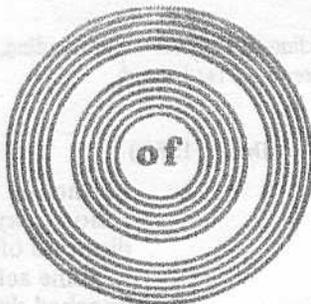


Revelations

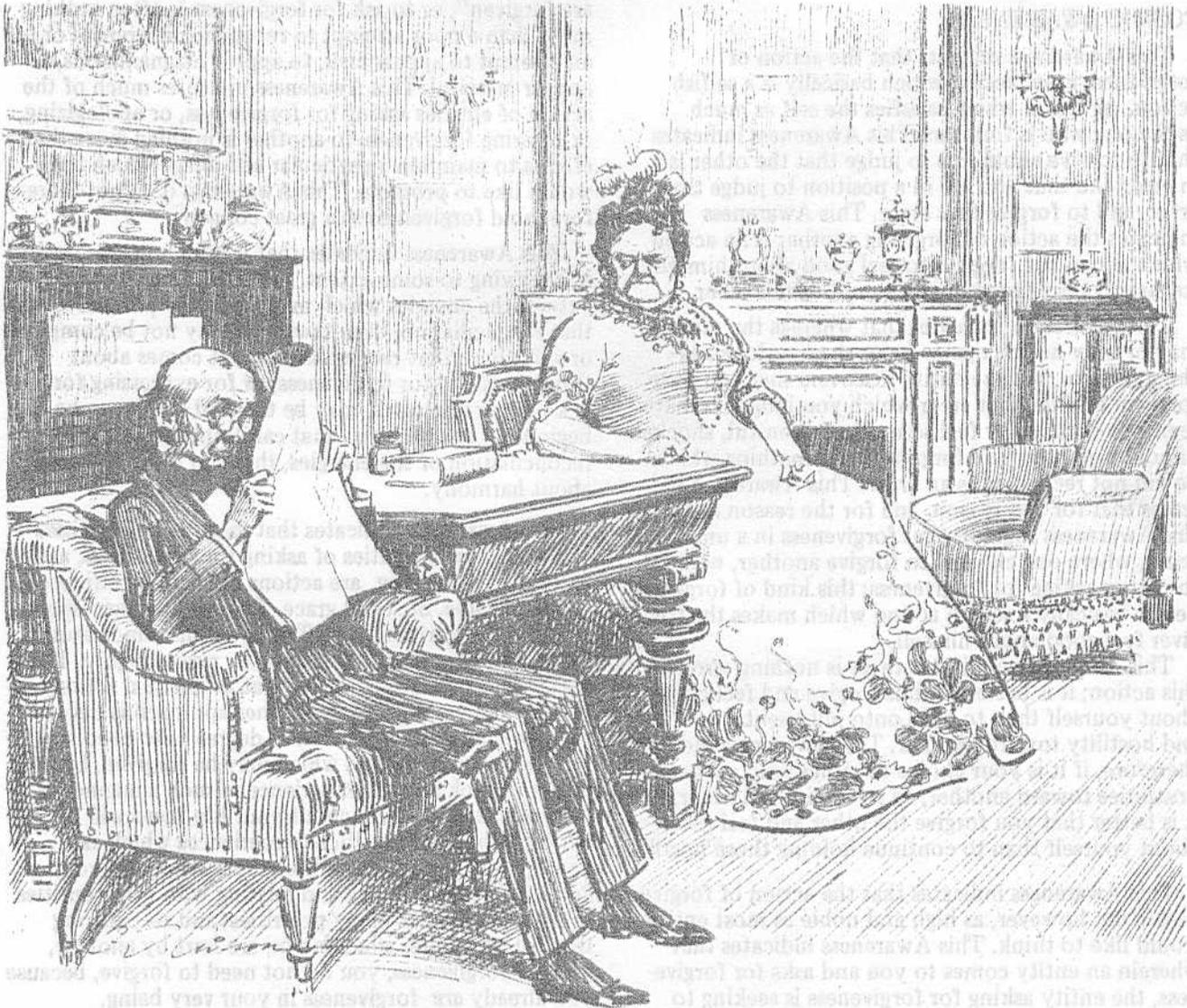


Awareness

83-5 The New-Age Cosmic Newsletter
\$3.00

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.



Living together in peace.....

Paul Shockley
Interpreter

COSMIC AWARENESS SPEAKS...

ON Forgiveness

PLEASE NOTE: for easier reading and greater understanding, Cosmic Awareness suggests that the following material be read aloud.

(Dec. 4, 1982)

FORGIVENESS: NOT SO HIGH AND NOBLE
AN ACT AS MOST PEOPLE THINK IT IS

QUESTION:

A question from A.W., York, Pa. She asks: "Awareness, could you speak on forgiveness? Especially forgiving those who are still transgressing against one, or those who have apparently no idea they acted inappropriately?"

COSMIC AWARENESS:

This Awareness suggests that the action of forgiveness is an action which basically is a selfish action, an action which satisfies the self as much as the one who is forgiven. This Awareness indicates that to forgive another is to judge that the other is in error and that you are in a position to judge that error, and to forgive that error. This Awareness indicates the action of forgiving another is an action which allows the forgiver to feel good about himself for having discharged the judgment of the other.

This Awareness indicates that whereas the other may or may not recognize he or she has done anything in error, yet the entity discovers that you have forgiven him for that error which you judged to have seen; the entity may feel somewhat resentful, shocked or confused that you forgave him something which he did not recognize as an error. This Awareness indicates that for this reason, and for the reason described, this Awareness suggests that forgiveness in a unilateral sense, where one chooses to forgive another, without the other asking for forgiveness; this kind of forgiveness is basically a selfish action which makes the forgiver feel good about himself.

This Awareness indicates there is nothing wrong with this action; it is better to thus forgive and feel good about yourself than to hold onto judgmental opinions and hostility toward another. This Awareness indicates therefore, if it is your choice to either hold on to your hostilities toward another, or to forgive the other, then it is better that you forgive the other and feel good about yourself than to continue holding those hostilities.

This Awareness indicates that the action of forgiveness is not however, as high and noble as most entities would like to think. This Awareness indicates that wherein an entity comes to you and asks for forgiveness, the entity asking for forgiveness is seeking to receive a balance, is asking for a clearing of the books, is asking that you overlook some infraction which the entity feels he or she may have committed against you, and this is basically a request for mercy, basically a request to have you rescind your judgment of the entity and to accept the entity again. This quest for forgiveness is an action whereby the entity is throwing himself on the mercy of your judgment, of your court.

This Awareness indicates that essentially, wherein an entity asks you for forgiveness, the appropriate action would either be to assure the entity that all is forgiven, or if that is not satisfactory to you, to discuss the issues in a manner whereby a resolving can occur, where the energies of conflict can be resolved and

reconciled. This Awareness indicates for example, some actions may not be easily forgiven, simply by the dismissal of a few words.

Some actions may require that the fence which was knocked down be rebuilt, or the destruction that was done be compensated for. This Awareness indicates that to state two words such as, "I'm sorry", for an action that is much too destructive to be forgiven with such words is inappropriate, if the entity cannot easily dismiss the feelings by accepting the apology.

This Awareness indicates therefore, to state: "You are forgiven", or to ask for forgiveness is often nothing more than a poor attempt to reconcile differences or is an attempt to appear civil, to appear magnanimous, to appear merciful. This Awareness indicates much of the action of entities asking for forgiveness, or apologizing, or offering forgiveness to another is nothing more than efforts to maintain a particular self-image which they would like to promote. This Awareness does not therefore, hold forgiveness as a great concern.

This Awareness indicates that it does however, assist in pacifying to some extent, of reconciling to some extent, the energies which may be highly polarized, and that reconciliation, even though it may not be complete or sufficient; that reconciliation that comes about through asking for forgiveness, or for expressing forgiveness, or for apologies, may be the first step, may be the beginnings of a dialogue that can bring about a true reconciliation of the energies, that can begin to bring about harmony.

This Awareness indicates that essentially, activities of forgiveness, activities of asking for forgiveness, activities of apologizing are actions of social significance, of social value, of social grace. They are not necessarily actions of a spiritual level. This Awareness indicates that as social actions, these may be prized highly. This Awareness suggests however, that as spiritual actions, this Awareness suggests the higher approach is never to condemn another to such a degree as to need to forgive, to hold grudges which may be forgiven, but rather to look at each experience in such a manner as to recognize that throughout your life there will be conflict, there will be those experiences which are damaging to you, there will be those who hurt you, and this is part of living and relating with other entities in a world that has many polarities; and recognizing this as part of life, wherein you are hurt by another, you are forgiveness, you do not need to forgive, because you already are forgiveness in your very being.

You understand that others will at times do things which are not the most high, and this being understood, is of such that you simply forgive as it occurs. You do not hold the grudges; you simply *understand*. This Awareness indicates this does not mean that you cannot stand up for your rights, that you cannot create a position to defend. This means rather, that even as you stand up for your rights, even as you create a position to defend, you realize this is but part of the game of life, and relating with this other entity, and that it must be experienced, or that it may be experienced so that the two of you can make your stands, and then reach some reconciliation; and to make your stand and demand that another apologize to you, or demand that

another acknowledge his or her guilt while you express your righteousness and offer your forgiveness; this action in the game is that which generally only prolongs the contest, making another feel more inferior, or making the game appear to have a winner.

This Awareness indicates that wherein an entity involved in conflict is not interested in winning, and causing the other to lose, but wherein this entity is interested in seeing both parties of the conflict win by reconciling the differences; wherein both parties learn from the conflict, and therefore both parties win from the learning; this kind of experience, and the motive behind such actions does not require concepts of forgiveness, apologies, and determination as to who is guilty and who is to blame.

This Awareness indicates that wherein entities think in terms of placing the blame on another, these entities require also that tool of relationship known as forgiveness, for you may place the blame, and then follow along some time afterwards to pry up the blame with the tool of forgiveness. "First I blame you, then I forgive you, and in this manner I keep you jumping, I keep you down; I keep myself on top."

This Awareness indicates that entities who do not seek to blame each other, but simply look at the facts of what happened, and even though one person may be the cause of something, and looking at the cause of that event, and recognizing this to be a negative circumstance caused by an entity's action; the entity who, rather than blaming the other, heaping guilt on the head of another, asks the question of the other: "What happened? How could you do this?"

This Awareness indicates such questioning, rather than blaming, opens up the possibility for the entity to learn something about himself. The entity then may search himself and ask: "How did I let this happen?", and in that search, the entity may discover something which will prevent this from happening again. This Awareness indicates however, when you come along and say: "Look what you did! You are to blame for this! How horrible you are!"..., the entity then is condemned, is in a position of being judged without ever having any opportunity to account for the action, and the entity has no recourse to examine or to discover, or to explain how it occurred.

This Awareness indicates that even wherein an entity asks how it occurred, asks questions to discover why the entity allowed this to occur, and then, after asking all of the questions, pronounces the sentence: "You were certainly stupid! That was totally uncalled for, and you are totally in error, and I can't forgive you for this unless you apologize profusely!"; this Awareness indicates that such condemnation after an entity has searched for reasons and understanding may again shut off any further probing on behalf of the entity to discover why he or she allowed such an event to occur.

This Awareness indicates however, those who are chomping at the bit to find someone to blame, those who are not passing judgment, those who are not showing how magnanimous they are by following such blame and judgement with offers of forgiveness; such entities who do not play that role of prosecutor, judge, jury and warden to offer pardons; those entities who, rather than falling into the judicial trap in their relationships, prefer to relate in a more civilized level of being a friend; those entities in seeing an infraction, will approach the other, discuss the problem, attempt to inquire as to the happening, to allow the other to have a full opportunity for expression, without

the threat of being condemned; will allow the entity complete freedom of examining, and will assist the entity not by condemnation or giving answers, but by asking questions to assist the entity to look deeply, to discover: "What was this that led to this happening?", and in this manner, the friend may help that entity to discover something about himself which can reveal the root cause of the problem, and alleviate that problem, preventing it from occurring again.

This Awareness indicates therefore, *It* advocates that entities not put themselves in a position of judgment, but rather that you discern. This Awareness indicates in a trial, the judge discerns, then after discerning, passes judgment. This Awareness asks you to discern and seek clearly to discover *what is*, and when fully understanding *what is*, and sharing what you have discovered, and allowing others involved to share what they have discovered, there then needs to be no judgment in terms of a condemnation in your relationship with others.

This Awareness indicates you may, if you require some form of compensation for what occurred, this also may be discussed and discerned, so that a clear understanding of all involved allows each to recognize what would be appropriate in finding a compensation for the damage. This Awareness indicates that in this manner, entities may find the causes without heaping blame and condemnation on another, and without having to run back and get the tool of forgiveness to prop the other up, after having been so condemned.

This Awareness indicates that whereas entities are violating you, and this is repeated, it is not necessary, it is not required that you forgive that entity, or that you hold that entity in contempt, or that you pass judgment on that entity, requiring that you forgive the entity. It is only necessary that you either relate to the entity about the infractions, discussing these in a clear manner, or if such relating is impossible because the entity will not relate properly with you, then it is important and suggested that you break off the relationship and move apart, either emotionally, verbally, or physically, for you do not need such an entity in your life as would not relate with you regarding these matters which violate you.

This Awareness indicates however, it is fair that you offer to communicate with the entity about the feelings you have in regard to the violations you perceive. This Awareness indicates it is not necessary that the entity acknowledge he or she has been violating you, or that you convince the entity of such violations, but rather, it is important that you express your feelings that you have been violated, and allow the entity the opportunity to discuss his or her feelings with you in regard to this, or to any other problem experienced in the relationship.

The discussion is that which is important, but the convincing is that which is not important. If you convince the other that the other has violated you, you may receive an apology, but this is not going to in itself, bring about a reconciliation. This Awareness indicates however, it can be beneficial to some degree, if this is followed through with further communications, whereby the energies are balanced.

This Awareness indicates that often an entity will violate another when the entity feels himself or feels herself to be in an inferior position to the other, either emotionally, physically or in some other level. The entity may be in a superior position in one sense, in an inferior position in another, and may use that

superior position to violate because of the feeling of inferiority in another. For example, an entity may feel emotionally inferior, or socially inferior. The entity may feel disrespected, but the entity may have strong physical superiority, and therefore physically harm the one who he or she feels inferior to on other levels.

The entity may also be superior, or feel superior financially, and yet, physically be feeling inferior, and where the superior physical specimen attacks the inferior physical specimen who has superior financial backing, this can lead to a physical loss in one instance, and a financial attack in another instance, whereas the conflicts of superiority and inferiority are not always clear, because there are so many different areas wherein entities can feel inferior or superior.

This Awareness indicates that consequently, when one forgives another on one level, often the one forgive may feel a sense of superiority in one sense, or one aspect, while feeling inferior in another aspect. This Awareness indicates that likewise, the one doing the forgiving may feel superior in thinking: "My, what a noble person I am to forgive this wicked wretch." This Awareness indicates that the entity so forgiving however, may also feel somewhat inferior at having forgiven someone who was undeserving and who still owes something, whereas the entity would really have liked to have had it out in a tooth and nail battle, except that the entity is inferior in those types of contests.

This Awareness indicates therefore, these different techniques of relating in terms of superior, or inferior positions, weaponry, aspects, techniques; these are all but social manipulations which are tools for relating, and they have their values, and some are highly prized and some are highly misused, and some are used for the benefit of others. Forgiving one who thinks he or she needs to be forgiven, even though you yourself have nothing against the entity; this as an action which is appropriate, even though you never had anything against the entity.

If the entity imagines that you are holding some kind of hostility which imagination can be released by your simply saying, "Alright, alright, I forgive you," then it is appropriate that you do so. This Awareness indicates that anything which makes others more comfortable, so long as that comfort is beneficial to their soul growth, is appropriate. This Awareness indicates that the entity who is most courteous, is the entity who creates the least inconvenience for others, but this Awareness indicates that entities who require inconvenience in order to understand how they are inconveniencing others; these entities may require certain inconveniences themselves, and it may be appropriate that someone creates that inconvenience for them.

WHEN NOT TO TURN THE OTHER CHEEK

This Awareness indicates for example, an entity who is spreading havoc at a party, or in a social situation, and will not respect the requests of others that he or she cease and desist; that entity may need to be moved into a situation or setting whereby the havoc is turned in his or her direction. This Awareness indicates this likened unto taking a child who is throwing a tantrum, putting the child in another room, away from the crowd. This Awareness indicates this likened unto dousing the entity who is disrupting everyone else's pleasures, dousing the entity with a bucket of water. This Awareness indicates that such things are not inappropriate if necessary.

This Awareness indicates that in such cases, to simply allow someone to stomp up and down on your foot, each time murmuring, "I forgive you, I forgive you, I forgive you..." this Awareness indicates this as simply idiotic and indicating no particular spirituality. This as simply failing to look out for your own welfare and your rights. This Awareness indicates the appropriate action might be to stomp back on the other entity's foot, so that that entity can understand exactly how it feels.

This Awareness indicates that the statement relating to turning the other cheek, as that which is of great significance when violence is being perpetrated, and when the violator is basically civilized, or is being observed by civilized people. This Awareness indicates that the entity Gandhi was dealing with a civilized and somewhat merciful enemy,--the British, in his pacifist approach. This Awareness indicates however, those victims of Nazi terrorism during World War Two could have been equally as passive as Gandhi, yet would not have had the results. They would simply have been marched off to their appointed graves, shot and covered up, and in that action the passive approach would have been useless.

This Awareness indicates likewise, the action of being victimized by violators is only appropriate when that activity of passiveness can have an effect of bringing about a reconciliation, a discharge of energy. This Awareness indicates an example being wherein an entity, full of sound and fury, throws a punch at your face, and you have the opportunity to strike back, but recognize this entity's frustration and pain behind that action was such that to strike back would only add greater pain to the entity, and that the entity is not likely to throw another punch. This Awareness indicates then it is appropriate for you not to strike back, but to defend yourself only to the degree as necessary to keep yourself from being hurt.

This Awareness indicates each entity has a right to live without being violated, and each entity has a right to defend himself or herself against violation. This Awareness indicates that each entity also has the right to allow the self to be violated, if the entity feels this will reduce greater violence. This Awareness indicates that the entity who allows violation to be insidiously repeated or continued is in fact creating a karmic pattern which eventually will need to be broken, and the longer it goes the greater the difficulty in breaking that pattern.

This Awareness indicates however, that if the entity in being in a situation of insidious violation which is repeated again and again, if the entity chooses to fight back quickly or to slowly turn the energies over a period of time; this is a matter of personal choice, and this Awareness indicates there are many entities who have lived with the dragon, lived with the beast, lived with the bear, lived with the violent husband, friend or wife, and have endured long years of continual harassment, but by patience and careful relating to these different areas, the entities have finally tamed the shrew, tamed the beast, and the parties may become close and loving couples.

This Awareness indicates that it is not always necessary that entities in coming together expect perfect behavior out of their mate. That this tends to be uncommon rather than common. It is more common that entities in living in intimate situations begin to find more and more wrong with their mate, and begin to work in friction in their relationship, likened unto sand paper

rubbing against the gem. The corners eventually begin to wear off; the rough edges eventually begin to become smooth, and in time, if the energies persist long enough and do not get locked into useless bickering over the same thing, whereby neither learns from the situation and they continue arguing over the same kind of differences or conflicts; if the entities can resolve one situation after another, and then move on to still another; eventually these rough edges in the relationship begin to smooth out and the gems of their beings begin to merge into a kind of harmony which allows good feeling to flow.

This Awareness indicates that in reference to those entities who continue to violate, *It* suggests that you not concern yourself with forgiving, but rather that you concern yourself with either continuing the relationship, but bringing about those necessary alterations, so that the relationship can become more suitable, or that you consider breaking the relationship altogether, if it is destructive to you, and if it is not serving or benefiting as much as it is serving those involved in the relationship.

This Awareness indicates that wherein entities are being hurt by a relationship and that relationship cannot be put on another course, this Awareness suggests that it then is appropriate for the relationship to end, and entities to begin again in other areas. This Awareness suggests however, that entities should consider receiving counseling if the relationship is meaningful, so that a possible solution can be discovered through the help of outside and uninvolved persons.

UNILATERAL FORGIVENESS - WORTHLESS IN RAPES, MUGGINGS, OTHER VIOLATIONS

...HOW UNRELEASED HOSTILITY DAMAGES THE ORGANS

QUESTION:

Awareness, there seems to be one other area where unilateral forgiveness or some sort of discharge of negative energies has to be dealt with more and more in society these days, as in cases of more out-and-out violations: cases that are so obvious that it's not as much a matter of judgment as it is a crime, or violation,--a theft or rape, or mugging, or some of the things that are happening now, where the person who perpetrates doesn't care if they are forgiven or not, but the person who is the victim has to deal with the situation?

COSMIC AWARENESS:

This Awareness indicates that this is what this Awareness means by forgiveness being an action of a relatively selfish nature. That it is yourself that benefits from the act of forgiving others. This Awareness indicates that the example of another being mugged or raped, or of one being mugged or raped by another, and the other not caring or even seeking forgiveness; this as a good example of how important forgiveness is. It has little or no importance to the one who is forgiven. It has great importance to the one who does the forgiving.

This Awareness indicates that the action of forgiving is nothing more than an action of dismissing hostilities and judgment, and condemnation of another, and to dismiss that hostility and judgment toward others relieves yourself of much heaviness and much agony and pain caused by the continual hostility which would remain within your physical system, within your emotional system, doing damage to your organs,

tearing down your hormone and immunity system, if it continued for long periods of time.

This Awareness indicates that anger, hostility, held over long periods of time, are extremely damaging to one's physical organs, to the bloodstream, to the immunity system, and to the hormone system. The adrenaline in particular suffers greatly from continual secretion; the glands and organs unable to handle all of that adrenaline being secreted into the bloodstream begin to suffer, and the body comes under great stress. This leads to many diseases, such as heart trouble, diabetes, hardening of the arteries, high blood-pressure, and various problems with the organs. This can also bring about headaches and problems with vision, and pains in the joints, such as arthritis and related problems.

* (Also a prime cause of cancer, according to Awareness previously). Ed.

FORGIVING THE TRESPASSES OF OTHERS

This Awareness indicates that to forgive others for their trespasses, as indicated in the Lord's Prayer, is a way whereby these hostilities may be released, so that you do not need to carry them within your system any further. This Awareness indicates the longer they are carried, often, the harder it is to release them. This Awareness indicates therefore, it is better to forgive at the time, or in essence, not to condemn in the first place, or if you feel anger, to express this anger at the time, either to those who caused the anger, or to the private place where you may pound the wall, pound a hammer, or punch a bag, or do whatever you desire to get those energies out.

Adrenaline & the purpose of anger

This Awareness indicates that even better yet, that you not stir up anger within your system, if it is possible to avoid this. This Awareness indicates the purpose of anger is for survival. That wherein an entity is in a situation whereby danger occurs, the entity by nature, the adrenaline secretes energy through the body, adding greater strength, emotion, and the entity is capable of superhuman activity. The secretion of adrenaline is that which is for protection against extreme danger, but in this civilized world wherein entities aren't allowed to express their 'Fight or Flight' energy, wherein they can neither fight nor can they run, they simply have to stand and take the blow, take the insult, take the demeaning event and hold in their adrenaline and their anger; this is what brings about the stress and the difficulties in the system so that high blood-pressure, diabetes, heart trouble and all of these things increase, because the entity cannot relieve himself by fleeing in fear, or fighting for survival. The entity is civilized and must simply hold that powerful energy which is a poison from the adrenaline; must hold that energy in his or her body, allowing it to flow through all of the organs, and remain there. This Awareness indicates that the proper release of this energy as soon as possible after experiencing anger would eliminate much stress. This Awareness suggests that entities, in being in a situation wherein they are confronted with danger, whether emotional, financial, social or physical danger; wherein they become charged with adrenaline: if they cannot fight, if they cannot flee for social reasons, then the next appropriate action would be to use that energy doing something physical, something really physical such as chopping wood, or stacking lumber, or walking a long distance, or running a distance, or doing some other activity that gets all of that energy out of your

and no longer have room for the adrenaline and hostility to remain in your system.

This Awareness indicates that it is easier for women to cry than for men, and this crying is often a way whereby these energies are released, and therefore the female suffers less stress and anxiety of this nature, even though she may have just as many feelings of danger, hostility or fear, and may feel as threatened as men; she somehow manages to work off much of this energy through crying, or through dancing, through singing, or through other activities in a way which is more efficient than the modern civilized man, and it is this reason that leads to greater problems of stress with modern man than with modern woman.

This Awareness indicates however, wherein a woman is violated, it is equally necessary for her to find ways of relieving her anxieties, tensions, anger, and frustrations. It is just as important as it is for men to do so. That the woman who is violated or who is continually violated is also subject to diabetes, heart trouble, and all of those other diseases, if the anger and frustration remains within her system and is not properly channeled or released.

This Awareness indicates that the action of attempting to release this energy through being forgiving can be helpful, but it is not always sufficient, particularly wherein the anger is so great that one finds it extremely difficult to forgive. This Awareness indicates often the best way to relieve the energy is to relive the experience again and again, with a counselor or friends, whereby you express your emotions in screaming, shouting, crying, yelling your anger, or pounding on a pillow that you imagine to be your assailant, the violator.

This Awareness indicates there are many ways whereby entities can release those energies which are deep and powerful and anger-causing, and sometimes these are more effective than the mere effort to be nice, and to say: "Oh, that's alright, Mr. Rapist, Mr. Murderer, I forgive you, because I am such a nice person." This Awareness indicates that such does not fit, or ring true to the subconscious, and the anger and hurt may remain for long periods after one has consciously forgiven another. It must not only be on the conscious and verbal levels, but throughout the entire system, even on the unconscious level, and sometimes that cannot occur without allowing the subconscious or emotional levels to be expressed, whereby after their expression, they too may find the capacity to forgive another.



Confucius say...

Truth cannot shine into
a closed mind.

ED's Note: I was particularly glad to hear Awareness give this rap on forgiveness. Four or five years ago, one of our members came up with what appeared on the surface to be a brilliant idea, lofty and spiritual and which would bring about world peace. He called this 'National Forgiveness Week' and began to promote the idea through various media. Each year the entity would send me voluminous material showing how the various papers were promoting his idea as a humanitarian effort; the mayor of Honolulu even proclaimed a 'National Forgiveness Week' and published a scroll naming the entity as the originator etc. Each of these campaigns sent by this entity to CAC was accompanied by a letter, stating that it was high time we turned his promotion on to the CAC membership who could, in turn, promote it to others etc. After several years of receiving this material and notes such, as 'Avaton, you don't want to be the only one who misses the bandwagon, do you. It's high time you promote National Forgiveness Week and transmute the energies building to war', etc. etc. I finally wrote the entity why CAC was not going to promote any such thing, and stated various reasons such as we would be making a judgment that other entities and countries needed to be 'forgiven' for some alleged crime, etc., and that entities in general already felt guilty about too many things to saddle them with an additional burden, etc. Most of my argument was just confirmed in this particular Awareness reading, although I must confess the pressure brought to bear by this entity and other organizations (even the Interpreter was duped into promoting it at one time through his 'Voyage' material), made me just about feel that if we did not promote this thing the next time around, we must be guilty of energizing war rather than peace. I recall writing to the entity and stating that the idea was something the Roman Catholic church should promote (and to send the idea to them, since they were experts in making judgments on others, laying all kinds of guilt trips on people and making them feel guilty about being human beings etc.). As it turns out, I heard through the grapevine from a very reliable source that the entity who dreamed up this idea (and which gave him much personal publicity and got his name on the scrolls etc., had studied to be a Roman Catholic priest for some years before he became aware enough to leap over the wall. Although the entity had been with CAC for many years, he mysteriously dropped out after several years of having his idea rejected by CAC. (There may be no connection, but it is indeed a rather strange circumstance). Each year I receive a note from this entity along with a packet of material showing how many publications have been promoting him and his idea. I have a wicked feeling that my response this year will be to mail him this reading on 'Forgiveness' and beg him to forgive me for being such an unaware entity all these years. (Avaton).

PS: To give you an idea of how 'International Forgiveness Week' is to work: 1st day: forgive yourself; 2nd day: forgive your family; 3rd day: forgive your friends and associates; 4th day: forgive your own nation; 5th day: forgive other nations, etc. If you will reread the opening paragraph in the rap just given by Awareness in this reading, you can see how this concept violates the Awareness Precept of 'Judge Not', as well as being a selfish, ego-centered action designed to make the 'forgiver' feel and look good in the eyes of others. Though no doubt this was not the intention of the entity originating the concept, the idea did show an amazing lack of discernment and appears to the aware entity to be a self-righteous and judgmental little trip designed to make the promoters of such a concept appear to be high, perceptive spiritual beings, Let's give International Forgiveness Week to the Pope of Rome. He'll know just how to make the most use of it in intimidating entities and nations.



**DRINKING
HOT WATER
EACH MORNING**

**...THE CHINESE
TONGUE-SCRAPER**

QUESTION:

On a more mundane level, I have a question. When we were in Honolulu, the vendors there were hawking an item which they called a Chinese Tongue Scraper. This is a very thin stainless steel piece, approximately the width of a fingernail file, and about 6 to 7 inches long, which you hold the ends of in each hand, and bend it into a half-circle, and scrape your tongue in the morning. Now they were selling this as a gag along with some silly poems, but the blurb on it said these were imported from China and had been used there for 10,000 years. I bought a couple of them, figuring that if they were used that long, they must have some functional good. I've been scraping my tongue every morning with one of these things, and it does take the mucus and the furry stuff off the tongue, and I'd like to ask Awareness: Does this type of tongue scraper actually do anything of benefit to entities who use it?

COSMIC AWARENESS:

This Awareness indicates that this is beneficial to some degree. That it assists in stimulating the taste buds. It assists in cleansing certain decay and germs from the tongue, particularly those which have collected overnight. That this does cleanse to some degree the mouth. This Awareness indicates that this however, can also be assisted by drinking a glass of hot water every morning. That entities who drink a glass of hot water, or tea, or some liquid in hot form each morning, can assist their digestive system by washing away those poisons which collect on the tongue, and through the digestive tract.

This Awareness indicates that entities who have fasted will note that the tongue becomes extremely white, coated with poisons after a few days of fasting; this reflecting the entire digestive tract. This Awareness indicates that these poisons begin to emerge from the tissues to the surfaces as the food is deprived from the digestive tract. This Awareness indicates that scraping the tongue as that which assists in removing these poisons, although this only reaches a small place along the digestive tract.

That essentially, hot water or hot lemon juice in water, or hot tea, can also be beneficial in washing away these poisons. This Awareness indicates that hot water in itself is better, because the system does not find any particular food to digest, and therefore the poisons within the water are not brought back into the body through the action of digesting, rather, they are washed on down through the digestive tract.

This Awareness indicates that removal of poisons from the tongue through the use of a tongue scraper can have some beneficial effects, particularly in keeping the mouth clean, and to some degree in helping to rid the system of poisons.

HOW TO PREVENT "HOT FLASHES"

QUESTION:

A question from S.B., who is 52 years old, and she would like any information that would stop what she calls "hot flashes". She says, "I have tried various herbs, but nothing seems to help," and she's not taking any doctor's medication because in the past it has caused her to bleed, and she'd like to ask Awareness if It has any information It would give on what she refers to as "hot flashes"?

COSMIC AWARENESS:

This Awareness indicates that Don Quai; this as a kind of oriental herb, similar to Gensing, but particularly beneficial for the female, and for this condition. That the spelling appears to be D-O-N-Q-U-A-I; there appears to be variations of the spelling. This as two words. The substance or herb as a root, and as available in many herb catalogues or shops. This Awareness indicates that also, the herbal formula for estrogen, available through Dr. Christopher's herbal book, as that which can be beneficial in regard to this.

HOW TO PREVENT MENSTRUAL CRAMPS

QUESTION:

I believe the herb Don Quai was what the entity Wayne Tashea said also prevented menstrual cramps in females. Is that correct?

COSMIC AWARENESS:

This Awareness indicates this in the affirmative. This Awareness indicates also that calcium as being very beneficial in regard to this and to the prevention of menstrual cramps. That entities in receiving sufficient calcium shall benefit greatly in prevention of these symptoms. This Awareness indicates that the calcium should always be taken with magnesium and Vitamin D. That these are generally available in tablet form from health food stores, wherein they are together.

ED's Note: I think you can order Don Quai from the following mail order herb shop. Send them \$1.00 and request latest catalog:
The Lotus Shoppe, Pullman, West Va., 26421.



CAN WANDERERS HAVE GOOD RELATIONSHIPS WITH NON-WANDERERS?

..REACH OUT, REACH OUT, AND TOUCH SOMEONE'

QUESTION:

Mary S. was observing how it seems many Wanderers have trouble finding satisfactory relationships except with other Wanderers, and she was wondering if solitude is the general rule for a functioning Wanderer, if they need to link up with fellow Wanderers for productive relationships, or if they tend to remain loners because on one level they are more free to do their work?

COSMIC AWARENESS:

This Awareness indicates that as a general rule, most Wanderers do not feel they fit in the physical plane, and until they recognize their work and have the opportunity to participate in actions that promote their purposes, these entities are generally quite dissatisfied with themselves and their life. This Awareness indicates that wherein these entities, by circumstance, link up with others of their own kind, or others who have a similarity of interest, seeking to promote a better planet; these entities then find greater happiness.

This Awareness suggests that wherein this is not available to these entities, they often function better alone, whereby they need not become too close to those who are of a more gross nature, having more base interests. This Awareness indicates that wherein an entity is desirous of having more communication with others of the Wandering type, the entity may either seek out those areas wherein there appears to be a greater number of persons involved in that type of activity, or the entity may remain in the same area and through communication such as through mail, or through advertisements in newspapers and magazines, may locate other individuals who have similar interests.

That it is not necessary to use the term 'Wanderer' in order to communicate with these entities, but rather to state your particular interest in meeting with persons who have a desire to see a better planet, a desire to advance spiritually, or whatever other requirements you may wish to express. This Awareness indicates also that the establishing of meetings, whereby entities gather together having a similar inclination and interest, as that which serves as a good meeting place for friends and for establishing acquaintanceships.

This Awareness indicates that many times entities of the Wandering type do find that living and working alone is quite satisfactory, at least on certain levels, and these entities often create many worthwhile accomplishments which could not have been created if living with others. This Awareness indicates that on the other hand, there are many Wanderers who cannot accomplish anything until they have created a relationship with another, which brings them a sense of balance and allows them a fulfillment of personal needs, and which then gives them the time, the inspiration and energy to work on other areas.

ED's Note: for more information on Wanderers and Voyagers, please refer to 'Revelations of Awareness' No. 82-22 (What Is the New Being?); \$3.00 from C.A.C.

Speaking of Wanderers: did you catch that hit song put out by Donna Sommers a few months back. It was on the charts for many months, and called unabashedly, "I'm a Wanderer" ('from out of space').

ALL ABOUT FOOD ALLERGIES

QUESTION:

We got a letter from N.R., of Los Angeles, who writes: "I must congratulate CAC for being so right on about fasting and recommending the diet without cereals, red meats and starches. Both my wife and myself look and feel great. She's had compliments on how good her skin looks. Very well done, CAC. However, it would be nice if Awareness could analytically explain why it's best not to eat starch or cereals. It kind of eliminates a lot of food off the menu, and even though I feel better, it would be nice to understand why. Also, any more info on food recipes? I've really had a hard time finding any vegetarian cook-books which omit cereals and starches."

We published that diet given by Ralph Duby where it said entities should not eat starches or cereals in reference to the fast.

COSMIC AWARENESS:

This Awareness indicates that as a cleansing diet, that this is preferred, that entities stick with fresh fruits and vegetables and juices that are not excessively starchy. This Awareness indicates that starch itself breaks down eventually becoming a sugar product in the system, but it needs to go through much breaking down before this occurs. This Awareness indicates that some starch is valuable in that it gives an energy level which can be maintained for longer periods of time than say, the fruit sugars.

This Awareness indicates that particularly wherein entities are working heavily, starchy foods can be helpful to keep them sustained during those periods. This Awareness indicates that however, it assists in removing mucus in the system to avoid excessive starchy foods, to avoid red meats, to avoid sugar products. That poultry and lamb are not free from forming mucus, but are not nearly so mucus forming as red meats and starches, and particularly the dairy products such as milk and cheeses.

This Awareness indicates that entities who wish to experiment with milk may discover that pasteurized and homogenized milk form mucus rather quickly and profusely, whereas raw milk is only about one third as much mucus forming. This Awareness indicates that cheeses and those milk products which



are somewhat fermented are less mucus forming than the milk which is pasteurized and homogenized.

This Awareness indicates that *It* does not suggest that entities totally avoid starchy foods on a permanent basis. That this is healthy for a cleansing diet. This Awareness indicates however, that oats and wheat and rye and barley and various grains; these are all healthy and beneficial foods, particularly if they have not been refined or heated in oil which can turn rancid, or having had their fiber value removed. That these grains and nuts can be valuable, but this Awareness suggests these not be overeaten, and that fruits and vegetables not be diminished to make room for the grains and nuts.

This Awareness indicates that when entities experiment with the diet which is best for them, it is possible to discover that certain foods when added to one's diet, bring about a negative reaction. For some entities, the addition of wheat to the diet may cause digestive problems after the cleansing fast, and entities may then be suspicious that they have an allergy to wheat, and it may be necessary to avoid wheat on a permanent or part-time basis, for some time until the body overcomes its allergy to this.

This Awareness indicates that allergies generally are brought about by problems with the immunity system, and the blood becomes damaged by those foods which it is allergic to. This Awareness indicates that tests may be made to determine whether you are allergic to grains, and which grains these might be, and it may be possible that you have only slight allergies to some grain, whereby that grain could be utilized on a part-time basis.

This Awareness indicates that there tends to be a considerable degree of difficulty in the modern man's diet, regarding various foods due to allergies. This Awareness indicates that allergies are often brought on by psychological traumas, which are not recognized consciously. For example, an entity may be eating a piece of bread at the time some traumatic event occurs, and it may be so shocking to the system that the entity totally forgets that he is in the process of chewing and swallowing this particular piece of bread, yet several years later, the entity may experience reactions, and may discover that it is caused by this particular type of bread. This may be rye, or wheat, or some other type of grain. And the entity is experiencing a reaction to this, each time it is eaten. And this reaction over the years may become more noticeable.

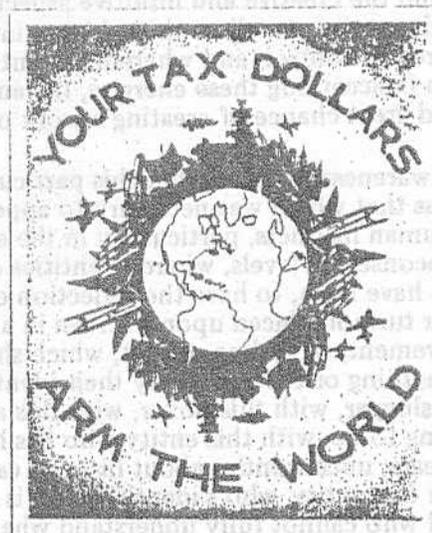
This Awareness indicates that in discovering what the cause of the allergy may be, the doctor may inform the entity that: "You are allergic to rye and to wheat, and must avoid both rye and wheat." This Awareness indicates that the entity may then avoid rye and wheat, and the body eventually may build up an immunity in that area, so that rather than the cells, the blood-cells being destroyed each time the entity eats rye or wheat, the blood-cells build up and move back to normal, because no rye or wheat has been eaten for some time.

At this point, an entity may then be able to again add rye or wheat to the diet, without this causing the reaction. This Awareness indicates that another approach would be to recall, if possible, where this problem came about, and in recalling the event that brought about the problem, the allergy could be eliminated almost instantaneously. This Awareness indicates however, the recollection of where an allergy started is almost impossible. This Awareness indicates that under hypnosis, or in deep meditation, one might begin to recall events of a traumatic nature, and in that recollection, may stumble upon the memory of having been eating a certain food: the rye and wheat bread, at the

time this embarrassing or traumatic or shocking experience occurred, and one might discover that it was this experience that created the allergy.

This Awareness indicates when you dissolve or reconcile the energies associated with that experience, then the allergy may be reconciled also. This Awareness suggests that the Interpreter be brought from trance.

ED's Note: Some of you may recall a letter Vicki T. mailed out to the membership before Christmas 1982, in which she stated how this editor was literally falling apart, lost most of his energy, had developed unexplained aches and pains in the back of the neck and upper arm etc. She persuaded me to go to Portland and get checked out by Paul's Naturopathic doctor. I was promptly given a hair analysis test and a blood test, from which they were able to discover exactly what foods I was allergic to. Of course, these were all my favorites: chicken, everything with wheat or corn in it, salmon, pepper, coffee, ice cream (anything with corn sugar in it) etc. I was given a list of all this stuff I was not supposed to eat for at least 3 months, at which time I could gradually start to reintroduce these into my diet. It was a totally insane diet I now found myself on, (still on it), but I determined to stick with it to see if it worked. Well, after about 50 days, I found my energy level was back to normal, the aches and pains had all but disappeared and found myself being able to live without coffee, alcohol made with grains (Tequila and rum is okay). It was not till the above reading came out that I began to look back on my life to see what, if any, traumatic event occurred which could have made me allergic to all that food. After a long search, I recalled that when I was about 6 years old my father and mother had a huge fight at the dinner table. It seems my father had gone off salmon fishing with a friend for the weekend, without informing my mother. She was furious and threw the huge salmon he had caught into the garbage can. At the dinner table, the fight raged on, and my father in a burst of anger, picked up the main dish (chicken and potatoes) and violently threw it across the room where it splattered on the wall. He then kicked over the entire table and everything else on it went splattering across the floor. I don't know if that particular incident was the cause later of my food allergies, but the incident was extremely traumatic to me at the time and curiously enough all the food on the table that day ended up on my allergy list. Many doctors don't believe that food allergies even exist and that Naturopathic doctors are quacks. All I can say, is that their program is working for me and CAC intends to publish shortly some information that can help you get in touch with Naturopathic and Homeopathic doctors in your own area. (Instead of just treating the symptoms, these doctors locate the cause and attempt to eliminate it. When they do, the problem disappears. (Avaton)



DID GOD INSPIRE SYLVESTER STALLONE TO CHANNEL THE 3 'ROCKY' MOVIES?

(Oct. 10, 1982)

QUESTION:

There's been a number of articles published about Sylvester Stallone, who's just come out with a third movie in his *Rocky* trilogy, and I'd like to read a little of one of these and ask Awareness to comment. This article appearing in the Seattle P.I. newspaper:

"It came to him while writing. An inner voice. A spiritual power. It came to him and he listened. And then he wrote.

That is how Sylvester Stallone described his spiritual awakening while writing a third movie about a boxer named Rocky.

"I can no longer take credit for 'Rocky,'" Stallone says.

"The whole thing was preordained by God. I believe my participation in the film was merely as a medium. I really believe in divine guidance, and I believe that a creator source works through people.

"You're writing and all of a sudden it just happens," he said. "I really believe God intended for me to say something, and I said it through Rocky. Rocky is my voice."

The actor-writer-director says it was during the writing of "Rocky III" that he began to detect the presence of a spiritual force.

"Every time I got into trouble during the film," he said, "I'd ask the creator source for help for perfect works--to send down perfect relating and perfect relationships....It always seemed to work.

"What you see up there is a compromise between myself and the creator source," he said. "I know I sound weird and like a newborn Christian, but it just would be too pretentious of me to say I did it alone, because I've tried to do other things alone and it never worked."

Would Awareness please comment on that?

COSMIC AWARENESS:

This Awareness indicates that this entity as having tapped into the communication with the Higher Source, the Divine Light. That this *does* come about particularly when entities are involved in activities associated with the right side of the brain, or that which is known as creativity. This Awareness indicates that wherein an entity can combine both the rational and the creative and intuitive aspects, and wherein the entity can allow those higher influences to have greater control, and wherein the entity can have faith in accepting these energies, the entity does stand great chance of creating a work of art.

This Awareness indicates that this particular creation as that which was necessary to appeal to certain human instincts, particularly in the emotional, subconscious levels, whereby entities can be moved to have faith, to have the reflection of their own inner turmoil placed upon a screen in a symbolic movement, story-line or plot, which shows them something of themselves by their identification with this slugger, with this boxer, with this ambitious driving force, with this entity who has his doubts, fears, uncertainties about his own capabilities, with this entity who's identification is questioned and who cannot fully understand what he is, or what he is about, in terms of his relationships



with others, with his relationship to the world, and with his relationship to himself, and his duties and obligations.

This Awareness indicates the inner struggle and turmoil which this entity faces is reflected in his ability to express outwardly, and this inner turmoil, once settled, then reflects the entity's new courage and success in the outer arena. This Awareness indicates that this story line as that which is highly symbolic, created for mass-consumption, in that any entity can identify with the feelings involved, and it is not important whether they are a boxer, or not. This Awareness indicates it is not important even whether the entities care about boxing, but the feelings which entities experience in watching this struggle, as that which has its effect on their psyche, and which lifts their spirit and gives them courage to continue against what may feel like insurmountable odds.

This Awareness indicates that this action beginning with the first of these three movies as that which came about at a time when most movies were ending on a kind of dead-beat failure, a feeling that technology had won out and humanistic concepts, efforts and spirit would be annihilated by the technology. This Awareness indicates that this also came about at a time when most movies were expressing the cheapness of human life, that human life was of little consequence, and that there were greater causes, and often these movies were simply expressing identification with a character who sought to win, simply because he was the central character, not having any particular quality in character.

This Awareness indicates that many of these movies, showing entities who were equally greedy, but one being more handsome, or who's features were more appealing, therefore giving the viewer the option of identifying with this entity, simply because he was a winner and more handsome, whereas the other was a loser and more gruesome looking. This Awareness indicates that in terms of inner character, these beings may not have been any different at all.

This Awareness indicates that this movie of Rocky as that which indicated the lowly individual could, through efforts, lift himself up by the bootstraps and could, through efforts and inspiration, maintain a certain level that is higher than that which he thought he could do. The movie as that which has inspired many entities who would otherwise have at this time considered themselves to be failures. This Awareness indicates that this as being a classic series of movies, in that it has contained the elements which any entity can identify with and find substance for inspiring his or her own efforts to achieve, to do, and to express in a noble manner.

This Awareness indicates the fact that this entity was of a more vulgar career or enterprise does not detract from the feelings which it generates in entities, and does in fact allow for all entities, in any walk of life, to have the experience of slugging it out with the obstacles which one must confront in order to be successful.

This Awareness indicates that movies, even likened unto dreams, can allow entities identification with feelings, and this is more important than the actual subject matter. This Awareness indicates that often, dreams may have certain images and events, but these images and events are not necessarily of importance. What IS of importance is the feeling which entities have when involved in these dreams. This Awareness indicates likewise, in movies, and other forms of literature and art.

This Type of Channeling Not Uncommon

...Jonathan Livingston Seagull, for example

QUESTION:

This is not an isolated case is it? That down through time, when the opportunity presented itself, and consciousness needed certain information or inspiration, that the Divine Force channeled through playwrights and musicians and writers and other types of artistic expression....is that correct?

COSMIC AWARENESS:

This Awareness indicates this in the affirmative. This Awareness reminds you also of *Jonathan Livingston Seagull**, wherein this was channeled while the author was flying in his plane. The name coming into his consciousness and the urgency being felt that something wanted to communicate through him. This Awareness indicates that this as that which occurs in many unlikely areas and can occur to anyone, particularly during times when the intuitive aspects of one's consciousness are allowed to be open and free.

This Awareness indicates that when an entity is trying very hard to be creative or to receive such, it seldom occurs. This Awareness indicates if an entity never tries to be creative, it seldom occurs. This Awareness indicates however, when an entity has tried very hard to do something creative, has racked one's brain and has simply become worn out from the effort, and decides to take a break and simply play, enjoy, or relax, often at those times when the rational hard-working thought is over, it is during that time when the inspiration begins to flow. This Awareness suggests that at such times, entities should be prepared or should make means whereby this information can be recorded.

This Awareness indicates that the flow of spontaneous material through one's consciousness as that which is not always in perfect order simply because it is from a Divine source. This Awareness indicates often it is of high quality, but needs to be edited slightly, and it is the rational mind which must, at a later time after the channeling, which must at this later time reexamine the channeling to determine whether editing should be allowed or whether the material is essentially pure as it is.

This Awareness indicates that when a channel is quite clear, such efforts by the rational mind become unnecessary. This Awareness indicates this presumes that the rational mind is clear enough in itself to have the ability to make certain improvements, if necessary, on a channeling, whether this is a musical creation, artistic creation, or some other form of channeling.

* Jonathan Livingston Seagull, by Richard Bach, was a bestseller a few years back, also made into a movie. This book is still available in bookshops (paperback). His more recent book, "Illusions" is just as good as his first one. Both channeled by the entity. These are good 'turn-on' books for entities who are beginning to look for answers. If you can't locate the book in your area, let us know and CAC will get copies for you.

What Happens When the Divine Flow is Suddenly Interrupted?

QUESTION:

One question relative to the information just given: There was a poem called *Kublai Khan*, written many years ago by a poet named Coleridge, Samuel Taylor Coleridge, I believe, that many critics maintained was the perfect poem, and divinely inspired; but there were only a dozen or so stanzas ever written because while the entity was in the throes of this composition, his hand just flying across the paper, somebody knocked at the door peddling something, and he got up and he answered the door, and this interrupted this communication he was getting and the poem never got finished, and try as he might, he was never able to finish it. Can Awareness explain how something like this comes about? That the entity can't recontact the source?

This Awareness indicates that this can best be understood when recalling that book which this Awareness recommended entities read, that book by John Keel, *The Eighth Tower*, wherein he speaks of the biosphere which surrounds the earth and the biocomputer, or that which holds the thought forms, concepts, ideas and essences of consciousness, essentially the collective unconsciousness or the collective superconsciousness of entities in this plane, and in other dimensions.

This Awareness indicates that this entity, in writing this particular piece, was consciously attuned to a certain frequency which allowed the concepts to flow through the consciousness at a pace which was unbroken and quite harmonious and smooth in the sense of a clear channel. This Awareness indicates however, once this was broken by the interruption, there was not the sufficient energy and impulse, or compulsion to break through the barriers that lie between dimensions, so this entity, when attempting to recontact this area, found it more difficult because the energies coming in were not strong, and also because his own energies felt certain resentment at the intrusion, and this resentment was difficult to erase from the mind in order to give full attention to the reattunement.

This Awareness indicates that it is not unusual for such shattering of energies when there is a flow between dimensions of consciousness, for the message to be interrupted, and, never again to be brought back in the same manner.

For more info on channeling and how the Divine forces work through entities, please refer to 'Revelations of Awareness', No. 82-16 (Contacting the Light); \$3.00 from C.A.C.

A BEAST-EYE VIEW OF THE YEAR 1987

QUESTION:

*The Crystal Ball** recently published a quotation by David Ben-Gurion, prime minister of Israel, given January 16th in 1962, and which was published by *Look* magazine. A number of people think that this is a revelation of the Zionist plans being revealed there. Others think it is simply prophetic foresight. I'd like to read what Ben-Gurion stated and ask Awareness which, if either, of these is correct.

"David Ben-Gurion, prime minister of Israel: 'The image of the world in 1987 as traced in my imagination: The cold war will be a thing of the past. Internal pressures of the constantly growing intelligentsia in Russia for more freedom, and the pressure of the masses for raising their living standards may lead to a gradual democratization of the Soviet Union. On the other hand, the increasing influence of the workers and farmers and the rising political importance of men of science, may transform the United States into a welfare state with a planned economy. Western and Eastern Europe will become a federation of autonomous states having a socialist and democratic regime. With the exception of the USSR, as a federated state, all other continents will become united in a world alliance, at whose disposal will be an international police force. All armies will be abolished and there will be no more wars. In Jerusalem, the United Nations, a 'true' United Nations, will build a shrine of the prophets to serve the federated unions of all countries. This will be the seat of the supreme court of mankind, to settle all controversies among the federated continents as prophesied by Isaiah.

"Higher education will be the right of every person in the world. A pill to prevent pregnancy will slow down the explosive natural increase in China and India, and by 1987 the average lifespan of man will reach 10[^] years." (End of quotation).

*The Crystal Ball (now called The Larsen File), P.O. Box 4080, Torrance, Cal. 90510. One year subscription: \$24. Sample copy, \$2.50. C.A.C. heartily recommends this monthly newsletter which covers conspiracies, investments, health, psychic things, UFOs etc. etc. Order a sample copy and see for yourself.

COSMIC AWARENESS:

This Awareness indicates this as less prophetic and more revealing of the plan of these entities at that time in history. This Awareness indicates that obviously, the plans have been altered by circumstances as time passed. This Awareness indicates that there was a plan whereby the U.N. would be moved to Israel, that this plan has not been entirely scrapped, but that it has been set on a back burner due to the impracticality of the plan in view of present world situations.

This Awareness indicates that the change which occurred in Russia, wherein the Bolsheviks were expelled and the Skoptsis took control as that which has been the major action for altering these plans. This Awareness indicates that were it not for this action; had the Bolsheviks and the Rockefeller forces and the British Zionist link been in continued cooperation through their pretended cold war conflict which was present during the 60's, the United States would have by this time been made into a kind of socialist state with the ten regions, and much of Europe would have been by this time turned into a socialist state with ten Common Market nations, and Russia, still being under the Bolshevik yoke, would have made progress in moving toward a settlement of the alleged or pretended cold war, as the Bolshevik/Rockefeller/Zionist/Illuminati conspiracy brought together that which appeared to be a world government and peace, in order to reconcile the alleged differences.

This Awareness indicates that essentially was the plan. That the plan as having been altered by the actions of the Skoptsis in dislodging the Bolshevik powers in Russia.

ALL FACES ARE ONE WITH GOD

(Closing Message) Dec., 3, 1982

This Awareness indicates that there is seen a face, and there is seen a form, and that form and that face appear to be eternal and ever-changing, and that form and face, eternal and ever-changing, appears to have any name, to be any one, to be any place, and to be this Awareness. This Awareness indicates that even as this form is you, so likewise this form is this Awareness. Even as We are one, so likewise each and every other entity is one.

This Awareness indicates that every human face is every other human face, and that even those faces which are beyond the scope of humanity reflect essences from this Awareness, and even those entities who are not aware of this essence still have that Divine Spark somewhere within which longs to return to this Awareness.

Awareness at work...

Affected by film

NORFOLK, Va. (AP) — A sailor who refused to wear her Navy uniform or perform military duties after seeing "Gandhi," the movie about the Indian pacifist, was sentenced Friday to 60 days at hard labor.

In a court-martial at the Norfolk Naval Station, Seaman Recruit Leslie Cole, 28, also was ordered to forfeit nearly two-thirds — \$375 — of her \$573 paycheck for three months. Upon completion of her jail term, she will receive a bad-conduct discharge.

Daily Olympian, Feb. 27, 1983

REVELATIONS OF AWARENESS is a cosmic newsletter, published for the membership of Cosmic Awareness Communications, P.O. Box 115, Olympia, Washington, 98507.