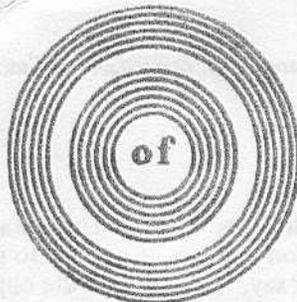


Revelations



Awareness

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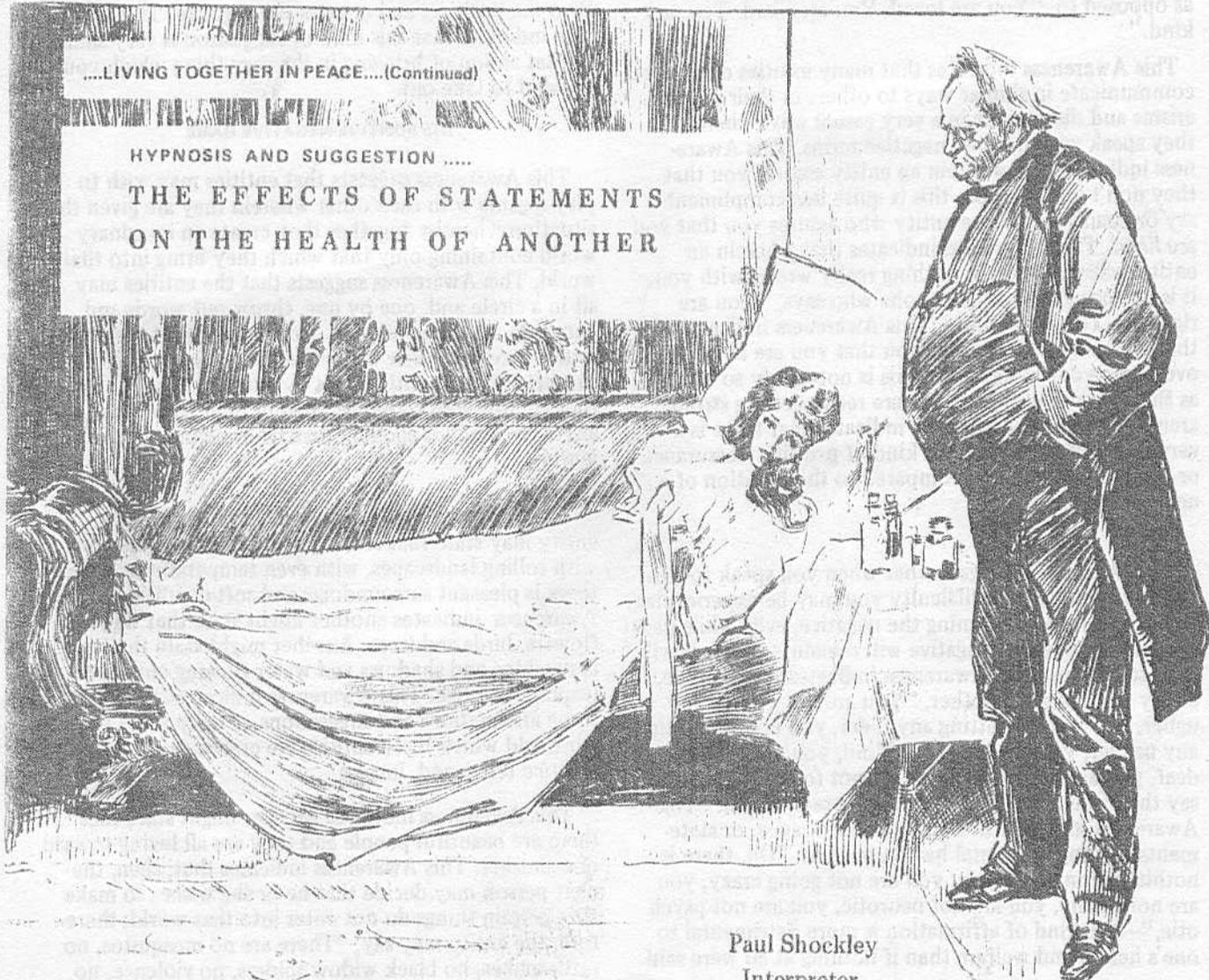
P. O. Box 115, Olympia, Washington 98507

(Helping people become aware)

COSMIC AWARENESS is the Force that expressed itself through Jesus of Nazareth, the Buddha, Krishna, Mohammed, Edgar Cayce and other great avatars who served as 'Channels' for the 'Heavenly Father' and who speaks again today as the world begins to enter the New Age of spiritual consciousness and awareness. Since 1963 Cosmic Awareness has been communicating through carefully-trained channels. The information contained herein was received from deep super-conscious trance levels and 'interpreted' by an entity affiliated with C.A.C. This information is for those who desire to help in bringing in the New Age. Throughout the thousands of 'Readings' given through these channels, Cosmic Awareness tells us not to believe anything, but to question, explore, doubt, and discover for yourself, through your own channel, what is the truth. Cosmic Awareness will only indicate and suggest. Neither C.A.C., the Aquarian Church of Universal Service, or the Interpreter, Paul Shockley is responsible for anything Cosmic Awareness may state in any of these readings, nor does C.A.C. or Paul Shockley necessarily believe or agree with the statements of Cosmic Awareness. Paul interprets the energies as he sees them in trance levels and is not personally responsible for what is said. Members of C.A.C. are invited to send in questions of general interest to ask Awareness for possible publication.

....LIVING TOGETHER IN PEACE....(Continued)

HYPNOSIS AND SUGGESTION THE EFFECTS OF STATEMENTS ON THE HEALTH OF ANOTHER



Paul Shockley
Interpreter

(Opening Message, C.A.C. General Reading)

Sept. 10, 1980

COSMIC AWARENESS:

This Awareness would like to call attention to the concept of suggestion and hypnosis whereby entities, in their suggestions and statements to one another, tend to give statements which are potentially hazardous to the health of another. This Awareness indicates that in recognizing such statements, entities may pre-

vent such statements from being hazardous to their own health, as well as cease to deliver such statements to others and jeopardizing the health of others. This Awareness indicates that this in particular referring to certain types of negations or negative concepts which entities present to others.

PLEASE NOTE: For easier reading and better understanding, Cosmic Awareness suggests that these messages be read aloud.

This Awareness wishes to give an example. This Awareness suggests that you imagine a person who grows up in a society wherein entities never say, "I like you," never say, "I love you," but say instead, "I do not dislike you. I do not feel hostility toward you. You are not unloved." This Awareness asks you to imagine such a society which does not give direct positive affirmations to others, but negates the negative affirmation by saying such things as, "You are not unloved. You are not disliked. You are not unkind," as opposed to, "You are loved. You are liked. You are kind."

This Awareness indicates that many entities do, indeed, communicate in similar ways to others in their manners and discussions in a very casual way, whereby they speak with negated negative terms. This Awareness indicates that wherein an entity assures you that they don't *dislike* you, this is quite less complimentary or assuring than the entity who assures you that you are *liked*. This Awareness indicates that wherein an entity tells you there is nothing really wrong with you, it is not nearly as helpful as one who says, "You are right on. You are alright." This Awareness indicates that wherein an entity tells you that you are able to overcome your weaknesses, this is not nearly so helpful as the entity who says, "You are really getting strong, aren't you?" This Awareness indicates that there is a very great difference in this kind of positive reassurance or positive affirmation, compared to the negation of a negative affirmation.

This Awareness suggests that when you speak to yourself in regards to any difficulty you may be experiencing, if you continue reaffirming the negative, even while negating the negative, the negative will remain,—that is it will tend to remain. This Awareness indicates for example, the entity who says to another, "You are not getting any uglier, you are not getting any older, you are not getting any nastier, you are not going blind, you are not going deaf, you are not stupid, you are not foolish. Oh, don't say that; you are not rude or discourteous at all." This Awareness indicates this kind of reassurance, or statements relating to mental health, such as, "Oh, there is nothing wrong with you; you are not going crazy, you are not insane, you are not neurotic, you are not psychotic,"—this kind of affirmation is more detrimental to one's health and welfare than if nothing at all were said.

This Awareness indicates that the entity who substitutes this kind of affirmation for that which says, in a positive sense, "You are looking good. You are looking young. You are looking healthy. You appear intelligent. You are getting healthier and stronger. Your energies are strong. Your emotions are stabilizing," and similar suggestions of a positive nature, such as, "Your hearing is fine. Your vision is alright,"—this kind of affirmation is much more beneficial.

This Awareness indicates that there is also an even greater type of statement which some entities use against others or against themselves which is even more hazardous to one's health, and this is often used deliberately.

This Awareness indicates this as wherein an entity pretends to be reassuring, but the reassurance is so extreme in the opposite direction that one catches the obvious, and sees it as a cutting and hostile remark. This Awareness indicates such as the entity who instead of saying, "You are loved," or, "you are lovable," or even saying, "You are not unloved," the entity says, "Don't worry, you are not despised; you are not hated." This Awareness indicates that in this sense, the entity uses the extreme negative statement, the extreme negative rather than the positive, and negates the negative. This Awareness indicates that this kind of suggestion is very similar to that action of bringing in the very thing which you pretend to take out.

THE POSITIVE-NEGATIVE GAME

This Awareness suggests that entities may wish to play a game with each other wherein they are given the situation whereby together they create an imaginary world containing only that which they bring into that world. This Awareness suggests that the entities may sit in a circle and, one by one, throw out words and concepts and ideas of what each would like to see occur in that world of their own creation. This Awareness suggests that the entities not include anything which they do not wish to be included in their world; but anything which is spoken, then, is brought into the world.

This Awareness indicates that, for instance, one entity may state that it is a world of beautiful colors, with rolling landscapes, with even temperatures, where there is pleasant surroundings and soft conditions. This Awareness indicates another might state that there are flowers, birds and trees. Another might state that there is sunshine and shadows and water flowing and lakes leaping with fish. This Awareness indicates that all of these affirmations and suggestions of the perfect utopian world which these entities are creating contain only *positive* terms and images.

This Awareness indicates another might state that there are beautiful people and they are all loving toward one another. This Awareness indicates that, then, the next person may decide that he or she wishes to make sure certain things do not enter into that world; therefore, the entity may say, "There are no mosquitos, no rattlesnakes, no black widow spiders, no violence, no war, no guns, no hostility, nobody can tear each other's hair out, no one is to call each other fat or ugly or to make insults against the other's person; there are no eye-scratching or tooth-pulling, no slugging, no pinching," and this entity, in continuing on by negating the negatives, has filled the entire world of utopia with the very negatives which he or she wanted to exclude.

This Awareness indicates that this game can become an extremely valuable lesson for entities in understanding how to communicate with each other. This Awareness indicates that wherein entities give negative suggestions of a positive direction, such as, "don't smoke, don't drink, don't swear,"—this has a *negative* effect.

This Awareness suggests that a more positive effect would be to state that the entity's health is better without smoking, the entity's behavior and appearance is much better without the swearing. This Awareness indicates that these things need only be mentioned if they are brought up by others. This Awareness indicates that some warnings of dangers and hazards is, of course, necessary---just as the warning of a sharp curve is necessary if the curve is there, if the danger is present, if the cigarettes are a threat, if the swearing is likely.

This Awareness indicates that wherein these are not yet present or are not yet a threat, then to constantly harp upon these things will only make them significant to an entity, and may tend to fixate the entity's mind on the *very negative thing* which you did not wish the entity to be into. This Awareness indicates this likened unto the entity who is told, "Don't think about pink monkeys for one month, and I will give you one hundred dollars." This Awareness indicates that the entity will be *compelled* to think about pink monkeys to the point where it becomes an obsession and it is impossible for the entity *not* to think about pink monkeys.

This Awareness indicates that therefore, entities must understand when to speak of the negative and when not to speak of the negative; for the positive affirmations generally have the greatest effect in keeping things positive. This Awareness indicates, however, that if an entity has a spider crawling up one's back toward one's neck, to be positive about the situation by saying, "My, how clean you look. There is nothing crawling on you," this would be absurd, and would have no effect on the reality. This Awareness indicates that when the beast is threatening to eat the creature, it does no good to say, "My, what a pleasant day you're going to have, little creature," for this is absurd, and the positive approach does not have any bearing on reality.

This Awareness indicates that where there is, in fact, a real danger, this needs to be directed and noted for what it is, then positive steps taken to deal with the situation, so that the change may occur and move the situation toward a positive resolution. To simply state that, "Looks like this is going to be the end of you," this, of course, may recognize the problem but does not give a solution of a positive nature; therefore, it is only half satisfactory and meaningless in general. This Awareness indicates that therefore, the entity who recognizes the negative, notes the negative, speaks of the negative and gives a positive solution to avoid the negative and move toward a positive, --this is the appropriate direction.

This Awareness indicates, however, that where the situation is not already negative and where the situation could be either negative or positive or is only slightly negative, then a different approach may be used, whereby the entity looks and sees that a situation needs some kind of assurance or reassurance, a suggestion of a hypnotic or more influential nature, and the suggestion may be, "You look like you need a hug, or a friend to talk to." Once this statement is given, or once the action is carried out, you may then look again and say, "Looks like you're feeling better," or you may say, "Do you feel better now?", or you may say, "You're looking very beautiful. You're looking very peaceful," or some other remark that reassures the entity.

This Awareness indicates, of course, when the entity does not accept any affirmation and wants to become more negative, feels badly, it can be insulting to the entity to say (while the entity is in a deep troubled attitude), to say, "Looks like you're feeling a lot better now." This Awareness indicates that the entity may fly into a rage to inform you that he or she is not feeling *one bit* better. This Awareness indicates it is a matter of being sympathetic to the point of being able to tune in to where the entity is, where the negative point is, and from there, deal with it as it is, not ignoring the negative, but recognizing the negative, unlocking the negative that it may be looked at; then very carefully allowing the expression to be unfolded or discussed in a way that is not building a greater problem, but whereby the heart of the issue is opened up, released with concern and care for the welfare of the entity: then positive suggestions, which may be given throughout, that you care about the person's feelings, and further positive suggestions that it will be worked out and that things are going to improve.

This Awareness indicates that all of this, of course, must be done with great attention and care; for if one is crying because one has spilled ink on one's nose and has to go to a wedding and can't get the ink off, it does no good to say, "No one will notice. It is not important," or anything like this, and in such statements, expect the entity to stop having any feelings about the situation. This Awareness indicates the best thing one can do in a situation such as that, whereby nothing really can be done to help the entity through the situation, is simply to be sympathetic and to be one whom the entity can express to until all of the feeling has been released and expressed; then, when the entity is drained of the negative feelings, then you may start assuring the entity that it will be alright and search for solutions that will be satisfactory to the entity.

This Awareness indicates that essentially, the positive affirmations and the negative expressions will always be found hand-in-hand and close together, vying for attention over each other. This Awareness suggests that it is important that entities become more aware and notice the difference between the positive affirmation, the negation of a negative, and the expression of a negative, and when and how each of these can best be dealt with to allow the resolution of the energies.

This Awareness indicates it does not help the entity who feels like crying over some issue to be told that that particular thing is of no interest or is stupid to worry about, for the entity then, will simply hold back the feelings, suppress the feelings, and will then resent the entity who refused to care about the feelings. This Awareness suggests that everyone is justified in discussing their feelings and in expressing their feelings, so long as that expression does not violate another; and if the other is violated, the other has the justified right to express his or her feelings in return, so long as that expression does not violate another.

This Awareness indicates that entities may, however, not be justified in *having* certain feelings; even though they have the feelings and have the right to express their feelings, the feelings may be unjustified. For example, one entity may be jealous in belief that someone has slighted them when, in fact, it is not the case at all, but the feelings are real and the expression of those

feelings is justified. Once the feelings are expressed, the entity may discover that he or she has misread or misunderstood the cause, the action which caused the feelings and may realize at that point that the feelings were unjustified. This Awareness indicates without the expression of the feelings, the entity might continue feeling violated and feeling that he or she had a just reason to feel violated.

CARRYING AROUND UNJUSTIFIED FEELINGS

This Awareness indicates that many entities carry around with them unjustified feelings, but they do not express these feelings because they do not feel that they have the just right to express their feelings. This Awareness indicates, therefore, these entities have pent-up emotions, feelings, hostilities, frustrations which are not expressed and which create blocks of energy deep within themselves and result in expressions which are distorted by those blocked energies, those personal frustrations which are pent up inside themselves; and these frustrations may be placed in a round-about direction on someone else totally innocent--a by-stander or a different entity apart from the one who originally caused the pent-up feeling, the unexpressed feeling.

This Awareness indicates that therefore, it is important that entities recognize they have the just right to express their feelings, so long as these feelings and expressions do not violate another, and that the feelings themselves may not be just, and that it is important to discover whether one is justified in having such feelings, and the only way to discover whether one is justified is to express the feelings to those who are held by the entity to be responsible, in part or in whole, for the feelings the entity has need of expressing.

This Awareness indicates that occasionally, entities may find that they can work through the feelings in their mind and emotions without going back to the entity which triggered the feeling, and when this can be done easily, without continuing resentment, this may be the best approach; for with some entities, if one seeks to express one's feeling, the other entity may take it so seriously or may have such reaction that the first entity who expresses his or her feelings to another may find that the other entity flies into a kind of emotional fit or explosive burn and cannot stand the accusation or feeling that he or she has been accused of causing and cannot stand to accept any form of possible responsibility for the action.

This Awareness indicates that therefore, some entities may feel hopeless in terms of being able to express themselves because their partner, mate or associate is not the type to care about another's feelings, but only cares about his or her own feelings, and simply wants the partner, mate or associate to be there, respond and serve his or her needs and feelings.

This Awareness indicates that still, from another level, an entity may say, "Who cares about feelings? Feelings are a dime a dozen. Everyone has feelings. They change with the moon, they change with the wind, they change with the weather. Feelings are of little concern. *Dedication* is that which is important." This Awareness indicates that this, too, is true. This Awareness indicates that the dedication which entities

have toward one another, toward purposes and directions are like the ship and its rudder, on course; but the feelings may be compared to the sails and the wind, and this must be recognized; for without the recognition of the value and importance of feelings, of the sails, of the wind, then the ship may be blown off course, in spite of the direction of the rudder, or dedication, may be blown over and sink, or the feelings may be withdrawn, leaving only empty wires, so that the ship does not move, even though the dedication remains steadfast, and the ship simply floats adrift, with fixed determination, but going nowhere.

This Awareness indicates that all of these points of communication in terms of recognizing each other's positive-negative feelings, sharing, giving and taking, and the movement and dedication which may or may not be at the base of a relationship, all of this is of great importance for entities to understand in order that they serve one another, love one another and create the opportunity to be served and loved in return.

EXPRESSING JUSTIFIED FEELINGS OF RESENTMENT

QUESTION:

What if a person has feelings of resentment toward somebody and expresses these and finds it *was* justified?

COSMIC AWARENESS:

This Awareness indicates that this then opens the door for reconciliation or recognition, depending on the communication and its outcome. This Awareness indicates that wherein both parties are willing to reconcile the differences involved, wherein one resented something, expressed their feeling of resentment, discussed the situation which led to the resentment, shared the viewpoints, and both entities reconcile and agree that this entity was correct in feeling such violation and therefore resenting this, this allows for the reconciliation of the relationship.

This Awareness indicates that wherein one feels a resentment, speaks to the other about the resentment, the other,--callously or feeling justified, says, "I can see your viewpoint, but I just can't care anything about it," or may say, "I just don't see what you're talking about; for I feel, myself, that I have been violated, even though you may feel you have been violated." This Awareness indicates that in such a situation, even though discussions may occur, reconciliation may not, but the recognition of the differences can be made clear for each of the entities involved to see. This communication then allows each party to release the concern, at least to some degree, for having been allowed to express his or her viewpoint to the other entity. This Awareness indicates this defuses most of the blocked feelings and energies on the situation,--even though the entities may not reconcile their differences, they at least have expressed their own point of view and recognize the point of view from the other.

QUESTION:

Is there anything a recipient of such affirmations as a negated negative can do within themselves, perhaps, to upgrade it or to make it more useful?

COSMIC AWARENESS:

This Awareness indicates that one who is the recipient of a negated negative, such as one who has been told, "You are not stupid," may very quickly or very easily turn this about in a way whereby the entity not only points up the recognition that the other entity has used this technique of the negative being negated, therefore bringing this out in the open for that entity to recognize, but may also put the statement into a positive nature.

This Awareness indicates, for example, when told "You are not stupid," the entity may simply say that, "I take that to mean I am intelligent." This Awareness indicates that this takes the statement from the negated negative and puts this into a positive statement, and the entity accepts that positive statement. This Awareness indicates this also informs the one who spoke the negated negative that you recognize that it was a negated negative, less than a real compliment, but that you only accept it as a compliment.

HOW TO DEAL WITH POSITIVE SARCASM

QUESTION:

One other kind of questionable positive statement is the sarcastic positive one, when every word that is stated is positive, and yet the ring of sarcasm is there.

COSMIC AWARENESS:

This Awareness indicates that this also may be called, whereby you state clearly that you recognize the sarcasm, but that the truth of the statement is greater than the sarcasm.

POSITIVE SUGGESTIONS WHEN YOU FEEL BAD

QUESTION:

One further application of the affirmations in relation to health: How would the positive affirmations apply to a physical health situation, which may or may not be imagined, such as a person feeling nauseous or having a headache: another person comes up and says, "Gee, you're just exuding good health." The person feeling the experience at that moment is not likely to accept that strong a positive statement; but, is there a possibility that it could, in fact, effect a physical change?

COSMIC AWARENESS:

This Awareness indicates that the one receiving such a remark when not actually feeling the exuberant good health may....This Awareness indicates the entity, if feeling poorly may, in fact, respond in a negative manner; but if the entity is capable of responding in a positive manner, could assist in a possible healing of oneself by acknowledging the statement and moving a small step in that direction. This Awareness indicates that obviously, the entity cannot, in good faith, in belief, state, "Oh, yes, I'm feeling great!" but the entity *could*, in good faith, state, "I hope you're right. I haven't been feeling very well up to now. Maybe my luck is changing." This Awareness indicates at that point, the entity leaves the door open for a possible turn of events.

This Awareness indicates an entity can only have faith in what one believes, in what one can accept in faith. This Awareness indicates that therefore, when one already believes oneself to feel ill or to be of a negative attitude or to have a poor self-image, to be unworthy or to be unhappy,--to state to the entity that, "You are looking great, looking happy, looking well,"--this can have only a slight potential for benefit and may, in fact, create resentment which could plunge the entity further into the negative. This Awareness indicates it all depends on how it is said: if it is spoken with a loving approach, or if it is spoken as an artificial method,--the effects on the entity's consciousness are going to be different.

This Awareness indicates that if obviously, you see the entity hurt or in pain, and say that the entity looks great to you and you expect this entity's pain to suddenly disappear, this entity will recognize that you are gaming with the entity, teasing or playing games or using a method and are not giving recognition and true communication. This Awareness indicates that a response is not likely to be favorable, for the entity can't believe the statement, can't have faith in the words under such a condition.

This Awareness indicates, however, that if the entity is in pain or suffering from some problem and you recognize the level of pain, recognize the problem and you state, "Yes, I see you don't appear to be looking so happy, you don't look so good. Is there something I can do?" Then, if you take some kind of personal attention or approach toward the entity, giving some action tuned in to where the entity is, and at that time, begin giving suggestions of healing, then the entity can accept this suggestion more easily, more readily. You may state, for example, "You're gonna get better. You're feeling better now. Here, this will make you feel better. Let me rub your back. Let me rub your head. Here, put this cool towel on your forehead,--this will make you feel better."

This Awareness indicates these little suggestions and the physical actions, this is what helps to change the belief pattern, the faith of the entity. The entity can accept that something is being done, even though it is very slight, and this action of caring, along with the suggestion, allows the suggestion to seem more real. And when the suggestion is acceptable, then the entity can, in fact, begin to improve.

QUESTION:

Then a person can see another person obviously in pain, and could say, "You look great," and this wouldn't be sarcastic. Is that correct?

COSMIC AWARENESS:

This Awareness indicates that if the entity does not recognize that the other is in pain and makes such a statement, this, in fact, can begin to help the entity feel better; but if the entity obviously recognizes the pain of the entity and makes that statement knowingly, recognizing that it is not true, that the entity looks like he or she is in pain, but states that they look great-- this knowledge will be conveyed in the tone of the voice, in the way it is said, in the expression, in the eyes of the one delivering the statement; and the recipient of such a statement knows it isn't spoken in truth, knows it is either a tease, a game or a trick method and will most likely reject the statement, perhaps even resenting the statement because it did not recognize or give respect to the entity's true condition. This Awareness indicates that wherein the entity does not feel respect for his or her condition from another, the entity is not likely to respond favorable to such a suggestion.

This Awareness indicates that wherever the entity tunes in to what is, and states, "You don't look like you're feeling so well," this allows the entity to have an expression. This Awareness indicates, however, that rather than making such a suggestion, it would be better for the entity to ask, "Aren't you feeling well?,"-- this opening the door for the one to express his or her feelings. Once the feelings are expressed, the entity may then say, "Well, let's fix it up."

This Awareness indicates there is not a single entity in the world who is suffering who does not like to hear those words. This Awareness indicates that when the entity hears those words, they already begin turning about toward healing. This Awareness indicates that as they begin receiving the treatment, even if it is nothing more than the entity going into the next room and pounding nails into a board to fix you up, this still would be more beneficial to you than an action which does not recognize where you are.

This Awareness indicates that this expectation created is that which begins the turnabout. This Awareness indicates that as the entity begins giving some kind of treatment to you, such as massage, medicine, towels,--warm towels, cool towels or whatever the appropriate treatment might be,--this begins giving the entity the assurance that somebody cares, and this caring is that which becomes the important part of the healing process.

This Awareness indicates that many entities go to a doctor's office for an illness which they have, and by sitting in the office for a particular length of time, even before seeing the doctor, will begin being cured of whatever their problem. This because of the *expectation* that somebody is going to care for them. This Awareness indicates that others may see the doctor: the doctor may simply look at the tongue, check the heart, feel the neck,



throat and the stomach, and then tell them to take these pills, go home, get some rest. This Awareness indicates that by the time the entity leaves the office, the entity may be feeling 100% better, even before having taken any pill or taking any medicine for the healing. This Awareness indicates that many doctors simply give a placebo, a sugar tablet, and entities are healed from taking such. This Awareness indicates this as the power of suggestion and the feeling that somebody cares about their welfare.

ACCEPTING YOUR FLAWS....

USING HUMOR TO DEFUSE THOSE WHO PUT THEMSELVES DOWN

QUESTION:

Awareness, in the case of an entity who actually has a physical disfigurement and there's no denying it, and as a result of this disfigurement in childhood the entity was ridiculed and put down and when he grew up his type of humor is always a put-down humor and he's always negating himself and referring to his disfigurement. In this case it's a very close friend of ours who has a slight disfigurement on his nose. Now we have discussed this with him every time he brings it up, using positive affirmations that it isn't noticeable, his inner beauty is much more significant than his nose, and that type of thing, over the years.. And each time he will rank us for this and put us down and say, "You're just saying that; all I have to do is look in the mirror." Now in this particular case when this is brought up any more I have resorted to humor. When he will bring up the subject of his disfigured nose and I will tell him, "No, I hadn't noticed that; but now that you mention it, it is indeed a very strange proboscis. There ought to be some way we could make some money with that," or something to that effect and each time he will grin and break into a smile over this. Now my question is: in dealing in this particular situation by using humor and going along with this routine, am I reinforcing the suggestion that he is less worthy because of a slight disfigurement of his nose, or am I helping him to see that it is not nearly as significant to others as it evidently is to him?



COSMIC AWARENESS:

This Awareness indicates that the method used as that which is excellent. This Awareness indicates that this particularly wherein this entity himself is pointing up the disfigurement. This Awareness indicates that the entity apparently as being fixated on this, and would not at all accept any reaffirmation on your part that you had not noticed, or that you pay little attention to that, or that it is not a problem or concern of yours. This Awareness indicates that the entity will, in such case, more likely continue to resent such statements on your part because the entity simply could not believe you hadn't paid that much attention. This Awareness indicates, however, that when you turn this around when the entity brings this up and makes remarks about this and you turn this around into a joke toward the entity, this creates two different feelings. The one feeling being that you are indeed seeing the disfigurement, and the other being that you are amused by it, but in a light way which has little significance and does not color your affection for the entity himself. This Awareness indicates the entity also recognizes that he brought the whole joke upon himself, and that if he does not like the joke given by you, he does not need to point to the topic of jokes.

This Awareness indicates that entities must accept their flaws, for their flaws are part of what is; but in accepting one's flaws, they need not accept the flaw as something to be ashamed of. They may accept the flaw as being something which is part of their individuality, and may learn either to work around the flaw or even to make use of the flaw. This Awareness indicates that many comedians have learned to make use of their flaw and this then becomes a tool; and when something becomes useful, it is no longer a flaw.

This Awareness indicates a character trait or physical trait is only a flaw when one calls it a flaw, and when one uses or accepts it for what it is, as part of one's individuality, and does not allow it to drag them down

or hinder them in any unnecessary way or be used to compare oneself with someone else,---when one simply is what one is, then the entity has no flaws, but simply is what one is, and can, from there, make the best of what is.

(Closing Message)

This Awareness indicates that the concern for communicating with love and affection toward each individual, toward others will, in part,--in a major degree,--reflect and depend on how well one communicates and accepts one's own feelings about oneself.

HOW TO CREATE A "MIRACULOUS" HEALING

(More on attitudes, suggestions, cancer & the death wish)

QUESTION:

A question from S.H., Patterson, N.J. "In numerous responses by Awareness regarding cures for health problems, there appear to be reservations as to remedies. My understanding is that overall, if one were to correct the errors in one's thoughts, with the help of Spirit, a "miraculous" healing could be effected with no other remedy necessary. Would Awareness please comment?"

COSMIC AWARENESS:

This Awareness indicates that the greater number of illnesses are the result of attitudes. This Awareness indicates that this is not always the case. This Awareness indicates that wherein an entity injures oneself, this injury may have been brought about in part by an attitude. This Awareness indicates that wherein one consumes substances by accident, or injures oneself by accident, these injuries and the consumption of a substance which is injurious to the system, may not have occurred because of a particular attitude. This Awareness indicates that often such injuries occur due to the negligence of another entity. This Awareness indicates that therefore, not all injuries and not all illnesses are caused by attitudes, but approximately 90% of all illnesses are caused by attitudes to some degree.

This Awareness indicates the attitudes often have an effect on the entity's lifestyle, making the entity more or less aggressive; and the lifestyle and the aggressive or nonaggressive attitudes may affect the entity's diet, which in turn, may help to bring about the symptoms. This Awareness indicates that the continuing attitude and its effect upon the entity may lead to various stages of the disease, until a chronic situation is set up; and even though the attitude may be discovered and relieved through therapy of some type, the physical, chronic condition may not immediately be resolved, and it may take time for a reversal to occur.

This Awareness indicates in some cases, organs may have been so damaged that reversal does not occur, even though the attitudes have changed. This Awareness indicates for example, an entity who is having a perpetual death wish, due to feelings of rejection or loss, or poor self-esteem; such an entity may bring about a state of illness, such as a cancerous condition to the body,--and this may continue until, at a fateful moment, the

entity realizes that surely he or she is doomed to die. This Awareness indicates at this fateful moment, the entity may realize that he or she has brought this on himself; but the realization may be too late, and the momentum of the disease may carry to its end, regardless of the repentance of the entity's new attitude.

This Awareness indicates however, that oftentimes, an entity may repent of the direction his or her lifestyle is taking, and reverse the symptom. This Awareness indicates that *It* will give more information on attitudes and their effects as they create symptoms of the physical body; this to be given at a later time. This Awareness suggests that the question be restated again.

(Question is read again)

This Awareness indicates that essentially this is in the affirmative; that wherein in most instances, if the momentum has not moved to such extreme that reversal cannot occur quickly enough, that then it would be possible for a healing. This Awareness indicates that particularly wherein the Spirit is involved, along with the clarification of one's thinking. This Awareness indicates that many times, this Awareness gives entities certain physical activities to follow in terms of health procedures. This Awareness may suggest physical activity, or the use of substances such as herbs or of vitamins, minerals, and other medicinal therapy activities. Often the purpose of these is not simply, or not exclusively due to the therapeutic value of the herbs or vitamins or minerals, but may also have a value to the entity in terms of his or her consciousness. The taking of responsibility for one's own health by using the vitamins, minerals or herbal supplements is similar to the action of grounding one's magic.

PLACEBOS AND RITUAL IN RELATION TO HEALING

This Awareness indicates that even though suggestion and healing energies may be sent to an entity, these energies will have greater effect if there is a physical ritual accompanying the energies. This Awareness indicates that therefore, the physical ritual of taking certain herbs and vitamins and minerals, works also as a placebo, or a suggestion to the subconscious that the conscious is working to heal the body. This Awareness indicates that this physical action has approximately 50% of the healing value, and that the herbal or vitamin or mineral supplements contain approximately 50% of the healing value in terms of these suggestions. This Awareness indicates that meanwhile, the suggestion of healing and energies sent by this Awareness are also being given, so that not only are the supplements having their value, but also the resonating electro-magnetic energy, or psychic forces, are also being sent to the entity for healing purposes. This Awareness indicates that therefore, a combination is more effective, and wherein an entity's thinking can be harmonized, this also can be more effective.

THE FIVE LEVELS WHERE HEALINGS OCCUR

This Awareness suggests that wherein an entity begins to understand the attitudes which bring about the symptoms and to clarify these attitudes, along with the healing energies, and along with the therapeutic supplements or activities; this then allows greater suggestions on all levels. This

Awareness indicates that the best healings occur when an entity's mind, emotion and feelings are all brought into harmony for healing purposes, and wherein the physical body is involved in some type of activity, such as taking vitamins, minerals, or dieting, or exercising, and wherein the spiritual energies are brought into play; these five levels as that which creates the quickest healing force. This Awareness indicates particularly wherein the entity can be made open to receive the healing energies from the Divine Sources. This Awareness indicates that not all entities are open to such energies, and therefore the process is more labored and difficult.

This Awareness indicates that for those who cannot receive such healings through the use of Divine suggestion, or from the use of mental or emotional suggestions, there are those forces available on the physical level which can give suggestions of a physical nature, to assist. This Awareness indicates that such systems as surgery, or of intense drug therapies, may be the type of suggestion needed to bring about the correction. If these fail, then the entity is simply without assistance until the entity can find some way of accepting the suggestion for healing in a different mode.

This Awareness indicates the homeopathic system, such as with Bach Flower remedy and cell salts, as that which works mostly on the feeling level, the aura and the etheric energies of the body; the drug therapy as that which works strongly on the physical body; that vitamins and minerals assist in the physical, emotional, and feeling or mental levels. This Awareness indicates that the visualization process often used in healing is that which is associated with the spiritual body, spiritual aspects, or the etherial;--this Awareness indicates that the magnetic type of healing also works on levels.

WHAT DID JESUS MEAN WHEN HE SAID "I WILL RAISE HIM UP"?

(ALSO THE MEANING OF "THE LAST DAY")

QUESTION:

A question from R.K., Boise, Idaho. "In JOHN 6:44 of the Jerusalem Bible, it reads: *'No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day.'*" Will Awareness please explain what Jesus meant by the words "the last day" and by the phrase "I will raise him up"?

COSMIC AWARENESS:

This Awareness reminds entities of the Scorpio readings relating to the Kahuna philosophy and the Huna code in religions. This Awareness reminds entities that the name 'Father' in this code as referring to the High Self and to the Universal Deity. This Awareness indicates that the ancient symbology as that which placed the sky god as male,--being that it is more expansive in nature, and the female god as physical, earthy,--being that it is more formative and magnetic in nature. This Awareness indicates the sky god as reference to the Heavenly Father, or that which is the Spirit which inhabits and fills the universe, or that which is symbolic of such Spirit or spiritual energy.

This Awareness indicates that the statement that "none shall come to the Father except by me" as that which was being spoken through the entity Jesus by the Christ Consciousness of this entity. This Awareness indicates that none shall come to the Universal Consciousness, or come in harmony or unity with the Universal Consciousness, except through the Christ Consciousness, the Crystal Clear Consciousness which is the High Self of the individual. This Awareness suggests that the passage be read again.

QUESTION:

"No one can come to me unless he is drawn by the Father who sent me, and I will raise him up at the last day."

COSMIC AWARENESS:

This Awareness indicates this also as in reference to the vibratory rate of the universal forces, whereby entities are drawn into harmony or into unity, into identification with that spiritual energy. This Awareness indicates that often, entities are on their own path as the prodigal son, who travels around following his own will; and this eventually leads to the condition whereby the entity finds himself wallowing with pigs, or in conditions which are less than desirable. The entity then, because of being cut off from the spiritual path and forces, is then drawn to return; and this return moves through the High Self toward the Father, toward the Higher Spiritual Forces.

This Awareness suggests the passage again be read.

(Passage is again read)

This Awareness indicates that this reference to the "Last Day" as that which is also symbolic; a day is symbolic in ancient terminology with the word 'degree'; the degree in the zodiac, or within a circle as being 360, and this in reference to days, or that which is the degree of movement within a portion of that circle. This Awareness indicates that the Last Day as that which is the final reckoning for that entity's movement on his circle or wheel of destiny, and back to the source,--this reference to the wheel of destiny as that which is the path of the individual who travels away from the Divine, back to the Father on the last day or last degree of his journey.

BHAKTI YOGA AND THE WANDERER

SHOULD YOU "LEAVE YOUR NETS AND FOLLOW ME"?

QUESTION:

A question from Bill Sheppard concerning Bhakti yoga, which is an Eastern discipline, which supposedly transcends earthly karma by fixing an entity's love totally on God. In following Bhakti, or the path of pure devotion, it is supposedly possible to return to the Godhead in absolvment of all karma in the manner of Rhyee's return, or in the manner of the thief on the cross to whom Christ said, "This day ye shall be with me in paradise."

According to followers of Bhakti, it is the same thing as the Grace which commanded the Apostles to "Leave your nets and follow me". According to Bhakti yoga, or Grace, the karmic debts are absolved when an entity elects to follow the higher law and follow the higher leading of God. How might this principle of Bhakti or Grace, apply to a Wanderer who is embodied in the earth at this time? Would leaving the nets be a cop-out from worldly responsibilities, or would it be the Grace of the higher law? Would Awareness please comment on that?

COSMIC AWARENESS:

This Awareness indicates that wherein an entity follows the path known as the Bhakti yoga, the entity, through devotion to the Supreme Creative Force of the universe, gives up his personal will and surrenders unto the Will of God, and remains devoted to that Supreme Creative Force each moment, and in each moment, is moved by that Will to be, to go, or to do, as the Will suggests. This Awareness indicates this as an action of response to the inner spirit and guidance which the entity feels is moving him from place to place,--to do, to act, and to be as the entity must be in order to follow the Will of the Divine.

This Awareness indicates that once the entity actually makes this commitment, the entity gives up any concern about whether being on the right path, whether this will eliminate karma, whether this is an escapism, or whether this is but an avoidance of facing responsibility; for the Divine Force will lead the entity to face responsibility if it is the proper action, or to continue avoiding certain past debts or karma in order to do something else, if that is the proper action. The Divine Force will lead the entity in the proper course of action, so long as the entity is willing to follow.

This Awareness indicates that it may turn out that the Divine Force wishes the entity to move into a difficult situation and learn from the 'school of hard knocks', but if the entity willingly follows this Divine inclination until the lesson is learned, then the Divine Force will move the entity from that situation to still another. This Awareness indicates that essentially, this is the action whereby karma, though owed, may be overcome by devotion to the Divine Force. It is not so much that the Divine Force will absolve you of karma, but more that the Divine Force will use you to absolve any karma which you might owe and to take on other karma of the world; as you are a tool, an agent for the Divine Force, and are moved by the Divine Force to be such an agent.

ED's Note:

For more information on Bhakti yoga, please refer to the channelings of Bill Sheppard in the "Letters from Bill" series published by C.A.C. (Consult Back Issues catalog for prices).

For more information on the thief on the cross, please refer to 'Revelations of Awareness' No. 80-2 (\$3.00 from C.A.C.)

BENEFITS FROM STARING AT THE MOON

(START YOUR PROJECTS DURING THE NEW MOON)

QUESTION:

A.F. would like to know, "Does staring at the moon have any beneficial effects on the body like staring at the sun does?"

COSMIC AWARENESS:

This Awareness suggests that a clarification here needs to be brought out for those who do not understand this reference to staring at the sun. This Awareness suggests that entities not stare directly at the sun, except perhaps when it is sinking over the horizon. This Awareness suggests rather, that entities may look at the sun through proper filters which filter out the harmful rays, or through a reflected image in a mirror or on water.

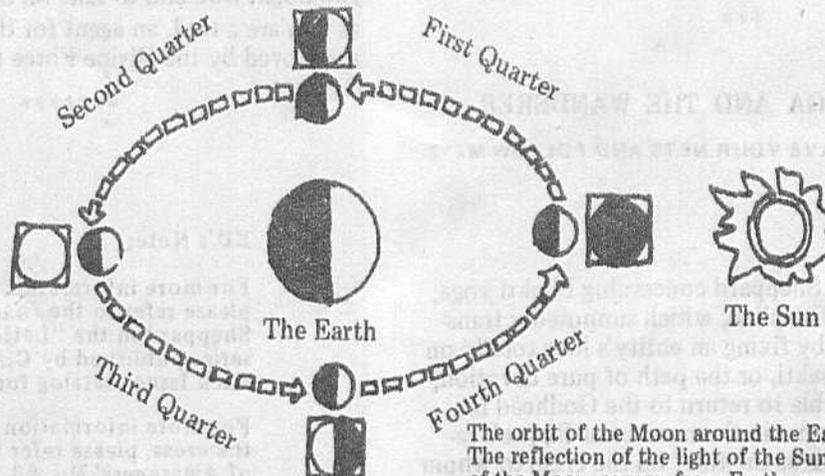
This Awareness indicates that in terms of the question regarding effects of the moon, this Awareness indicates that these energies from the moon are reflected energies of the sun, and do have certain value to the system. This Awareness indicates that whereas the energies from the sun affect the vitality of a system, the energies of the moon affect the psyche or emotional energies of a system. This Awareness indicates that staring at the moon does affect entities' emotional or psychic energies, making the entity more psychic in nature, filling the entity with psychic energies, and these energies may be experienced as intensified emotions.

This Awareness indicates that entities also will experience differences in terms of the New moon or Full moon: the Full moon having a powerful drawing effect on the emotions, intensifying the emotions greatly; the New moon being that which is likened unto a vacuum, drawing on the emotions, creating energies on which the emotions may build and grow. This Awareness suggests that for this reason, it is often said that if you wish to start a project, start the project during the New moon. This Awareness indicates the reason for this is that the emotions, or what may be termed your enthusiasm for the project, will grow along with the waxing of the moon energies.

This Awareness indicates that in starting a project with the Full moon, as the energies begin to wane, you may feel that your enthusiasm is falling off and may become more discouraged. This Awareness indicates that in understanding, however, the nature of the moon's effect on your emotional energies, these interpretations of growing or diminishing enthusiasm which is triggered by the moon's energy, -- this does not have to be applied to your project if you understand that it is the moon's energy rather than your own energy which is creating these increasing or diminishing feelings of enthusiasm.

This Awareness indicates in this manner, an entity whose project began with great enthusiasm from the moon's energy and the entity, finding this diminishing as the moon's energy diminishes, the entity needs not become discouraged over the project, realizing that it is not the project that is failing, but rather the psychic energy being emanated from the moon's forces which are being experienced by the entity. This Awareness indicates this can help to counter these energies when not accompanying the actions for a project. This Awareness suggests however, that as a general rule, wherein convenient to begin a project so that the waxing moon will assist in building enthusiasm as you work on the project, this of course can be beneficial when understood. This Awareness indicates however, that not all projects can be completed in a manner of two weeks while the moon is waxing.

For more information concerning how to look at the sun, please refer to 'Revelations of Awareness' No. 78-30 (How to Use the Sun to Become More Youthful, Sexy & Healthy); \$1.50 from C.A.C.



The orbit of the Moon around the Earth. The reflection of the light of the Sun off the surface of the Moon, as seen from Earth, produces the Lunation cycle.