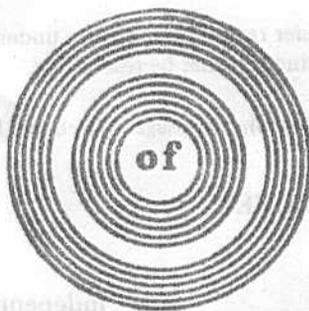


Revelations



Awareness

83--9

The New-Age Cosmic Newsletter

\$3.00 SPECIAL REPORT

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.



COSMIC AWARENESS ASKS:

On what

BASIC PREMISE

have you built your life?

Paul Shockley
Interpreter

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

(Opening Message, March 16, 1983)

WHAT IS THE PURPOSE OF YOUR LIFE?

COSMIC AWARENESS:

This Awareness wishes to call attention to that concept which relates to the purpose of one's life. This Awareness indicates that wherein an entity lives a life that appears to be without purpose, or without meaning, this can leave an entity with a sense of non-direction and a sense of personal inadequacy. This Awareness wishes entities to consider as having a supreme importance that purpose in their life.

This Awareness wishes to comment on this concept. This Awareness indicates that there are some who say that it is not necessary for entities to have a purpose, that the purpose of life is simply to BE. This Awareness indicates that this as likened unto accepting one's place in the universe, simply because one is placed in the universe, even as water and waves move and shift by the currents of water, of gravity and of air. These waves and water currents in movement appear to have a direction brought about by external forces, and without a personal or primary will of their own.

Thus, a wave may BE in motion, and have an inertia and direction, without having a particular willful purpose. This Awareness indicates that likewise, entities may be moved into action, may be moved into what appears to be purposeful action, yet these purposeful activities may not be from an internal desire or conscious willful intent, but may be created out of circumstances which impel or compel the entity to move.

This Awareness indicates that therefore, that action which appears to be purposeful in one entity, which may even appear to be of a fanaticism, may in fact be simply brought on by the surrounding circumstances and environmental influences acting upon that entity. This Awareness indicates that an action which this Awareness considers purposeful, consciously purposeful, is that wherein an entity chooses to move his or her energies in a particular direction, and the choice is being made from an objective and conscious discernment, based upon the need or desire or circumstances that the entity ascertains as being appropriate as a direction for his or her life.

This Awareness indicates that obviously, any action, no matter how conscious, may have its source or roots in circumstances or environmental influences upon the entity. The environmental influences, the circumstances which lead the entity to be objective about such choice, to observe with a certain type of discernment; these may be part of the environment and influences which lead the entity to make his choice.

This Awareness indicates therefore, the concept of a choice that is not dependent on environmental forces is erroneous, for even those choices of the most conscious types do have some background and some influences from circumstances and environmental forces acting upon the entity. This Awareness indicates that therefore, the concept of an

independent choice of purpose and direction, free from external forces and influences is not a valid concept, for all entities in every choice will have influences from the environment, from circumstances, from their background, or from other local social, physical, biological and geographical energy fields and forces which press upon them to make such a choice.

This Awareness indicates the level of intelligence, the type of emotions, the economic status, the environmental forces, the family background, hereditary factors, the size of the entity, the color of skin, eyes, hair, shape of face, the agility of the entity...all of these may influence an entity's reaction to certain circumstances and thus, lead the entity into making a particular choice, even making a particular summary of an evaluation of a circumstance.

This Awareness indicates therefore, entities in making a choice should recognize that many factors contribute to their thinking, to their summary of circumstances and to their reason for their choice of solution, or their manner of discernment. This Awareness indicates however, that it is possible for entities to be more discerning, or less discerning, depending on how much attention they wish to give to their own purpose and directions. That some entities, in being made to realize that they have the ability to become more discerning, will make better choices, which lead to better results, which benefit themselves and others more completely, than other entities who do not feel they have a choice, but who simply go for that which appears beneficial at one moment, and hope that luck brings them something better in the next moment.

HOW TO MAKE DECISIONS WITHOUT DEPENDING ON LUCK

This Awareness indicates that it is said that the more educated entities attempt to create their future. That those who are less intelligent depend on luck, and believe in luck to bring them their benefits. This Awareness suggests that *It* wishes at this time to assist entities in understanding how they may improve their own chances without relying simply on luck; whereby they may improve their decision-making faculties, so that they learn how to make proper decisions and reap the rewards for such. This Awareness indicates that this being far more important than simply trying to increase one's luck.

This Awareness has received many questions from many entities asking Awareness to help them win a lottery, to help them increase their luck. This Awareness indicates that this as being an indication of an entity's belief that he or she is but a victim of circumstances, and that it is the fates which control the entity. This Awareness indicates that while circumstances *do influence* entities, there is that force within each entity which is capable of being able to effectively influence circumstances, rather than simply allowing circumstances to affect the entity.

This Awareness wishes entities to recognize that circumstances will always be present, and wherein an entity is caught in a circumstance, and does not know how to deal with the circumstance to the entity's own benefit, that circumstance then controls the entity, and the entity is a victim of that circumstance. This Awareness indicates that wherein an entity has an internal guidance that allows the entity to understand circumstances and to be able to deal with circumstances, this allows the entity to be master over circumstances and not a victim.

This Awareness wishes entities to recognize these are two different ways of BEING; one is BEING with a purpose; the other as BEING a victim of the purposes of circumstances. That most entities reside somewhere in between these two extremes. This Awareness indicates that *It* does not expect entities to have total control over all circumstances, for circumstances have a way of changing their features and wherein an entity gains the ability to handle certain circumstances, greater forces and circumstances will be brought in for that entity to handle.

This Awareness indicates that there is always that struggle between the individual and the circumstances in which the individual finds himself or herself, and this struggle as always being created so that the circumstances are always a challenge to the entity. This Awareness indicates that wherein an entity succumbs to the circumstances, the entity surrenders to the circumstances; this then allows for the circumstances to ride over the entity, and the entity simply may fall and express himself as a victim of circumstances.

This Awareness indicates that the experiences between these extremes as that which most entities will find wherein they are at times able to master certain circumstances, at other times they are victims of circumstances. This Awareness wishes at this time to assist entities in understanding the principles involved in such, so that they may better recognize how they can deal with circumstances, what circumstances to struggle against and which circumstances they should allow to pass without their personal resistance to these energies. This Awareness indicates that a pause is now requested.

(Brief pause)

INTERNAL GUIDANCE - NOT LUCK OR THE HAND OF FATE
... TO BE OR NOT TO BE?

This Awareness indicates that if an entity simply seeks to BE and does not have a particular purpose in life, that entity has no internal guidance. The guidance factor, being missing, the entity is likened unto a ship on the sea, without a sail or rudder, particularly without a rudder, and the entity will go in the direction of the currents of water and wind, and perhaps magnetic currents. This Awareness indicates that without a pilot to guide the ship, the ship will not be moved in any direction except that which the prevailing winds and circumstances dictate.

This Awareness indicates that this ship without a rudder, without a guiding pilot or navigator, is the life which is satisfied simply to BE, having no particular direction. This Awareness does not wish to discuss this type of drifting, except briefly to indicate that such an entity who is a drifter, who is a victim of circumstances, who is pushed here and there according to external forces, the winds and waves of the experiences which the entity suffers, endures...this is an action wherein the entity IS and wherever the entity goes, may be termed the movement by the

hand of fate. That is the life in which luck predominates, whether for good or ill.

This Awareness indicates that those entities who choose this path are those entities who must take whatever fate dictates, whatever luck brings, and they will have those experiences which come about through the choiceless action of being and of accepting what is. This Awareness indicates that this does have many advantages over the life wherein an entity chooses, is constantly making choices, for an entity who accepts *What Is* has no problems in terms of decision making, and the acceptance of *What Is* allows the entity to put faith in Higher Forces and hope for the best.

This Awareness indicates that often entities will live a very happy and spiritual life having such a philosophy. This Awareness indicates that the other extreme being the entity who makes a choice on every event, and is in constant opposition to the forces, the winds, the currents and the circumstances. This Awareness indicates that such an entity may spend the entire lifetime struggling against overwhelming odds. This Awareness indicates that either of these are self-obvious, therefore this Awareness does not wish to elaborate extensively on either of these lifestyles.

This Awareness wishes however, to discuss that lifestyle which is between, wherein an entity makes use of the currents, flows with the currents, and resists the currents when it is to the entity's purpose and advantage to do so. This Awareness indicates that wherein an entity sets sail to a certain port or destination, or to a certain goal or accomplishment, that entity must recognize the direction of movement required to reach that goal, and if the entity, recognizing that direction, sees that there are winds and currents which do not always flow in the proper direction for him to reach that current, the entity must then learn how to use those winds and currents to his or her advantage in order to reach that destiny or goal.

CHOOSING A GOAL OR DESTINY—A PREMISE

This Awareness indicates that before such a choice can be considered however, an entity must first know what his or her destiny or goal is. The entity must choose a destiny, must choose a goal, must choose a purpose. This Awareness suggests that entities in living their life may drift aimlessly for a number of years, may experience dumb-luck that is favorable, or may experience bad luck that is unfavorable, and if experiencing good luck, the entity may gloat and brag at his or her accomplishments, or if experiencing bad luck, the entity may lament and moan over the tragedies.

This Awareness indicates that in either case, the entity has really done very little to earn either the good luck or the bad luck, for it simply occurred in the path of his lifetime, and the movement of the energies. This Awareness indicates that wherein however, an entity chooses a destiny or purpose in one's life, sets up a premise for one's life; that premise becomes likened unto a rudder on a ship. This Awareness indicates that it is not only important to have a goal, or destiny for your voyage, but it is important to have a *premise* on which you base your life.

One can have a goal, for example, to sail to the New World, but if one has no rudder on his or her ship, the entity may simply drift around in circles. This Awareness indicates therefore, entities who build their soul, or life, on a particular premise; these entities have established a rudder on their ship whereby they may travel

toward their goal or purpose. This Awareness indicates that the question is: What is a premise? And what kind of premise should an entity choose on which to base his or her life?

This Awareness indicates that a premise essentially is a basic statement which serves as a guiding factor for an entity. This Awareness indicates such a statement for example: "I will live a life of truth." That is a premise. Or, for example, the statement: "Truth lived, leads to rewards." Or, for example: "Living a life of truth brings about happiness."

This Awareness indicates a premise is a statement which an entity makes, and then sets out to prove. This Awareness indicates that an entity who makes a statement such as: "The world owes me a living", is creating a premise on which he may base his life and set out to prove that this is the truth. This Awareness indicates that wherein an entity makes the statement: "I am special and deserve the best", that entity makes a statement and sets out to prove this to be true.

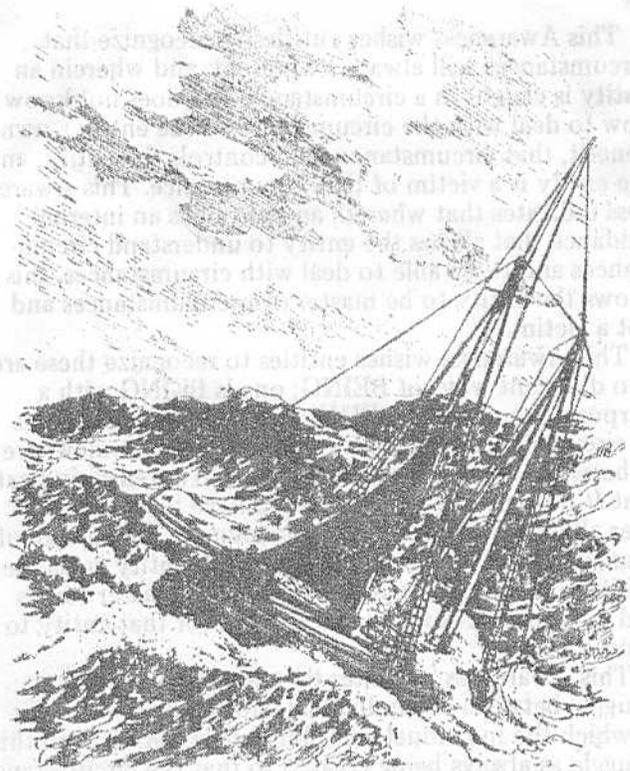
This Awareness indicates that this may or may not be true, but wherein the entity uses this as a basis for his or her behavior, for his or her philosophy in life, it becomes a motivating and powerful force,--a rudder which guides the entity in and out of all relationships, in and out of all circumstances, and creates the karma or destiny that it deserves, according to its validity, or invalidity.

PREMISES THAT BRING SORROW AND TRAGEDY

This Awareness indicates that many entities are traveling through life experiencing great tragedies simply because they have chosen a premise which does not work. This Awareness indicates that the entity who feels that all people are hostile, and: "I must protect myself against such hostility by being more powerful than they"...this entity is obviously setting himself up for a life of conflict, and such a premise will lead to many conflicts and circumstances that bring about great tragedy and sorrow for the entity and for others who come in contact with this entity.

This Awareness indicates that wherein an entity chooses a premise such as: "No one cares for me", that premise, when taken into circumstances, develops a backlash which invariably supports the premise, proves the premise to one degree or another, particularly if the entity is looking for proof of that premise. This Awareness indicates that likewise, wherein an entity has the premise: "Everyone loves me; I can do no wrong", such an entity may also be blinded and vain, blinded to the reality that there are forces which do not recognize this entity's infallibility, and therefore the entity may be setting herself, or himself up for a great let-down, for an experience of a shocking nature.

This Awareness suggests that the entity whose premise is: "My life shall be one of service, wherein I receive nothing for my services, but I sacrifice myself for others"; this premise is that which leads to the cross of martyrdom, whereby the entity will eventually be trampled or crucified, or eaten alive. This Awareness indicates that wherein an entity creates a premise: "I am here to be served"; this entity is opening a circumstance or situation, moving into those experiences wherein he or she has great expectations from others and believes that he or she deserves the service of others, and this entity may create much turmoil and difficulty for others in demanding service. Before the entity is dethroned,



the many masses may have fallen into bondage to this entity.

This Awareness indicates that the entity who states: "I am here to serve and be served, in a manner that is fair for all"; this entity is experiencing a premise which allows a give and take of energies,--a service given, a service received; a sense of justice and fairness in the exchange. This Awareness indicates that wherein an entity has such a philosophy, the chances of long-term survival and benefits is that which is increased.

This Awareness indicates that a premise wherein an entity lives a life based on that concept of: "I seek to bring justice for all"; this entity as one who will always see injustices, and attempt to right those injustices. This Awareness indicates that wherein this becomes slightly distorted and the entity abides on a premise which states: "I seek justice for myself, regardless of the justice for others", this entity will constantly be seeking to have everything fair for himself, without regard for the fairness of others, and thus the entity may have a heavy hand on the scales of justice in favor of his own viewpoint.

This Awareness indicates that wherein an entity lives by a premise that states: "I deserve to be wealthy"; the entity may set out to gain wealth one way or another. Modifications to that premise, such as: "I deserve to be wealthy without working for such", may lead the entity into a life of deception, embezzlement, or thievery. This Awareness indicates that wherein an entity's expression of his premise is: "I deserve to be wealthy because I am willing to do the work necessary to acquire such wealth"; this entity may then find the wealth coming from the premise, as a result of the efforts put out to obtain such wealth.

A PREMISE THAT BRINGS JOY AND HAPPINESS: QUESTIONS WE ALL NEED TO ASK OURSELVES

This Awareness indicates that the entity whose life-premise is: "I am here to please the Divine, to serve the Divine Forces"; this entity is then on a path moving toward Divine Forces, and being capable of serving as an agent of the Divine. Such an entity may find that this is the last incarnation on this plane which the entity must

experience. The entity may also find himself moving in a path of closer and closer identification with the Divine Forces.

This Awareness has given only a few examples of the premises by which entities may base their life as a rudder for the direction of their soul, and of their life energies. This Awareness wishes entities to look closely at their own life, and ask themselves: "What is the basic premise on which I have built my life? What is the emotional foundation for my desires and my direction? What words describe my attitude toward myself, my life and my direction? Essentially, what is my premise?"

This Awareness indicates that if you have no premise, or if you find yourself operating from a premise which is detrimental to yourself or others, you may wish to alter that premise, to change that premise to something which is more beneficial. This Awareness indicates for example, the entity whose premise is: "I must please others in order to be happy, in order to be left alone, in order to be accepted, or for whatever other modification that premise may require,"--the premise being: "I must please others for whatever reason"--this may lead to enormous problems.

This Awareness indicates that there is nothing wrong with pleasing others, but to feel that you *must* please others can lead to tremendous difficulties. This Awareness indicates that you may find that the modification of this premise, only slightly, can alter your entire future, and the experiences of your life, for you may recognize that it is not your desire to please others, but is rather a desire to be accepted by others so that they will like you, so that it will be easier for you to live your life. This Awareness indicates that you may examine this concept somewhat more closely, and recognize that rather than attempting to please others, you may have a more pleasant personal life by changing the premise slightly. For example, you may decide that the premise for your life is: "I want to live a peaceful, harmonious life". This Awareness indicates by altering this premise to this new premise, you may recognize that rather than trying to please others in order to have a peaceful and harmonious life, you simply seek the peaceful and harmonious life, which may include disappointing someone else in order not to become so involved in their own life or problems as would occur if you sought to please them.

This Awareness indicates that you may find that you have more peace and harmony by not trying to please the entity. This Awareness indicates in other words, examine your premise to see if it actually satisfies the motive for which you chose that premise in the first place. If you wish to have a peaceful and harmonious life, and you think that pleasing others will bring this, you may actually be creating more problems, and that by recognizing the true motive, the desire to have a peaceful and harmonious life, you may rename that as your premise, and thus avoid the many pitfalls which would come from the mistake of relying on a secondary or parallel premise.

This Awareness indicates that this is but one example of many ways whereby entities may be operating from an invalid premise, one which not only does not work, but perhaps one which is not truly expressing their own desires or motive. This Awareness indicates that first you must discover what you really want from life, and from that, ask yourself what premise would provide this desire. Then you may ask yourself: "Would such a premise work in a universe wherein there are other entities involved? Would others cooperate or recognize,

or validate my premise?", for if you find your premise is in total conflict with the universe or with other entities, then you have a premise that will lead to conflict.



THE PREMISE
OF MAHATMA GANDHI

This Awareness indicates that this will give some indication of your future, and the struggles which you may experience, by following such a premise. This Awareness indicates that for example, the entity Gandhi having a premise whereby he sought justice and fairness for all entities, for all individuals, regardless of their race or religion, recognized that the premise which he was advocating would bring difficulties and problems. The entity was not seeking to live a life of comfort and harmony. The entity had a premise which would obviously bring about turmoil and difficulty in his life, yet it was important enough to this entity that he chose to follow that premise, even though it meant much personal agony and suffering for him.

This Awareness indicates that therefore, you may examine your premise in relation to the effects it may have on others to determine how much cooperation, or how much opposition you will experience by living that premise. This Awareness indicates also that another factor which may be considered for those who wish to explore this concept further, is that not only do you have the option to choose a long-term or lifetime premise, but you may have also short-term, or secondary premises.

SHORT TERM PREMISES

This Awareness indicates that your lifetime premise may be that you wish to help create greater justice upon this plane for all entities; a short-term premise may be that you wish to right a particular wrong which is occurring at the moment. This Awareness indicates that within that short-term premise, there may be still another, even shorter-term premise of some particular issue that you must focus on for a short duration, which must be accomplished at this time.

This Awareness indicates for example, if you are sitting in jail for having made your stand on a social issue, based on your long-term premise of promoting justice for all, your short-term premise may be that you will reside in this situation in a particular attitude, riding it through without violence, and to emerge victorious, even from that jail sentence.

This Awareness indicates that these long-term premises and short-term secondary or branch premises should always be observed by entities in order to know yourself, and to have some form of consistency and meaning in your life so that you can predict, evaluate and recognize the likelihood of reaction to your behavior by others, or recognize the likely outcome of your behavior. This Awareness indicates that there are many entities who make a statement in life: "I will demand that this injustice be righted." The entity, making a statement is then confronted by an opposing force which says: "Oh yeah?" The entity then says, "Oh, sorry about that."

THE VALUE OF HAVING STRONG CONVICTIONS

This Awareness indicates that wherein an entity makes a statement, then backs down from that statement, or wherein an entity sets out to accomplish some particular purpose, then retreats without

effort, that entity is not exactly following a path of conviction. This Awareness indicates that the convictions are not strong enough to overcome the obstacles. This Awareness indicates such entities, such circumstances, such convictions are very common in life. Most entities' lives are filled with such convictions that collapse upon the slightest resistance.

This Awareness indicates that there is nothing wrong with such. That entities may not need to have strong convictions. This Awareness indicates however, strong convictions are those which make accomplishments in society, and strong convictions must be maintained in order for changes of an important nature to occur. This Awareness indicates the entity who bluffs his or her convictions, making strong statements without the true conviction behind such statements; these entities may for a time overpower others who are weaker. This Awareness indicates that generally, however, entities whose mark on the history of humanity is of a considerable importance have convictions which do not alter easily and do not buckle at the first sign of opposition.

This Awareness indicates that these convictions can only exist because of a strong premise on which the entity has built his or her life. This Awareness indicates that many entities are not even aware of the premise on which their life is built, but wherein an entity *does* become aware of such a premise, that entity's life and convictions become more carefully directed, the energies are not so easily scattered or wasted, and the entity is more able to explain his or her position, so that others may better understand the entity; the communication factor enhances, increases and becomes more meaningful to the entity and to others when the entity is capable of explaining his or her own premise.

SUBCONSCIOUS PREMISES

This Awareness thus suggests to entities that you examine carefully the premise on which you have built your life, and if that premise does not seem valid to you at this stage in your life, you may wish to alter that premise. This Awareness indicates that many entities choose a premise subconsciously as a child. The premise for example: "I am special, and deserve the very best", may actually come from the relationship the child had with his or her mother at the tender age of one or two, or three years old, and the premise may have become the basis of the child's attitude throughout life.

This Awareness indicates that it may have worked at the age of one or two or three, but at the age of 65 it may not any longer be valid, for the entity may simply not be a special person at all. The entity may in fact have few friends and few acquaintances who care. This Awareness indicates therefore, the entity may choose a different premise: "I must pick myself up in order to survive", or the entity may choose some other premise, such as "I can live a good life and serve people and be useful, even though I am 65"

HOW TO DISCERN THE PREMISE OF OTHERS

This Awareness indicates that thus the entity sets out to prove his or her usefulness at this age, and the entity may find that his or her life then improves simply by changing the basic premise on which the entity is living. This Awareness indicates that also, in considering the concept of the premise on which a

life is built, it can be of great importance in understanding the character of others to discover what their premise is; that it may be possible that you may recognize their premise, the premise on which they have built their life, without actually asking them, simply by watching their behavior, watching their emotions, watching the way in which they relate to others, watching how they do business, and watching how well they handle their affairs.

This Awareness indicates that you may discover that an entity has more than one premise. For example, the entity may wish to serve others, and this may be obvious. The entity may also have too many irons in the fire, so to speak, and thus you see that the entity has the premise of: "I can, or I must serve everyone." This Awareness indicates that thus the entity having these two premises confused, may find that his or her efficiency is greatly diminished, and the service which is given is not efficient, or not complete, for the entity may be spreading himself too thinly, may be spreading his or her energies too thinly.

This Awareness indicates therefore, a suggestion to the entity that: "You cannot serve everyone well if you try to serve them all; it is better that you organize and serve a few, or delegate your services in an organized manner"; this Awareness indicates such advice to the entity may be very helpful, and the entity may wonder: "How could you have known what my problem was?" This Awareness indicates that it becomes simple to see an entity's problem when you can see the entity's premise, or premises.

This Awareness suggests that it is better for entities to have one central premise on which they build their life, and from that one central premise, there may be sub-premises, but to have two premises which alternate in priority can lead to much scattering of energies and can lead an entity into activities of a schizophrenic nature, whereby the entity acts one way at one time, another way at another time.

This Awareness suggests therefore, that entities organize their premise, the premise on which they build their life. Choose the one which truly expresses yourself, and then, from that you may have sub-premises which help to enhance your original or basic premise. This Awareness indicates that once you have your premise, you may then set out to pursue goals in your life, and your pursuit will be more meaningful and more assured.

COMPLICATIONS WHEN HELPING OTHERS IS YOUR MAJOR PREMISE IN LIFE

QUESTION:

Awareness, when I was very young, a voice spoke to me and said: "You are here to help people." Possibly from that and other things, at this point I understand my premise to be: "I am here to help as many people as well as possible, live in truth, and receive all that is necessary for my most efficient service, and appropriate rewards, and thus to be a tool for Divine Forces"...My question is, am I fooling myself (if) assuming that is my premise, and is this faulty in some way?

COSMIC AWARENESS:

This Awareness indicates that this does indeed affect your behavior, your energies, your efficiency and the ability to handle great amounts of energy, simply because you have this as a basic premise. This Awareness indicates there is nothing faulty about such a premise. It does, however, as does every premise, exclude many things from your life which you might enjoy and have, if you had a different premise.

This Awareness indicates that so long as this premise is active in your life it carries its own rewards, its own responsibilities, its own obligations, and directs your energy into manifesting that which the premise indicates. The question is: "Are you willing and able, and contented with that premise in your life?" If you find that this is not what you wish in your life, you may wish to alter the premise.

Any alteration of this premise will alter the circumstances in your life for good or ill. It may hinder others, depending on how it is altered. This Awareness indicates that essentially, the premise an entity lives by indicates greatly what kind of karma the entity may be creating, whether for good or ill, or of a mixture, what kind of circumstance the entity will experience, and what kind of obstacles the entity may expect.

This Awareness indicates that in being here to help others, you might also wish to add: "To help others, and myself". This Awareness indicates that if you feel yourself as a martyr, sacrificing your happiness for others, this may lead to a kind of resentment. This Awareness indicates however, if you feel that you are not only helping others, but that you enjoy what you are doing, this can lead to happiness for yourself, even as you help others.

This Awareness indicates that you may wish not only to look carefully at your premise, but to ask yourself if you wish to modify the premise with a word or so, or to a slight degree, for you may wish to help others more, or you may wish to help others less, in order to have more time for yourself, or in helping them more in order to give others a still better chance.

This Awareness indicates that you may also modify your premise: "I am here to help others learn how they may help themselves". This of course will modify the type of energies which you give to others, and may assist others in developing a different attitude toward themselves. This Awareness indicates there are many ways whereby a slight modification in your premise changes the entire results of your expression, and the circumstances of your life.

THE MANY FACES OF "INNER GUIDANCE"

QUESTION:

Awareness, it was my understanding that all entities have inner guidance?

COSMIC AWARENESS:

This Awareness indicates that all entities may have inner guidance, but this inner guidance may be nothing more than biological needs in some entities. The entity may seek food because of biological needs, the entity may seek sexual enjoyment because of biological needs, the entity may seek comfort, may seek a place to sleep, may seek shelter, may seek friendship, may seek affluence;

yet these inner guidances are not always those which are conscious. These may be simply urges from an unconscious level, because of the nature of the entity, and his or her biological and social urges.

This Awareness indicates that still, most entities *do* have some conscious inner guidance, whereby their guidance indicates to them that to receive certain benefits they must do certain things. This Awareness indicates that many of these inner guidances are based upon fallacious concepts and idea. The entity who, for example, has a basic premise, or has several basic principles which are in conflict, and this or these basic premises are of an antisocial nature, may have an inner guidance that creates disturbances in society; and rather than rewarding the entity, may cause many problems for the entity and for others.

This Awareness indicates that it is the nature of the inner guidance which this Awareness wishes to look at. Is the inner guidance conscious? Is the inner guidance simply based upon biological hungers and appetites? Is the inner guidance based upon a short-term quest, such as the desire to find "my perfect mate", the desire to find the perfect meal, the desire to find the perfect job, the desire to find "that perfect satisfaction to my present thirst"; these inner quests may be of a temporary nature, or may be of a long-term nature.

THE YOUNGER THE BETTER TO FORM YOUR PREMISE

This Awareness indicates that wherein an entity looks at his or her life in terms of the moment only, the entity's quests are generally of a momentary gratification. This Awareness indicates that many entities in their late puberty levels and up through the early adult stages tend to think more in terms of short-term happiness, short-term conquests, short-term goals and purposes, and tend not to look at the long-term experiences of their lifetime.

This Awareness indicates that generally, after the entity passes into mid-adult or into adulthood, middle-age; this Awareness indicates these entities generally begin to think more in terms of the long-term purposes of their life. This Awareness indicates that this is not always the case, but as being the general rule. This Awareness indicates that the entity, who in the early twenties can set a course for his or her life, may find that by the time he or she is thirty years of age, that entity will have already commenced and created a foundation and base on which his or her premise can function sufficiently and efficiently.

This Awareness indicates for example, the entity who at twenty decides: "I am here to help others", may, by the age of thirty, have decided that the help being given is through the healing arts, may have chosen to become a doctor, and may have an education in medicine, so that he or she is then well on the way of helping others in this manner. This Awareness indicates the entity at twenty who does not have a particular purpose in life, but has as a premise: "I am here to be fed", this Awareness indicates that this entity at the age of thirty may still be waiting for that which satisfies his or her appetites, and the entity may have spent 10 years running hither and yon seeking some little temporary gratification to his or her appetites.

This Awareness indicates that therefore, the younger the entity is in finding a premise, particularly if that premise can be uncovered and is true to the entity's feelings and desires, not something which is placed upon the entity by another, but wherein the entity can uncover the true premise on which his life is to be built, the premise which satisfies his or her

capabilities, talents and interests; the younger the entity is, the more likely the entity will be in manifesting those energies to promote and build upon that premise.

This Awareness indicates that a faulty premise is one in which an entity builds his life which leads the entity into a uselessness or into creating problems for others. This Awareness indicates that this is a premise wherein the entity does not have a guidance that is of benefit to the entity or to others. It may be faulty in that it appears to benefit the entity, but in the long run it may lead to a dead end, or to imprisonment, or to sickness, or to some other non-beneficial outcome.

This Awareness indicates that a healthy premise is one which leads the entity to do what he or she wishes to do with his or her life in a manner that benefits the entity and others so that the entity, at reaching the end of his or her life, can say: "I am pleased at having lived my life, and having done what I have done." The entity may also say that he or she wishes it could have been more; this may still be a desire, yet the premise may not be in error.

This Awareness indicates that an erroneous premise is one wherein the entity says: "I certainly have made a mess of my life". This Awareness indicates in looking back, the entity may look at that life, and see the premise which he or she has lived by up to this time, and recognize that that premise has been the rudder or guiding force which has led the entity to this particular place and has been responsible for many of the occurrences in the entity's life.

PREMISES IN A RELATIONSHIP

This Awareness indicates that it is never too late to change one's premise in one's life and to make improvements by doing so.

This Awareness indicates likewise, even as individuals have premises in their life, relationships also are built on premises. Individuals coming together, having a relationship with each other, may establish a premise which mutually they agree upon, as a way of relating to each other, and this premise will determine the future, the outcome, the circumstances and the situations relating to that relationship, so that events, occurrences, effects of the relationship are the outgrowth of the premise on which the relationship was built.

This Awareness indicates that if the two entities in the relationship have conflicting, or different premises; one sees the relationship, for example, as being one of romance, the other sees it as being one of monetary security; the conflicting or different premises involved will create circumstances in the relationship that reflect the conflict or the differences of attitudes by these entities. This Awareness indicates that therefore, entities involved in a relationship may wish to form an agreement or reach an agreement on what they wish the relationship to have as a central premise.

THE PREMISE OF THE CHRISTIAN RELIGION

This Awareness indicates that this can be of great value in solidifying or clarifying a relationship. This Awareness indicates that obviously, wherein masses are involved, and a certain premise is accepted by all involved in those masses of individuals, the group will be very cohesive and centered around that central premise; this creates a strong and powerful group of entities. This Awareness indicates for example, the Christian doctrine having certain premises; regardless

of the many differences of denominations, many of these entities in conflict with each other on certain levels, may be quite centralized and cohesive in the basic doctrines of the Christian philosophy.

WHY THE UNIFIED STATES OF AWARENESS FAILED

This Awareness indicates likewise, those entities of conflicting creeds in India, the Moslems and Hindus whose creeds were in great conflict, did center deeply and closely around the entity Gandhi; even though there were great differences between the Moslems and Hindus, the energy of Gandhi, being a central premise, was sufficient to bring about a sense of unity among these entities.

This Awareness indicates that therefore, entities in establishing an action, in establishing a philosophy, in establishing any purpose, may also wish to create a central premise, on which that action, purpose or philosophy may be built, and this central purpose, or central premise, may be the glue which holds the entire structure or activity together. This Awareness indicates that to a large extent, the reason why the U.S. of A. (the Unified States of Awareness), did not have sufficient glue to hold it together was because there were too many forces moving in too many other directions, and the energies were not centralized on a particular premise strong enough to hold those conflicting forces together. There was no strongly agreed upon premise for that action.

This Awareness indicates that there were a number of entities, each seeing the organization as something to be used for their own premise, and these entities were not willing to set aside their own premise in order that the organizational premise be allowed to develop.



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THE CONCEPT OF THE 'BORN LOSER'

...IS THERE REALLY SUCH AN ENTITY?

(THE DIFFERENCE BETWEEN SUCCESS & FAILURE)

QUESTION:

Awareness, we've all seen the entity or heard of the concept of the 'born loser'. I'd like to ask, is there such a thing as a born loser,—an entity that is born into this plane with the type of karma or energies of failure, rather than success in life; or is this an acquired thing due to outside forces?

COSMIC AWARENESS:

This Awareness indicates that an entity who is a born loser is the entity who claims to be so. This Awareness indicates that this is the entity who accepts the role of a born loser. This Awareness indicates there is no such thing as a loser, until an entity accepts that label. This Awareness indicates there is no such thing as a failure until an entity labels himself or allows himself to be labeled as a failure.

This Awareness indicates that the road to success as that which has many pitfalls, wherein the entity on this road falls many times. This Awareness indicates there is no road to failure, except the road to success. The road to failure and success is the same road, and entities travelling this road may fall many times. The entity who gets up is the entity who is successful. The entity who falls and refuses or fails to rise is the entity who fails.

This Awareness indicates that no one can be a failure except the entity who admits and states and accepts the label "failure", for as the entity fails to accomplish what he sets out to do, and then rises to attempt another time to do that action, the entity is successful in rising and is still struggling to succeed. The entity Thomas Edison was once asked: "How did it feel to fail over a thousand times in your search for the right filament for the light bulb?" This Awareness indicates the entity replied: "I never failed once. With each of my trials I succeeded in eliminating that particular filament, and eventually I found the one which worked."

This Awareness indicates that this entity refused to admit that over one thousand of these filaments was one thousand failures. The entity saw these as successes in his path toward achievement. This Awareness indicates that no matter how many times an entity may fall, the entity is a failure only when the entity decides that he is a failure. This Awareness indicates that there is also that legend of Robert Bruce of Scotland, who, having lost several battles was isolated in a cave, hiding from the enemy, who watched a spider as it swung, attempting to reach across to spread its web. This spider making several attempts, failed each time to reach its web, and thus, Robert Bruce recognized that even as the spider, he too had failed several times to reach his goal.

This Awareness indicates the spider made another attempt, and on this try, the spider was successful; thus, Robert Bruce then went forth, and in his efforts succeeded in his goal. This Awareness indicates that it is not always that an entity will receive a symbolic guidance or message. It is more common that an entity in failing will accept that failing and not recognize that another attempt, or another action in a different direction could be successful.

This Awareness indicates therefore, the entity who accepts the failing and stops when he or she is down; that is the entity who is the born failure--The entity having been born, and having accepted failure. This Awareness indicates that the born winner is the same entity, when the entity rises and refuses to accept defeat. This Awareness indicates there are no successful entities who have not fallen, and who have not had the excuse for quitting. The only difference is that they did not quit, and did not accept themselves as failures.

This Awareness indicates that for every loss there will be a success; for every success there will be a loss. That wherein entities make the losses too significant,

then they may see themselves as failures. Wherein entities make the successes more significant, they may see themselves as winners.



PREMISES THAT WILL BRING YOU JOY & HAPPINESS

(Closing Message)

This Awareness indicates that entities in looking at their lives may wish to write down a number of premises; that the first premise an entity may wish to write down is: "I am a winner". That under this premise, the entity might wish to write: "I am a winner who wishes to serve others". This Awareness indicates the entity may wish then to modify this, as: "I am a winner who wishes to serve others well, and who will receive proper benefits for my service."

This Awareness indicates that this as one possible premise. This Awareness indicates that another premise may be: "I am an agent for the Divine Forces, thus a winner, who wishes to serve others well, and in return, will receive proper rewards." This Awareness indicates that this kind of premise and modification of the premise, whereby one builds an idea on which to base one's life, can become likened unto a mantram, whereby the entity repeats this on a daily basis, so that it becomes deeply ingrained in one's being, to allow the entity to have a greater self-identity based upon the premise of his or her choice.

This Awareness indicates that the premise given in this example is not necessarily intended for everyone; that you may wish to modify this, or to change or to use an entirely different premise. This Awareness wishes entities however, to recognize the importance of having a central premise in their lives which may be modified to fit certain circumstances, but which will in general serve as a guidance over a long period of time so that the entity can live a long and happy and predictable life.

This Awareness wishes to point out the great values on which to build your premises:

The spiritual life. The life of service. The life of personal happiness, and the life wherein you receive and give recognition to others.

ED's Note: In reference to Thomas Edison and the one thousand filaments he used before finding one that worked, oddly enough, this editor has in his possession one of the original one thousand test bulbs. This one contains what appears to be clam shell as a filament. I obtained this some years ago as payment of a debt and when I had the fantasy of starting a New Age museum, the main attraction being either a live Big Foot entity or some good motion picture

footage of the creature. But alas, after several ventures to the Ape Caves on Mt. St. Helens (before she erupted), I was not able to capture Big Foot, either in person or on film and I abandoned the idea. However, I still have Mr. Edison's original bulb wherein he tested clam shell as a filament. I think it's probably worth something to an antique collector, but I haven't checked it out so far. Avaton.

A BASIC LIFE PREMISE AND ITS RELATION TO THE HEALTH OF AN ENTITY

...ALL ABOUT STRESS AS A PHYSICAL PROBLEM

(Opening Message, March 16, 1983)

COSMIC AWARENESS:

This Awareness wishes to continue briefly in discussing the importance of a healthy premise in one's life. This Awareness indicates that wherein an entity has a premise which substantiates or indicates a sense of particular worth or value of self or a lack of worth or value of self; this in turn creates the attitude under which an entity may operate. This attitude may vary from circumstance, but the attitudes generally carry over and reflect from the premise according to the circumstance.

This Awareness indicates that for example, an attitude of an entity in a given situation wherein the entity is indignant, an indignant attitude, a feeling of having been violated, a feeling of anger, whether the indignant attitude is justified or not; this in turn can have its effect on other parts of the individual, such as the emotions and biological reactions to that which created the indignity. This Awareness indicates that the attitude of anger and indignance may also lead to circulatory problems, if this is carried for a long duration.

This Awareness indicates that wherein this is resolved quickly, the circulatory problems are not likely to continue or to manifest. This Awareness indicates therefore, entities may wish to consider the value of their particular premise, not only in terms of how it affects their motives and allows them to have a sense of direction, but how it also affects their attitudes.

This Awareness indicates that wherein circumstances are such that a resolving of emotional tensions is not allowed, or does not come about, these attitudes and energies involved can have a profound effect on the physical organ/organism. This Awareness indicates that for example, stress, which is often the cause of high blood pressure, and cardiac diseases, and other circulatory problems: stress, which depletes Vitamin B, the various Vitamin B complexes, and which has its effect on the absorption of calcium; stress, which can lead to intense headaches and physical problems as well as emotional and interpersonal relationship problems; stress is brought about generally by circumstances wherein the entity involved cannot escape the pressures of the circumstance by making a decision, or whereby the decision is not seen as having any effect on the circumstance.

This Awareness indicates for example, an entity involved in a circumstance may make a decision, but the decision is invalid because it is not going to change the circumstance, as it is the decision of others which is creating the circumstance. This Awareness indicates such factors lead to stress, and the stress may be prolonged and become chronic, so that the entity, over a



period of time, develops high blood pressure, or develops circulatory problems, or other similar cardiovascular conditions.

This Awareness indicates that the only decision such an entity may be able to make is how he or she will react to this ongoing circumstance, for to make a decision in any other level may be pointless if the circumstances are caused by external forces other than those decisions of the entity. This Awareness indicates that thus, an entity in a particular circumstance may be experiencing stress, and may have much difficulty of a physical nature, of an emotional nature, or in interpersonal relationships, and the entity may have a particular attitude toward this experience; this attitude may be of resignation, may be of anger, or may be of hopelessness, or may be one of escapism and avoidance, failure to face the facts, or may be one of repeating and repeating all of the details of the circumstance, as though it were going to resolve itself if given enough repetition and attention.

This Awareness indicates that there are many ways wherein entities can cope with circumstances: through avoidance, through facing the circumstance, through angry expression, through resignation or through indirect action, or through direct action, or through seeking help of others. This Awareness indicates that these attitudes and approaches to a particular circumstance may depend entirely on the entity's basic premise.

If the entity feels in his or her premise that he or she is on some holy quest, or if the entity feels that he or she is doomed to failure; either of these types of premise when placed within such circumstance will bring up a different attitude for the entity to work with during this time period, and these attitudes will result, depending on which attitude the entity has, will result in a variety of effects.

HOW HOPELESSNESS CAN CAUSE CANCER

This Awareness indicates that stress situations, along with anger and hostility that is not expressed, generally affects the circulatory system. This Awareness indicates an attitude of resignation, wherein the entity feels a hopelessness under a stress situation, particularly when this is ongoing; the entity not expressing anger, not feeling anger, but simply feeling hopelessness, may be contributing to a deterioration of the immune system of the body, and may increase the likelihood of cancer.

This Awareness indicates that there are other types of diseases which also may come about from a stress situation and a particular attitude. This Awareness indicates that for example, an attitude of guilt during a stressful situation can often lead to headaches or to arthritis, or to skin rashes, or to a loss of vitality, a weakening of the posture, and a sense of physical weakness.

This Awareness indicates that the feeling of impotence or helplessness can come about through feelings of guilt and through feelings of hopelessness. The sense of anger and guilt combined, can bring about an attitude of fear, which may result in mental problems of a psychological nature. This Awareness indicates that the combination of these many attitudes and the circumstance and the basic premise which the entity lives by, or which has brought the entity into these circumstances, will in turn assist in bringing about the experiences which an entity finds himself, or finds herself involved in.

WHY THERE ARE NO ACCIDENTS

This Awareness indicates that entities may often find themselves in a circumstance in terms of a physical disability or problem, and say: "How did this happen? How did I contact this problem?" The entity may have experienced an accident, and feel that an accident is an accident, and it should not have happened. This Awareness indicates that if entities could see that the basic premise, the attitude, and the actions which evolve from those premises and attitudes, along with the emotions and the reactions, contribute to the energies that led to the accident, they would understand that they are not guiltless in terms of bringing about this event in their lives.

"CIRCUMSTANCES" IS DEFINED

This Awareness indicates that it is not the intention of this Awareness to make entities feel themselves as guilty for everything that happens to them. It is, rather, the intent of this Awareness to indicate to entities that they are not victims of circumstances, even though they may be ignorant of how these circumstances came about. That circumstances are simply energies in motion which are caused by other energies, or by other entities, or by energies of your own, and these energies in motion, when coming in flux, in contact with your own energies, create a circumstance which has its particular effect.

This Awareness indicates that depending on what energies you bring into the circumstance will determine how that circumstance affects you. This Awareness indicates that the illnesses which entities may experience, the accidents or conditions which they may experience are often the results of actions, attitudes and experiences which began years before, from some incident; a reaction from a parent, wherein the entity rebelled, became angry, felt violated, believed himself to be innocent and falsely accused, if not resolved or released, the entity may carry this energy into the future so that at a particular time, under a circumstance of a different nature, whereby some entity triggers off those energies that are locked up within the individual; that energy springs forth and the entity reacts in a violent manner that has been stored up for umpteen years, and the entity in reacting, takes out on this person hostility which was originally stored toward his or her parent, while the entity was still but a child.

PENT-UP ENERGIES ERUPT AS BOILS AND RASHES

This Awareness indicates that energies can be carried for many years before erupting. This Awareness indicates that these energies may also be carried for many years and erupt as skin rashes, or as boils, or may erupt as some type of physical affliction.

This Awareness indicates that energies may erupt either emotionally, mentally, verbally, or physically. They may also erupt in the sense of expression. The entity may become an artist because of some event which happened while the entity was quite young. The entity may become a soldier, may become some other professional, simply in order to release pent-up energies of childhood which can only find expression through this type of channeling and still fit within the premise and purposes and value-system of the entity.

This Awareness indicates that for this reason, it is important to have a premise which allows an entity to channel the many pent-up energies from the childhood or from the past, so that these pent-up energies may be channeled and released in a manner that is beneficial to the entity and to others, and fits this premise. This Awareness indicates that a healthy premise as one wherein others are served, wherein the entity is served and whereby the Divine Forces are served, and wherein a healthy premise can channel the frustrations, the guilt, the fears or the anger from childhood, or can express feelings of resignation and helplessness, and have sympathy for those who are helpless and resigned; wherein these energies can be expressed through a premise which allows expression and activities; this premise and these expressions; the attitudes coming from this; releasing these pent-up energies from the past can be of great value and significance in helping the entity.

They can also serve as motivating and driving forces to allow that entity to become a powerful force for good. This Awareness indicates there is no such thing as an energy, a pent-up energy, a bad experience from childhood or from any time that cannot be turned into a force of energy motivating the entity through a proper premise that serves to do something good and worthwhile.

This Awareness indicates that the same energy in one entity that causes the entity to become violent and antisocial, the same experience can, in another entity, serve as a motivating force to lead the entity to accomplish something great and wonderful for others.

This Awareness indicates that one entity may suffer from being beaten or kicked by a larger entity, and that entity may grow up being bitter and resentful toward all authorities and may become antisocial and violent. This Awareness indicates another entity may be kicked and beaten by a large entity and may grow up being merciful and have a driving sense of desiring to help others and to be of service to others. This Awareness indicates the difference in these two entities is not their background, not their childhood, not the circumstances in which they were raised,--the difference is their premise: how they see themselves, their purpose, and what they wish to prove with their life.

This Awareness indicates the one entity may wish to prove that he can do something good and worthwhile. The other entity may wish to prove that no one can get by with hurting him. This Awareness indicates that depending on the premise which the entity lives by, this will determine how the entity channels those pent-up energies from the traumatic experiences of the past.



BASIC PREMISES & THE LAW OF LOVE

"THE PATH OF LEAST RESISTANCE" IS EXPLORED

QUESTION:

Awareness, how does having a clear purpose or premise to avoid being a victim of circumstance, relate to the part of the *Law of Love* that states: "Love is the path of least resistance (to circumstances), is sort of assumed to be the rest of that meaning?"

COSMIC AWARENESS:

This Awareness indicates that one must realize that the...
...This Awareness suggests that the question be rephrased. That this is not clear.

QUESTION:

When this topic was begun, the analogy of a boat on the water being tossed around by circumstances was used, and the idea of your premise or rudder being put in, in order to resist these random circumstances was given; and yet, part of the *Law of Love* says that love is the path of least resistance.

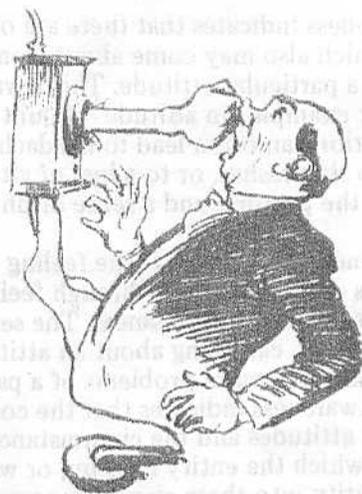
COSMIC AWARENESS:

This Awareness indicates that there are many things which need to be understood in this *Law of Love*. That the path of least resistance is measured by the cumulative effect, rather than by the immediate effect. The concept of least resistance, can often be mistaken for a sense of being totally passive and inactive. This Awareness indicates obviously, an entity (of least and absolute) lacking in resistance would be a vegetable. This Awareness indicates that a rock has a little resistance, except when entities seek to move it. That an entity not responding or reacting to outside stimulus would be having little resistance.

This Awareness indicates however, from another sense, the entity refusing to react to outside stimulus would in fact be resisting, and the rock would be resisting the foot that kicked the rock. This Awareness indicates therefore, no one can avoid some form of resistance in any action, even in nonmovement. This Awareness indicates there will always be some level of struggle. This Awareness indicates that an action whereby there is a great force being asserted on one, and one can react with equal force, this leads to a clash of wills. This enhances the determination of these forces into a death struggle, a life or death struggle.

This Awareness indicates obviously, this conflict is not an action of least resistance. This Awareness indicates likewise, wherein a force is approaching an entity and the entity simply stops and allows himself to be trampled, and destroyed by that force, this is perhaps seen as the least resistance. This Awareness indicates that wherein the force is coming toward the entity and the entity can sidestep, and the force goes by; this is not the path of 'least' resistance, for the entity did need to take a step to the side, and assert some energy in escaping that force, but it is a force whereby the least *trouble* occurred.

This Awareness indicates that essentially, the path of least resistance implies the least resistance necessary to avoid harm. This Awareness indicates that wherein the harm which is about to occur, or likely to occur,



if an entity does not step aside; that collision will bring about harm to one or both of the parties who collide. This Awareness indicates that wherein the entity can step aside and avoid the collision, this is the path of least resistance. That wherein this is not possible, and the forces must collide, then to deflect the energies so that they are not a head-on collision; this would be the path of least resistance. This as a common principle used in oriental martial arts, wherein a blow is deflected rather than met head-on.

This Awareness indicates that likewise, wherein there is the total intention of a force to destroy a particular class, or to destroy friends and associates, to destroy your family or to destroy yourself, the will of that force is fixed; the absolute path of least resistance might be to totally surrender and allow yourself to be destroyed. This Awareness does not indicate that this is the proper meaning of the phrase: "the path of least resistance", for *It* indicates the path of least resistance "in avoiding harm".

This Awareness indicates therefore, the path of least resistance in avoiding harm would be an action which protected the entities from harm in the least resisting way, so that if it is necessary in order to be protected from harm for the entities to run, then indeed the entities should run and escape. If flight is impossible and there is no way to avoid harm except through fight, then the fight should be such as to create the least amount of harm for others, in order to still preserve and maintain without being harmed yourself.

This Awareness indicates that these energies are of a delicate nature, depending on the circumstance. That this Awareness has recommended that entities see the movie "Gandhi" in part because this exemplifies the *Law of Love*, wherein this entity in his actions was able to challenge the cruelty and subjugating British Empire, while at the same time, being very careful to avoid bringing harm to these entities, seeking their friendship, while still challenging them, and looking out for their welfare, while still demanding that the welfare of India be respected.

This Awareness indicates that the least resistance was shown in his many tactics, in his many ways of dealing with the conflict which was occurring during this entity's lifetime. This Awareness indicates that essentially, it comes down to the action of avoiding harm while still using the least amount of resistance to do so.

This Awareness indicates that this applies to the principle, or *Law of Love*; that the principle of love

is that which avoids harm, avoids harming others, and uses the least amount of resistance in order to do so. This Awareness indicates that this is essentially a definition of love, or the principle of love. That it recognizes that not all entities can personify love in every action, and that there will be instances wherein entities will resist in a manner that is not the least resistance, and that in certain circumstances of an explosive or volatile nature, the action of least resistance may not be seen and another action may be seen as essential and urgent, and it may lead to difficulties, problems or chaotic circumstances.

This Awareness indicates when this occurs, it is not the ideal expression of the principle, or *Law of Love*, although it may have appeared to be necessary. This Awareness indicates for example, if one is to save the life of a loved one, and another is seeking to take that life, one may not have the absolute wisdom of knowing how to preserve that entity's life without harming the one who would take the entity's life, and thus the entity interfering might harm the violator more than is absolutely necessary in order to save the one who would have been violated.

This Awareness indicates that such incidents occur often, particularly among those of the law enforcement agencies, wherein one who is threatening another might be disarmed by the *threat* of being apprehended or shot, rather than the actual shooting; yet a policeman, entering upon a scene wherein this entity is holding others hostage has no way of knowing whether that entity would put down his weapon and surrender, or whether the entity would turn and fire his weapon toward the police or toward the hostages.

This Awareness indicates that thus, without being able to read the character or read the mind of another, it is impossible to always know what the path of least resistance might be. This Awareness indicates that the *Law of Love* is an ideal to be sought, it is not intended as a commandment or a requirement that entities must, in all cases, live up to the principle of love, or *Law of Love*. It is something which entities may strive for, to be as loving as possible, and in cases wherein possible, that this principle be applied to the degree that is possible.

This Awareness indicates that this can minimize the tragedy and suffering. That until entities are capable of knowing the emotions and minds of each other, knowing the character of each other to such an absolute degree as to predict their moves, it will be impossible for entities to always know what the path of least resistance might be.

QUESTION:

Awareness has mentioned several times that the attitude of many of the young people today, their attitude of going to endless parties and indulging in drugs and drink and licentiousness, etc., was due mainly to the fact that they are living under the shadow of annihilation by those who would instigate nuclear war. Now, this may be a fact, but in my opinion, it's not justified as a way of life, and my question is, could Awareness give some guidelines to young people living under these conditions, that would bring them to the point where they could ask themselves the question: "Where am I going, and what is the major premise in my life going to be, regardless of this threat of possible annihilation?"

COSMIC AWARENESS:

This Awareness indicates that down through the ages, for thousands of years, young people have lived their early adult lives and teenage lives in a kind of wild partying attitude. This Awareness indicates that these entities feeling the biological urges, the rush to become adults, the rush to have their own experiences; these entities tend to overexaggerate and overreact in those areas which they feel have been the domain of adults. The actions of independence, the ability to indulge their fantasies, indulge their energies into activities which have been denied them; this is common among entities who have been deprived of certain experiences, and this is not limited to teenagers.

Adults who might be put into circumstances where they feel deprived, and then suddenly have those deprivations come to an end, whereby they have the opportunity for full indulgence, this generally leads to overindulgence. That this is common in human nature for entities to become overindulgent in those areas which they have felt deprived. Thus the entity who has lived in a restrictive atmosphere, suddenly being given more freedom, will overindulge in the activities which were not previously permitted.

This Awareness indicates that therefore, it is common for these young people to become overindulgent, and that gradually, through experience, they learn to bring about a sense of balance in their lives which does not go to extremes. This Awareness indicates that some are slower than others in learning this balance. This Awareness suggests that the threat of having the world blown to bits at any time, not only serves as an excuse for these entities to indulge themselves, allowing them to point to that threat as being an excuse for their erratic behavior, it also tends to create a sense of desperation that their lives will not last long, and therefore, they had better crowd in as much joy and pleasure as possible in the short time which they may be allotted.

This Awareness indicates therefore, these are two reasons whereby the entity may use this both as an excuse and also as a motivating factor for fast living. This Awareness indicates that there is also that tendency among young people to focus more on the present and less on the future. This Awareness suggests that in order to assist these entities in seeing that there can be a future, or something more meaningful to them, they will need to be given a sense of stability and hope, without which they have little reason to change their pursuits and to settle down to a more patient lifestyle.

...SOWING ALL
THOSE WILD OATS



TEENAGERS AND THE
PREMISE OF LIFE

...DOES THE PARTY EVER END?



This Awareness indicates that the very nature of the threat of nuclear war indirectly promotes attitudes which lead to increased crime, and to increased erratic behavior of entities. This Awareness suggests that in past generations, the threat was common that the end of the world could occur any day, and therefore entities had better live their lives very carefully in order to avoid going to hell if the world ended tomorrow or while they slept. This Awareness indicates that many entities were controlled and influenced by this belief, and did indeed attempt to live their lives somewhat more carefully than had such a belief been nonexistent, for there was that threat of the afterlife which could be either good or bad, depending on how they lived their present life.

This Awareness indicates that now the entities are faced with a reality rather than a belief, and the reality does not carry with it the same teaching: that if nuclear war erupts and you were destroyed, you will either go to heaven or hell. This Awareness indicates that within certain sects and religious groups this may be implied or understood, but for the great masses, it simply is a threat that nuclear war can destroy entities at any time and that they may never live to see their adulthood.

This Awareness indicates that they are not taught by those who perpetrate nuclear war that there is an afterlife or that they must behave themselves, or the nuclear war could erupt and cause them to be punished for not behaving themselves. This Awareness indicates that without this carrot of heaven and stick of hell, entities do not feel a motivation to any moral standard. They only feel the threat of having their lives taken from them, and the urge to live as fast and as pleasurable as is possible.

DRUG AND ALCOHOL USE NOW DIMINISHING

This Awareness indicates therefore, this as a contributing factor for fast living, along with the lack of a moral standard, along with the fear of having their lives taken from them, and the use of the threat of nuclear war as an excuse to indulge themselves...these three as being major causes of the high rise in crime among young people. This Awareness wishes to comment however, that much of this has begun changing and there is a decline in these areas of overindulgence by young people.

This Awareness indicates that the trend appears now to be that wherein these young people are becoming more serious and stable in terms of their view of the world, are beginning to recognize a sense of structure, purpose and meaning, and a feeling of separateness and social outcast among many of those who have taken the path of drug use and drug abuse. This Awareness indicates that the trend is changing, in part due to Uranus moving into Sagittarius, and Saturn moving into Scorpio, and also the movement of Neptune into Capricorn in the near future, as that which will bring about a greater stability and control of the drug and alcohol energies.

This Awareness indicates that a greater awakening and awareness among the masses as to the detrimental effects of alcohol as that which is bringing about the greater changes in the society, in regard to these energies. This Awareness indicates that while the use of various drugs is a serious problem, that the use of alcohol by teenagers is that which in fact has greater influence in creating these problems. This Awareness indicates that these together bring about the greater causes of mischief. That the use

That this will change much more rapidly during the next decade. This Awareness indicates that it appears there will be a greater sense of stability during the next decade.

This Awareness wishes also to comment on the effects of sugar, food additives and food color, dyes which are used in foods. This Awareness indicates that these play a much greater role in producing mischievous young people, hyperactive children and criminals than is recognized by your society. That the diet of entities who are of a criminal nature, who are mischievous, who are difficult and antisocial, when altered, when these substances of sugar, of dyes, food additives and of alcohol and drugs; when these are removed, entities who are normally seen as criminal in nature, will be much easier to work with. That many entities are psychologically allergic to sugar and to these food additives. That such can even lead to violence, murder, and other crimes in certain entities. That these substances affect some entities emotionally in a manner that is like the alcoholic who, upon having one drink, must have another and another, until the entity loses control of himself and may violate others, or may violate himself.

This Awareness indicates that this as caused by genetic circumstances within the entity's cell. It is in fact a disease. This Awareness indicates likewise, certain entities in having sugar, in having these dyes and food additives, are allergic to these, and will react violently, having violent temperament, or developing a violent attitude when indulging in these substances. This Awareness suggests that entities seeking to discover more regarding this will in time unlock many mysteries in regard to the true motivating factors of many entities who are alleged to be criminals. That the diet can play a great role in making or in curing the criminal mind.

This Awareness has indicated previously that crime is an illness.



...THE EVILS OF EATING SUGAR:
HYPOGLYCEMIA & DIABETES
(THEIR PREVENTION & CURE)

QUESTION:

Isn't it also true that the amount of sugar that one could take in say, one or two candy bars, is enough to bring on depression?

COSMIC AWARENESS:

This Awareness indicates that this as in the affirmative. That this depends upon the individual. That depression may come about as a result of the sugar having its effect on the spleen and adrenaline, and the release of insulin into the system. Wherein the sugar-rush is over, depression generally follows quickly, this depending on the condition of the entity's spleen and adrena-

This Awareness indicates that wherein sugar is used with fibrous material, that this burning factor is slowed down, so that the effects are not so immediate and the body has more of a chance to metabolize the sugar over a longer period of time. This Awareness suggests that for this reason, entities having a problem with fruit or vegetables, sweet fruit, sugar-laden fruit or vegetables, that rather than drinking the juice of fruit, that the fruit itself may be more easily assimilated by these entities.

This Awareness indicates that eating several apples is better than drinking a glass of apple juice for example, for the juice of the apple, entering, brings about much sugar which is quickly absorbed, creating a fast sugar-rush, which the body, if not in perfect health, may not be able to absorb quickly or easily. This Awareness indicates that whereas the apples eaten, having much roughage, will take longer and the insulin release, being present for a longer period, will work on breaking down the sugar, thus the sugar remaining while the insulin has its effect, prevents the depression which would normally follow in the use of juice.

This Awareness suggests that entities should all avoid as much as possible the use of refined sugar, and that they (depending on their ability to assimilate sugars), should receive their sweets from fruits or vegetables, or those sugars which are not harmful, such as sorbital, which is less damaging than other sugars, or fructose, which is fruit sugar. This Awareness indicates that pure cane sugar as that which should be avoided as much as is possible by everyone; particularly, it should be avoided when caffeine has been ingested, for the caffeine enhances the adrenaline, and the sugar then being borne throughout the body into the cells stimulates the pancreas to bring about more insulin, and the combination of greater insulin and caffeine as that which tends to overwork these organs, and can, from continual use of such combination of sugar and caffeine, bring about hypoglycemia, which creates a highly disturbed emotional entity, raging between high emotional expression and deep depression, even to blacking out, which when followed further, leads to the other extreme of diabetes, wherein in time, the entity may suffer blindness and kidney problems, and eventual death after much suffering.

This Awareness indicates that these can be reversed, when entities discover they are moving in a direction toward hypoglycemia, or toward diabetes, by cutting out the use of sugar and caffeine, and by taking proper vitamins and minerals, particularly zinc and chromium, and the Vitamin C, the stress vitamins of the B complex, and calcium. This Awareness indicates that the most important being zinc and chromium. That also important would be a multi-vitamin-mineral supplement, and the complete avoidance of refined sugars and of sweet juices and of white flour products or excessive carbohydrates, particularly those carbohydrates which are easily broken down quickly. That those foods of a fibrous nature such as fruit and vegetables and proteins may be used. Depending on how far advanced the condition might be, the use of sweet fruits and vegetables may need to be limited also.

THE SYMPTOMS OF HYPOGLYCEMIA

This Awareness indicates that over a period of time, the condition can be cured if not too far advanced through the use of diets and of supplements. This Awareness indicates that you may recognize the symptoms of hypoglycemia as that which generally begins with a feeling of being very tired, even during the day, after having had a good night's sleep. That this may

occur after a meal. That there may be a craving for sugar in order to have energy. The energy lasting only briefly, followed by a feeling of being very tired and sleepy and wanting to rest.

This Awareness indicates that this also may be accompanied by emotions which are volatile, which cry or feel great sense of depression, whereby the entity under circumstances of a mild pressure, may break into tears or anger, or emotional upsets. This Awareness indicates that these can be symptoms of hypoglycemia, particularly wherein the entity has a history of being involved in using sugar or sugar products excessively.

This Awareness indicates that the entity will need to avoid sugar products and to switch to a high protein diet and follow the previously described supplement program. This Awareness indicates that the diabetic symptoms generally include the above, without necessarily the emotions, but may include vision problems and may include headaches, particularly in the back of the head. This Awareness indicates that advanced stages of this may bring about kidney problems, liver problems, impotency, blindness and swelling of legs, may bring also a tendency to eliminate through the lungs when the kidneys stop functioning, so that the entity's lungs are strongly active in the sense of much mucus. This Awareness indicates that the swelling of the legs or extremities becomes common among extreme diabetic conditions, whereby water may be retained because of poor functioning kidneys. This Awareness indicates that the entity may also lapse into comas during such times as having absorbed sugar, wherein the insulin is not produced to take care of this.

THE PROGRAM FOR THE DIABETIC (NO MORE MARIJUANA OR ALCOHOL)

This Awareness indicates that entities having diabetic tendencies should use licorice teas, avoiding the use of sugar or sweets, and should use those grains and carbohydrates which break down very slowly, unrefined, and also protein in their diets. That the diet should be composed of high protein and grains and roughage, high fiber, vegetables and foods which metabolize slowly, rather than juices and sugars.

This Awareness suggests that both hypoglycemic and diabetic entities should avoid dried fruit. This Awareness indicates that these are serious concerns which entities cannot play around with and expect to cure themselves without strict adherence to the rules. This Awareness indicates that the use of marijuana or of alcohol for either of these is also to be avoided for these increase the blood-sugar and enhance the problem. This Awareness indicates that these two diseases are becoming more prevalent in your society.



...EVEN WHEN THE PARTY'S OVER
MANY WILL NEVER ASK
THAT QUESTION ON PREMISES

QUESTION:

In reference to the young people today living under the shadow of the bomb, and getting around to asking that question of: "What is the major premise of my life?", as soon as this party is over, (and Awareness indicates it is tapering down, this wild living); as these entities become more serious...if and when they do ask this question, it will be after this party is over. Is that correct?

COSMIC AWARENESS:

This Awareness indicates that many entities have never asked the question, and have lived their entire lifetime without asking the question: "What is my premise?" This Awareness indicates that many entities have lived very constructive and healthy lives without asking that question. This Awareness indicates that many entities have had their premise given to them through their religion, through their cultural training, through their school, through their teachers or through their parents, or through friends. That the premise may be subtly accepted without the entity even looking at it.

This Awareness indicates however that it is important that entities look at their premise, for it allows them to have a greater sense of identification, a greater sense of direction. This Awareness indicates that few people have ever stopped and said: "What is the premise on which I build my life?" This Awareness indicates however, that many people could have benefitted more and have done more with their lives had they asked this question.

This Awareness indicates that many of these young people now living will never ask this question: "What is the premise of my life?", but many of these young people will still go on and do great things with their lives, for they may have unconsciously developed a premise which they are not conscious of. This Awareness indicates that even as Vikki T. had the premise: "I am here to help people. My purpose is to help people", this premise was not necessarily recognized as something which was essential to her development, growth and expression, yet it was given to her.

This Awareness indicates that many entities have premises given to them through circumstances or through advice or through teaching, or through books which they have read; these may simply be ideas that change their lives, that influence them deeply. This Awareness indicates that many of these entities in their partying mood may not stop and ask: "What am I doing here anyway?" yet they may find themselves being directed by circumstances or by spiritual guides so that in time, they find themselves in an occupation or activity which is beneficial to themselves and to others.

This Awareness indicates that in recognizing themselves in an action which is beneficial to themselves and others, they may continue in that action without ever asking: "What is the premise of my life?", yet they may have a premise which they are not aware of. The premise may be that they wish to help others, or the premise may be that they wish to do something worthwhile, or the premise may be that they wish to be accepted.

This Awareness indicates that regardless of whether they know the premise or not, they may and probably do have some basic premise on which they have built their life. This Awareness indicates however, what It wishes entities to do is to look at that premise, to become conscious of that premise, to choose a premise which will serve you, and which will serve others, and to be fully aware of your premise, and in this manner entities can be more aware of where your life is going, what your life is for, what it is all about, and what the ramifications might be in terms of how you relate to others, and how they will relate to you, since you have this premise.

This Awareness indicates you can look at a premise of your life and pretty well understand whether others would like you having that as a premise, or whether they would object to such. This Awareness indicates the entity who has a premise of: "I will win over everyone else; to hell with them!", this Awareness indicates that you can look at that premise and if you see that you have such a premise, you can pretty well understand that you will have difficulty with other entities. This Awareness indicates that there are many entities who have such a premise. They see others as being in their way, and they care nothing for others, for they wish to succeed and do what they want to do, regardless of who it may hurt.

This Awareness indicates that by narrowing down your vision, and looking at your premise, you may very well understand how it is going to fare when you come in contact with others, for you may recognize that your premise is that which is leading you into those circumstances and situations which are destined to bring you trouble. This Awareness indicates that without recognizing or being conscious of your premise, you may simply follow along into those future actions with such a detrimental premise and then find yourself in difficulty, and ask yourself: "How did I go wrong anyway?"

This Awareness wishes to make entities aware, and in this message, this Awareness wishes to make entities become aware of the premise on which they have built their life.

A PREMISE AND A PURPOSE--NOT THE SAME THING

This Awareness indicates that these premises are generally subconscious. This Awareness wishes to make entities conscious of these. This Awareness wishes also at this time to indicate that a premise and purpose are not necessarily the same. One may have a premise on which his life is built, even though the entity may have a purpose which he is not aware of. The purpose may be something which was given before the entity entered into this life, and the premise may be something which the entity developed out of circumstances and situations which molded the entity's attitude toward this life.

The premise may be developed by the entity's subconscious, or by the entity's conscious efforts to serve as a base on which he or she acts. This Awareness indicates that the purpose of the entity's life may be unknown to him or to her, due to it having been formed prior to entry into this plane. This Awareness indicates besides this destiny purpose, the entity may also choose a personal purpose, such as the purpose of acquiring a home, the purpose of acquiring a family, the purpose of developing this or that talent, or the purpose of being a good career person in this (or that) particular field.

This Awareness indicates that these may be purposes. That there may also be premises, and the personal purpose, the premise on which one builds one's life and the destiny purpose on which one enters into this plane may all be

working parallel and assisting each other, or may be going in different directions, and conflicting with each other. Thus, the entity who knows himself, who knows herself, the entity who knows these areas of the psyche is the entity who has the greater advantage in living their life to its greatest destiny and purpose.

...ATTEMPTED SUICIDE:
WILL GREAT TRAUMA PROMPT
AN ENTITY TO ASK THE QUESTION?

QUESTION:

Awareness, we have a friend who seven or eight years ago was so depressed he slashed his wrists in an attempt to take his own life. He didn't, and shortly thereafter, decided he would go out and get a job helping people. He got a job here in Olympia working with retarded children, 20 or 30 of them, which he calls his family, and he has been at this job now for 6 or 7 years, and he is a changed entity. I'd like to ask: Do entities, when they undergo some kind of stress or crisis, not necessarily as intense as the example just given, that they have a realization and they look at their life and they ask the question?

COSMIC AWARENESS:

This Awareness indicates that entities may experience great trauma and go through great change without ever asking themselves: "What is my premise?" or "What is my purpose?" This Awareness indicates however, that even in going through such trauma and such change, their premise may change, their premise may alter, their purpose may alter. The entity who experiences a great traumatic self-centered crisis, who stands face to face with death, may suddenly undergo a metamorphosis of attitude and realize that: "Yes, I could have destroyed myself, I had nothing to live for, but I am still alive, and therefore, there must be something good that I can do with the rest of my life".

Thus the entity may escape the self-centered self-pity, and may turn his attention outward toward serving others. This Awareness indicates the premise may change, the entity's attitude and the premise may now be: "I will serve others. I will help others, and in this help and in this service I will find my self-worth." This Awareness indicates the premise may have previously been: "I am not worthy. No one cares for me. I might as well not exist", and such a premise may have been subconscious or may have been conscious, and the change may have occurred so that the entity now is no longer looking at his own self-unworthiness and is looking at the realization that he can help and serve others, so the premise may have changed in the entity's life, but the entity may have not even consciously stated: "I have changed my premise."

This Awareness indicates that premises are generally built in the unconscious levels, in deep emotional levels, and are not generally noticed consciously. Entities in asking: "What is my purpose?", often are simply faced with a blank screen, and do not receive the answer, they simply decide it is too difficult to figure out. This Awareness indicates that even so, they have a premise or purpose underneath all of their emotions which drives them and which directs them toward certain attitudes when involved in circumstances.

MANY DIVERSIONS IN LIFE: BUT STILL--
ONE DAY THE QUESTION SHOULD BE ASKED

(Closing Message, March 18, 1983)

COSMIC AWARENESS:

This Awareness indicates that there are many areas which entities can turn their attention to and many areas which can take the energies of an entity. This Awareness suggests that much like the Sirens in Ulysses, whereby Ulysses had himself tied to the mast, so that he could not go to the Sirens, but whereby he could hear their call, likewise, entities in sailing through life will hear the call of many topics, many issues, many enticements, many claims, many teachers, many promises, whereby the entity is essentially in a marketplace from birth to death, being bombarded by all types of data and materials.

The entity may choose to pursue information, activities, relationships, or items, or properties... the entity may pursue training, and development courses...the entity may pursue obsessions...the entity may wander back and forth on this path of life, touching here, touching there, wandering in and out of experiences; the choices are myriad. This Awareness suggests however, that there is a need at some point for entities to look seriously at their lives and ask themselves: "Which way am I going? Where am I heading? What do I need to get there? and What do I need to avoid in my life in order to devote my time to my true pursuit?"

