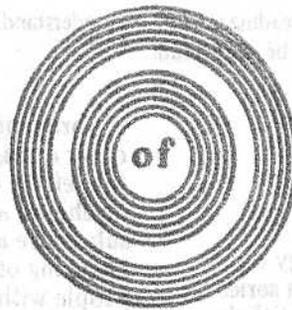


Revelations



Awareness

82-21 The New-Age Cosmic Newsletter

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Cosmic Awareness Communications

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.



WHAT WENT WRONG ?

WHAT ARE WE DOING TO OURSELVES ?

Crisis and Hotlines — 24 Hours
Crisis Clinic—Crisis Intervention
and Information/Referral . . . 352-2211
Domestic Violence Hotline . . . Toll Free
dial 1 & then 800-562-6025

Abuse/Assault — 24 Hours
Children's Protective Services—
DSHS 753-0613
Domestic Violence Hotline . . . Toll Free
dial 1 & then 800-562-6025
Rape Relief 352-2211
Women's Shelter 352-2211

Alcohol/Drugs
Al-Anon/Alateen—For Friends
& Relatives of Alcoholics . . . 352-7344
Alcoholics Anonymous 352-7344
Community Mental Health Center
—Counseling Service 943-4760

Food/Clothing
Clothing Bank—SDA Service
Center Open Tues. Only . . . 943-1518
Food Bank—Emergency Food 352-8597
Food Stamps 753-2385
Meals on Wheels 352-8598

Gamblers Anonymous 352-2211
Live for Today—Mutual
Support for those with
Life threatening illnesses . . . 352-0635
Parents Anonymous—Child
Abuse Prevention 352-8598
Sudden Infant Death Support
Group 753-8076

Mental Health
Community Mental Health
Center Counseling Services 943-4760
Crisis Clinic—24 Hours
Service Providing Emotional
Support 352-2211

Children's Protective Services
DSHS—Neglect/Abuse of
Children 24 Hours 753-0613

Probation/Parole
Adult Probation & Parole . . . 753-7435

Friendship—Pre-Trial Diversion
and Ex-Offender
Employment 357-8021
Juvenile Court Services
Juvenile Probation Office—
Youth Service Center 753-8083
Juvenile Parole Service . . . 753-2273

Bell System
Yellow Pages

THE BREAKDOWN OF THE FAMILY UNIT

This Awareness indicates that on the more specific levels, what went wrong is that individuals forgot to train their children to develop principles and ideals based on mutual respect for each other, and this has been largely the result of a society which went into war, required the family be separated through distance, through various occupational separations or through the need for parents to work, or through the distractions of social life, whereby parents and children are too busy to relate to each other, for the parents are busy with their chores or occupations, the children with their studies and their preoccupations, and the entry of the magnificent baby-sitter, the wet nurse, the nanny known as the television set, which takes away all need for mother or father to pay attention to the children, or for the children to pay attention to the parent, enter the all-seeing eye and programmer of consciousness, and thus the families break down, and disunity becomes complete, and the children then receive their messages, their guidance, their values, from that which is the family teacher and programmer, the television set, with its many multifaceted programs of excitement, shock, violence, intrigue, and one-line concepts and put-downs.

CHANGING VALUES FROM THE 50's

This Awareness indicates that these changing values which have developed over the past twenty years, particularly from the early 60's to the present time, as that which appears to have shattered the structure of a civilization that at the time, in retrospect, looked like something secure, solid and meaningful. This Awareness indicates however, that if entities actually look back on those times in the 50's, entities may recognize that there was a kind of stagnation, a period wherein values and goals were of a shallow nature.

This Awareness indicates the decade of the 50's as that which was in part the ideal height of the United States in its culmination of its glory, for it controlled the nuclear weapons capable of destroying any country which might oppose it, and it had the integrity at the time, not to threaten or to throw its weight around unnecessarily, or out of proportion to that which was necessary to keep the peace, and it was concerned with rebuilding certain values in its own domestic levels, the domestic programs for the farms, highways and construction of buildings and homes.

This Awareness indicates that it also was concerned with the Atoms for Peace projects. This Awareness indicates it was during this time that the seeds of this future chaos were planted, for during these times also, the Marshall Plan was in operation, whereby money was spent in various countries throughout the world to assist in the rebuilding of these nations. This money spent in these nations as that which began the decline of the economy, and increase of the national debt of this nation. It also was necessary in assisting those foreign countries in order that a strong healthy Europe and various allies would develop, so that peace could be assured, and so that nations could develop their own economies.

It was the beginning of the spread of the United States as a world power, and its influence into those European, African, South American and Asian continents. This Awareness indicates that the price of power as that which has taken its toll, in that the United States, in holding onto those vested interests, has been forced to expend great amounts of its own natural wealth, that it has exploited other countries of their natural wealth, and has, in order to be competitive with those communist countries of the cold

war era, has needed to maintain vast military armaments and budgets, and this has led to increased national debts, and the increasing demand on individuals to work, to find expressions of activities which could be contributing to the social fabric and structure of the United States in its efforts to maintain these expenses.

This Awareness indicates this action as having moved into expanded influence throughout the world, with interests throughout the world, whereby when one of these distant places is threatened, the entire interest of the United States is threatened, so that the people of the United States essentially have become likened unto a policing force, to police the power of the United States and its empire. This Awareness indicates that as this has occurred in the United States, so likewise there has been the similar movement of those communist countries and the continued spread of their influence.

This Awareness indicates that this conflict between the Western and Eastern blocs, the capitalist and communist nations, as that which essentially was controlled by the banking systems, the Illuminati, or that which is the oligarchy and the hidden hand which plays the games of manipulating nations. This Awareness indicates that this as having forced individuals into becoming more expanded in their view of the world, in their view of society. That the television set, the increased newspapers and publications available to individuals is that which has increased entities' awareness of concepts and activities throughout the world, so that there is less emphasis and focus on the family, on personal values, even on personal business.

That entities now, in attending their occupations and their work, have less inclination to do an honest day's work, to give their best to their occupation, to make their product worthy and lasting, and of high quality. Entities having very little interest in their occupation or the company's reputation are more inclined to work enough to keep the job and then concern themselves with the paycheck and their bills and what little pleasure they can find for themselves or their family, at home or after the expenses have been paid.

This Awareness indicates essentially, entities have become more like cogs in the big machinery of society, having their little niche and their little movements, and little room left for being human or for creative endeavors. This Awareness indicates that many entities have little choice in terms of their way of earning their living, their way of expressing their lifestyle. This Awareness indicates that along with this, there has been that action whereby the government has taken over more and more of the social programs, and has served as a provider for the individuals. In this nation this has raised an entire generation of entities who are used to living off of the hand of the government, as though this were a father of the family.

This Awareness indicates that such entities find it difficult to suddenly discover that the society no longer provides, but extracts and denies, and these entities then, in not making that adjustment, begin to strike at society and try to extract from society that which they feel is their right and which is necessary for their survival; therefore, entities steal or cheat the government, or each other in the society with the justification that the insurance company, or the government or the tax department, or the corporations or the store; that these are all too wealthy, and have cheated and denied the individual what should be his or hers.

This Awareness indicates for some entities, this concept spills over into taking from other members of the society in the belief that those entities have more than they need and "I deserve more than I get." This Awareness indicates others see the entire action as a kind of nightmare, a planet on which they were deposited, which is on the brink of annihilation, whereby they probably will not live to be more than five or six years older than at present, whereby there is violence everywhere, whereby there are others like themselves who are getting by with stealing, with cheating, or with committing violence, and therefore, if they are to survive, they too may need to indulge in such actions.

There are these entities who see the entire planet as a kind of nightmare which is not of their own making, whereby they were deposited without their choice, and as such, being in a kind of jungle, must survive by whatever means is available to them, including, if necessary, attacking the innocent, and attacking the weak. This Awareness indicates that those who have lived through the 40's and 50's, who recall the good old days, cannot conceive of what it is like for the young persons born in this later period, in societies wherein there is a lack of family unity, a lack of personal interest by others, a sense of competition, and a pressure from peer group generation and television, movies and other programming systems; advertisements, various indulgences in all directions of the marketplace, whereby the entity has continuous temptations and threats to his existence, and is born in a world not of his own making, but one which promises annihilation at any time through global disaster, through national disasters, through threats of war, through threats of civil action, through threats of individual and social oppression, and through threats from the peer group pressures, and through threats of not having any purpose, future, meaning, or reason to exist.

The individual, essentially, in today's younger generations, is being raised to have little self-worth, or sense of personal value. This Awareness indicates that when you take away an entity's goal, when an entity has no goal or future orientation, the entity is a prime target for alcoholism, drugs, licentious living and debauchery. Wherein an entity has a goal and a purpose in life, and a hope in the future, the entity then has little time for such weakening and useless sidetracks, and will focus on those actions which lead to the goal and purpose for his or her life.

This Awareness indicates essentially, what has happened, and what went wrong, is that the goals and hopes for a future have been weakened, denied, diminished, or discouraged, so that entities no longer can feel enthusiastic in working toward something worthwhile in a future period. This Awareness indicates that when an entity does not expect to succeed, an entity cannot be enthusiastic. When an entity expects to fail, the entity will not attempt to succeed. This Awareness indicates that wherein there is the continuous threat of annihilation through nuclear war, entities naturally will feel certain types of attitudes in terms of their efforts to produce a healthy future, which will be much less meaningful than if they were not being threatened by a nuclear war.

This Awareness indicates that wherein entities can see clearly a continuity in life, a future, a certainty, or a probability of a future for themselves or for their loved ones, entities then can more quickly and easily and with greater patience, devote themselves to a goal, a purpose, and through persistence, work toward fulfillment of these goals and purposes. This Awareness indicates



wherein a future is not seen, or is seen as uncertainty, then entities will develop short-range goals, or will grab what they can, while they can, and not develop any future goals or purposes for their life.

This Awareness indicates that essentially, it is this lack of clarity in regard to future existence that has created the problem, in terms of the values and the purposes, and the orientation of a society or its individuals, and without such a belief and faith in the future, neither the society nor the individual will ever become wholesome and capable of creating a healthy civilization.

Dummies

America rapidly is turning into a class-mass society, split into an elite that reads, votes and runs the community, and a mass that vegetates in front of television, a panel of experts claimed Monday in Washington, D.C. The story is on Page Two.

The Olympian
Sept. 23, 1982

THE DEATH WISH AND ITS RELATION TO CANCER: (HOW TO REVERSE IT)

QUESTION:

A question from V.K. "Cancer is said to originate mentally in a death wish. Physically, it has been stated cancer is caused by the body's failure to digest or metabolize protein, and also that the breakdown of the liver is the starting point of all illness. If a person is a vegetarian and does not eat proteins, but still entertains a death wish, is it possible for the death wish not to affect the body negatively, or would cancer commence some other way?"

COSMIC AWARENESS:

This Awareness indicates that entities cannot survive long without eating protein. This Awareness indicates that there are areas of this question which are difficult to understand in regard to proper nutrition. This Awareness indicates that the information stated in the question as that which is not fully valid in its content.

This Awareness indicates that essentially, the death wish is that which begins affecting the cells of the body to inform them as to how to function, this affecting the metabolism by creating certain attitudes within each cell as to what its function is. The attitudes within each cell, reflecting the attitude of the individual, can emanate a poisonous effect on those energies roundabout, or can emanate a healthy effect, depending on the attitude.

This Awareness indicates that wherein an entity has a healthy attitude, a love for life, does not feel overstressed or overworked to the point of despair, or wishing to throw in the towel; this Awareness indicates that the cells feel likewise, and their orders from headquarters are to repair themselves when given the opportunity, when given the proper nourishment, and to rest and restore themselves as much as is possible under the circumstances.

This Awareness indicates however, whenever the entity's attitude is such that "No one cares for me. I have no purpose in life. I might as well simply die," and the entity begins wishing to die, whether consciously or subconsciously, the cells then, having received their message from headquarters, begin carrying out the orders: "Self-destruct! Self-destruct! Self-destruct!. It is time for self-destruct!" and whatever energies are brought in as sustenance, food or nourishment, is simply poisoned or rejected on the orders from headquarters. This Awareness indicates that once the cells have the action in motion, then the entire system begins shutting down its life-force activities, regardless of whether the entity is eating this food or that, regardless of what is occurring; the cells are responding to the direct orders from headquarters.

This Awareness indicates if those orders have not changed by an equal or greater intensity from headquarters, then the cells continue in their action. This Awareness indicates for example, if the headquarters sends forth an extremely volatile and highly-charged emotional message with an amplitude of 144 or more, that states "This entity wishes to die", the cells then, carrying out this intense, highly-amplified message, will not respond and reverse their action until an equal or greater message comes through.

The headquarters then may send forth a message: "Oh, my God, I am dying from cancer and I don't really want to do this!" This Awareness indicates if the message is at an amplitude of 140 in comparison to the previous message of 144, the cancer will continue, although it will be greatly reduced in speed. This Awareness indicates that if, however, the entity's message in terms of emotional amplitude is: "Oh, my God, I am dying from cancer. I do not wish to do this. I have made a mistake. I want to live!" And if this amplitude is of a level greater than 144,--for example 150, the energies then may be such that the entity begins to improve, and if this amplitude can be continued, the improvement will continue. This Awareness indicates however, if the entity's amplitude is of 200, for example, the entity may have a miraculous cure, whereby the cancer begins to diminish rapidly.*

This Awareness indicates that in understanding the power of the mind in healing the body, entities must also understand the nature of the amplitude or volume of emotions, and the accompanying faith. For if one simply has an emotion of wanting to live, but accepts death through the message of fear, whereby the mind sends a message to the cells: "Oh my God, I have cancer and the death-rate of this disease is almost certain!"--this Awareness indicates that even though this amplitude may have topped the original amplitude which caused the disease, all this message does is reinforce to the cells that they have started a process of shutting down, leading to death, and now they are to become aware of the danger of the action and that it is almost certain.

This Awareness indicates the cells then, recognizing that their action of shutting down and proceeding toward death is following directions, and new directions have been given which state that it is almost certain that mission will be completed. This Awareness indicates the fact that there is a fear accompanying the message does not inform the cells that they are to stop this action. This Awareness indicates however, wherein there is a message from headquarters stating that the action which was started must be stopped at all cost, that no further movement in this direction shall be allowed, and any cell continuing this type of action will be reprimanded; this Awareness indicates then the cells have a clear and direct message. This Awareness indicates as long as this message is consistent and of a higher amplitude than the original message, the cells recognize and receive their orders from headquarters and know that the orders have been changed and that reverse action must occur.

This Awareness indicates that wherein the cells receive the message that everything is going to be alright, repair is occurring, the cells are beginning to reverse their action and health is being restored to the system; this Awareness indicates this creates an enthusiasm among the cells, who feel that "Great! We don't have to self-destruct after all," and the cells begin working even more excitedly in the healing process.

This Awareness indicates that the action of herbs, drugs, vitamins, minerals and nutrients upon the cell is much like giving medicine to children or to entities, whereby the faith is enhanced along with the nutrient that is given. The medicine is given, the placebo is given; it may be nothing more than water. But if the child is told, "This is magic water which will heal you," and if the child believes this to be so, then the child

accepts the healing which is to follow and the cells are directed by the headquarters' thought to become healed. This Awareness indicates that therefore, the proper medicine, while being more beneficial than mere water, or a placebo, can nourish and help recovery of the cells. The antidote for any poison can counter that poison. This Awareness indicates that while this is true, still, there are other factors in healing which do not depend strictly on the medicine involved,—other factors which depend upon the attitude which is being administered along with the medicine. This Awareness indicates that the faith accompanied by the medicine is that which is the best combination.

This Awareness indicates that recently, the American Medical Association was made aware of the fact that faith was part of the healing process, and publically announced this after an experiment whereby a certain medicine which had been used for healing a certain illness successfully for several years was proved to be absolutely worthless. The Medical Association had to acknowledge that the successes which occurred were the result of faith in medicine, rather than the medicine itself.

*ED's Note: when Awareness was giving the examples of raising the amplitude, its voice raised in amplitude till it almost was shouting. The impression given to your editor was that an entity could jar the subconscious into reversing the self-destruct affirmation if the entity became so enraged, so indignant at the whole idea of dying from this death-wish that he stomped on the floor, shouted and hollared, beat on the wall, and simply raised all kinds of hell, that this kind of activity, when repeated and repeated, was sufficient enough amplitude to cause a reversal of that message which had been telling the cells to self-destruct.

HOW AMPLITUDE HEALS AND REMOVES SUBCONSCIOUS BLOCKS

(MORE ON USING THE PENDULUM)

QUESTION:

Awareness, in reference to how the orders from headquarters were sent down with amplitude, I'd like to ask if the book by Max Freedom Long entitled *Psychometric Analysis**, wherein one uses a pendulum to communicate to the subconscious mind; if this would be a mechanism that most entities could use to present the amplitude, or the message to the subconscious mind in such a manner that it *could* reverse the cells in their march towards ending the life of an entity in some cases like cancer?

COSMIC AWARENESS:

This Awareness indicates that wherein an entity is at war with the two parts,—the conscious and subconscious parts of itself,—wherein the subconscious is rebellious to the conscious suggestions, then it becomes important for some kind of rapport to be established between these two parts of oneself. This Awareness indicates otherwise, directions given from headquarters will be disobeyed by the army of cells within the subconscious which comprise the mass mind of the subconscious being.

This Awareness indicates that essentially, the subconscious mind of entities is the collective DNA molecular reflections in the cells of the total entity. This Awareness indicates within each of the genetic patterns in the cell is the reflection of the entity, the

coded image of the total entity. This Awareness indicates that this is similar to that concept wherein man was created in the image of the Creator. This Awareness indicates likewise, the cells and the molecular structure of the DNA pattern, contain the image of the total entity.

This Awareness indicates that these collective DNA patterns in the cells comprise the mind which may be termed the subconscious mind. This Awareness indicates this, for purposes of analogy, may be thought of as the cells of the subconscious brain which are in fact the body of the entity which houses these cells. This Awareness indicates just as within the head are the brain cells which comprise the conscious mind and the other aspects of the brain, likewise those nerve actions and cells throughout the body are, for purposes of analogy, are cells composing the subconscious mind.

This Awareness indicates that the concept of the conscious mind dictating or controlling the subconscious; this Awareness indicates that it is somewhat invalid to think that the conscious mind can dictate to the subconscious without the subconscious being a willing, obedient follower. This Awareness indicates that this can only occur when there is a rapport established between these two aspects of an entity, whereby the subconscious is responsive to the conscious commands.

This Awareness indicates that wherein this marriage of aspects within an entity is compatible, then the conscious and subconscious minds work together. This Awareness indicates wherein it is incompatible, wherein there is little rapport and much rebellion within the system, then it becomes necessary for some form of negotiation to occur, and that negotiation requires a communication that allows the subconscious to be heard. This Awareness indicates when this is effected, the conscious and subconscious may communicate.

This Awareness indicates that the subconscious often communicates in dreams or in actions which create circumstances for the conscious mind to have the responsibility for clearing up, or whereby the subconscious creates circumstances that are rewarding to the conscious mind. This Awareness indicates that in other words, the subconscious mind, in creating circumstances of one's life subconsciously, may do this in rebellion or in friendship to the conscious mind. And this is a form of communication, a message being delivered, if the conscious mind is wise enough to recognize the message which the subconscious has created in the circumstance.

This Awareness indicates that wherein the conscious mind has an apparatus for communicating to the subconscious, and allows the subconscious an apparatus to communicate to the conscious mind, then there can be greater communication and rapport established. This Awareness indicates for this reason, meditation, imagery, symbolism, music, song, dance...these various actions which all are language of the subconscious and which can be observed by the conscious mind; this Awareness indicates these are beneficial. Likewise, the use of the pendulum, or Tarot cards, or other activities which allow a kind of muscle-reading to occur. This Awareness indicates for example, an entity may ask the subconscious a question and direct it to answer with a particular movement of the hand, the hand then responding involuntarily, or unconsciously,—without conscious will, may deliver a message to the conscious mind. This Awareness indicates there are various types of systems and books written to describe ways of communicating with one's subconscious.

This Awareness indicates that this can be useful for entities to learn to communicate with the subconscious in order to establish some kind of rapport. This Awareness indicates however, that assuming that one has eventually established a rapport with one's subconscious, enough of a rapport whereby the subconscious will at least recognize the conscious wishes and commands, it is from this aspect that this Awareness has previously given the information regarding the 'orders from headquarters'.

This Awareness indicates that in terms of amplitude, --which is essentially the intensity of emotion or force of will behind the statement or command,--the amplitude and the repetition involved is that which can program the subconscious. This Awareness indicates that wherein an entity speaks dryly to the subconscious without any particular emotion, this can still effect an influence if the subconscious is equally unemotionally charged in regards to the concept which the conscious mind is seeking to establish. This Awareness indicates however, if the subconscious mind has an emotional charge on a certain concept and the conscious mind speaks an order to heal or clear up that particular concept, or the problem caused by that emotionally charged concept; the subconscious mind is not likely to respond efficiently to clear up the charge. This Awareness indicates the charge needs to be hit with a powerful amplitude or intensity of emotion equal to or near to that emotion which established the charge in the first place. This Awareness indicates that if it doesn't occur in one blast, it may require several blasts.

This Awareness wishes to give an example. Assume that in your past you experienced a very traumatic situation whereby you were beat up or struck by some stranger, and in the process were ridiculed and scoffed at. This Awareness indicates that this has left a charge which was not fully released because of your humiliation and frustration, and the anger which you felt. This Awareness indicates that 30 years later, this charge is still affecting certain memories and aspects of your experiences, and whenever a stranger comes to you in a manner that is in any way reminiscent, (subconsciously or consciously reminiscent of the earlier experience), certain energies come up which cause you to react to that entity in a manner that is not clear because of the earlier experience.

This Awareness indicates that even if you recognize this as stemming from your earlier experience, and you consciously tell your subconscious, "This is foolishness. I don't want you to act this way anymore. I don't want you to show such ridiculous emotional actions when speaking to a stranger unless there is some real reason. I know that this comes from that strange experience, that humiliating experience which I felt during childhood and it should no longer color my relationship with others."---This Awareness indicates the conscious mind may understand this, but the subconscious may not yet have released the charge, and the intensity which is felt may not have been tapped. This Awareness indicates therefore, the charge continues in spite of any commands given by the conscious mind for the subconscious to release that charge.

This Awareness indicates the way to tap into that charge and release the charge on that event is to consciously remember and re-experience the feelings that were felt at the time and to express these verbally and in action. This Awareness indicates that you may wish to take a stick and pound on the ground as you recall what

you were feeling and get all of that anger and frustration out. You may wish to cry because of the humiliation that you felt when recalling the experience. The tears may come forth. This Awareness indicates that if this does not occur the first time, you may need to run through the situation again and again, until there is no further emotional charge left.

This Awareness indicates that this can defuse these charged energies within the subconscious by sending an emotion of high amplitude into the area which equals or surpasses that which was experienced previously. This Awareness indicates that if the charge of the intense emotion cannot be mustered in one action, then a repetition of smaller emotions can defuse the charge. This Awareness indicates for example, ten expressions or run-throughs of the experience at a level of ten amplitudes of emotion, can be equal to a charged emotional experience of 100 amps. This Awareness indicates that understanding this, entities can better formulate methods and policies whereby these subconscious blocks may be diffused and balanced or reconciled.

This Awareness indicates that the question may be restated or re-asked along other lines if this has not been complete in clarifying.

QUESTIONER: (No. That seems clear enough. Thanks.)

* Psychometric Analysis, by Max Freedom Long. An excellent book on how to use the pendulum for communicating with the subconscious mind. Published by DeVorss & Co., Marina del Ray, Calif. (Also available from C.A.C. See book catalog.)

For more information on contacting the subconscious, please refer to the Cosmic Awareness Spiritual Development Correspondence Lessons (Scorpio).

For more information on cancer, please refer to 'Revelations of Awareness' No.'s 75-76 (Cleansing Diet);\$2.00; 78-20 (Cancer-The Great American Tragedy);\$2.00; 81-4 (The Strange Death of Steve McQueen);\$3.00; 81-12 (Cancer & D Cells);\$3.00; 80-27 (How to Heal the Body, Mind & Emotions & Spirit);\$3.00; 81-20 (Skin Cancer);\$3.00; 81-23 (The Polarizer as an Aid in Cancer);\$3.00; 81-24 (Coffee & Cancer);\$3.00; 82-9 (Almonds & Cancer);\$3.00. Also recommended is the booklet, "Cancer Cover-Up" (Special Report No. 4) released by the Crystal Ball, PO Box 4080, Torrance, Calif. 90510. Price \$3.00.



**IS A NEW SUPER RACE BEING BRED
BY SPACE BEINGS AND EARTHLINGS?**

QUESTION:

V.M. would like Awareness to comment on a book that was advertised in the October, 1981 FATE magazine. He sent in the ad, and I'll read it. The book is called *Sexual Encounters from the Cosmos*.

"A psychic 'super race' is being bred secretly on earth. Bizarre breeding experiments are taking place between ordinary humans and ethereal beings inhabiting realms around our planet. Researcher Timothy Green Beckley uncovers the "secret plan" behind these cosmic implantations that is being suppressed by the government and press. This fully illustrated book reveals many fantastic things that are being 'hushed up' due to their provocative nature. The hands of unseen forces have touched a growing number of individuals and altered their lives. These entities could benefit you as well."

COSMIC AWARENESS:

This Awareness indicates that this as being an accurate description to a point. This Awareness indicates that this as playing on the aspect of sexual salesmanship in regards to the relationship which is occurring between entities of the Inner Plane and those of the physical plane. This Awareness indicates that much of this is allegorical or metaphorical in its meaning. This Awareness indicates the super-race referred to as that which comes about in regard to entities who open themselves to receive higher vibrations from the beings of an ethereal level.

This Awareness indicates that there are however, also certain genetic things occurring whereby the code or genetic effects are likewise being altered among some entities on this plane, whereby super-beings are coming into physical existence. This Awareness indicates that this however, not limited to (nor excluding) sexual types of influence, but also relates to other methods which, particularly, the Soviet Union has perfected.



This Awareness indicates this in reference to water,--teaching small babies to swim and live in water at long intervals while developing. This having a profound effect upon their physical strength and health and creating what may be termed a 'super-being' in terms of strength and health and intelligence.

This Awareness suggests that the book as that which is of interest to entities and as a valid premise which should be explored by those who find such topics of value.

ED's Note: C.A.C. does not stock or carry this particular book. However, you can get it by sending \$10.95 for a copy of "Strange Encounters", plus a 6 issue subscription to UFO REVIEW to: Global Communications, 303 Fifth Ave. (Suite 1306), New York, N.Y. 10016.

...ARE ATOMIC BOMBS OBSOLETE?

NEW IMPLOSION BOMB TESTED IN ISRAEL AGAINST LEBANON

MORE ON THE JEWS' 'FINAL SOLUTION' TO THE ARAB PROBLEM

QUESTION:

Fredric Stoessel, of Weirs Beach, New Hampshire, sent in a newsflash on his *Tomorrow* newsletter*, taken from information of Dr. Richard Clark, who put out that information on the Reich cloud-buster which Awareness gave some information last time. This newsletter, I'll read part of it. It says:

"A new era of warfare introduced; the nuclear bomb is going to be obsolete. You haven't been told about it, but for some time both the U.S. and Israel have been developing a particle weapon. Tests of this weapon have been going on for some 20 years.

(From a C.A.C. Gen. Reading)

August 26, 1982

If the general public realized that the destructive capability of this weapon is far greater than any nuclear system, there would be total panic, and this is 100% true. The enclosed AP report indicates that the PLO has been the first victim of this new weapon in the modern times. This is much like the Japanese at the end of World War II with the A-bomb. The U.S./Israel forces decided to introduce this awesome weapon into combat and without doubt it will be used on a large level in the future.

For the past years, those who have known me, realize that totally without success I have tried to warn our military, CIA, and National Security Advisors of the tremendous advances in the Soviet Union over laser beam weapons and have advocated a crash program to catch up. At the present the USSR, due entirely to US technology and liberal financing from U.S. banks, is way ahead of the US and has the capacity to knock out our intelligence satellite systems. Along with several top patriots and scientists who have the best interests of the nation at heart, we have found that these requests were thrown in wastebaskets, and often the donors of them received a mark in their files indicating they were considered crazy, or at times, people with "dangerous information". These CIA, military and National Security clucks are not disloyal or communists, they are simply stupid," and he goes on to say,

"The entire Soviet advances stem from the discoveries of two top scientists who lived in America, whose discoveries were offered to and turned down by the United States government. I refer to the late Nikola Tesla, whose papers were returned to his native Yugoslavia after World War II, and the late Wilhelm Reich, who went to jail in the USA. The ultra secret "Stealth", or radar invisibility of the B1 bomber" was discovered by Tesla, who made an automobile vanish in New York and destroyed a building near his workshop. Tesla offered to build a particle beam system protecting the USA. Reich built a Cloud-buster which can deactivate nuclear reactors. So-called UFOs have the power to stop electrical flow in weapons, automobiles and power lines. Said system has been used recently by Soviet planes off the shore of Massachusetts, to stop American destroyers from seeking them."

And he includes this article which appeared recently in the newspapers. It says:

"Moscow (AP)--The Soviet Union yesterday renewed its claim that Israel used a new U.S. "suction bomb" to destroy a seven-story residential building in west Beirut.

The heavily reinforced building was blasted apart by Israeli jets Friday with no walls left standing. A Beirut leftist newspaper reported no sound was heard before the building fell into a pile of smoldering rubble.

American reporters in an office a few blocks away said they heard no explosion before the apartment collapsed.

Moscow radio said the dropping of the alleged bomb showed that "Lebanon is being made to serve as a U.S. proving ground where the Israeli forces are testing various types of American weapons."

Would Awareness comment on that, please?

COSMIC AWARENESS:

This Awareness indicates that this as seen as in the affirmative. This Awareness indicates this implosion type of device appears to be related to anti-matter, to the use of reverse polarities as opposite of that which is an explosion, being rather an implosion, similar in concept to the black hole theory, whereby a small implosive device creates such intense gravity as to pull forces toward it. This Awareness indicates the briefness of its existence prevents it from sucking the entire building into the oblivion of a black hole, or into the oblivion of a different dimension.

This Awareness indicates that this allows for the destructive weapon to be used without creation of extreme radiation as found in other nuclear devices.

QUESTION:

Well, was this an actual bomb, or was this a laser type thing shot from a satellite that wasn't seen at the time?

COSMIC AWARENESS:

This Awareness indicates that this appears to be that which can be focused at a distance, from a distance, using charged particle beams of a positive/negative nature, in reverse of matter, whereby these are projected at a point, and coming in contact at that point, create the disruption. This Awareness indicates this appears to be available both through the transference through space, also as being possible in a particular device, whereby these polarities are unleashed within the device.

This Awareness indicates that in this particular device, it appears these were unleashed from a distance.

* Fredric Stoessel's 'Tomorrow' newsletter, Box 5338 Weirs Beach, N.H. 03246. Write for information.

For more information on Reich's Cloud-buster device which neutralizes radiation, please refer to 'Revelations of Awareness' No. 82-18; \$3.00 from C.A.C. (This issue gives the information on how this device can be built).

WHY SO MANY CESAREAN SECTIONS ?

QUESTION:

The so-called cesarean section, or "C" section that doctors do on certain women to deliver their babies has increased from 5% in 1970 to 20% nationwide today, and rising every year, according to an article in the September 1982 *Reason* magazine. I'd like to ask Awareness why this is, and should women planning to have children plan to have this "C" section, as more and more evidently are doing?

COSMIC AWARENESS:

This Awareness indicates that this as in part due to the spread of herpes. This Awareness indicates this also as in part due to the increase in the doctors' reliance on this method as a means for earning more income than through the normal birth. This Awareness indicates that the use of this method of delivery of the child is more safe to the child when herpes is involved than through the normal procedure.

ED's Note: For a herpes cure that really works, please refer to 'Revelations of Awareness' No. 82-14; \$2.00 from C.A.C.

★ ★ ★
The United States must support Israel or risk the wrath of God, Moral Majority leader Jerry Falwell said yesterday.

"I don't think America could turn its back on the people of Israel and survive," said Falwell. "God deals with nations in relation to how those nations deal with the Jew. History is replete with illustrations of people who have touched the apple of God's eye."

Massacres of Palestinian refugees after the pullout of peace-keeping forces from Lebanon have not swayed his staunch support of Israel.

EVERYONE SHOULD MEDITATE DAILY

(MANY GIFTS FOR THOSE WHO TUNE INTO THE SOUL)

(Opening Message, C.A.C. General Reading)
May 19, 1982

COSMIC AWARENESS:

This Awareness wishes to remind entities of the importance of setting aside a certain amount of time, preferably on a daily basis, for meditating. This Awareness indicates that whereas entities can strive toward that action of making every moment of their lives a state of meditation, still there is also a particular value in setting aside time whereby one finds a place of solitude and simply meditates on the silence, and on consciousness itself.

This Awareness indicates particularly valuable is the meditation on the inner Light, and the sound current which accompanies that inner Light. This Awareness suggests that this as especially valuable for entities when undergoing periods of stress or chaotic and difficult times, so that during these moments of meditation, the soul has its opportunity to move into a state of poise, to rest and rebalance itself.

This Awareness indicates that it is not of great importance whether an entity sits in a traditional meditative position, such as the lotus position, or whether the entity sits on a chair in the traditional position suggested by many, or whether the entity lies flat in bed. This Awareness indicates however, it is important that the entity be comfortable and have a period of solitude whereby the entity is not distracted by physical position or external influences.

This Awareness indicates the purpose of keeping the spine straight is so that the entity, while remaining in a relatively relaxed position is still consciously alert, and not inclined to fall asleep. This Awareness indicates that the value of the time spent in meditation, taken away from other activities, is that which gives forth greater blessings than would be lost when entities spend their other hours often pursuing useless activities. This Awareness indicates that those moments can be of great value in balancing the aura, this as similar to what would occur from a vitalizing acupuncture treatment to enhance one's energy.

This Awareness indicates that a regular period set aside for meditation can be beneficial in both physical and spiritual values.

...MORE ON THE NEUTRINO:

HOW YOUR MEDITATION EFFECTS OTHERS

...LESS CRIME THANKS TO THE MAHARISHI

QUESTION:

Awareness, several of the members have sent in clippings in reference to the Maharishi Mahesh Yogi meditation: Transcendental Meditation, and that they have run surveys that found that crime waves in the cities where these members meet and meditate daily, is drastically reduced, and they feel there's a connection between this. Is this a fact? That people who meditate, that this meditation affects the surrounding area?

COSMIC AWARENESS:

This Awareness indicates that this as in the affirmative. This Awareness indicates that this as related to the neutrino, a sub-particle in the atom. This Awareness indicates that neutrinos are substances within the atom, or atomic level which are responsive to consciousness, and which are carriers of attitudes and information from atom to atom, at a speed similar to that of the speed of light, but this as even faster than the speed of light.

This Awareness indicates that this neutrino is as that which may be thought of as a kind of link between consciousness and matter on the atomic level, and as that which assists in those types of phenomena known as telepathy, clairaudience and clairvoyance. This also is associated with teleportation. This Awareness indicates that entities in states of meditation essentially, are through certain sensitivities, becoming more close to the neutrino in their consciousness levels as well as their physical levels. That bridging the gap between conscious and physical, as linking through the neutrino, is that which allows entities to gain certain types of psychic power or force which can be used for influencing mind over matter, or for reading information associated with material events, even at a distance.

THE MOST EFFECTIVE FORM OF MEDITATION

This Awareness indicates that it is this action of meditation which brings about that contract with the neutrino and allows for this type of psychic energy to increase within an entity's consciousness. This Awareness indicates that the particular types of meditation may vary; that some are more effective than others. This Awareness indicates that the most important and effective form of meditation is an attitude of oneness, or universal love, and entities who have this attitude throughout their lives are in a state of continuous meditation. This Awareness indicates however, that it is not always easy to simply assume a state of universal love, and therefore it may be necessary for entities to move into attentive meditations whereby they set aside portions of time to tune in to spiritual and universal experiences, of the focus and concentration on the Light, the inner Light and the sound current associated with that, and those qualities associated with the universal love, such as the Christ Consciousness and all those saints or deities which may be in one way or another associated with that concept of universal love.

THE DEFINITION OF LOVE

This Awareness indicates that love itself is an action comprised of both radiance and magnetism, and an attitude of well-being. This quality, when commingled with the neutrino, then spreads from the entity, or the consciousness perceiving that quality, out into other areas of the universe and is enhanced by other areas through the neutrino, which in turn assists those in those other areas to receive an increase in the volume of love qualities being carried by those neutrinos in their area.

THE ASTROLOGICAL INFLUENCE OF NEUTRINO

This Awareness indicates likewise, in contraposition to this, attitudes of hostility, when expressed through the neutrino may be carried toward other areas and as such, may be picked up by entities who feel hostile, more hostile, and that greater intensity may be interpreted as a mood which they simply fell into, and may be directed toward others. This Awareness indicates that similarly, this same principle is involved in astrological influences, wherein certain planetary aspects

and positions influencing their energies out into the universe, whereby an entity receives certain energy forces through the neutrino which carries these energies, and the entity is affected by these aspects of the planets and resists or experiences these energies in a manner which is not transmuting to the higher and better qualities, but rather experiences these energies as a negative experience.

The entity then may feel an astrological mood created by the present horoscope and its affect upon his own internal qualities, and may react in a manner which enhances or rebroadcasts that energy into his affairs with others, thus the astrological influence upon the entity then may create a behavior which comes from the astrological influence of the period, and which creates a situation compatible with that astrological reading for that time.

This Awareness indicates that as the stars impel or influence, but do not compel or force, the entity does have the option of accepting those influences without channeling the energies into negative reactions. The entity can take those intensities and transmute the energies into something constructive rather than destructive in that experience. This Awareness indicates that through meditation, on concepts of Light and love, it is possible for entities to transmute any forms of negative vibrations, or any forms of vibrations which *could* be used in a negative manner, so that these vibrations are used in a more constructive manner.

This Awareness indicates that the same energies which lead one entity to behave in a barbaric manner, causing great conflict and destruction, may be used by another entity to give the force and power, the incentive and push to do something which becomes very meaningful and valuable to others. It takes no more energy to create something which is difficult than to destroy something which was present and which could have been left alone. This Awareness indicates that it takes no greater energy to patch up a quarrel than it takes to continue a quarrel.

This Awareness indicates therefore, entities may begin to better understand the nature and purpose and value of meditation in dealing with the conveyance of attitudes and energies through the neutrino. This Awareness indicates the entity Leonard Hascall as one who has a book recently published in which he speaks of the Cosmotron. This Awareness indicates that this Cosmotron in Leonard Hascall's book as being essentially the same as what this Awareness refers to as the neutrino. This Awareness indicates that this entity as having coined the name 'Cosmotron'. That essentially this is what your scientists would refer to as the neutrino.

HOW TO STILL THE MIND IN MEDITATION

(THE HONG SAU MEDITATION)

QUESTION:

Awareness, there are many entities who have difficulties stilling their mind in meditation. Is there any substance or any vitamins or something they could take that would help them to achieve this end?

COSMIC AWARENESS:

This Awareness indicates that the Hong Sau Meditation as taught by Paramahansa Yogananda, or the entity Kriyananda, through the Self Realization Fellowship, or through

Kriyananda's organization; this Hong Sau Meditation as being extremely effective in helping entities to still the mind from unnecessary thoughts. This Awareness indicates that essentially, this problem exists for many entities, but not for every entity. This Awareness indicates that essentially this is likened unto an entity who is shut into a room with a radio or television set which is continually in operation, and the entity as never having been informed how to shut off the radio or television set. This Awareness indicates therefore, it continues to rattle on from the moment of awakening to the moment of going to sleep. The thoughts continually flowing through the entity's mind as a silent voice, continually talking to the entity.

This Awareness indicates there are many entities who have the opposite effect or experience, who cannot think words in their heads and can only think aloud if words are experienced. This Awareness indicates this as much more rare, that these entities are less common than others, in that they do not think at all in terms of mental words, but experience only when speaking aloud, or when reading something, and in terms of thinking a thought that is not read or spoken, these entities are lacking.

This Awareness indicates that the more appropriate and normal functioning of the mind is to have available the ability to speak aloud, read aloud or silently, and also to think when desired, or to cease thinking when it is not necessary. This Awareness indicates that this action of not thinking, walking along the street, hearing your feet shuffle on the sidewalk, hearing leaves rustle through the trees, hearing the birds or crickets or dogs barking without having to think words such as "crickets", "leaves", "trees", "bark", to name every experience observed; but simply listening and being aware with a mind that is silent and attentive; this is that which is the more appropriate and normal functioning mind.

This Awareness indicates the word "normal" meaning that which is healthy. This Awareness indicates that the mind which is continually active, while the entity is walking along the street, whereby the mind never lets the entity have any peace to observe anything, or to think as the entity would like to think, but rather is continually chattering to the entity, everything from discussions of a conversation earlier in the day which run through the entity's mind again and again, to songs which the entity has heard recently which are now playing in his head, to conversations which the entity will attempt to formulate in order to speak to someone later on at the appropriate time, or to just formulating ideas which are of no consequence to the entity, but which the entity is allowing the brain space in order to run off at the mouth. This Awareness indicates that this kind of brain, whereby it continually thinks these silent thoughts, is that which is a disruption to an entity's peace of mind.

THE HONG SAU MEDITATION

This Awareness indicates that the best method for stilling such a mind is to use the Hong Sau Meditation, whereby you focus on the breath, and as the breath comes in, you think the word *Hong*, *H-O-N-G*, and as the breath goes out, you think the word *Sau*, *S-A-U*, and between the breath of *Hong* and *Sau*, you focus on the *silence*, focusing on the silence that occurs, the space between the breath. This Awareness indicates that you allow those spaces to become more significant than the *Hong* and the *Sau*, and that you keep your attention on this breathing process for a period

of time, so that the mind does not have its chance to begin thinking other thoughts.

This Awareness indicates you will begin to notice that the spaces between the *Hong* and *Sau* grow larger with the increased practice of this meditation. This Awareness suggests that to do this properly, entities should follow the instructions as given through the Self Realization Fellowship whereby the earlier meditation is applied first. This Awareness indicates this as being essentially ten breaths, each composed of a count of ten as one breathes *IN*, a count of ten as one *holds* the breath, and a count of ten as one *expels* the breath. This being ten breaths, thereafter moving into the *Hong Sau* Meditation.

This Awareness indicates ten of these breaths of thirty counts may be conducted by the use of the fingers, whereby as the entity breathes *IN* and counts ten, *holds* for a count of ten, and *expels* for a count of ten, then thereafter a finger is closed into the palm, and the next breath begins, after which a second finger is enclosed in the palm, and so forth, until all ten fingers are closed within one's palm. This Awareness indicates that after that, the breathing then ceases in its formalized manner, and the entity simply allows the breath to flow while observing the incoming breath with the term *Hong*, and the expelled breath with the term *Sau*; the moments between the incoming and expelled breath as that which is to receive the attention of the mind.

ED's Note: Self-Realization Fellowship's address is 3880 San Rafael Avenue, Los Angeles, Calif. 90065.

C.A.C. permanently keeps in stock the book "Autobiography of a Yogi", by Paramahansa Yogananda. For those of you have written asking us to question about Babaji, the entity who has appeared and reappeared periodically on this plane for many thousands of years, this is the book to read. Paperback edition currently sells for \$2.50 and the hardbound edition \$10.95. This book is also available in most book stores.

THE DAY NIAGARA FALLS DISAPPEARED

QUESTION:

In the November/December, 1981 issue of the *Journal for Natural Health and Parapsychology*,* there's an interesting little story which I'd like to read and ask Awareness to comment on. It's called "The day Niagara Falls Disappeared."

"At 2 A.M., on the morning of March 30th, 1848, the people near Niagara Falls awoke with a feeling of apprehension. It was quiet,--too quiet. The roar of Niagara Falls had disappeared. Uneasy men dressed quickly and raced to the river. Uncomprehending dread gripped their minds when they discovered the river had stopped flowing. Niagara Falls had disappeared. The silence and stillness were terrifying.

"Nothing but mud-puddles down there," a frightened old man croaked. He pointed down into the empty river. "The river is completely empty of water!", a New York newspaper correspondent wrote. "Gun barrels from the war of 1812 can be seen lying in a muddy tangle near Chippewa. There are huge sharp rocks covering parts of the river bed." Within hours after giant Niagara Falls disappeared, superstitious rumors swept through the region. "It's a warning, something dreadful is going to happen," some claimed. "The end of the world is here!", shouted an itinerant preacher, "Repent sinners! The hour of judgment is here!"

"For 24 frightening hours people wept with fear or prayed for deliverance, then, in the middle of the night of April 1st there was a faint rumbling. The people sprinted to the river, where the tremendous roar of Niagara Falls indicated the mighty river had returned as mysteriously as it had vanished. It was the only time in recorded history that Niagara Falls disappeared."

That's the end of the article. If this was true, would Awareness explain how this occurred?

*Journal of Natural Health & Parapsychology, PO Box 2222, Niagara Falls, Ontario, Canada, L2E6Z3, (\$13.50 for a year's subscription). This is an interesting little publication about magnetism, natural health etc. We think CAC members would enjoy it.

COSMIC AWARENESS:

This Awareness indicates that this as having been accurate. This Awareness indicates that there appears to have been a diversion of water upstream. That it appears there was a slide or blockage...this caused by an earthquake, whereby the waters were backed up and then broke free to flow around and in another direction. This Awareness indicates this creating a lake which eventually filled and was then overflowed and flowed around and back into the stream, the main course. This Awareness indicates this appears to have occurred upstream approximately 50 miles.

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Rates and membership information on request.



**This Missile Needs
a Home.
WON'T YOU HELP?**

The PENTAGON IS HAVING TROUBLE FINDING A SAFE HOME FOR THE MX MISSILE. NOBODY SEEMS TO WANT THIS POOR, DEFENSELESS WEAPON IN HIS BACK YARD. IN THE SPIRIT OF VOLUNTEERISM, WON'T YOU SEND YOUR SUGGESTION TO THE PENTAGON?

To: The PENTAGON
WASHINGTON, D.C.

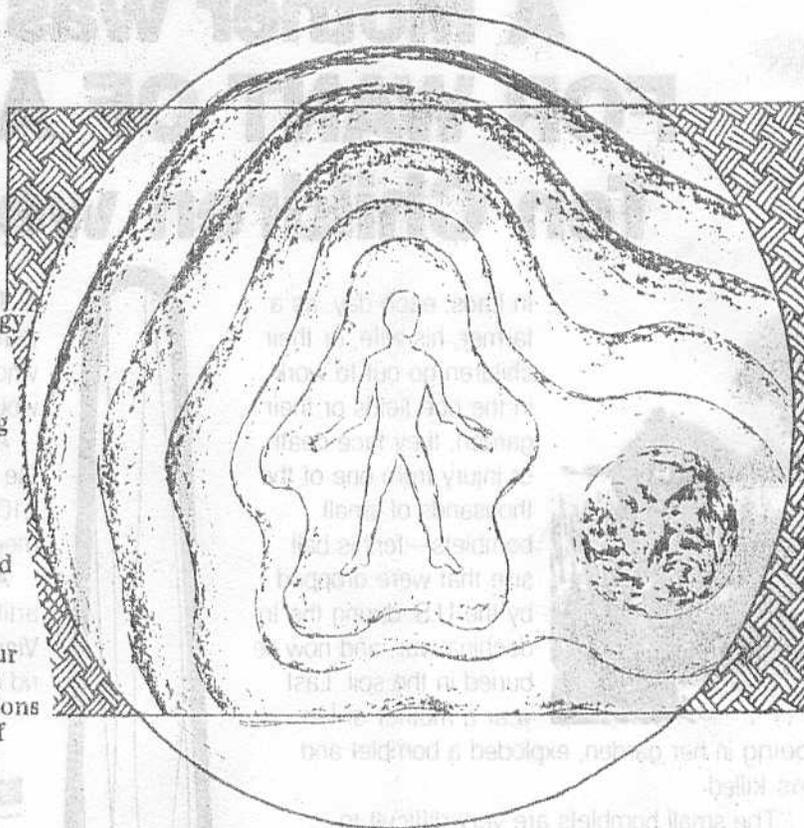
Dear SIRs:
I THINK YOU SHOULD STICK
The MX Missile

STEIN '82 NEA
ROCKY MTN. NEWS

How to do the meditation

1. Find a quiet place, preferably where you can lie down or sit in a high-back chair.
2. Relax. Take a few deep breaths, hold them as long as you can, then let go.
3. Visualize the universe represented by a sphere. Use this picture to help hold the image in your mind's eye. See your consciousness move toward the White Light located in the center of the sphere, which represents the highest plane of the universe. Feel yourself surrounded by that White Light, letting it permeate and radiate out to the rest of the universe.
4. Visualize levels of reverberating planes or energy fields moving out from the center of the sphere (which is where your consciousness is located), causing rippling lines to move down through the dimensions or planes of ripples. See these rippling lines become more physical as they move further out from the White Light in the center.
5. Visualize the higher planes near the center as crystal-clear carriers of the White Light radiating from the center, with ripples of light being carried through the higher planes down, down to the physical plane of earth.
6. Visualize the White Light (emanating from your consciousness in the center) as reaching the earth plane and having its effect on the self-serving actions which create disharmony, leading to the threat of nuclear war. Imagine the White Light making the adjustments necessary to create harmony on the earth plane.
7. Do the meditation with as much detail and clarity as possible at the times indicated. Practice this meditation from 15 to 30 minutes daily. If you can't do it at the times listed, please do it anyway at any convenient time. Do it until the threat of nuclear war diminishes.

A Last-Ditch Effort to Avert Nuclear War through Meditation.....



THE MEDITATION DESCRIBED HEREIN IS TO BE DONE AT THE FOLLOWING TIMES:

7:00 for those in Pacific Time states; 8:00 for those in Mountain Time states; 9:00 for those in Central Time states; 10:00 for those in Eastern Time states.

Awareness has indicated that an "Opening" has been made into the earth plane, allowing individuals to contact other planes and stabilize the disharmonious energies of earth with the aid of Divine Light. This is magic and transmutation at work. Our planet can be saved!

ED's Note: the above illustration and instructions to help prevent nuclear holocaust is reproduced courtesy of SPIRAL Feedback, P.O. Box 80323, Lincoln, Nebraska 68501. (3 month trial subscription, \$6.00). C.A.C. recommends this SPIRAL source, and suggests you order "Global 2000 Genocide" Reports No. 1 and No. 2. (\$4.00). Also, anyone wishing to start their own SPIRAL publication can get a booklet giving full instructions from the above address (Send \$1 and ask for "How to start your own SPIRAL").

The above meditation is another version of the Cosmic Awareness meditation published recently in 'Revelations of Awareness' No. 82-18, and is slanted more for non-members of C.A.C. who are not familiar with the terminology of Awareness. There is still no indication that those culprits behind the scene who are plotting a nuclear first-strike against Russia have backed off any. It didn't happen in late September of this year as Dr. Beter indicated, but it could still happen in late October or early November, which are the current "danger periods" indicated by Awareness. (Let's face it,--until something definitely happens that turns the tables on the Bolsheviks once and for all, we are going to have to face a nuclear threat probably for the next few years at least). Awareness indicates this meditation is one way we can all do our part to help defuse these powerful energies which now threaten this planet. Maybe you could reproduce this meditation and turn your friends and associates on to the possibility that something of this nature could be of help. We need all the help we can get. (Avaton)

FOR WANT OF A SHOVEL A Mother was Lost... FOR WANT OF A MOTHER Ten Children were Lost...



In Laos, each day, as a farmer, his wife, or their children go out to work in the rice fields or their garden, they face death or injury from one of the thousands of small bomblets—tennis ball size that were dropped by the U.S. during the Indochina war, and now lie buried in the soil. Last year a mother of ten

hoing in her garden, exploded a bomblet and was killed.

"The small bomblets are very difficult to remove," one farmer told AFSC staff. "To clear our fields we burn off the grass, which detonates some, and gently pick up others to place in a bomb crater and detonate later. But hoes explode buried bomblets all the time. Shovels are much safer, and we want more."

In the summer of 1981 AFSC gave 630 shovels to Xieng Khuang Province.



The Laotians were so delighted with the gift that they would now like one shovel for each provincial farm. If other provinces are counted that would mean a need of 50,000 such tools.

A company in Ames, Iowa is offering to supply the AFSC with high quality shovels at half price, \$10 each, but special funds are still required to meet the enormous need.

AFSC has also given materials for making artificial limbs to an orthopedic hospital in Vientiane, but it would rather help the Laotians get rid of the bomblets than deal with the results.



BUY A SHOVEL

SAVE A LIFE



American Friends Service Committee
1501 Cherry Street
Philadelphia, PA 19102

Yes, I want to help buy shovels for Laos. I enclose my contribution of \$ _____

Please send more information.

Name _____

Address _____

City _____

State _____

Zip _____