Donahue's show, Catherine Brady and her mom and dad were talking. She wrote a book, *Father's Day*, which I still want to read, in which she goes into detail about her father and herself in an incestuous relationship. She felt it devastated her, and she's now a lesbian. Evidently incest does occur in pretty large numbers in the U.S., mostly fathers and daughters, and most fathers outwardly appear very 'respectable'.

My husband feels she's blaming every single problem in her life on her father's molesting her...I don't know. Maybe she's blaming more than she should; though from personal experience, I do feel she's justified in some of her feelings.

I'd be absolutely fascinated to have Awareness comment on the father/daughter incest relationship. I feel my father suffers a huge blockage himself over this, as he's an alcoholic and at almost 54 he's emotionally very immature. I see him quite often, but can't talk to him about it; he's just not mature enough to even discuss it, though I hope one day we can talk openly about it. I haven't totally forgiven him.

There's so much more I can say, but I've made this long enough; and for my dad's sake, as well as my own, and I'm certain some members are well-acquainted also with incest, and so for their sake also, I'd like to get clearer about this whole tangled-up mess in my mind.

P.S. I will be 29 this month. Guess I feel these questions are birthday presents to myself, to help clear out my weeds and rocks. Sincerely yours, (name withheld)."

## INCEST AND CHILD MOLESTATION MORE COMMON THAN MOST THINK

( Homosexuality is the common result )

### COSMIC AWARENESS:

This Awareness indicates you are experiencing that which is often referred to as the 'Saturn return cycle', wherein Saturn has returned in your horoscope chart to that place of its birth. This Awareness indicates this often is referred to by astrologers as the time when 'the chickens come home to roost'. This Awareness indicates this as a time of karmic evaluation, whereby those actions of the past which lay heavily on one's consciousness and one's conscience, are brought up for the entity to look at. Also, this as a time wherein those actions of the past which have been responsible in nature, bear their fruit, and the good or the negative is harvested. This Awareness indicates that this period of your life is that which will be looked back on for many years to come as a very important transition time in terms of self-image.

This Awareness indicates that in terms of the effect of this incestuous relationship on yourself, the action of overcompensating by working hard in your studies and learning to present a good face and appearance, this may be considered as a plus or as a victory resulting from this negative experience; whereas the guilt which has been experienced from this may be considered as that which is a contribution to a learning situation, whereby you and your father each feel a remorse, guilt, and unclarity regarding the situation;--yet wherein there is also a karmic establishment between the two of you. This Awareness indicates that this is a situation which is difficult to break on the psychological level.

This Awareness indicates that it leave a scar on your self-image as well as on his self-image which is not easily removed, and may not be ever removed in this lifetime, and which in future lifetimes may diminish and fade, unnoticed. This Awareness indicates that much of this depends on the significance which each of you places upon this action. This Awareness indicates that in terms of the Cosmic, or Universal Morality, that this action is not to be considered as a sin against God, but rather that this is a sin against each other. This Awareness reminds you of the story of Lot and his two daughters, whom he gave children to. This Awareness indicates this after his wife had turned into a pillar of salt. This Awareness indicates that Lot as having been considered a fine patriarch of biblical and Hebrew heroics.

This Awareness indicates that in these earlier stories of the Old Testament in particular, it is not unusual to read of incestuous relationships between those entities who are considered as fine patriarchs of the Bible. This Awareness indicates that in more recent times, it might be noteworthy to realize that up until approximately 100 years ago, Scotland was noted for its acceptance of incestuous relationships; and over many centuries, because of incestuous relationships, the level of deformed and mentally deficient people had become so

great that it was estimated that approximately 50% of the Scottish people were born of incestuous relationships, either directly or in the lineage from their parents.

This Awareness indicates that you will also recognize that in the tradition of royalty, particularly in past cultures, incestuous relationships of cousins marrying cousins, or families having affairs with fellow members, or families having a kind of inbred society of heirs,--this was not considered uncommon or unacceptable. This Awareness indicates that the greatest change in the morality developed from the recognition that over a period of time these family bloodlines became weakened and more susceptible to genetic defects and diseases. This Awareness indicates that the gradual change then, in morality became that which was rather a social awareness, as opposed to a religious dogma.

This Awareness indicates that in terms of present-day psychological and sociological effects of incest, it is recognized by those entities involved in the field of sociology, that this problem is much greater than is believed, and that there are high percentages of this problem, particularly in the lower-class levels, and those wherein the parent is a step-father or a lover to the mother, having no particular relationship of a legal nature to the child. This Awareness indicates that much of this is met with on a case-by-case basis among social workers and psychologists, and it definitely does have detrimental effects upon both parties,--particularly the child.

This Awareness indicates that child molestation, or the threat or implication of desire to molestation, or the threat or implication of desire to molest one's child by a parent, step-parent, or parent figure is one of the major causes of homosexuality, particularly among women. This Awareness indicates that this appears to be related also to the attitudes of a mother toward her son; wherein the son feels a sexual attraction to the mother, but feels such guilt about the attraction that the entity is repelled by his own lust, or feelings which he considers as lust. This Awareness indicates that this can create great problems for the entity, including that of homosexuality.





## RELEASING THE PSYCHOLOGICAL SCARS---

### A PSYCHIC CONFRONTATION WITH FATHER

( "Doing an Awareness " )



This Awareness indicates that in your particular case, you have faced this experience with a degree of awareness, so that much of the stigma can be recognized and released in part. This Awareness suggests that the first thing which you must do to help release the psychological scars, is to forgive your father, while at the same time expressing your hostility that this action occurred. This Awareness suggests that you place two chairs facing each other; visualize your father sitting in one chair, facing you, and speak to your father about this incident as though you were actually talking to him. This Awareness suggests that you convey your feelings as much as you wish, as much as you can. This Awareness suggests that after this has been expressed, that you stand up, then move over and sit in the other chair and feel the effects of your words as though you were your father, and feel the feelings of this entity, and answer yourself in the other chair, imagining yourself as your father speaking to you about this incident.

This Awareness suggests that this communication be complete on both sides; and if at the end of this communication you still feel a need to say more to your father, that you again change positions, sit in your chair as yourself, and speak to this entity, this image of your father sitting in the other chair. This Awareness indicates in doing this action with sensitivity, you will find that you are actually tuning in to his consciousness, resolving much of the karma which occurred as a result of the incident, and resolving much of your own anxieties and frustrations regarding this incident.

This Awareness suggests that after this has been completed and the charge has been released, you may wish to set your mother down in that chair, (this as the imaginary image of your mother), the communication then being between yourself and this image of your mother in regard to the affair and what occurred and how you felt.

This Awareness suggests that you then change places with this image of your mother, and speak to yourself as your daughter, describing your feelings as a mother in this situation. This Awareness indicates that if you wish to carry this even further, you may play the role of both father and mother sitting in chairs, communicating with one another about this incident which has been brought to attention by the daughter. This Awareness indicates in this manner, the charge of energy can be released and the scars may be reconciled greatly. This Awareness indicates that there is in this technique no necessity to actually speak to your mother or father about this incident; but in fact, the psychological energies which will be released by using this technique will be felt in reality by both your mother and father; so that these energies which result from this experience may be diminished without these entities ever actually consciously knowing that you have confronted them on the psychic level, and dealt with this situation in a psychic confrontation.

This Awareness indicates that this technique as described as that which is referred to as "doing an awareness" on this or that entity, whereby you transpersonify yourself, moving from self to self, experiencing each other's being through your imagination in a kind of artificial ritual or environment. This Awareness indicates that this technique as highly effective, closely linked to the transpersonative techniques given in the early teachings of the *Organization of Awareness*, and *Servants of Awareness*. This Awareness indicates this also as used commonly by other groups and that it has proven effective in helping to discharge energies such as those which you experience.

This Awareness suggests that this also discharges the karmic bonds between entities who have had this and other experiences wherein emotional charge has been established. This Awareness suggests that this technique may be used for other incidents besides that associated with sex or physical abuse, such as incidents of childhood or situations or mental and emotional memories, whereby reenactment and observation from different points of view allow these situations to be relived with new perspective from an adult or more mature level.

## CONFUSED VALUES CAUSE MUCH CHILD ABUSE

(Threat of annihilation created the new morality )

This Awareness suggests that the problem of child abuse is that which increases as general morality conditions deteriorate, and the morality conditions deteriorate as entities become more and more confused about values, and values become more and more confusing when those things which have been held as precious are ignored and other things are emphasized, so that such concepts as freedom and human dignity become overshadowed by concepts such as technology and power. This Awareness indicates that it becomes easy for a generation to wonder what, in fact, is of value. This Awareness reminds entities that the generation of the 40's and 50's were capable of thinking in terms of success and goal orientation, whereby they would pick a goal and strive to achieve, and would feel that with hard work they could stand a relatively good chance of such achievement.

This Awareness indicates that the present generation of the 60's and 70's, are children who have grown up, entered into this world, entered into a world alien to their consciousness, a world which from the very beginning of their life was threatening to be blown up, to erupt in nuclear war, to die from pollution and mismanagement, a world whose society was not too unlike that of Sodom and Gomorrah; whereby these children born into these energies with the tinsel of Hollywood, Madison Avenue, and the rattling of sabers, and the rockets' red glare, and bombs bursting in air, the nuclear tests, the nuclear weapons,---all of the fantastic parade of accomplishment in the field of potential destruction is that which these entities stepped into as a generation.

This Awareness asks those of the earlier generations to imagine yourself stepping into a planet of such nature: one which is on the brink of self-destruction, which glories in its capacity to destroy itself, and ask yourself what kind of values would you develop in such a world?

This Awareness indicates that these young people are responding according to that which is appropriate in regard to that which they know, experience, and have to draw on for their decisions. This Awareness indicates that likewise, a look at the old values of the past, wherein entities in the 30's or before,---the turn of the century up to approximately 1960,---these values of propriety, Victorian-like morality, which in part was seduced and violated by two world wars raping the purity and righteousness and propriety of the moral teachings, so that entities involved in these wars threw off their morality and indulged in that which was forbidden fruit, along with the awesome responsibilities and daily horror of war, whereby they grabbed some gratification, then rushed off into battle, whereby their sense of values became warped; the old values being substituted by images of the masculine soldier symbolism of rape, pillage and plunder, all in the name of God and country, and to protect the innocent virgins at home.

This Awareness indicates that this was the beginning of the breakdown in morality; and that these entities growing up with certain standards, readopted many of these standards once they returned home and things settled back into a normal state of peace.

This Awareness indicates that when the threat of nuclear war and brinkmanship became a policy, again entities looked for some gratification that could be held onto, before all 'goes down the tube'. This Awareness indicates that most entities, upon threat of annihilation, tend to feel that they have not fully lived; and therefore, they wish to live life in the fullest before they die. This Awareness indicates this as the "eat, drink, and be merry" syndrome.

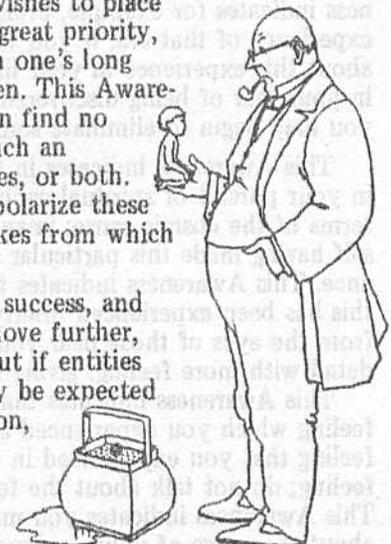
This Awareness indicates that the entire society in the 60's began to experience this "eat, drink and be merry" syndrome, and the morality began to change so that entities believed that "it is right to love and enjoy the senses, and it is wrong to make war and destroy". This Awareness indicates that the old ways of thinking in terms of preserving and of promoting some particular system remained as the province of power, politics and the military, while the new wave of gratuitous and pleasurable pursuit became a new standard of morality.

This Awareness indicates imagine yourself having spent most of your life following Victorian morals, suddenly seeing all of these young people experiencing more in one month, in terms of licentious action, than you have experienced in your entire lifetime. This Awareness indicates obviously, there is a great difference in the state of consciousness experienced between these extremes of people; the generations in their extreme states of consciousness are quite incompatible to one another. This Awareness indicates that this is but one small transition which may be observed in the state of human affairs upon this planet; and the scheme of things relating to the universe, this entire century upon the earth, and all of the feelings, and all of the judgments of all of the people in regard to this,--in relation to the scheme of things in the universe, are as important as a cosmic sneeze.

This Awareness indicates that all is relative: and the significance that one wishes to place upon an event of the past, such as an incestuous relationship, may be given a great priority, or may be looked at as a cosmic sneeze, or may be seen simply as a twitch in one's long body, or soul-growth,--a prick to one's soul, which may be healed and forgotten. This Awareness indicates however, if one seeks to create some significance for self and can find no other area to satisfy the self as being of significance, then one can focus on such an experience and make it a major starting point for all future failures or successes, or both. This Awareness suggests however, that entities diminish and neutralize and depolarize these memories and experiences from the past by simply chalking these up as mistakes from which you learned, and from which you must move on.

This Awareness indicates that failure is always encountered on the road to success, and that when encountering failure, if entities faint and become incompetent to move further, then the entities shall never make their journey and shall never find success; but if entities recognize that mistakes and failures are expected, just as rocks and stones may be expected on this path of life, and that you may overcome, pick yourself up and move on, then, this is the mark of an entity destined to succeed.

This Awareness indicates there is always room for an entity who encounters a stone of failure, who stumbles and falls,---there is always room for lamentation, for crying, and for expressing the agonies of the fall. There is no requirement that all entities must keep a "stiff upper lip" and not express their feelings regarding these difficulties. This Awareness suggests however, that wherein an entity continues to lament the weakness or failure, and stops on the



wayside and sets up a business of lamentation, so that entities passing by will stop and throw coins into one's cup, and the entity no longer attempts to move further, but wails about the plight of his failure,--then that entity is destined to remain a failure until such motivation as strikes the entity to pick up his cup and move on up the road toward success.

FROM THE COSMIC PERSPECTIVE, MANY GUILT-CAUSING INCIDENTS  
REGISTER ONLY AS A "COSMIC SNEEZE"

This Awareness indicates that in your particular case, it appears that you have readily adjusted and balanced out much of the energy so that this incident has not been made overly significant to the point where it has stifled your capacity to grow and develop. This Awareness indicates there does appear to be some injury to you, which may be healed by the "awareness technique" of transpersonative experience. This Awareness indicates it appears that to some degree, (though not to the degree which you believe), your father also was affected and scarred by this action. This Awareness indicates however, there is more than this action which has led your father into the poor self-image. This Awareness indicates that there are other contributing factors reaching back to this entity's childhood.

This Awareness indicates that for many others who are not as fortunate as you, these types of experiences have become major blocks to their soul growth, to their social development, to their personal expression, and to their ability to integrate themselves in any meaningful relationship. This Awareness indicates that this as part of the pathology of being born in the world during a time of crisis, transition and change. This Awareness indicates that though this may be seen as merely a cosmic sneeze from one frame of reference,--from another frame of reference, each individual within this moment of a century or more, is a universe in itself,--suffering, experiencing, writhing in agony, in pleasure, in pain, in joy; experiencing an endless myriad of emotions, experiences, crises upon crises, doldrums, boredom, and desire to escape or be included, fears, repercussions, guilt, anxiety,--all of these experienced within each individual in the myriads of faces, in that society among societies, in that generation among generations, in that century among centuries, on that planet among planets which may be viewed simply as a cosmic sneeze.

This Awareness suggests that the degree of significance, the action of wallowing in guilt, is that which is always a choice, and is available as a trip for the mind to enjoy, or may be renounced when the mind is ready to bring itself out of the muck and mire of guilt and to move on toward something more productive and meaningful. This Awareness suggests that the key to a healthy spiritual pursuit is to view negative experiences from first recalling clearly what occurred, then moving out to higher points of view so that these may be put into perspective from a cosmic sense. For example asking yourself, "What effect did my father and I having experienced a sexual relationship have upon the planet earth? What effect did this have upon the universe in general?"

This Awareness indicates that you may, in such manner, discharge some of the guilt from this action; you may also look at this action in relation to any effects it had on any other individual, such as your mother, and ask yourself, "to what degree or what percent of her life did this action actually create a detriment? How harmed was she?" And in this manner, you may accurately evaluate the damage done. This Awareness indicates that often, guilt magnifies the problem, so that as this guilt is carried through life, it establishes a greater and greater barrier between yourself and others, creating further problems and creating even further reasons for greater guilt.

This Awareness indicates that in dealing with negatives,--negative experiences such as this which create guilt,--by looking at this from a more and more broad perspective, moving out from self into the overview, you can properly put guilt in its place, so that it is defused, according to the proper viewpoint. This Awareness indicates for example, even though in your own world, this action may have been the most poignant experience of that era, if you were to have widespread publicity in all of the newspapers and television screens about this experience in your life, no one would actually care one way or the other, nearly as much as you, in your fear of being discovered. This Awareness suggests therefore, that by placing this in proper perspective, you may begin to eliminate some of the emotional energies.

This Awareness indicates in terms of those actions which are successes or which give satisfaction to you in your pursuit of spiritual evolvment, this Awareness suggests that you look at these from a distance, in terms of the cosmic sense; imagine yourself "out there somewhere" looking down on planet earth, seeing yourself having made this particular successful triumph, and enjoy the glory of that triumph from that great distance. This Awareness indicates this helps to put your ego in perspective. This Awareness suggests that after this has been experienced briefly, that you then move on into closer perspective, looking at your triumph from the eyes of those near you who were affected or shared in your joy, and visualize this again in greater detail with more feeling, giving it greater significance than that of the distant view.

This Awareness indicates that after this has been experienced sufficiently, that you then enter into the feeling which you experienced at the moment of triumph. This Awareness suggests that you enter into that feeling that you experienced in the moment of triumph, the moment of your success, and hold onto that feeling; do not talk about the feeling to others, do not talk about the success, do not talk about the event. This Awareness indicates you may share the feeling in your exuberance and activities, but when you talk about the cause of your exuberance, the reason you feel so good about yourself, you will find that it is ego-seeking, and is a drain to that energy, and creates a desire for reflection from others, who, most of the time, will not return that which is expended by you in your efforts for recognition. This Awareness indicates that

the greatest recognition from your successes is in the attitude of exuberance and joy which you feel and which you can hold onto if you do not indulge yourself in vanities of talking about your accomplishments.

This Awareness indicates that this as the approach for the positive actions of your life, which may be seen in reflection of that which was discussed previously in terms of the negative experience of one's life, wherein one has great levels of guilt. This Awareness indicates that wherein there is that guilt, it is often important to talk about this, to bring this out, to discuss the experience, either to yourself or to another. This Awareness suggests that this relieves the negative vibrations which accompany and draw that feeling of guilt, which hinders one's expression of exuberance and joy. This Awareness indicates that the positive vibrations of exuberance and joy come from actions which are successful in one's mind, but which have not been 'talked-to-death' in efforts to gain greater attention and joy than was originally experienced.

This Awareness indicates that there is nothing wrong with entities talking about their experiences unless this is for self-glory rather than for sharing something which may be of value to the listener. This Awareness suggests that if this topic hasn't been depleted, that further questions may be asked.

#### HOW THE "AWARENESS TECHNIQUE" WORKS ( HELPS WEED THE GARDEN EVEN AFTER DEATH )

##### QUESTION:

One question in relation to the "awareness technique" given,--not for this specific situation, necessarily, but for other entities,--that this releases the karmic bind, but does this in fact release on a physical or mental level of say the father involved; that he actually loses the guilt?

##### COSMIC AWARENESS:

This Awareness indicates this in the affirmative, that this breaks the magnetic bond created by the guilt which is energized by both parties. This Awareness indicates that this as not an absolute break, but rather a diminishing, which begins an action of defusing the energy. This Awareness indicates that the entity involved may discover that the energies being discharged within her own psyche create such an attitude toward the father that upon a future meeting with this entity, the discussion could be held regarding this, or unspoken friendship could be felt, even though this topic were not brought up, so that each party would recognize that the other was aware, and was sorry, and held no grudges in regard to this experience; that a mistake had occurred, and each recognized the error.

This Awareness indicates that when the energies are discharged in this "awareness technique", it affects the other person, even though that other person may be miles away, and unaware of the actual technique being used, or even when the entity has already passed beyond this plane and no longer resides in a physical body.

#### KARMIC FAMILIES--OFTEN THE LONGING FOR INCEST

##### QUESTION:

One other area on this subject: From the cosmic point of view in cases like this, is it not true that particularly in family relationships like this, that each has played many roles,--each has loved one another, has born the children, has had all of these relationships in prior lives, and that there could be a very strong feeling of love or memory attached to an incident like that which had been experienced in a prior lifetime, and this might be one of the reasons why, in the case of a father, that this occurred. Is this correct?

##### COSMIC AWARENESS:

This Awareness indicates this in the affirmative, that many entities who are brought together in different roles; one time perhaps mother, another time a father or sister or brother....these entities often come together in future lifetimes and have similar feelings which surface as relate to previous experiences and relationships, and many of these feelings are inappropriate in the present lifetime. This Awareness indicates that this can be seen as reasons why certain things occur, whereby one entity is so desperately attracted to another, even though propriety and social morality would say "no", still the emotional cry is there which screams out, "yes".

This Awareness indicates that these forces are strong, and it is because of these forces that certain values of society or philosophies for an individual to build one's character upon, must be sound and meaningful. This Awareness indicates otherwise, the entities simply move without regard for consequences, and are urged by biological and animalistic tendencies without any form of discernment. This Awareness indicates that wherein an entity is discerning, the entity can recognize an attraction, but also recognizes that it is inappropriate to yield to that energy beyond a certain point. This Awareness indicates that wherein one begins to allow one's imagination to go beyond the point of propriety, that is the first step to impropriety, and that is a very long drop to the second step. This Awareness indicates that usually, when one's imagination indulges in an act of impropriety, it becomes much easier to manifest the actual experience.

This Awareness indicates that if one has indulged in such a fantasy and fears that the fantasy may incline the entity toward actual indulgence in a physical sense, then it is appropriate for the entity to take the fantasy to its extreme and see all of the consequences accompanying that fantasy. This Awareness indicates visualize for example, this whole sordid affair being brought out in a court of law, whereby you are the defendant, having to answer to all of the charges against you, as to having committed the acts in your fantasy. This Awareness indicates that this kind of further imaging of consequences tends to defuse the impetus of an unacceptable or inappropriate fantasy.

(Closing Message)

This Awareness indicates that there is seen that which is a great hall, a great temple. Within are those swirls and carvings wherein curves are seen, leading to points and special archetypal areas. This Awareness indicates this likened unto a temple reflecting energies of bat-wings; great swirls of curving energies coming to certain types of points of significance. This Awareness indicates that this is symbolic of the kind of experience which entities upon this plane endure, whereby the points of significance are high and approached through great movement as a peak of accomplishment and significance, or may be seen as a deep valley of despair or guilt or self-abnegation.

This Awareness indicates that all of this,--including that which is the unwanted, along with that which is the wanted,--all of this experience creates a myriad of energies in consciousness which serve as a dynamo for creating the soul of each entity.

\*\*\*\*

(Opening Message, following reading)

## COSMIC AWARENESS:

This Awareness wishes to continue along a general course of discussion relating to that which was being discussed in the previous reading. This Awareness suggests that areas which were not fully covered in the previous reading, to be questioned.

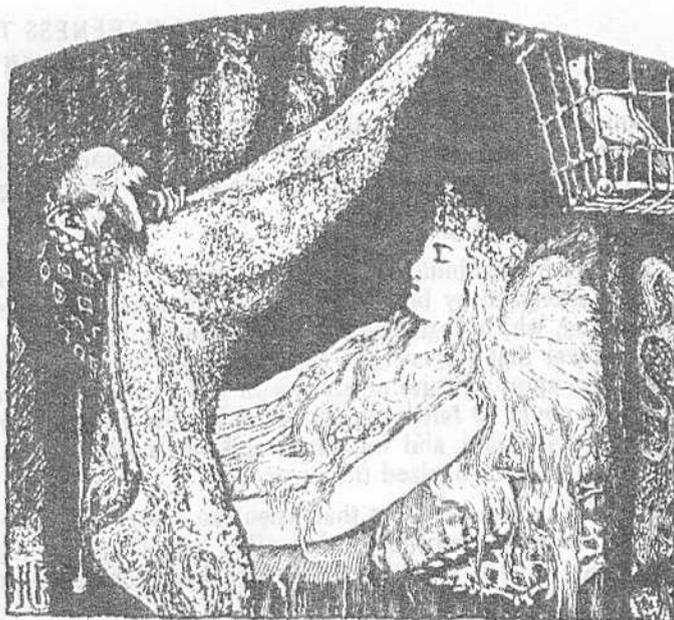
FORBIDDEN FRUIT....

THE MOTIVATION FOR INCEST

(Paying off father)

### QUESTION:

Would Awareness discuss the area from the father's point of view who has an incestuous relationship with a daughter over a period of time, and he believes that this action has ruined his daughter's life, and the entity may not be familiar with information published on the 'Awareness Technique' etc.?



## COSMIC AWARENESS:

This Awareness indicates that before this aspect of the repentance of a father in regard to this type of action is observed, this Awareness wishes to enter into the father prior to such an action.

This Awareness indicates that many fathers have a great affection and fascination for their baby daughter, feeling a protective instinct, hoping to protect the child so that it grows strong and healthy in all ways. This Awareness indicates that the investment of energy into another being is that which some entities cannot give freely without feeling the need to extract in return, payment for their investment. This Awareness indicates therefore, some fathers who become involved in incestuous relationships, actually believe,--on a conscious or subconscious level,--that the daughter owes some form of gratitude for all of the energy which the father has given to protecting the child. This Awareness indicates that in this manner, the action of seeking repayment through incestuous relationship serves to excuse the father's behavior to some degree, if he can 'buy' his own reasoning process.

This Awareness indicates still others do not even go so far as to feel they deserve repayment of this particular type from their daughter, but simply feel a desire and lust for the daughter because of the close rapport, availability and power which makes the daughter subject to the control of the father. The father then having this power over this entity, feels that he can violate the entity according to his wishes. This Awareness indicates the basis of this reasoning rests on the feeling of a father that he is the 'possessor' of his family, of his daughter; that he 'owns' the daughter and can do with her as he pleases. This Awareness indicates this may or may not be conscious.

This Awareness indicates that apart from these two, there are other stages and degrees of possessiveness or feelings of payment due, which often are used as excuses or 'rights' of a father to violate the daughter. This Awareness indicates that in rare cases of incest, the action is that which is of a more innocent nature, but one which is irresponsible in its apparent innocence, whereby the father truly loves the daughter and seeks to be close, and whereby a union is felt, and it simply becomes too close over a period of time, and the father does not have the proper discernment, nor the daughter the proper discernment, to determine when the relationship has become too close, too intimate, and in error. This Awareness indicates that this is an action of violation through irresponsibility.

This Awareness indicates that in terms of the degree of damage or violation created by such relationships, this all depends on the values and significance which these entities place upon the actions, and this depends on the intentions of these actions. For example, if this action affected the lives of others, leading

alienation and mental or emotional aberrations and problems,--these ramifications are also part of the damage and result as part of the violation. This Awareness indicates that likewise, if a pregnancy occurs in such action the ramifications simply add greater significance to the action.

This Awareness indicates that therefore, entities contemplating such behavior must look not only at their own motivation, at their own feelings of inadequacy, at their own values and concepts relating to their daughter, but must also recognize that ramifications for the action may be much greater than one anticipates. For one simple act of lust can become a lifetime scar on your daughter, so that your relationship with her can never again be pure, sacred, and clear, nor her future peace of mind assured. For this type of behavior and violation carries a very deep significance to a child, and reflects in all of her affairs with men in future experiences in such a manner as to create deep and ever-so intense and highly colored attitudes in regard to this sexual act because of the coloration given in her relationship with her father, so that a normal affair becomes very difficult. This Awareness indicates that not in every case will the daughter be so scarred. In some cases the daughter will be even more deeply scarred, and in some cases the scar can be overcome and less significant.

#### A MESSAGE TO FATHERS AND STEP-FATHERS FROM COSMIC AWARENESS

This Awareness warns fathers and step-fathers that there are forbidden fruit in the garden of consciousness, (even in these days of loose morality,) which will lead to great problems,--in part because of the morals, mores, or customs of a society, and in part because of one's own sense of right and wrong and the sense of loyalty to certain ideals. And wherein these ideals and the loyalty to these are violated, or wherein one has their ideals violated by another, karma of the action will be felt by those involved, and it can create very painful repercussions.

This Awareness indicates that on the other hand, a father who is truly loving and protective of his daughter, of her well-being, is one who watches the entity grow, guides the entity as best he can to follow in those paths which will be most beneficial for her, and allows the entity to come close and to move away with a feeling of trust;--not feeling any taint of lust toward her, but allowing the daughter to feel great trust for her father, so that she comes to him with an openness (wherein possible), to discuss her affairs or feelings, to draw upon his wisdom and advice, and whereby that advice is given which will benefit the growth and development of the daughter. This Awareness indicates the joy of seeing this occur, of being a protector and of giving the world a gift of beauty is a joy which any father should experience, and which cannot be found in any form of incestuous gratification.

This Awareness indicates that the purity of this relationship becomes a blessing to both the daughter and the father, and endures throughout the lives of both entities. This Awareness indicates that wherein this purity is lacking, a feeling of both entities becomes confused and muddled, and both entities suffer from lack of trust and from a loss of self-esteem. This Awareness indicates that this is not tragic, but is somewhat pathetic. This Awareness indicates that particularly this is pathetic when viewed against the alternative of the proud father and proud daughter, each feeling pride in the other.

#### DOES SEXUAL ACTIVITIES IN ROOM WITH BABY CREATE INCESTUOUS DESIRES IN LATER LIFE ?

QUESTION:

( COPULATION ETIQUETTE SHOULD BE OBSERVED )

Awareness, is there any validity to the theory that parents who have sexual relationships in the same room as their baby child, up until maybe three years old,--that this on the child's consciousness in some way, creates a desire for the father (or mother)?

COSMIC AWARENESS:

This Awareness indicates that this as in the affirmative in some instances. This Awareness indicates that in other instances this as negative. [ This Awareness indicates this question referring to the female child ]. This Awareness suggests that wherein children are subjected to listening to adults copulating in their presence; this can become disgusting to the child and create heavy blocks in later lifetime experiences in relation to the opposite sex. This Awareness indicates this also can, in instances, alienate the child to one or the other parent, creating a feeling of hostility; for the child often interprets these actions as a kind of rape or violation to the one party, or as a yielding, or seduction of the other party. The child often considers these actions as being unpleasant and unkind.

This Awareness indicates that if the child is not of this particular mental attitude, the child may see this action as being more of a curiosity, and may wish to understand further "what's going on between mom and dad?" The child, developing a sense of curiosity, may interpret various sounds as pain or as pleasure; and whichever way the entity interprets these may determine his attitude, or her attitude toward the sexual act.



This Awareness indicates that such experiences may also lead the child to discussing and talking about this subject with peer group members or others, and often these things being of significance to the child, bring about a kind of peer-group curiosity that results in a sense of perversion about the sexual act, which is considered as humorous and funny, yet repulsive and desirable. This Awareness indicates the child then develops mixed feelings.

This Awareness indicates particularly wherein a child is in the same room with different adults, or whose mother has different male friends over; these problems can result in the child developing and growing quite fickle in her future years, lacking a sense of loyalty to any particular man. Or in other cases, this may create a repulsive feeling toward the mother's loose morals, so that the child seeks to be just the opposite and very strict and loyal to one particular man.

This Awareness indicates that the actions themselves will not determine the outcome of the child's behavior, but will be augmented and added to other attitudes, and these additional attitudes may help to determine the outcome. This Awareness indicates for example, if the child basically does not like the mother, and the mother is having frequent relationships with different men; then the child will be hostile toward this concept, toward this attitude of licentious behavior. This Awareness indicates however, if the child holds the mother up as an ideal and wonderful person, and the mother has these frequent relationships with various men; then the child will consider these actions as acceptable, and may develop and grow with such values of her own.

This Awareness indicates that parents should, if at all possible, have children in separate sleeping quarters, and have respect for the children, so that they do not overhear the actions which are not understood and cannot be experienced by the child. For the curiosity, the deprivation of the experience, the uncertainty of its nature, the various imaginative images or stories which are presented to the child by fellow friends, the false and erroneous perversions which are shown here and there, create such a significance surrounding the sexual acts, that a child could become very confused and disoriented and lose a sense of reality and integrity in relation to the concept of love as it applies to sex, or sex as it applies to love.

#### QUESTION:

Would this also apply to the baby that can't talk, that might be sleeping in a crib in the same room?

#### COSMIC AWARENESS:

This Awareness indicates that this still has an effect, though depending on the way the child interprets the sounds,--as pleasure or pain, or as mere sounds,--this will determine how the child subconsciously absorbs this energy. This Awareness suggests that it is better that these acts be accomplished in privacy. For children, not being allowed to indulge in such activity, should not have the activity flaunted before them. Even if the lights are off, and the sounds are muffled; still, the imagination creates great significance of whatever little amount of curiosity is present.

This Awareness wishes entities to stop "being yourself" and start feeling others as they are. This Awareness suggests that this to be done at least 10% of the time.

### WHAT HAPPENS WHEN YOU "TELL MOMMY" AND SHE REJECTS IT ?

( Also, the mother/son incestuous relationship )

#### QUESTION:

In relation to the incestuous relationship, from what I've read, it's very very common, and that in most cases, even though the daughter has been warned by daddy not to tell mommy; in many cases the daughter will tell her mother, and her mother rejects the statement and calls her a liar, or slaps her and refuses to look at the situation, or refuses to confront the father and ask if there's any truth to what she has heard. Would Awareness have any advice in a situation like this, for mothers, who might have been told by their daughters of a situation, and they have rejected it, or put it totally out of their mind, and are not looking at it?

#### COSMIC AWARENESS:

This Awareness indicates that this breaks the trust between the child and the mother,--the child coming to the mother, having trusted the mother to handle this strange experience which has occurred and which the child does not quite know how to evaluate,--the child approaches the mother and the mother reacts in a hostile manner. This Awareness indicates that this creates greater confusion for the child. The child feeling that she should not have told the mother, first because the father warned her not to, and second, because the mother did not want her to say this to her, and became angry. This Awareness indicates therefore, the child feels that she is locked with this secret that she cannot tell her mother or father about, yet she does not know how to evaluate the action; and it is apparently a very significant and potent powerful action, for it arouses such fear and hostility from her parents if it is even discussed. This Awareness indicates that this reaction of the mother is simply adding to the violation to the child.

This Awareness indicates however, from the frame of reference of the mother: she may believe or disbelieve the child, but may choose to ignore the problem by trying to stop its expression, fearing to hear what she fears inside, and fearing to face the man she lives with, fearing to hear what her daughter might say,--feeling

rather that if she does not know, then she can live with the situation. The entity then attempts to blank this out of her mind by the quick thoughtless statement that the daughter is simply 'lying'. This Awareness indicates if the entity can accept this and live with this belief that the daughter is lying, then she may live with the situation and not open it up for further exploration. This Awareness indicates that the alternative sometimes occurs, wherein the mother hears the daughter's story, and this sometimes lead to divorce. This Awareness indicates the child may fear this even more than the father or mother's wrath, and therefore, may choose not to tell what happened.

This Awareness suggests that in such an unhealthy relationship, the most healthy solution to such a problem would be for the daughter to speak to someone who she can trust:--the mother, a minister, a good close friend who can deal with such situations,--so that counseling for the family can be recommended and arranged. This Awareness indicates that this could help these entities to clarify many different areas of their relationship so that further problems would not occur as a result of this action.

This Awareness indicates that wherein entities are aware of incestuous relationships, it should be brought to the attention of those who can help to bring these actions into the light whereby counseling can occur. This Awareness indicates if this is not possible at a particular time, then perhaps books may be recommended or future counseling can be suggested to the victim,--particularly the daughter would be in need of counseling.

This Awareness indicates that although the father/daughter relationship is the most common among parental/child relations, it is not the only one; for there are also rare cases of mother/son incestuous relationships. This Awareness indicates that this also carries its own unique form of problems for the son, whereby the son finds great difficulty in ever having any meaningful relationship with a female, except as an object of self-gratification and whereby the son has a great disrespect for the female. This Awareness indicates that in this mother/son relationship, it does not necessarily require that sexual abuse be complete; for if there is the psychological lust between mother and son, this in itself can create these problems to that degree of intensity.

## WHAT ABOUT NANNIES IN ENGLAND WHO MASTURBATE THE CHILDREN ?

( No hair on the palms of the hands, but a shorter life-span )

### QUESTION:

Awareness, it's been said that in England for hundreds of years, the parents and the nannies that raise the children traditionally masturbate the children at bedtime, so they'll sleep better. If this is true, does this have any repercussion on the child in the future in the sexual area?

### COSMIC AWARENESS:

This Awareness indicates that some cultures have allowed and promoted this action as a way of pacifying or relaxing the energies of a child. This Awareness indicates that this is one way whereby the hyperactive child is often abused and dealt with. This Awareness indicates that the theory being that this will eliminate some of the preadolescent energies. This Awareness indicates that essentially, this has an effect of creating a certain type of sexual security, a feeling of self-acceptance, and a pacification of certain sexual energy drives which is not, in itself, unhealthy.

This Awareness indicates however, sexual activity indulged in during childhood is that which increases, or encourages the quicker development of the hormonal flow through the body to bring on adolescence at a faster rate.

This Awareness has indicated some years ago that if entities wished to live longer lives, the prolongation, or putting-off the stage of adolescence for a longer period will increase the lifespan of an individual. This Awareness indicates that the longer it takes for an entity to mature sexually, the longer one can expect the vitality or lifespan of that individual to reach. This Awareness suggests that encouragement of early sexual activities simply assists in shortening the lifespan of the child. This Awareness indicates that once adolescence is reached, this no longer applies in the same way.



"The Nanny". Steel engraving by Nicholas Eustache Maurin (1799-1880)

## OVER 40 MALES SHOULD WITHHOLD ORGASM FREQUENTLY

( EXTENDING FOREPLAY "AND OTHER ACTIVITIES" BUILDS UP VITALITY )

This Awareness indicates while on this particular topic, It also might mention that wherein entities, particularly the male, have reached a state of maturity, such as middle-age, (approximately 40 to 50 years of age) the action of the climax,--that which is known as the orgasm,--is that which should not be pursued in every sexual encounter, but which should be allowed infrequently, even though the arousal leading toward such orgasm may be allowed. This Awareness suggests that it is not in the best interest and vitality of the male to encounter an orgasm each time he indulges in sex. For the arousal is that which vitalizes the body and gives forth energy to help restore and build the cells of the body, and this also benefits the hormonal system of the body. But the orgasm itself depletes those energies which have been built, and also takes other energies from the brain and spinal column of the male.

This Awareness indicates therefore, the male should experience orgasm perhaps in a portion of the sexual encounters, such as one in three experiences. This Awareness indicates that some entities would even be better off to have orgasm not more than once in ten sexual encounters. This Awareness indicates also, the longer the activity without the orgasm, the stronger the vitality is built, so that the male body may recharge its vital energies. This Awareness suggests that entities not become too fanatical about this, not become so fearful of losing their ching or their semen that they cannot be relaxed and enjoy themselves with another being. This Awareness suggests rather, that this information as being given to de-emphasize the oversignificance of the orgasm as being some form of sacred pursuit or goal which must always be accomplished.

This Awareness indicates that for the female, this does not appear to be a problem to the same degree, for her vital energies remain longer than those of the male. This Awareness indicates that the male sexual energies reach their peak approximately 10 to 15 years earlier than those of the female.

## PROSTATE PROBLEMS OCCUR WHEN ORGASM IS RESTRAINED

### QUESTION:

Awareness, doesn't continence, or the withholding of the orgasm in a male affect adversely the prostate gland?

### COSMIC AWARENESS:

This Awareness indicates this as in the affirmative wherein these energies have been built up too close to orgasm, then restrained. This Awareness indicates that wherein this reaches a point of strong desire or potential orgasm, it becomes appropriate for the entity to continue. This Awareness suggests that otherwise, damage may be done to the kidneys, or the prostate. This Awareness indicates also potentially to the bladder. This Awareness indicates however, wherein this has not reached this kind of intensity or lustful levels, the sexual arousal which may be experienced even in being close to another entity, or being somewhat involved in foreplay or other activities,--this Awareness indicates that this semi-sexual energy is that which can be beneficial in recharging an entity's vitality, particularly if not brought to the state of orgasm. This Awareness indicates that the entity will notice greater energy and strength after such an arousal than would have been experienced without the arousal, or if the arousal had moved to the state of orgasm.

This Awareness suggests that this area of discussion has varied somewhat from the topic originally being discussed. This Awareness indicates however, the energies relating to various aspects of sex do require different levels of discussion. This being such a powerful energy, that to speak on one level is like opening Pandora's box, whereby all of the other levels wish to leap out also.

## THE EXCHANGE OF MALE-FEMALE ENERGIES DURING INTERCOURSE

### QUESTION:

One question in relation to the energies that are lost with the male orgasm. Is it not true that during the union with the female, that the male picks up certain energies from the female during the act and during the orgasm that might compensate for this?

### COSMIC AWARENESS:

This Awareness indicates that this action is that which brings about a reconciliation between the Yin energies held by the female, and the Yang energies being held by the male, so that the Yang energies are given, and the Yin energies are absorbed by the male. This Awareness indicates that likewise, the female receives the aggressive Yang energies of the male, and gives her passive Yin energies. This Awareness indicates that when a male entity reaches certain maturity levels, the Yang energy is that which begins to decline, and which can be retained by the approach mentioned in the previous question.

This Awareness indicates that wherein an entity is already heavily into Yang energies and needs the pacification or the reconciliation with more Yin energies,--the passive female energies, then the entity may opt for the complete orgasm and when finished, may rest in peace.

## CONCERNING TANTRIC YOGA

### QUESTION:

A number of entities over the years have requested that we ask Awareness for some readings on Tantra Yoga, and I'd like to ask if that would be appropriate some time in the future?

### COSMIC AWARENESS:

This Awareness indicates that the action of Tantric Yoga as that wherein the sexual energies are aroused without allowing the orgasm to occur. This Awareness indicates that this is that which creates a great intensity of energy within the parties and which can be very beneficial if properly used. This Awareness indicates that basically there are various types of Tantric teachings and methods, often elaborate in their claims and philosophical approaches. This Awareness indicates that essentially however, it is nothing other than the prolonging of sexual play and avoidance of orgasm.

This Awareness indicates that there can be energies of a sexual nature which charge the body and aura of these who are involved in this action in a manner that is beneficial. This Awareness suggests however, that entities wishing to experiment with this would be better off not think so much in terms of the benefits to health, as to concern themselves with the vibration of love for your partner during this time, and the prolonging of these activities by avoiding the orgasm and conclusion of the act.

This Awareness suggests that a long activity of feeling each other, touching each other, observing each other, speaking to each other, becoming extremely sensitive to each other, while avoiding efforts to have your personal gratification; this intensifies the awareness and the attention of one's consciousness, and allows one to truly tune in to another being, to a much more refined and intense level than normal. This Awareness indicates that this essentially is the greater value of Tantric Yoga.

### IS IT POSSIBLE TO ELECTROCUTE ONESELF DURING TANTRIC YOGA ?

### QUESTION:

Is there any truth to the reports I've read somewhere, that if Tantric Yoga is not done precisely in certain ways and with certain motives definitely used, that it's possible that entities can electrocute themselves with those energies?

### COSMIC AWARENESS:

This Awareness indicates that only if entities are so absolutely determined not to reach a climax, yet to move in those areas which are so intense as to bring in that type of vibration. This Awareness indicates it is conceivably possible for such to occur. This Awareness indicates however, that it is unlikely that in using the action of sex in such a manner as described by this Awareness in the previous question of simply prolonging the sexual act for a time; it is unlikely that this could have any adverse effects.

This Awareness indicates however, if an entity seeks to think not in terms of the enjoyment of the partner and the self in sexual and intimate relationship, but rather thinks in terms of accomplishing some form of sexual power and intensity by using each other for some type of magnetic battery-recharging mechanism; then the intensities that could come from such efforts, could in fact lead to difficulties and great problems, particularly if not fully understood by those involved. This Awareness does not recommend that entities enter into Tantric Yoga for motives of power and of increasing their vibrations to the bursting point, but rather that you simply learn to enjoy each other for longer periods of time and to intensify the vibrations of love as it relates to the intimacy involved and available through sex.

This Awareness indicates that essentially, love and sex are not necessarily the same thing, although entities may use the same word. This Awareness indicates that depending on how broad one uses the term 'sex', or how narrow one uses the term 'love'; these can be the same equal value or meaning. This Awareness indicates however, love as having a more universal meaning, and sex as having a more specific meaning; therefore, this Awareness is using these words in this manner. This Awareness indicates that the use of sex for intensifying the energies of love is that action which is appropriate for the use of sex.



## SHOULD PAST "SINS" OR PECCADILLOS BE CONFESSED TO ONE'S MATE ?

### QUESTION:

There's one area in the discussion of incest that I'd like to ask for a further clarification. Awareness indicated that the "awareness technique", using the chair, would be a good enough technique so that an actual confrontation between the entities involved would not necessarily need to occur. I'd like to ask: like in the case of the father who's not aware of these techniques, and is seeing his daughter growing to a teenager and go down the path of licentious behavior and so on, and he feels guilty because he feels he's 'ruined' his daughter because of an incestuous relationship...In a case like this, would Awareness recommend that the father confront the daughter and they discuss this thing, or what would be the solution in a case like that?

### COSMIC AWARENESS:

This Awareness suggests that if the relationship of these individuals is such that the topic could be discussed without a completely chaotic result in terms of emotional and explosive energies, then this should be discussed. This Awareness indicates however, if the energies are such that one or the other entity is unstable to the degree of unpredictability, and whereby this entity could lose control of self, then to openly confront that entity without a professional counselor could push the entity over the brink. This Awareness indicates that you might never be allowed to complete your conversation with such energy involved, wherein these energies are unstable. This Awareness indicates however, wherein these entities are stable enough to be able to discuss this with a reasonable amount of emotional charge that can be handled, then it would be appropriate for this to occur in private.

This Awareness again wishes to ad lib and point out that occasionally, private affairs which one feels guilty about should remain private, even as one does not hang dirty laundry out for others to see. This Awareness indicates that it may appear that a confession is in order and that you must get this horrible sin off of your chest....This Awareness suggests however that you look and ask yourself, "If I regurgitate my horrible sin onto this person, what is it going to do to them? Can they handle all of this any better than I can?" This Awareness indicates that you may realize that the other entity could not tolerate hearing of your horrible sin; and though it might appear to be right for you to confess, it might in fact devastate the other person to have his or her image of you, his or her illusions, his or her values so affected and shattered by this experience.

This Awareness indicates that the tendency is for entities to always feel it is right and necessary to confess to their mate any infraction or deep, secret guilt which they have had. This Awareness indicates that this is appropriate when you have an understanding mate who is capable of dealing with these levels as well or better than you. This Awareness indicates however, wherein your mate is more incapable of dealing with such levels, then it is improper for you to inform the entity. This Awareness indicates that it *can* be proper, if your effort to inform the entity is to break his or her naivete and help them to learn the truth about something which needs to be brought out. This Awareness indicates however, if you simply want to relieve your own conscience by speaking to your mate about some secret guilt, do not do this unless your mate is capable of understanding and handling that energy. This Awareness indicates it is better for you to seek other counseling to discharge your guilt.

This Awareness indicates to relieve your guilts on one who is incapable of handling that information,--whether this is your mate, your mother, your father, or another,--it is likened unto putting out your problems on a child and expecting the child to assure you that "it is alright". This Awareness indicates that the action may create great problems for the child. This Awareness indicates that wherein a mate has certain ideals that are placed upon you, and you realize you do not measure up to those ideals, you may wish to shatter his illusions,--and that is one thing; but if your confession to this entity is not simply to shatter his illusions, but to confess your feelings of guilt and hope that he will still accept you, this Awareness indicates that this should be considered carefully in relation to the entity's capacity to accept. This Awareness indicates that this appears to be a common problem among entities, both male and female.

This Awareness indicates there are some things better left unsaid; there are some things wherein dwelling of the mind upon these things creates a greater problem than is appropriate or necessary. There are some things which one can look at and recognize as error without the assurance of a priest that it is forgiven. This Awareness indicates there are some things where one can recognize that an error, committed and recognized as error, is sufficient to allow the entity to move on without repetition of that error, so that the entity can forgive himself or herself and not be plagued by a sense of self-indulging guilt.

This Awareness indicates that wherein the guilt is so great that one cannot forgive oneself, then indeed it is appropriate for the entity to confess to whoever appears most capable of receiving such confession and still remain sympathetic and capable of forgiving and leading the entity to a satisfactory self-image. This Awareness indicates in such instances a priest or psychiatrist, a mother or father, or a mate or friend may be sufficient.

### (Closing Message)

This Awareness indicates the Greeks understood much about the incestuous relationships and the relationships of various states of being,--both high and low,--within families and in relation to children, to husbands, to wives, to fathers, to mothers. This Awareness suggests that entities may benefit by reading some of these Greek mythologies again in light of present concepts and ideas, in light of feelings in relation to values. This Awareness suggests that the

stories of Oedipus and Electra in particular be read: Electra being in love with her father, Oedipus being in love with his mother. This Awareness indicates that also that of Narcissus, who was in love with himself. This Awareness indicates that entities wishing to recognize archetypes of these energies can benefit greatly from reading these Greek mythologies.

ED's Note: Sophocles' Oedipus Rex.

## Cradle-to-Grave Intimacy

Some researchers openly argue that "anything goes" for children

The preachings of sexologists on childhood have not changed in decades: sex education in the schools is good; guilt, repression and punishment for masturbation are bad. Now, however, a disturbing idea is gaining currency within the sex establishment: very young children should be allowed, and perhaps encouraged, to conduct a full sex life without interference from parents and the law.

The idea is rarely presented directly—most of the researchers, doctors and counselors who believe it have the wit to keep a low profile and tuck the idea away neatly in a longer, more conventional speech or article. The suggestion comes wrapped in the pieties of feminism (children, like women, have the right to control their own bodies) and the children's rights movement (children have rights vs. their parents). According to the argument, children are sexual beings who need to develop skills early in life. The child has a fundamental right, says Mary S. Calderone, head of the influential Sex Information and Education Council of the U.S., "to know about sexuality and to be sexual."

In general, these sexologists consider Freud's "latency period"—a time of low sexual interest from about age four to puberty—to be a myth imposed by a prudish society. Some of the sexologists are fond of pointing out that the body's sexual response system begins early—infant boys get erections and the vaginas of infant girls lubricate. Apparently the researchers believe that such things constitute a powerful argument for child sex. Even stranger is the theory that children will grow up askew if they do not have early sex. As Sexologist John Money of Johns Hopkins wrote in *The Sciences* magazine: "It is almost certain that human beings, like the other primates, require a period of early sexual rehearsal play." Another refrain is that sexual liberation cannot be withheld from the young. "Western society has undergone a revolution in sexual values but has tried to apply it exclusively to adults," Anthropologist Richard Currier wrote in *Human Behavior*, "and this rather arbitrary restriction is simply not working."

One of the more intellectually disheveled of the new apostles of child sex is Family Therapist Larry Constantine of Acton, Mass., whose views sound like a satire on how to raise children. Says he: "Children really are a disenfranchised minority. They should have the right to express themselves sexually, which means that they may or may not have contact

with people older than themselves." What about older men preying on four- and five-year-olds? Constantine would argue that if children were properly educated about sex, a child who did not want sex could always say no.

Almost all sexologists publicly state that they oppose adult-child sex, but a number of researchers maintain that such sex is basically harmless to the child. Norwegian Psychologist Thore Langfeldt says that early sexual stimulation of children,

## Show Me!



A Picture Book of Sex for Children and Parents  
Photography and Captions by Will McBride  
Explanatory Text by Dr. Helga Fleischhauer-Hardt

Cover of the controversial children's book *Show Me!*

including the masturbation of infants by adults in some primitive cultures, "definitely does not seem to harm the child." Money claims that a youngster's "rehearsal play" with adults "affects them beneficially." Wardell Pomeroy, co-author of the original Kinsey reports, says incest "can sometimes be beneficial" to children. Dutch Psychologist Frits Bernard, author of numerous articles and books on pedophilia, says adult-child sex is basically innocent and adds that the children he has studied "are not more neurotic than the average Dutchman." One conventional argument is that the fuss raised by parents after adult-child sex—and not the sex itself—is what harms the child.

Another common theme is that adult-child sex must be judged by the quality of the relationship involved. Sociologist

Floyd Martinson of Minnesota's Gustavus Adolphus College thinks adults involved in affectionate sexual relationships with tots should not go to jail. "Intimate human relations are important and precious," he feels. "I'd like to see as few restrictions placed on them as possible." Psychologist Douglas Powell of the Harvard Health Service says: "I have not seen anyone harmed by this so long as it occurs in a relationship with somebody who really cares about the child."

The fact that such views fall just short of a manifesto for child molesters' lib is not lost on pedophiles. Valida Davila of the Childhood Sensuality Circle, a far-out sex group in San Diego, welcomes the new writing: "We believe children should begin sex at birth. It causes a lot of problems not to practice incest." Pedophile groups have learned to pick up the rhetoric of the sexologists and children's rights advocates. David Thorstad, a homosexual and militant spokesman for the pedophilic movement, says he is fighting for "the rights of children to control their own bodies." Replies Nancy Walker, a lesbian columnist: "Let Thorstad and his confreres at least say what the real issue is: that they want to [copulate with] children. Prepubescent children are not taboo because this is a sex-negative society, but because they can be physically hurt and may be psychologically injured as well by sexual intimacy with adults."

Unfortunately, few responsible child experts have reacted even that bluntly so far to the radical writing on child sex. One who has is Child Psychiatrist Leon Eisenberg of Children's Hospital Medical Center, Boston: "Premature sexual behavior among children in this society almost always leads to psychological difficulties because you have a child acting out behavior for which he is not cognitively or emotionally ready." People who think small children are capable of making free decisions about sex with adults, he adds, "are full of crap."

In the world of sexology, prestige usually comes from attacking taboos and repression, not from assessing the psychological damage of the ideas unleashed. And few sexologists are trained to assess such damage. Psychotherapist Sam Janus, author of a new book, *The Death of Innocence*, says that people who were seduced early in life "go through the motions of living and may seem all right, but they are damaged. I see these people year after year in therapy." U.C.L.A. Psychiatrist Edward Ritvo also says that much of his work is with children who have been involved in catastrophic sexual situations. His conclusion: "Childhood sexuality is like playing with a loaded gun." —By John Leo. Reported by Ruth Mehrtens Galvin/Boston