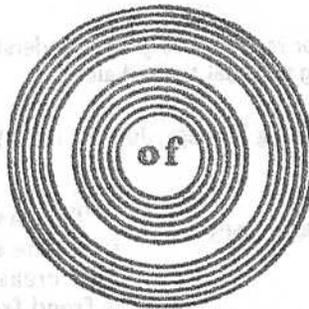


Revelations



Awareness

83-15 The New-Age Cosmic Newsletter

Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

(Helping people become aware)

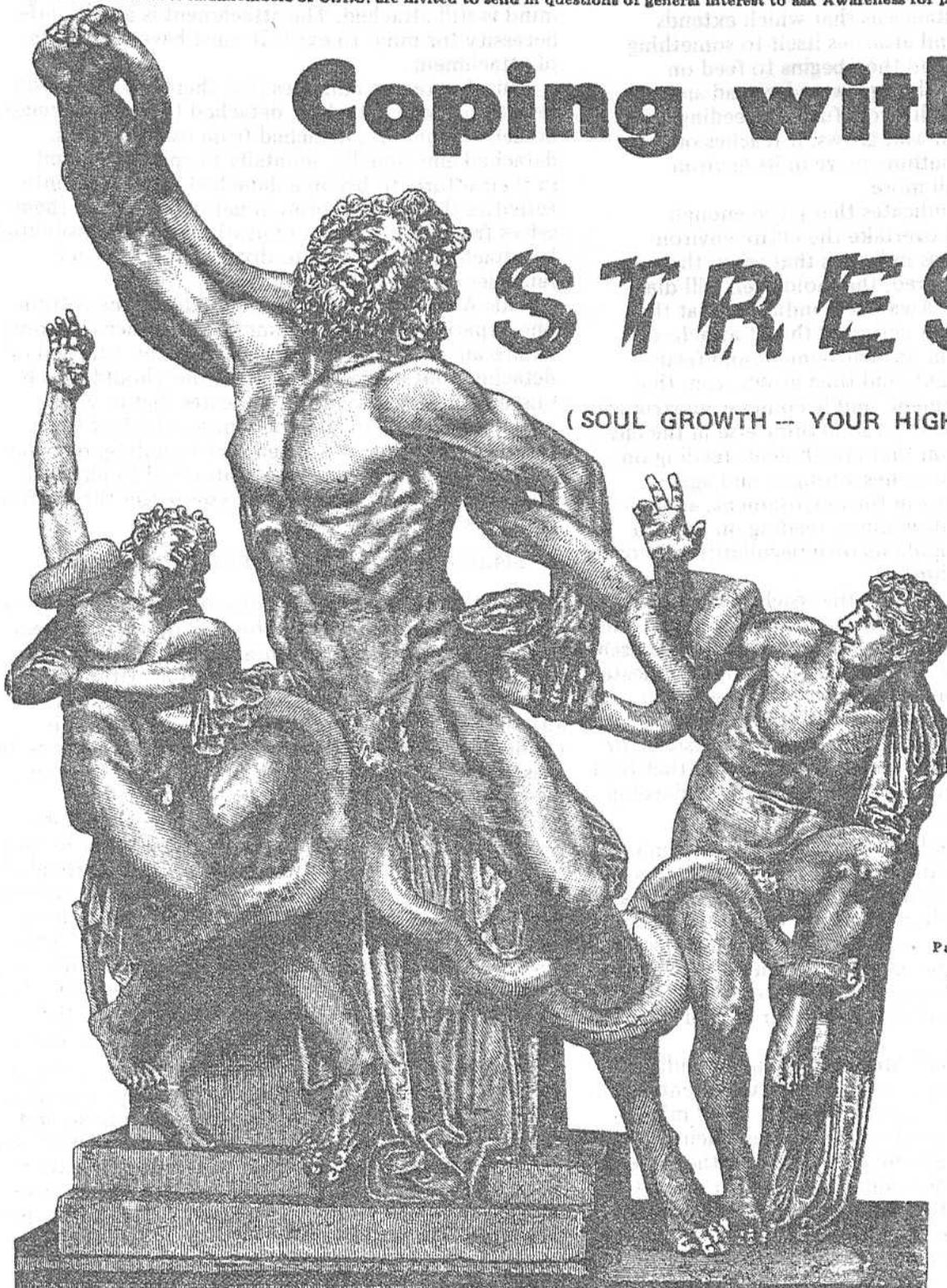
\$3.00 SPECIAL REPORT

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.

Coping with

STRESS

(SOUL GROWTH -- YOUR HIGHEST PRIORITY)



Paul Shockley,
Interpreter

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of Universal Service

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

(Opening Message, June 8, 1983)

HOW MIND IS MOLDED ACCORDING TO ITS ATTACHMENTS & IDENTIFICATIONS

...(THERE'S A FUNGUS AMONG US!)

COSMIC AWARENESS:

This Awareness suggests that you consider that which is mold, likened unto the mold which is found on a piece of bread. This Awareness indicates that this substance is that which extends out from a center and attaches itself to something in its environment, and then begins to feed on that something, and thus grow and spread and attach further, and still grow further, feeding on its environment; and as it grows, it reaches out and attaches to something more in its environment, and grows still more.

This Awareness indicates that given enough time, this mold will overtake the entire environment. This Awareness indicates that when the environment is devoured, the mold then will die and pass away. This Awareness indicates that the mind is similar to that action in that it attaches itself to something in its environment and feeds off of that attachment, and then grows from that feeding and nourishment, and becomes even stronger, and then attaches itself to something else in the environment, grows from that attachment, feeding on that nourishment, becomes stronger, and again attaches to something in the environment, and continues growing in this manner, feeding on its own attachments, developing its own peculiarities according to its own attachments.

This Awareness indicates that each mind is molded according to its attachments and identifications, and in one sense the mind may be considered to represent that which it is attached to. This Awareness indicates that thus a mind may attach itself to a particular belief, to a particular action, to a particular delusion, and feed upon those beliefs, actions or delusions, or some other experience, and thus grow from that feeding, and that particular experience helps to develop the nature and characteristics of that mind.

This Awareness indicates that likewise, the mind may feed on others and exchange feed with others, so that mold feeds on itself, mind feeds on itself, a society feeds on itself; each entity devouring in part others, while others devour that entity. This Awareness indicates that the exchange of energies in a society is likened unto the various molds intermingling on a piece of bread, feeding on each other as well as on the good earth.

This Awareness indicates that it may be indicated by many that entities should avoid attachments,--this likened unto saying, "Avoid thought, avoid mind, avoid any form of connections or attachments, for these are those things which bind you to the physical plane." This Awareness indicates however, that it is easier to say "Avoid attachments" than to actually avoid such attachments, for there is no way whereby mind can exist without some form of attachment.

This Awareness indicates that to isolate oneself from the environment, or as near as possible, one may create a temporary isolation whereby the mind is freed from attachments, whereby it then may perceive its own nature, attaching itself to itself, or whereby it may attach itself to consciousness, an abstract idea or experience, or whereby it may attach itself to an expanding consciousness or to a Cosmic Consciousness, but even in this action the mind is still attached. The attachment is an absolute necessity for mind to exist. It must have some form of attachment.

This Awareness indicates that there are those who seek to become detached, detached from experiences, detached from life, detached from other entities, detached emotionally, mentally or spiritually, and in their efforts to become detached, they enter into activities that are escapism in nature, detached themselves from reality, from obligations or responsibilities by attaching themselves to drugs, drink, or some fantasies or delusions.

This Awareness indicates that a detachment from one experience is an attachment to another. The only choice an entity has is not whether to be attached or detached, but a question of what one should attach oneself to. This Awareness indicates that in your concerns with physical experiences, which at times can be very trying, it is often very tempting, demanding and easy to become overly attached to physical concerns to the point whereby you forget the spiritual concerns.

SPIRITUAL GROWTH--THE HIGHEST PRIORITY

This Awareness wishes entities to remember always a priority in their lives whereby the spiritual progress of their soul is given the highest priority. This Awareness does not particularly concern *Itself* with what priority you wish to place beneath this highest priority, although there are some priorities which are more conducive to spiritual growth than others, and therefore these should be placed in high priority, under this main priority of spiritual growth.

This Awareness indicates that many entities have a propensity or inclination to involve themselves in their own peculiar interest or field of interest, or particular obsession in life, whether it be financial, social, political or investigative, and these entities often throw themselves entirely,--heart and soul,--into their work. This Awareness indicates that often an entity becoming very wrapped up in his or her work and career will find themselves becoming more and more wrapped up in their pursuits and having less and less time for other things.

This Awareness wishes entities to keep a priority and not to be caught up too much in their career pursuits, whereby they would forget that the most urgent and most important and highest priority in their lives is that of their own soul growth. This Awareness indicates that often entities take short-cuts, or sacrifice soul growth in order to pursue some career benefit. This Awareness reminds you that the career benefits should be given a lower priority than that of the soul growth.

This Awareness indicates the attachment of mind to that which is the spiritual pursuits; the expansion of consciousness into Universal Awareness is that which is the true purpose and direction of each individual's consciousness. This Awareness suggests that focuses on other areas are but attachments of a material nature, which, likened unto mold clinging to bread, which devours the bread in time, then has nothing left to cling to, shall simply wither and die.

This Awareness indicates that whereas the mind in growing toward that which is spirit, attaching itself to spirit, moves into a oneness with the Essence. This Awareness indicates that mind in this sense becomes attached toward that which is cosmic in nature, which is timeless, which is universal, whereas mind attaching itself to material things as that which surely guarantees its own demise.

This Awareness indicates that with this in mind, this Awareness now wishes to comment briefly on material concerns of the time, whereby entities may insert into their thinking those material attachments associated with their attachment to the earth. This Awareness indicates that attachment to the physical plane as that which has its purpose and its destiny. That this is subservient and as serving in the development of the soul in its spiritual ascendancy.

This Awareness indicates that while in the physical plane, entities are given opportunities, are given responsibilities, are given those experiences whereby they must search deeply into their own soul and into the nature of consciousness, to determine the proper course of action. This Awareness indicates that in such activities entities begin to develop values, and these values are part of the priority setting,--setting priorities in one's life.

This Awareness indicates that as an entity moves away from self-interest, exclusive self-interest, into family-oriented interest, and eventually into socially-oriented interest and into the universal interest or spiritual interest, the entity's consciousness continues to expand and the entity's values continue to change. This Awareness indicates that regardless of how much one's values change, there are always those roots from which one sprung, and to which one clings and finds it difficult to remove or extract oneself from.

The attachment of childhood, the attachment to friends and loved ones, the attachment to those upon whom you have depended and trusted, the attachment of that substance on which you have depended and trusted, whether it be food, material goods, monetary sustenance or physical items of any nature: all of those tried and true and trusted things which entities have long been attached to are deep within the psyche of an entity and are often very hard to give up.

GIVING UP ATTACHMENTS

This Awareness indicates that regardless of these difficulties, all entities must move and all entities must grow, and that growth requires severing from the old and moving toward the new. This Awareness suggests that the new be that which is the spiritual path, the growth of the soul. This Awareness indicates that severing from the old as that which may be abrupt, sharp, shocking, devastating, or may be gradual, gentle, deliberate and peaceful, with complete grace. This Awareness indicates it is all a question of how one chooses to sever oneself from the past.

This Awareness indicates that wherein one does not seek or wish to sever, and cannot let go, things are often ripped from them, or they themselves may be ripped from that experience and placed into another. This Awareness indicates that the earth plane itself is undergoing such a time, whereby major changes are inevitable. These changes are overdue in fact, and these changes, while being put off, may result in a greater trauma the longer they are put off.

This Awareness indicates that this in reference to placing aside some of the old and tried methods for securing security. That the maintenance of security through the use of power and weapons, through the use of destruction and controls; this is that which shall within the next few years undergo great trauma and great changes, for it is long overdue for humanity to rise to the next step in its evolution.

This Awareness indicates that the concerns for the immediate time, or the immediate location are always those concerns which are of the most significant to the human mind. This Awareness indicates however, that *It* wishes entities to be aware, even as they are made aware that self-interest must be set apart from family interest and from social interests; likewise, the momentary interest and the immediate vicinity interest, and those interests associated with one's own particular attachments must often be set aside while the entity looks at the more general picture, seeing the greater changes, the greater field of interest, the greater movement, the greater experience that overshadows the momentary experience, or the personal experience, or the temporal experience.

WHAT TO IDENTIFY WITH

This Awareness suggests you identify yourself with that which is as broad in scope as is possible for you, while still caring within that broad scope for all of those responsibilities which are within that scope. This Awareness indicates that it does little good for an entity to attempt to think or experience or expand one's consciousness into that which is cosmic, when the entity cannot even take care of his or her own personal responsibilities. This Awareness indicates that wherein an entity seeks to expand one's consciousness, one must first put the priorities into attending to those things which are immediate enough to free the consciousness of its responsibilities, so that the responsibilities having been taken care of, temporarily allow room for the consciousness to expand. This Awareness indicates that the expansion then may move outward toward that which is of a cosmic nature.

This Awareness indicates that the pursuit of Cosmic Consciousness without facing personal responsibilities is at odds with its own efforts. This Awareness indicates therefore, entities in seeking to expand their spiritual growth must also recognize their personal responsibilities. That these *do* go hand in hand. This Awareness asks entities not to forego their purpose, which is the spiritual expansion and growth, simply to fulfill their personal responsibilities, but to understand that the personal responsibilities must be fulfilled along with that effort to move toward spiritual growth and development. That these *do* go hand in hand.

This Awareness indicates that too many of *Its* adherents seek escape through other substances which are harmful to the soul growth of the individuals. This Awareness indicates that too many seek escape through fantasies, or through investigative actions. Many of these activities are diversions to keep the entity away from the one true and most significant purpose in one's life: to grow spiritually. This Awareness indicates that wherein one can find a cause and devote one's efforts to unraveling a mystery or promoting a cause, or developing some project, one can spend many years avoiding the issue of one's personal spiritual growth.

**SELFISHNESS IN RELATION
TO SOUL GROWTH
(ALL ABOUT RESPONSIBILITY)**

QUESTION:

Awareness, what about these entities, (and there's a lot of them, from letters we get), that go from one group to another, from one discipline to another, from one book to another, one meditation to another, in their so-called 'search' to develop their soul, but at the same time they seem to have no roots, and sometimes, if they have a family, it's either neglected or they're dragging it along and making the family live in very, almost sub-human conditions, one might say in some instances. Isn't this type of pursuit basically a selfish thing and self-defeating?

COSMIC AWARENESS:

This Awareness indicates that all pursuit is selfish. This Awareness indicates that all efforts are selfish, all actions are selfish. This Awareness indicates however, the question is whether these selfish actions are benefitting only the self, or whether they are also beneficial to others. This Awareness indicates that when one seeks to save one's soul, that action is a self-interested or selfish action. This Awareness indicates however, that wherein one seeks to save his own soul, and also has the similar concern for the souls of others, and would be unwilling to harm the souls of others in order to save one's own soul; this form of selfishness is acceptable in the cosmic sense, because it is completely natural with Cosmic Law: that all entities are to attend to themselves and their own personal soul growth, and that part of the soul growth itself is learning to attend to the welfare of others.

This Awareness indicates that wherein entities place the welfare of others along with their own, or even above their own welfare, these entities are then indeed experiencing the *Law of Love*. This Awareness indicates that wherein an entity, seeking to satisfy some soul craving through whatever group or activity or substance, and wherein this entity drags along his responsibilities, halfheartedly taking care of them, or neglecting them altogether, or tossing them aside, this entity obviously is on a level whereby the self-interest is so exclusive that it has no room for the welfare of others, and therefore the entity is a laggard and cannot expect to receive much reward from *any* of the pursuits which he or she is following, for the entity himself is not ready for any rewards, but is only ready to learn.

This Awareness indicates that whereby the entity reaches a development level of taking care of the responsibilities which are his due, and during this process of attending responsibilities the entity also has time to pursue spiritual quests, this entity then is making about as much progress as anyone can. This Awareness indicates the only variable determination is whether the entity's method of spiritual progress is as effective as some other method.

This Awareness indicates that the entity on a truly spiritual path will attend to his or her responsibilities, giving these high priority as *part* of the spiritual growth. This Awareness indicates that the physical responsibilities social responsibilities and personal responsibilities are not exclusive from spiritual responsibilities, but are included in that soul growth effort. That the ideas, thoughts, concepts, teachings, philosophies and words and experiences that accompany a spiritual path are simply the icing on the cake. That the real substance, the cake, is the facing of one's responsibilities.

This Awareness indicates that one can face one's responsibility in life without having any particular religious label, without having any particular philosophical explanation, without having any particular Biblical approach, without having any particular dogma or spiritual icing to describe why one is facing that responsibility. This Awareness indicates that one can face the responsibility and cap that action with the frosting which states: "I do this because I am a good Christian"; "I do this because I am a good Buddhist"; "I do this because I am a good Democrat"; "I do this because I am a good Republican"; "I do this because I am a good American".....these reasons are but the frosting on the cake, the decoration for the world to see.

This Awareness indicates that the reason for facing one's responsibilities are in fact based upon one's level of soul growth and understanding of what one's responsibilities are, and of the priorities one creates in terms of the values one holds. Wherein one holds a high value, the protection of one's philosophical beliefs, or of one's national patriotism, or of one's religious dogma...these values may determine how one faces his or her responsibilities. They also will determine what one considers to be his or her responsibilities.

This Awareness indicates that thus, the selection of one's responsibilities is that which is a concern and will also reflect one's level of spiritual development. This Awareness indicates that there are many entities who select values which are antisocial, opposed to the society's standards, opposed to established behavior, and these entities, seeing that their values do not accept what is happening in the world or in the society, therefore refuse to accept those values which are demanded of them by society, and therefore will be negligent in their duties to society, but this negligence, in their own mind, is an action of rebellion whereby they are being responsible to their own beliefs rather than to the beliefs of the society.

The Paranoid-Schizophrenic Society

This Awareness indicates wherein an entity does not believe that he or she should work for a corrupt society, the entity may become lazy, may become a social parasite, or may become antisocial in that he or she steals from the society, or violates the society. This Awareness indicates that this is an example of one whose values are for some other direction, as opposed to social values. This Awareness indicates that this may be altered by altering the entity's

standards of values, or it may be crystallized by keeping the values intact, and when it is crystallized and a number of entities move into such similar thinking, then society begins to exhibit a kind of social schizophrenia, whereby part of society feels this way, another part of society feels that way.

This Awareness indicates that this social schizophrenia as that which can become even more intense, developing also paranoid qualities, whereby fear is part of the scenario, for as the society begins to divide in its values, each side begins to fear the other, thus creating a paranoid schizophrenic society. This Awareness indicates that should this continue long enough, this may become a chronic paranoid schizophrenic society, whereby the society becomes very susceptible to influence, whereby anyone who plays along with the society, whereby anyone who comes with an easy solution can easily influence the society, either side, and whereby that through that influence this entity can be controlled, but whereby this society, being chronically paranoid and schizophrenic over long periods of time, being easily controlled and manipulated through undue influence, can become so volatile and uncertain that the society itself loses any sense of direction and needs to be controlled by heavy regulations, rules and confinement techniques.

This Awareness indicates this likened unto placing the paranoid schizophrenic into an institution, whereby the people of a society become institutionalized in their own peculiarities, so that they may continue to be not cured, but used. This Awareness indicates that essentially, this is that which has been occurring to the mass-mind of this planet over the past thirty years to a great degree. This Awareness indicates that to a lesser degree this began many years before, centuries before.

This Awareness reminds you of a reading which it gave through Ralph DUBY, this in the early '60s, wherein this Awareness indicated that within a few years the world would be experiencing mass schizophrenia. This Awareness indicates that this as being more of a mass-mind schizophrenia, wherein society is made the victim of social chronic paranoid schizophrenia. This Awareness indicates that this as being controlled and created by forces which fully understand this movement of the mass-mind.

This Awareness indicates also that the mass-mind, even as an individual mind, in order to reach higher levels of awareness, must pass through that experience of schizophrenia. This Awareness indicates that the splitting of consciousness just prior to the surrender as that which is the natural path. That following the surrender comes the enlightenment. This Awareness suggests that entities on this plane are now experiencing that splitting of consciousness, wherein the various thoughts and attachments of humanity are all being tested, torn, pulled, exaggerated, weakened, challenged or destroyed.

This Awareness indicates that these movements in consciousness are disturbing to individuals and creates stress, and stress is destructive to one's soul growth, to one's psyche, to one's peace, and to one's health. This Awareness indicates that stress is created by the inability to make a decision that is important to one's purposes. This Awareness indicates that wherein an entity cannot make a decision, either because of the absence of certainty or fear, or because of the absence

of the external forces are making the decision for you, or are withholding a decision which affects you; wherein you cannot make a decision because you have no information available for the proper decision, or are waiting for the information, or are unable to assimilate all of the input of information; wherein either for internal or external reasons you cannot make a decision, you experience stress.

This Awareness indicates that stress is destructive to one. This Awareness indicates that likewise, in a society, wherein a society cannot make a decision, or the decisions appear to be meaningless, such as voting for "this entity", only to discover that it is no better than voting for the "other entity", or making a decision one week, only to discover that the next week the opposite decision would have been better; This Awareness indicates that in a society wherein decisions either are withheld, cannot be made, or are meaningless,--this creates a social stress.

This Awareness indicates that in this present era, entities have long lived under a social stress. This decision which entities have not yet been able to reconcile is associated with the question: "To be or not to be?" Whether to drop the bomb and annihilate humanity, or to prolong the cold war and threat of dropping the bomb, or whether to disarm and create a nuclear freeze whereby the bomb is put aside, and entities move into other experiences. This question has not been resolved because the entities are waiting for authorities to resolve the question, and the other authorities, being guided by schizophrenic paranoid delusions and fears, are waiting for the moment wherein they will have to push the button in order to save humanity from itself, thus destroying humanity and obliterating all of its aberrations so that the aberrations cannot harm it any longer.

STRESS CAUSES MANY DISEASES

This Awareness indicates that everyone is waiting for the paranoid schizophrenic to determine what occurs, and this creates stress. This Awareness indicates stress raises blood pressure. Stress causes anxieties. Stress creates heart attacks. Stress creates diabetes. Stress leads to cancer, and a great array of other problems. This Awareness indicates that it also creates attitudes that are fixed, unyielding and inflexible, and creates sickness and pain to tear down those attitudes whereby the strengthening of one's will can only be brought into balance by an illness that weakens the entity's will. The stress creates impotence, whether individuals or in society, or as a mass-mind.

"The Peter Principle"

This Awareness indicates that each individual has a threshold level of stress which he or she can function at in a comfortable manner, and whereby when entities pass beyond this threshold, they feel quite uncomfortable and totally incompetent. This Awareness indicates that a book has been written on this called *The Peter Principle*, in which this entity describes this threshold in terms of the ability of an entity to handle responsibilities on a job. Wherein as the entity reaches a particular level, the entity functions well, but

ARMAGEDDON
IS COMING!
TUESDAY AT 9PM
(8 PM CENTRAL TIME)



if advanced to the next level, that promotion may create for the entity a total failure in his or her career because of the inability to face those responsibilities of that level.

HOW TO COPE WITH STRESS

This Awareness indicates that there are two ways to cope with stress: either to resist and become ill, or to experience stress long enough that it loses its interest and you turn your attention and become deeply interested in something else as opposed to that energy which was creating the stress. This Awareness indicates that once you turn your attention to something else and deal with the worry which was causing the stress without avoiding dealing with the responsibility, without ignoring its existence, but putting it as a part of your daily obligations or responsibilities in your life; giving it its place, while not limiting your life to that particular concern, you then find that you are able to take on other actions while still giving this particular area which previously worried you sick, to a place in your life where it can be attended periodically, as is necessary to deal with it.

This Awareness indicates that in this process you have risen above the limits of the stress factor which you previously could not pass. You have essentially overcome the "Peter Principle", where you, rising to the next level, can now accept more responsibility with less stress. This Awareness indicates that in this manner you may accept not only the stress that worried you sick before, you may accept this as but a part of your daily or life responsibilities, but not obsessing you to the point where you cannot function on other levels, therefore, you may take on other obligations.

An Example of Handling Stress

This Awareness indicates to give an example, you may visualize the widow who has lost her husband, and who now sells her home and is living in a smaller home and must make payments on the smaller home from the proceeds and payments she receives from the sale of her other home. This entity, for many people, would appear to have a very simple life, with her main concern being the loneliness which she may feel from the loss of her husband. The financial concerns appear to be reasonable. She receives her monthly payment from her home, and she pays her payment on the new home, and this appears to be a workable arrangement that should not require great stress from her.

This Awareness indicates however, this entity, not used to such activities in her life, may feel tremendous stress. She may worry daily about whether the payment from the house she sold will actually come in on time so that she can make her payment on the house she lives in. This entity may experience tremendous stress and worry from this. This Awareness indicates that to one who handles far more than this, this appears to be a form of insanity. How could anyone be so concerned and worry so much? This Awareness indicates in part, it is because the entity does not have much else to worry about, and therefore fixates on this particular concern.

This Awareness indicates that as an entity is given greater responsibility, and as stress increases in one's life, the entity will either fail, or succeed, and if the entity succeeds in handling the stress, the way the entity succeeds is to be responsible and deal with the issues without becoming overly emotional and fearful about the outcome to such an extent that the entity fails to do anything else with his or her life.



This Awareness indicates that wherein this widow is given more stress, more activities in her life, and has more to worry about, such as involvement in a social group, responsibilities that the social group put upon her in terms of the next month's bazaar, whereby the entity must make posters and get these spread around... this entity now has much more to worry about than her monthly rent payment and whether it is going to come in on time, and the entity now being more concerned about other things, worries less about this payment, for the mind can only concern itself with one thing at a time.

This Awareness indicates that therefore, the entity has risen to a new level of stress capacity. She is able to handle more responsibility, and feels no greater stress from this action, for the action which requires greater responsibility is put into action, requires actions also rather than decisions, and stress is released through action, although it is created through the inability to act or make a decision.

This Awareness indicates the widow, unable to decide whether the payment would come in on time for her to make her payments, was under great stress, but wherein the widow is actively busy putting posters around town advertising next month's bazaar, the entity has no time for stress. The entity can only act and decide where to place the posters; these decisions being of such magnitude or significance that the entity can make the decision without fear, without the threat of losing her home.

This Awareness indicates that likewise, in a society wherein the society cannot make the decision, wherein individuals within the society cannot make the decision as to whether the entities in power, the paranoid schizophrenic holding his finger over the button, is going to push the button or not. Wherein entities cannot decide what is going to happen, they will live in a state of stress and will experience the social diseases caused by that stress, and the society itself will experience such social diseases: the cancerous crimes, invasions, violations, the attacks of violence to the heart of the society, the high pressure, the economic

inflation, which is the blood pressure of society...all of these social ills experienced by the society due to the stress factor, the inability to decide.

This Awareness indicates that wherein the society is given more responsibility, is made responsible for something that can be done in terms of action, then the society's stress factors dissolve, and the activities being expressed in decisions that are made haphazardly or through rational purposes, express actions that channel and eliminate stress in the society. This Awareness indicates that when this occurs, tension is freed, and entities feel greater freedom. This Awareness indicates that spontaneity then occurs, and it is during this spontaneity that things begin to happen, creative energies flow.

This Awareness indicates also that there is always that potential that the stress and indecision that faces a society may erupt in a violent action, moving from its holding pattern into an explosive and violent action such as revolution, war, or social upheaval for the purpose of ending the stress, such as the entity who says: "Let's get it on and get it over with!" This Awareness indicates that this is a great danger in keeping stress factors in one's life, wherein decisions are not made.

Why Men Watch Football Games

This Awareness indicates that wherein an entity experiencing stress, or wherein a society experiences stress, and indecisions on particular issues cannot be made, it is important that at least some areas of one's life, or of a society's life, allow for decisions to be made which give an expression through action. This Awareness indicates that action is a release valve for stress. This Awareness indicates that it is for this reason that so many men sit and watch football games or other sports, vicariously expressing themselves in action to forget the stress which they feel inside.



Hoest
(From Playboy)

"Pro football, pro football. Is that all you can think about?"

This Awareness indicates it would be much healthier for such men to become active themselves; to go out on a field and kick a football or throw baskets, or play tennis, or some other physical activity. This would relieve stress even moreso than watching others in active behavior. This Awareness indicates that it is also for this reason that much of the news broadcasts keep actions occurring on the screen. That many of the movies and plays and dramatizations are filled with action, for it helps entities who are watching to release stress within themselves to see others taking action. This Awareness indicates that it is for this reason that entities who feel a stressful week may wish to go out somewhere and experience some form of entertainment or action. This Awareness indicates that wherein they do not need to feel involved in the decision making, this relieves them of responsibilities, thus, when one wishes to be relieved of responsibilities and the stress which follows, one may take in a movie wherein the characters make all of the decisions and the viewer simply watches and has no obligations whatsoever in the outcome of the events.

This Awareness indicates that such activities cannot occur wherein the entity is in real life watching similar situations for the entity would feel responsible to do something about these activities of the characters, either stop them from killing each other, or direct them toward some means of satisfying their needs, but in a movie the entities do not need to make decisions for the characters in the script, thus, the entities watching, (the audience), can be perfectly at ease and free from stress.

This Awareness indicates that wherein one wishes to deal with one's own stress, wherein one has a situation that needs a decision but does not have the information necessary to make the proper decision, or wherein the situation cannot be resolved because it is waiting for another event to occur before this event can be settled, and this event will then allow for another paper to be signed, which will in turn bring about a possibility of a decision by this person who will decide on when the thing might be heard and considered. This Awareness indicates that wherein an entity is waiting for all of that, and cannot move until all of that is completed, the entity can release much stress by taking on some other activity that allows the entity to make firm and definite decisions.

The entity, for example, may sign up for a class in school, a computer class, a hair-cutting class, a karate class, a math class, a science class...or the entity may start a new routine of exercising every day, or walking to a particular place everyday...the entity may do something whereby he or she exhibits the ability to make a decision and thus eliminate stress while that decision is being made and carried out.

This Awareness indicates that the entities who cannot make decisions are the entities who have a greater amount of stress than others, and whereby especially they are in situations where decisions must be made for them, and are not yet being made. This Awareness indicates that in any case wherein decisions are withheld, whether by the individual or by other factors, the entity will be open to experiencing stress,

and the damage or danger of the stress will be determined by how significant and how attached the entity's mind is toward that stress factor.

This Awareness indicates if the entity's mind is not deeply attached, and he does not care one way or another about the decision, then there is little stress involved. This Awareness indicates that wherein the decision is extremely meaningful and the entity is unable to have a decision, there is great stress involved. Thus, entities finding themselves in situations wherein they have great stress in their life and cannot seem to reconcile that stress, can deal with the situation best by taking an attitude of not caring too much about the decision and putting attention into something which they can have greater influence over.

This Awareness indicates that wherein entities cannot make the decision as to whether there will be a nuclear war or not, and whereby the stress of this concern is that which hinders the basic lifestyle of humans on earth and their vital energies, and whereby they are experiencing social and personal illnesses from such concern, including mental illnesses, the cure is to devote one's attention towards something which they can have more influence over.

This Awareness indicates therefore, whereby they focus their attention into activities which allow them to channel their concerns for a better world, and also whereby they can make decisions that are meaningful, and also activities whereby they can feel that they have a voice and purpose in altering or changing or molding the environment in which they live; this will give entities greater health, greater vitality,--mental and physical in nature.

This Awareness indicates that It suggests that those involved in the Awareness Movement consider the possibility of becoming active in decision-making processes, whereby as individuals and as a collective group, or in units and groups, you form into committees or groups or organizations whereby you can put your concerns into action, expressing your concerns in writing, in speech or in creative artistic expressions, whereby you can eliminate the stress in your own life, feel yourself to be of importance to the mass-mind, expressing its concern in a manner that allows a release from the stress.

Voicing these concerns, you can make a decision to speak up, to express your feelings, and so long as this action does not detract from your responsibilities to yourself and others, it can be quite healthy for you, and can give you greater energy and vitality in your life. This Awareness indicates that wherein an entity must bottle up his or her feelings, the entity will suffer energy losses, will have little energy for any form of activities, but wherein entities can express their feelings, energy surges begin to move through the system and the entity feels greater vitality.

This Awareness suggests that entities who are aware, if unable to express in one direction, if unable to decide in one area, if worried about some particular concern...this Awareness suggests that you increase activities in your lives, whereby you can have a potential influence in the affairs of society, or at least in your own life.

MEMBERS SHOULD READ THIS ISSUE OVER AND OVER AGAIN

(Closing Message)

This Awareness indicates that this particular message as that which needs to be read many times for entities to fully understand the significance and meaning and application of what has been given. This Awareness indicates that this may be applied to many different experiences which entities may have, whereas it may be read once during a particular time, giving insight into a particular concern or set of experiences, and the entity may place this reading aside, feeling he or she has understood what was said, and how it applies to them, but the entity may also find that several years later, in picking up this information and rereading it, that it applies equally to a totally different situation whereby the information takes on a new meaning which relates to the particular problem which the entity is experiencing now.*

This Awareness suggests that you put this particular reading in a special place or mark this in a special way so that you may refer to this from time to time during moments of stress. This Awareness suggests that this may be put into a booklet, which may be called, *Coping With Stress*.

*Ed's Note: we have found this also applies to almost all of the Awareness readings we have published: that it not only seems to apply to the moment, but usually seems to have been addressed to the reader personally, and usually arrives at a time in the entity's life when that particular insight given is exactly what is needed. (Avaton)

THE KARMA OF ATTACHMENTS: (HOW ENTRAPMENT OCCURS)

(Excerpt from following reading)

QUESTION:

In reference to the information Awareness gave earlier regarding the soul growth, since this evidently is the prime reason why entities reincarnate into this plane, and probably other systems as well, and assuming that there is some part of each entity that understands this; why then is it that so many children and young adults, and entities in general, seem to go just in the opposite direction of allowing their soul to grow? In other words, they go immediately into the various attachments Awareness was referring to.

COSMIC AWARENESS:

This Awareness indicates that the Ruler of the Material Realm has created a system designed to entrap entities in the material realm whereby they, through their own endeavors, attach themselves to physical and material gratifications so that they forget their true direction and purpose, and so that they seek, through these material values, to find their paradise in this physical plane. This is the manner by which the Ruler of the Physical World* is allowed to keep souls imprisoned in this realm.

* Ahri-man the antichrist.

This Awareness indicates essentially, it is through their own attachments that entities are kept imprisoned in the material wheel of life, death, rebirth, reincarnation and the continuing cycle of entrapment in physical embodiment. This Awareness indicates that the Ruler of the Physical Plane is always encouraging those efforts to improve or to discover and to find new ways of creating attachments, creating more beautiful baubles, more beautiful systems, or creating more powerful weapons, more threatening means whereby the entity, through fear or lust attaches himself to something desired, for security or for gratification.

This Awareness indicates that the Ruler of the Physical World seeks to cause entities to take actions which lead them into greater karmic involvement so that they create more and more karma for which they must return in order to balance the books before they leave the physical plane. Thus, the Ruler of the Physical Plane, influencing entities to create karma, to attach themselves to that which they lust after, or to attach themselves to something out of fear, manages to hold entities without ever touching them directly, merely by influencing their minds, their thinking, their desires and their fears.

This Awareness indicates that through temptations, through fears, through anger, and through the use of substances such as drugs and alcohol, or foods, or activities whereby entities become disassociated with clear consciousness, and attached to the excitement of distorted values; such entities easily fall prey to the Ruler of the Material World, or its forces, so that they create karma, or create attachments or create obligations and responsibilities for which they must remain or return in order to work off the karma involved.

This Awareness indicates that even entities who are seeking to do good can become entrapped by the Lord of the Physical Plane, into focusing on the efforts of their cause, whether that cause be of a social good or a spiritual good; focusing so heavily on their cause of helping others, that they forget to help themselves spiritually. Such entities also fall victim to the Lord of the Material Plane. This Awareness indicates that entities in seeking to help others spiritually, socially, physically or mentally, must first heal themselves. That each entity's own soul growth is the first priority. Assisting others in their soul growth will be automatic when entities create the first priority as their own soul growth.

This Awareness indicates that wherein an entity sets forth as first priority helping to restore or serve or help others in their soul growth, but fails to recognize the need for his own soul growth as top priority; such an entity is a victim of the trickery of the Lord of the Physical Plane. This Awareness indicates that entities who seek to move into those higher spiritual energy fields whereby they can create those wonders, whereby they can be looked upon as great spiritual leaders, wherein they can create miracles that astound the masses; these entities, in seeking to perform such spiritual magic are victims of the Lord of the Material Plane, for efforts to win the masses through phenomena of spiritual magic [as that which is a tool of the Lord of the Material Plane, and is not allowed to be used by the Lord of the Material Plane, and will invite problems for those who move into that direction.

This Awareness indicates that the efforts of one to improve oneself, to serve the Divine through serving others, to serve the Divine through expressing self, to serve the Divine through any purpose, any action, of any choice, is that which is above the rulership of the Lord of the Material Plane, for wherein the motive is to serve the Divine in whatever action, whatever expression, that service to the Divine Force, the Universal Creator, is that which in its material expression is of higher priority than the material rewards which would be gained.

This Awareness indicates that an action on the physical plane may be an exact structure or pattern whereby another compared to that action would fit exactly, but action of one is motivated by a desire to serve the Divine Force of the Universe, the Universal Creator, and the action of the other is designed to serve the physical needs, or gratifications of the one so acting. The actions may be the same, the motives entirely apart, are different. In which case, the action of one would simply bind that entity to the material world further, while the action of the other would bind the entity closer to the Divine Universal Force.

What Determines Soul Growth ?

This Awareness indicates that it is not the action which is the significance. It is the motive and the purpose and where one's attachment is that determines one's soul growth. Wherein one's attachment is to the Divine Light, the Creative Force of the Universe, the Christ Light, the Force that lies above all other forces; wherein one's attachment is to that Force, then one's actions are always appropriate, though they may not be so judged by their fellow men.

This Awareness indicates that wherein one's actions are attached to material gratifications, material values, lust, power, or greed factors, even though those actions may be so judged by fellow men as being high and noble, that attachment to greed, lust, power, as that which indicates the actions as being ignoble, regardless of their apparent value.



"Try to think of it, Mr. Grimshaw, as your final audit."

HOW TO MEASURE YOUR SOUL GROWTH

QUESTION:

Awareness, the physical growth of an entity can be checked by scales and rulers. Is there any method that an entity, who would desire to do so, could periodically, every few years or so, determine how his soul growth is going. I mean, living in this world where there are attachments, is there some way the entity can determine whether he is really attached, or if he's just going along and using the attachments necessary to get through, and still his soul is developing right on schedule?

COSMIC AWARENESS:

This Awareness indicates that one always knows how developed one's soul may be. That this is clear from moment to moment with every individual. This Awareness indicates that one can very easily look and see when one is attached to some particular desire or purpose or cause and can see whether this is of self/material-interest, or whether this is motivated by a desire to serve the Universal Deity.

This Awareness indicates that throughout an entity's life, every moment is available to that entity to determine clearly for himself, for herself, whether this moment is dedicated to the Divine, or to some low personal purpose of a material gratification nature. This Awareness indicates that wherein a child enters into the physical plane, the child is essentially unattached to begin the life, with very little attachment, and the child in moving into physical activities has already made the statement in his soul that: "I am going to experience and attach myself to the physical plane, to physical gratifications, and am going to experience these physical gratifications for some purpose, either to grow from the incident, or to give some of my spiritual self, that the material plane can benefit.

This Awareness indicates that once the entity enters into the physical plane, he or she attaches,--attaches to the ideas, to the things, to the beliefs and to energies and people or other creatures, and the attachments grow and some of the attachments multiply or grow stronger, and the greater number of attachments, the more the entity is bound, and the more the entity is obligated, and the more the entity is able to have an effect on the physical plane.

Using Leverage on Attachments

This Awareness indicates that others may choose to avoid attachments, may have few possessions, may like travelling through life with only a small knapsack on their back. These entities, unattached, do not hold great energy or emotion for the physical gratifications, but remain essentially attached to the more etheric energies, yet these entities may not have the effect of being able to move material energies, to make changes in the material world, unless they have learned how to attach themselves to those energies which give leverage, such as those teachers of humanity, such as Gandhi, or Jesus, in their activities whereby the manipulation of those energies which had leverage over the masses created great changes in consciousness.

This Awareness indicates that these energies being essentially ideas, whereby these entities were able to move consciousness by manipulating and moving ideas that had leverage, and which influenced masses. This Awareness indicates that other entities use leverage of ideas through paper, contracts, agreements, and can through the manipulation of paper, contracts and agreements, lift buildings, raze buildings, destroy buildings, create cities or sell cities, or purchase cities. Such entities are also movers, and have learned to affect the material plane through the manipulation of paper, contracts and agreements. This Awareness indicates that still others, not quite having this kind of leverage, have learned certain skills whereby they can move vast amounts of energy, using machines or engineering techniques to lift huge boulders, rocks, slabs, or containers, to move these from place to place, using leverage or mechanics and physics. This Awareness indicates that others yet, who have not learned the use of leverage through mechanical and physical means, resort to their own strength and attempt to affect the earth plane, the physical world, by the strength and leverage in their own arms and legs and back muscles, and such entities may take great pride

in their ability to 'move this energy from here to here', or to 'chop down that tree which was four thousand years old, while I am only twenty'.

Such entities may take great pride in their ability to assert themselves as a physical creature; after all, they are larger and more powerful than they were one year previously, or five years previously, and therefore they see themselves as growing and developing, and this gives great pride.

This Awareness indicates that in all of these levels, the entity is seeking to have an influence and control over the physical world. This Awareness indicates that in each of these there is always a motive, whereby the entity can ask himself: "Why am I doing this? What am I living for? What is my purpose?" This Awareness indicates that wherein an entity already has determined that "My purpose is to serve the Divine Force of the Universe; I am doing this for the Divine Force of the Universe; I am here for the Divine Force of the Universe", this entity's actions will, in constant moment, grow to serve that purpose, grow to serve that Divine Force of the Universe, more and more, with each passing action, with each passing experience.

This Awareness indicates that wherein the entity asks the question: "Why am I here? What is my purpose?", the entity looking at this question, not recognizing the Divine Force of the Universe, may latch upon an answer: "I am here to be served," or "I am here to get what I can get to serve myself", or "I am here to get what I can get before someone else gets it from me". Such attitudes quickly develop when the entity fails to see and recognize the Divine Force of the Universe as being the highest motivation and as giving the greatest rewards in life.

This Awareness indicates that wherein one seeks to serve oneself through material actions, even when these are under the guise of serving others, such entities do not experience the full growth of their souls. This Awareness indicates that wherein one's purpose and one's intent is to serve the Higher Force of the Universe, even though that entity may be served physically for such action, even though that entity may receive physical gratifications, may have his feet washed, may have his body rubbed with oil; even though that entity may serve and be served in the physical plane...as long as the entity's intent and purpose is to serve the Universal, the Divine Universal Force, that entity's soul will grow, even though the entity receives physical gratification.

It is the *intention* that determines whether one's soul is growing or whether one's soul is retarding. This Awareness indicates that wherein one pretends to be serving the Higher Force, but is in actuality seeking to serve self, that entity's soul will be growing in a negative direction. This Awareness indicates that therefore, an entity *must* and *does* and always *is* aware of his or her soul growth at any time. This Awareness indicates that it is not through comparison that one can measure one's soul growth. It is not through comparing oneself with another, through looking at the flaws of another and recognizing that you do not have such flaws. It is not in this manner that entities measure their soul growth. It is through the observance of their own motives, of their own intention, at each moment.

This Awareness indicates that each moment is all that you can use in measuring your soul growth. You cannot measure your soul growth by last year's mistakes, or by next year's successes. You can only measure your soul growth by the present actions and motives. The motives accompanying or causing those actions are the energies and standards by which you may measure your soul growth.

HOW HELPING OTHERS CAN HINDER YOUR SOUL GROWTH

(Excerpt from following reading)

QUESTION:

Awareness, from the last reading there was one section that went by sort of fast where a reference was made to persons that put all of their energy into helping others in their soul growth, but didn't pay attention to their own, were somehow entrapped. Would Awareness give more information on this?

More on the Three Paths of Development

COSMIC AWARENESS:

This Awareness indicates that there are three paths of soul growth: the slowest being that of personal suffering, the next most rapid as that of service to others, and the fastest as being that of alchemy. This Awareness indicates that alchemy as being that which changes one's consciousness as described in the previous reading, affecting the soul at the moment, whereby at any moment the soul can be completely redeemed from all past errors, or whereby the soul, being redeemed, can again fall and fail in its movement.

This Awareness indicates that every moment is a new existence for the soul, and each new experience allows the soul to be redeemed or lost, or placed somewhere in between. This Awareness indicates that wherein a soul is in the process of suffering, it is growing slowly toward redemption, in that it feels itself paying for its errors, and becoming worthy of some form of forgiveness or redemption because of the suffering which it endures. This Awareness indicates this as a slow path.

That the soul, moving in the path of service, is moving much more quickly in that it realizes itself as giving service to others, and therefore worthy of some redemption, and this creates a faith in the entity's soul that it is worthy. This Awareness indicates that this as a path of more rapid development.

More on the Christian 'Conversion' Experience

This Awareness indicates that wherein a soul develops through alchemy such as in the Christian conversion program which is essentially a zen alchemical technique, the entity believing himself totally heaped in sin, is assured that through this particular method the sins will be taken and the entity will be redeemed through the grace of God. This Awareness indicates that as this concept is accepted and the entity is willing to participate in this alchemical technique, the entity's soul suddenly is, through faith, lifted up.

This Awareness indicates that there are many other techniques for soul development through the use of alchemy, this depending on the various other paths which entities may take, and on the various teachers who may come up with new alchemical methods whereby they may influence the soul or influence the entity into accepting a particular soul growth technique.

This Awareness indicates that it essentially is based upon the acceptance of the soul as to its worthiness and as to its repentance for its previous errors, so that it, in this particular moment, can be redeemed and feel worthy of such redemption and can feel itself separated from the errors of the past. This Awareness indicates that there are many alchemical techniques used to bring about this event. That this is the more quick and sudden way of altering one's soul level of development.

This Awareness indicates that where you are is where you are. That you need not judge yourself nor deny yourself nor praise yourself. That it is only necessary that you know your intention and your purpose, and that you love yourself and love others, and that this action as that which measures and reflects, and expresses your soul growth. This Awareness indicates that one may look back ten years, one may look back 50 years, one may ask himself: "Have I grown? Has my soul grown since I was a child?"

The entity may recognize: "I have become more intelligent in the ways of the world. I have become more clever. I have become more careful in my dealings with others, so as not to hurt them. But has my soul actually grown?" This Awareness indicates that one may ask this question in regard to circumstances which have occurred in the past, and how one would face these same circumstances now that one is more experienced, and one may think: "Yes, I have certainly matured and grown. I would not have acted like that. I would have done things quite differently." And the entity may think: "Yes! My soul has certainly developed and grown since I was 20 years younger".

This Awareness indicates however, that if you reincarnated, and started over as a child, and again experienced the same childhood experiences as in the previous life, and came again with your limited knowledge to that place in which you experienced and acted in that manner, you might be surprised to realize that you have not changed that much. You might find yourself acting again in the same immature manner as you did in your previous life at that age.

This Awareness indicates it is not your behavior at a given age, it is not your social conduct at a given period that measures your soul growth. It is your intention at any moment in your life that determines whether you are developed, developing, or retarding your soul growth. This is a determination that can occur at any moment and can occur at all moments and is a determination at every moment; wherein you look to see whether your soul is attached to the highest and most Divine in the Universe, or whether it is working for some selfish, materialistic, lustful, greedy purpose.

This Awareness indicates because the soul is always attached to the present moment and its growth is always determined by your intention, by your motive; each moment can become a moment of salvation, or each moment can become a moment of condemnation, and it is only a question of self-awareness and motive. When the motive and your awareness of that motive is to serve the highest and best, at this moment, at every moment, then your soul is indeed growing.

This Awareness indicates that to the degree of your intention and effort, the soul develops and grows during that moment and during that intention. This Awareness indicates that likewise, one's soul may grow and develop and one may spend many years in great effort to rise spiritually, and the entity may have a great reputation, and then suddenly, in a split second, the entity's motive may collapse, may fall, may become selfish, may become lustful, seeking through power and greed that which is of a base materialistic level, and the soul may fall.

This Awareness indicates that at that moment, the soul growth is retarded. This Awareness indicates that it is not unredeemable in the next moment, for in one split moment the entity may again reattach to the Divine, to the Highest, and again reach salvation. This Awareness indicates it is a question of attachment, and it is associated with the moment.

This Awareness indicates that in terms of being entrapped on the second path, that of service to others; entities can avoid the more rapid movement by becoming lethargic and satisfied with the service to others to the point whereby they do not any longer think of themselves as needing soul growth, or as needing anything more, but can become involved in seeing their own self-importance in the work which they do for others so that the work of serving others is in actuality serving the entity's self-image rather than serving the entity's basic soul growth.

This Awareness indicates that this does not deny the entity's soul growth, it simply retards that soul growth potential from what it *could* be, should the entity move into a higher understanding that service to others alone is not the quickest path. This Awareness indicates that those who are embarked upon the alchemical path generally find themselves also involved in actions of serving others so that they walk two paths at once. This Awareness indicates they also may find themselves likewise embarked on the path of suffering, so that they are walking three paths at once.

This Awareness indicates that this of course is the maximum amount of soul growth entities can incur, depending on the degree of suffering, the degree of service and the efficiency of the alchemical techniques involved. This Awareness indicates that those who are content with the path of suffering or avoiding the other two paths of alchemy or service to others, and also seeking to avoid the path of suffering even though they cannot, -these entities are generally moving the slowest.

This Awareness indicates that once an entity enters into and recognizes the path of suffering as being that which is assisting the soul to grow, and no longer resists that suffering and turns the attention toward that of serving others who are also suffering, that entity has then entered into the second path. This Awareness indicates when that entity on the second path turns attention to the values seen in alchemical techniques, that entity then has entered upon the third path.

This Awareness indicates that entities can move directly from the first path of suffering, into that of the third path of alchemy. That generally they may then become aware of the second path of service to others. This Awareness indicates essentially what *It* meant in the remark yesterday, in yesterday's reading, is that entities whose actions are involved in serving others without any recognition of their own soul growth needs, without ever checking to see what they are in fact doing with their lives, and who become so engrossed with their self-importance in serving others that they cease or fail to recognize their own needs to grow and develop; such entities are hindered on the path, and that hindering as a form of entrapment. Although it may not be a fatal entrapment, it simply slows down the escape from physical attachments.

Why Obligations Must be Met Before One Can Leave the Physical Plane

This Awareness wishes also to comment that entities whose activities are centered upon the misconception that escape from physical attachments automatically leads to spiritual attachments...this Awareness indicates that this is not an accurate concept. This Awareness indicates that one whose entry into the physical plane has occurred, such an entity is not given the right to cast off that physical obligation, but has come into the physical plane for a particular reason and must fulfill that obligation, and still manage to remain identified and attached, or regain attachment to the spiritual obligations and the spiritual plane.

This Awareness indicates that avoidance of material responsibilities to oneself, to others, avoidance of obligations which are placed in one's life; this is not a way of detaching from material confines, for one cannot throw off one's obligations and leave. This Awareness indicates that obligations on the physical plane must be satisfied before an entity can depart without expecting to be sent back for another sojourn. This Awareness suggests that when obligations and karmic debts are essentially fulfilled, then the entity is free to move into other dimensions away from the physical plane, if the attachments lie in those directions.

This Awareness indicates there are many entities in the physical plane who do not have karmic obligations of any significance, yet they have attachments to the physical plane and therefore, will remain even though not karmically bound. This Awareness indicates these attachments are not always of a lustful or greedy or power-seeking nature; they may even be attachments in terms of ideals or concepts whereby the entity does not wish to leave this plane until it is made better. Such entities may return in order to complete their ideal, even though they have no particular karma to fulfill, nor any self-centered reason to be here other than their ideal, and their self-appointed obligation or self-selected role of assisting in this planet, in this plane to bring about improvements.

This Awareness indicates that generally such entities, even though they may make mistakes, who come into this plane without any karmic obligations, such entities generally do not collect further karma for the mistakes made unless this becomes excessive. Such entities generally will leave the plane soon if they find themselves creating greater karmic debt than anticipated, and unable to fulfill the purposes for which they came.

WHY PAIN EXISTS AND HOW TO OVERCOME THAT PAIN

QUESTION:

The information just given on suffering is probably the answer to this question from J.N. of Wyoming. I'll read it and ask Awareness if there's anymore information. There's a number of questions in this question, so I'll read the whole thing:

"Dear Awareness, I'd like to know, why is it that some entities have to suffer so much and have so much pain? My husband has had 15 or 16 surgeries, and he is still in constant pain. Why does he have to suffer so much. And, were his previous lives really that bad? Is there anything that can be done to help him? Will he always be in pain, and have this bad luck, or will he become useful again and pain-free? Our whole lives have been turned upside-down. I hope you can answer these questions for us, and help us. Thank you."

COSMIC AWARENESS:

This Awareness indicates that the way whereby entities may overcome pain, although in some instances it cannot be overcome completely, for entities once embarked upon a path cannot easily depart that path; this Awareness indicates there are occasions where this may occur, but that this does require some great faith by the individual or by someone who is working close with the individual.

This Awareness indicates that wherein an entity enters into the path of suffering, either willingly or unwillingly, the best escape, which does not particularly remove the physical pain, but allows for the soul to have an escape to some degree, is through the alchemical methods, whereby consciousness is changed and one identifies with the Divine Forces, whether this be through Christianity, through some other form

of conversion, through various techniques, or through hypnosis, through psychological analysis, or whatever technique is used to alter one's consciousness to a state of accepting the physical pain as being but a small part of one's total experience.

This Awareness indicates that in some instances, miraculous healings occur from these alterations in consciousness. This Awareness indicates that wherein this does not occur for an individual because the individual's consciousness is too fixed and unable to accept the great change necessary, the next best escape is through giving service to others, thus the second path of serving others is that which begins to offer a sense of meaning and purpose in one's life, a compassion for the needs of others to such a degree that one's own suffering begins to seem less significant.

This Awareness indicates that wherein there is one in a family who is suffering, all will be suffering to some degree, and all will be giving service to others in some degree, and thus the entities moving together in a lifestyle, living together, share each other's karma to some degree, and carry the burden for each other to some degree. One may find one's mate handicapped and needing assistance, and in this, one may find a new purpose in one's life, whereby one becomes of great service to this individual, and develops a kind of duty or compassion which would otherwise have been lacking from one's soul.

This Awareness indicates that this may also be a kind of persistency and dedication which otherwise may have been lacking from one's soul. This Awareness indicates therefore, it is not simply the individual who is suffering the physical pain that experiences some soul growth, but it is also those associated with that individual, for all grow together, although each may have a different path, or may walk several paths at once.*

*ED's Note: this is a recurring theme when questions are asked about children who are born retarded or handicapped in some other manner; that the experience is often to enable the parents of the child a chance to experience soul growth.

This Awareness indicates that walking several paths at once may seem a strange concept, but if you consider that there are many paths moving across a land and many of these paths come to a highway and follow along that highway, and there are also airways that travel over that highway, you may understand that the same route may be traversed in various ways of movement. The path of a footwalk, the path of automobile traffic, or the path of an airline flight; each has a different speed but may travel the same route. This Awareness indicates that when speaking of soul growth and travel on three paths, these paths are based rather upon *concepts* of movement of the soul rather than a particular location or path through a territory. These being more like modes of travel, rather than paths of traveling.

This Awareness indicates that in terms of the activities of an entity who suffers physical problems, often these physical problems may be the impetus to spur that entity into discovering something which later assists humanity, assists hundreds or thousands or millions of others, to help them to avoid the kind of suffering which this entity endured. This Awareness indicates that the entity Dr. Christopher, the great herbalist of your time, has recently departed this plane. This Awareness indicates that this entity, as one who as a young man suffered paralysis, unable to walk, and through this pain and suffering began to study herbs and healing techniques of the Indians and of traditional medicines, and in time healed himself, and from the knowledge which he gained, then went forth to heal others, to write books and give information which now hundreds and thousands are using in the alternative medical fields.

This Awareness indicates that in this way, entities through their own personal suffering can get outside of that pain and feel the pain of others and assist those others, and also overcome their own limitations and heal themselves. This Awareness indicates that this same concept holds true in the works of the entity Bach, who founded the Bach Flower Healing Therapies, wherein he deliberately created illnesses for himself and then searched through various flower drops for a cure, and once finding a cure for his own illnesses, then returned and had that cure available for others.

This Awareness indicates that this entity, in using such techniques, creating illnesses from attitudes, became a pioneer in the alternative medical technique of using Bach Flower drops to cure attitudes which in turn cured the illnesses. This Awareness indicates that it is through such efforts that some entities can turn adversity into success and service to others.

This Awareness indicates it comes down to a question of whether an entity wants to see himself as being a cause, a cause of experiences, or whether the entity wants to see himself as being a victim, a victim of circumstances, and wherein an entity appears to be a victim of circumstances, the entity always has that choice of turning things around and using this circumstance to bring about a cause, a cause that is beneficial to oneself and to others.



Dr. John R. Christopher

In Memorium

WHY DOES LONELINESS EXIST ?

(HOW TO DEPROGRAM PRELIFE PLANS)

QUESTION:

A question from N.Z. of New York, that's sort of pertinent to the information given today and yesterday on attachments and so forth. She writes: "In all my life, 60 years, I have never seemed to be allowed to develop a close or meaningful attachment. My own family all acted as strangers with no sense of love and/or responsibility to one another. I was the odd one. I love my fellow man and have tried to serve humanity all my life. I am disabled, a retired registered nurse.

"In an effort to find meaning and purpose to my inner lonely life, I studied metaphysics and found many

answers, but not all. It is as though I have lived "in this world, but not of it" all my life. I have counselled many people, and given lectures in an effort to share the higher truths I have learned. My question is this: I know I am a child of God and under His loving care, but why, oh why, has my life been so lonely in regard to normal outer relationships? Was it to force me to look up and within, to finally find that spiritual kingdom called the Pearl of Great Price? Gratefully, N.Z."

COSMIC AWARENESS:

This Awareness indicates that this entity has properly analyzed her own condition. This Awareness indicates that this as that which she created as part of the conditions whereby she would experience this life. That this lifetime would be one of dedication to serving others, rather than seeking pleasures for herself or of indulging in the warmth of social companionship. This Awareness indicates that this entity as having a deliberate purpose for coming into this life, in the action of giving service to others, and in growing as an individual toward the greater understanding of Universal Laws.

This Awareness indicates that this entity at this stage in this life has fulfilled her purposes and has the opportunity at this time to alter the programming, whereby if she so chooses, she can have closer relationships with others without the interference of her pre-life programming. This Awareness indicates that the entity has a particular air about her whereby she commands much respect from others, and it is this respect and this air which has always been present and which hinders her in her relationships with other, in terms of close rapport.

(The Role of Woman) The importance of Vulnerability

This Awareness reminds you that in order to be close, and to appear unthreatening, one has to have a certain appearance of being vulnerable. This Awareness indicates that you do not exhibit to most entities an air of vulnerability, and although you see yourself as being vulnerable, others do not always see this. This Awareness indicates that you may look carefully at certain areas and realize that you cannot appear to be vulnerable in *this* sense, but you can be more vulnerable in *that* sense.

This Awareness indicates as you allow for greater vulnerability in those areas which you feel comfortable with, you will find that there is automatically a receptivity occurring in your personality which draws in closer relationships from others. This Awareness indicates that the role of women in general, throughout history has been one of being receptive. That in modern times, women have become somewhat more aggressive in certain cultures, and thus more threatening to men, and this appearance of being threatening is that which causes some men to hold back and avoid intimate contact with such women.*

This Awareness indicates that it also can affect a household or marriage considerably if the woman exhibits threatening behavior or appearance. This Awareness indicates that for this reason, the woman who is not seeking to control men's emotions or to frighten them away from her, may wish to appear receptive, may wish to look feminine, with soft features. The soft features as that which take away from that threatening appearance. This Awareness indicates it is for this reason that a soft voice or lacy or furry clothes, or a soft texture in the clothing is seen as seductive to most males, for essentially men are frightened of women, particularly frightened of women who remind them of their mothers.

This Awareness indicates that wherein the female seeks to have a closer affinity with the male by intellectually arguing or outfoxing or game-playing or intimidating the man, this can create a kind of relationship

which sustains a particular vibration and some entities are satisfied with that tug-of-war, or that tit-for-tat type of activity. This Awareness indicates that the satisfaction is on a shallow level whereby they are satisfied in either pacifying the other in winning some slight victory at the moment.

This Awareness indicates that this kind of neurotic relationship as that which does not have great depth of meaning, and most entities do not consider it as being fulfilling to their wishes. This Awareness indicates however, that those wherein there is a depth of meaning, a sense of real rapport between the parties in an intimate relationship, there always will be found receptivity, vulnerability and the absence of threatening behavior or attacks upon the other's dignity.

This Awareness indicates that essentially, magnetism and the drawing effect that an entity may have on others is proportional to their appearance of vulnerability, and the respect based upon fear of an entity who is lacking in vulnerability, or who is aggressive, is not the type of energy which brings about close rapport, although it can bring an energy that creates a good leader or supervisor or director.

This Awareness indicates that for those who wish to combine the best of both, both having respect and having the magnetic vulnerability to attract friends, such entities must look to these two areas: commanding respect for oneself, while also being vulnerable and nonthreatening to others. This Awareness indicates that an entity needs not be placed in the position of being a victim or a potential victim in order to appear vulnerable, but needs only to avoid the appearance of being threatening. One can keep one's shields up so long as one does not put up one's swords.

*ED's Note: recently Awareness gave an opening message on this subject that resulted in an entire reading. This will be published later on this year under the title, "The Role of Women".

...HOW TO ATTRACT A MATE (Continued):

THE IMPORTANCE OF RISK-TAKING

(MEN WHO ARE AFRAID OF WOMEN)

QUESTION:

A question on this same subject, from the opposite side, from D. R. of Illinois, who says he's 26. Enclosed is a picture,--a nice looking chap. He writes:

"My lesser problem relates to my being alone. I get along with everyone so well, I can't understand why I have problems in my relationships with single women. I rarely go out with any. When I do meet one, I am afraid to ask her out. I don't like being alone, and realizing I'm afraid of rejection or even trying to ask them out, doesn't make the situation less complicated. Can Awareness comment please?"

COSMIC AWARENESS:

This Awareness indicates that this as simply a problem in your psyche related to the fear of taking a risk. This Awareness indicates that the entity who never seeks a treasure will never lose a treasure. The entity who never seeks to find the one of his dreams, will never lose the one of his dreams. This Awareness indicates that the fear of risking as that which denies the entity the opportunity of ever having any fulfillment of his dreams, but allows only the dreams to continue existing without interference.

This Awareness indicates that an entity who is afraid to risk asking another entity to go somewhere with them, automatically rejects the other entity's opportunity to go somewhere with you. This Awareness indicates that this entity may also feel slighted

that you did not have enough respect or interest to ask her to go somewhere with you, yet being so self-conscious and so afraid of risking the question, so afraid of being rejected, you would prefer not to ask the entity, rather than take the chance that the entity might say no.

This Awareness suggests that in such cases, where entities are terrified of the word "no", you may find it easier to approach the subject by a series of questions, such as asking the entity: "What do you like to do? What are your main interests? Have you seen this or that movie? Do you ever go to the museum?", or a series of questions springing off from the answers which the entity gives.

The Secret to Bedding Down a Woman?

This Awareness indicates that men who are afraid of women generally find their difficulties because they are too anxious to get the woman to look at them for what they are, to see how important they are, and what they have to offer. This Awareness indicates that such men often are rejected by the woman for they simply do not understand that the woman wants to tell him about herself. This Awareness suggests the man who has the way with women is the man who allows the woman to talk about herself and who is interested in hearing what she has to say.

This Awareness indicates that when such a conversation has occurred, the woman will feel herself to have been very content with that individual. This Awareness indicates that this does not mean the man should pry into areas which the woman does not wish to discuss, nor that the man should ask questions when the woman obviously is not interested in discussing herself, but rather that the man should show an interest in what she has to say, and open the door for her to express herself further, and the important thing is that the man not have an attitude of: "I must keep this woman under my control, therefore I will not let her say anything that I don't say is correct or is up to my approval."

This Awareness indicates that wherein you constantly judge what the entity says, or you constantly give approval or deny approval of what she says, you automatically are putting this entity at a disadvantage in a position wherein she must either kow-tow to you, bow to your will, or whereby she must reject you. This Awareness indicates this prevents close harmony. This Awareness indicates that you may conquer this woman in this manner, but you will not win this woman or her love for you.

This Awareness indicates that in order to create an enduring love, entities must be vulnerable to each other, must listen to each other, and must not simply listen in order to come back with a counterpoint. This Awareness indicates that these counterpoints are those weapons which destroy close harmony and close relationships. They are weapons of the mind, and they cut the feelings. This Awareness indicates it is much better for entities to listen to what the other says, and if you do not agree, rather than attacking with a counterpoint, ask more questions which require the other entity to think more deeply about what has been said, so that if you have a counterpoint, rather than you delivering this counterpoint to that entity, and giving that entity the blow of your great wisdom, you allow that entity to discover that counterpoint for himself or herself, so that he or she arrives at the same realization that you hold without having been damaged by that realization, or without having been put in an undignified position.

"For God's sake woman, hold thy tongue and let me love."

John Donne

This Awareness indicates that relating to another with respect, with vulnerability, with an openness to listen, and without the intent of threatening or delivering your counterpoint in order to control that entity and keep that entity under your domain, allows for a relationship which cannot be surpassed by any other experience of the flesh.

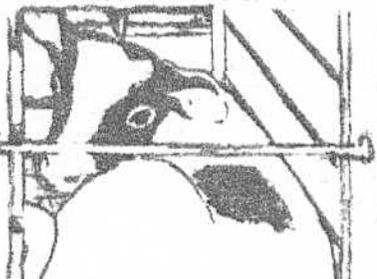
HOW THE SOUL IS MEASURED

(Closing Message)

This Awareness indicates that the soul is measured by its intention in each moment, and by its identification or attachment to that which is held most sacred during that moment, and the measurement of the soul at one moment, or over a long period of time, does not cast that soul into a mold from which the soul cannot move, for the soul, in moving moment to moment, becomes what it becomes in each moment.

ED's Note: for more information and detail on this subject, please refer to 'Revelations of Awareness' No. 50-6 (How to Attract a Mate); \$2.00 from CAC.

ARE YOU REALLY THAT HUNGRY?



Bobby is a 14-week old "veal" calf. After his birth, he was separated from his mother, chained in a 2 x 4 ft. wooden crate in total darkness, and fed a special liquid designed to make him anemic. This produces the pale, soft flesh so prized by "gourmets."

ARE YOU REALLY THAT HUNGRY?

Tax-exempt contributions to help carry this message to the American consumer should be sent to:

FARM ANIMAL REFORM MOVEMENT
P.O. Box 78123 Washington, DC 20088

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All contributors will receive an information packet. Contributors of \$25 or more will receive a copy of Animal Protection on \$11 value.

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