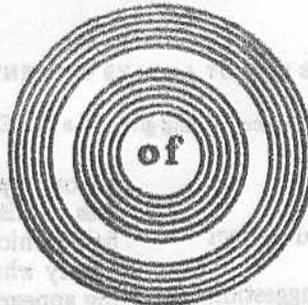


Revelations



Awareness

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The New-Age Cosmic Newsletter

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.

Paul Shockley
Interpreter



Pursuing the Spiritual Path...

WHY THE DIVINE FORCES DO NOT ALWAYS GIVE ENTITIES WHAT THEY DESIRE

(A Cosmic Awareness Trance Healing given to a C.A.C. member in May, 1981)

QUESTION:

I want perfect healing for a permanent and perfect mental, or mind power NOW!

I have tried many things such as school, suggestion, visualization, concentration, yoga for quite a few years; but it is very discouraging when nothing has been accomplished. And I do not blame myself for it. At present I am still searching and searching, practicing and practicing. Sincerely, G.H.

COSMIC AWARENESS:

This Awareness indicates that wherein an entity is satisfied with one's self, the entity then needs to have no changes occur. This Awareness indicates that wherein an entity wishes for changes to occur, then the entity must be dissatisfied in some way with the self. This Awareness indicates that in your particular case, you are asking for some kind of ideal perfection which you visualize as being possible for you. This Awareness indicates that therefore you must be aware that there is a lack of that ideal perfection in your present status.

This Awareness indicates that wherein an entity wishes to be something which the entity is not, it is very simple to be something else in terms of making the change as to the mental leap. This Awareness indicates that one may visualize what one wishes to be, although one may also mentally state: "I am not what I wish to be." This Awareness indicates that wherein one actually makes the physical change, the leap to being what one wants to be; this appears to be more difficult. This Awareness indicates therefore, the entity asks that outside forces, something other than self, make the entity into something which the entity would like to be, but cannot bring himself to be without the outside help.

This Awareness indicates the entity in saying that he does not blame himself for not being what he would like to be, essentially is saying that it is the flaw of some other force which prevents the entity from being what he would like to be,--a perfect being. This Awareness indicates this as a mental gymnastics trick rather than a clear understanding of the experience. This Awareness indicates you are what you are, and you may be what you may be. This Awareness indicates you cannot be what you wish to be as long as you continue to be what you are, unless what you are is what you wish to be. This Awareness indicates if you wish to be other than what you are, you must be other than what you are. This Awareness indicates that no outside help can bring this about without your own personal involvement and commitment to bringing about the necessary changes, so that you become what you wish to become.

This Awareness indicates that if you wish to be other than what you are, you may decide on what it is you would like to be, you may describe this perfect being, you may visualize the perfect being, you may write down and define all of the aspects of what you consider to be the perfect being that you would like to become. This Awareness indicates once you have so done this action, you may then step into that role and play out those parts, practicing every

action to perfection. This Awareness suggests that what it sees in this regard, is an entity who believes there is a perfect being which the entity could become, and has not defined clearly what the perfect being is. This Awareness indicates the appearance is that the entity would like to become acknowledged by others as being a perfect being, and as also being recognized by himself as being a perfect being. This Awareness indicates that it is rather the acknowledgement and recognition which the entity appears to seek, rather than perfection of one's being. This Awareness suggests that if indeed perfection of your being is that which you desire, then indeed it is possible for you to move towards that which you define as being perfect. If, however, acknowledgement and recognition is that which you desire, then it becomes necessary for you to discover what others would acknowledge as perfect, and what would be recognized as perfection by others, and yourself; then the problem is how to reach such recognition and acknowledgement.

This Awareness indicates that where you are at present time is where you are, and in your path, on your path of development, this present status is absolutely perfect for you, for the present. This Awareness indicates however, that tomorrow and next year, and 10 years from now, you will have moved on further along the path toward evolvement, and the present status may be seen not as perfect for that degree of evolvement as will be the present at that time. The evolvement which occurs tomorrow and next year, and ten years from now, will be perfect for you according to your present abilities and experiences. This Awareness indicates that essentially, whatever you are, wherever you are, the situations and the ways in which you handle these is perfect for you. These may be periods of learning. These may be experiences whereby mistakes are made, and this is perfect for your status in your development, so that you may learn from these mistakes.

This Awareness indicates there are also moments wherein your learning brings forth enlightenment, and the enlightenment brings its rewards. This Awareness indicates there are many steps along the path. Perfection is but an ideal in the mind, a goal which may be held to assist an entity in continuing to move along the path. This Awareness indicates that meditation, the various disciplines, the various studies, the efforts put out toward developing oneself; all of this is that which contributes, step by step, inch by inch, moment by moment, to the continued development of one's being. This Awareness indicates that for you to assume that there is a final resting point, whereby you can say, "Aha! I am now enlightened! I am now perfect! There is no further point in my journey! I have reached the ultimate of my experience, therefore there is now the recognition of my perfection!"

This Awareness indicates this as but foolishness. There is always more which can be learned. There is always another step which may be taken toward greater and greater refinement of one's being. This Awareness indicates that once entities reach what appears to be the goal of perfection, then the entity discovers that the entity has been focusing largely on oneself, and that the self has expanded to include concern about others, and that new self, with its concern over the

welfare of others, needs greater refinement. The entity's being may expand to include an organization, and that organization may need greater refinement. The entity's being may expand to include actions which give service to others, and those actions may need greater refinement. This Awareness indicates that wherever you are, there is *always* room for expanding yourself or your actions, your services, your capabilities, your talents, your gift to others; this Awareness indicates there is *always* room for continued expression, for continued improvement of your expression.

This Awareness suggests that to lament that you have wasted time, or have been denied rewards because you have meditated, you have tried this type of meditation, or that type of meditation, and did not get what you expected....this Awareness indicates that this is likened unto a child looking at the presents under a Christmas tree, and upon opening these presents, discovering that they are not filled with diamonds and jewels, and great gifts of value, but mere trinkets and toys. This Awareness indicates that rather than appreciating those valuable trinkets and toys which came from the presents, the child feels cheated. This Awareness indicates that likewise, in terms of meditation, the energies which come to you are those which are the return for the energies which have been given. This Awareness suggests that if you are meditating in order to get some kind of reward, then your motive for meditation may be that which denies you the greatest reward possible. This Awareness suggests that you may wish to consider your meditations not to be in order to *GET*, but in order to *GIVE* of yourself to the Divine Forces of the universe.

This Awareness suggests in your meditations, ask yourself: "Am I giving myself to the Divine?" This Awareness suggests in your meditations tell yourself: "I wish to give all to that which is all in the universe." This Awareness suggests in your meditations that you surrender to the God, the Divine Forces, the Spiritual Energies of the universe, and let these energies determine for you what you shall do with your life. Let these Divine Forces, the Highest and Most Noble Forces of the universe, dictate to you that which shall be your purpose and your rewards. This Awareness suggests that entities who seek through meditation to find glory and power and self-aggrandizement are in for great disappointment, for the road to the spiritual evolvement is not one whereby you are handed weapons of power, or magic forces with which to bring about great glory for self. This Awareness indicates the path to the spiritual realms are those which give to you tools of service, attitudes of humility, feelings of mercy and love for others. This Awareness indicates that those who seek other than this should perhaps follow the paths of war and violence and competition, and get this out of their system before taking the path toward the spiritual realms.

This Awareness indicates however, the path of war, violence and competition, the path for power and self-glory, is that which leads only to self-destruction and great sorrow. This Awareness indicates the path towards the spiritual realms is that which leads to great joy in surrendering to those forces which are Divine, which then become the guiding force of one's life. This Awareness indicates once one has given oneself totally to the Divine Forces and is an instrument and tool whereby these forces may use that entity for the good of humanity, then there are great rewards. This Awareness indicates however, the rewards while carrying certain benefits, are not those which allow the entity to feel great power, aggrandizement, or self-glory. This Awareness indicates these are those rewards which bring joy in seeing others

healed, in seeing others helped along the path; these are those rewards which bring great happiness as the entity feels the forces of the Divine working through the entity, using the entity to bring about blessings for others. These are those joys which the entity feels in knowing that there is a Divine Force in the universe which is available, and which leads to greater harmony for those who surrender to that force.

QUESTION:

Does Awareness have any further messages for G.H.?

COSMIC AWARENESS:

This Awareness indicates that it would be beneficial for you to begin meditating in earnest, in solitude, or in a kind of quietness, whereby this is not performed for others, is not discussed with others, in the sense of drawing attention to your meditations or to yourself. This Awareness indicates the action not be intended so much as secrecy, but rather that which is not designed to impress others. This Awareness indicates that whereby you can, in humiliation, in privacy, simply find solitude and a kind of meditative experience, whereby you can attune yourself to the spiritual energies of the universe, attempting to get acquainted, opening yourself, not for some great flashing light which you can tell others about, but for the subtle energies, to hear the voice of the turtle, the silent sound of the Universal Spirit, the speechless voice of this Awareness, to where you can become one, in tune, in atonement with that which is the Life Force, the Divine Consciousness of the universe; this Awareness suggests that in so doing, let that be the reward. This Awareness suggests you not meditate in this manner so that you can then exit from your meditation and go to your friends or your diary, or write out for your self-evaluation paper that you have been in touch with the Divine. This Awareness suggests this be done privately, without discussion or fan-fare, before or after. This Awareness suggests that wherein entities seek to find great experiences through meditation in order to feel important or feel successful, or to convey to others what the experiences have brought, this Awareness indicates this as simply furthering one's self-importance, building up one's ego, and such action is only leading to that which becomes the potential for ego-death. This Awareness suggests rather that you make every moment of your life an attunement to the will of the Divine Forces, whether you are shoveling ditches, digging in the ground to plant a seed, carrying water to feed an animal, driving a truck or delivery wagon, whether you are carrying a message to another, whether you are working to put something into harmony, whether you are constructing a building or project, whether you are cleaning for a child, whether you are preparing a meal or cleaning up after the meal; it matters not what you are doing, whether you are watching a beautiful sunset, or cleaning up spilt food; this as all part of experience, and each experience can be a meditation, a surrender to the Divine.

This Awareness indicates that you need not sit in lotus position, nor stand on your head, nor stand with arms outstretched, nor participate in certain dance movements; this Awareness indicates that none of these physical actions are necessary in order to be in a state of meditation and surrender to the Divine.

This Awareness indicates that wherever you are, whatever you are doing, you may dedicate yourself to the Divine Forces of the Universe, and when this occurs, this is sufficient to bring about the atmosphere, the attitude, the receptivity within your consciousness

which allows the Divine Forces to move you and to use you, according to that which is the Will of the Divine. This Awareness indicates that wherever you choose not to be dedicated or committed and are not surrendered to the Divine, then your personal will is that which will direct you, and wherein this occurs, you cannot expect the Divine to bring you the great rewards which you may desire. This Awareness indicates the rewards come from dedication and surrender, and it is not for the individual to evaluate or to determine what those rewards should be or how they are to be presented by the Divine Forces.

This Awareness indicates that as you are directed, there are often trials placed before you. These trials are there to test; not to test in order to evaluate and determine whether you are fit to be rewarded, but rather to test your energies, your capabilities to their utmost, so that they become stronger, so that you can know yourself better; these trials are for your benefit, not for judgment of you, and these trials which occur show you yourself so that you can then feel stronger at having overcome the difficulties of the trial, thus you can take on greater responsibility, and in that movement rewards of greater magnitude follow. This Awareness indicates that many entities expect the spiritual path to be that which is strewn with flowers and glory and praise and admiration from the masses. This Awareness indicates this is only fantasy; that the spiritual path is that which is strewn with struggles and trials and difficulties, and the rewards are those which come from seeing others served by your energies, by your surrender to the Divine Forces.

This Awareness indicates that when the Forces see you as worthy, your rewards come, but when these rewards are seen as hindering further development, then trials are placed before you so that you may grow stronger and learn more of yourself, and develop greater capacity to serve.



Did you hear about the fundamentalist preacher who was out bear hunting in the woods, when a bear dropped out of a tree, pinning the preacher to the ground? Well, the preacher immediately started praying, saying:

"Oh, Lord please make a Christian out of this bear! Oh, please make him a Christian at once! And the bear looking up to the sky, replied:

"Thank you lord, for the food I am about to eat."

A MESSAGE FROM THE 8TH PLANE

...MORE ON "FREEDOM OF MORALITY"

QUESTION: (From a C.A.C. reading of Feb., 13, 1982)

One of our members in Argentina, Jorge Resines, sends us an awfully lot of information which he channels from, he says, the '8th plane'. Recently he sent a letter, and I'd like to ask Awareness if this is accurate:

"Dear Avaton: Since January 6th, 1982, I was ordered to impersonate the forces of the Destroyer aspect of the Deity, and to direct those forces toward the Skoptsis in order to force them into the Light. Also, since Jan. 8th 1982, the Galactic chief and the karmic system are no longer ruling earth. The system of 888 is now the ruler, therefore, all New Age groups must abide by the laws of 888 if they want to go on, and this applies to C.A.C.

"Notice is hereby served that you will no longer continue with your business as usual if you reject the teachings of the 8th plane", and this message is also for those Light groups that do not tap the 8th plane, for if they tap lower planes the incoming energies will also drive them out of business. At the back of this sheet there is the final channeling on the exercise of the White Light. There was an important missing element in the one I sent you before, and this has been added here to fill in what was not.

The destiny of earth is not to join any galactic federation or hierarchy of any kind, its destiny is to be the head of all the hierarchies and Galactic Federations of this galaxy and the neighboring ones and to raise them all into the Light of 888. Any lesser destiny will result in the annihilation of the planet,---though this, in honor to the truth, will never happen; and those who still cling to the old dualistic system, are attaching themselves to a corpse. It is up to you to decide. Sincerely, J.R."

He sent in an exercise of the White Light which he has requested that we publish to our members. I'd like to ask Awareness if this channeling is correct, and should we publish this Exercise of the White Light he submitted?

COSMIC AWARENESS:

This Awareness indicates that this appears to be a clear channeling. This Awareness indicates that the energies moving are such as to demand focus on the purposes at hand, and to become centered on the path. This Awareness indicates that it is not to be seen as a form of punishment, or punitive ruling, but rather as a necessity because of the intense changes which are occurring, that entities should put away childish things and focus on their holy purpose.

This Awareness indicates that the movement as that which grows in momentum and those who do not follow may be left behind. This Awareness indicates that this movement as that which can begin accelerating at an ever-increasing pace so that entities must latch onto the energy and flow with the energy, and avoid diversions that are unessential, unimportant, unnecessary and lacking in direction.

This Awareness indicates there are many who would point the way, and many of these stand on different sides of the stream. The directions pointed by these entities are not the significant concern, but rather, the direction the stream is flowing as that which is the greater concern. This Awareness suggests you look carefully toward the direction of the spiritual movements, and follow in that course; that you not concern yourself with the teachers and the showers of the way, for each of these may be as

lost as you , and may be pointing in every direction regardless of the flow.

This Awareness suggests that the spiritual energies flow ever in the same direction, but the current at present is accelerating greatly.

This Awareness indicates that this entity as one who has been moving into a kind of turbulence, whereby certain channeling forces have come through to him in a clear manner, while at other times the channeling forces have been distorted and blocked by those forces which would prevent such clarity. This Awareness indicates that this entity's channel as that which is stabilizing and adjusting, and when complete, shall be of great clarity and significance.

QUESTION:

I don't understand this line where he said that he received this communication for C.A.C.: "Notice is hereby served that you will no longer continue with your business as usual if you reject the teachings of the 8th plane."

COSMIC AWARENESS:

This Awareness indicates that this entity as referring in part to certain concepts of the past, whereby there has been some disagreement and misinterpretation of what has been indicated from various material presented by *Cosmic Awareness Communications*. This Awareness indicates this in part associated with messages given by this Awareness relating to the concept of 'freedom of morality'. This Awareness indicates that this concept as having been misunderstood by many entities, and as having created some conflict. This Awareness indicates this not only has occurred on this plane, but in other planes also, whereby the filtering process of the channeling has passed through consciousness in such a manner as to create disturbances.

This Awareness indicates that the concept of 'freedom of morality, as presented by this Awareness, is that which has not been fully elucidated, and which needs further explanation and understanding before it can be brought into balance. This Awareness indicates that this concept of 'freedom of morality' as that which can only be understood when entities have departed from dualistic thinking and have moved into concepts of unity, or oneness. This Awareness indicates that when this occurs, entities are free from morality in terms of rules and laws imposed by each other, on each other. This Awareness indicates rather, entities are guided from within, by principles which are conducive to harmony and beneficial expressions toward one another.

This Awareness indicates that any entity who is not of a consciousness level to understand that unity, any entity who is in a dualistic thinking process will naturally take issue with the concept of 'freedom of morality', for it sounds as though it would allow entities to violate each other, or to commit crimes against one another, and to carry on in ways which are less than the highest.

This Awareness indicates that this is not what has been intended by this concept; rather, this Awareness wishes that entities focus more on the concept of 'freedom of morality' as being that where you are not bound by the mores of a society because you have overcome the need for following those mores, rules or moralities, and you may become amoral in one sense in that you do not follow the rules of society, because you follow the rules of the Universal Consciousness in the manner which is the highest and best.

This Awareness indicates when entities follow the rules of God, they need not follow the rules of society, for the Universal Creator creates a higher law which does not conflict with the lower laws, except when they are in error. This Awareness indicates that this entity as having been greatly influenced in part by certain discolorations in the channeling of Bill Sheppard, who has discerned conflicts in relation to his evaluation of *Cosmic Awareness Communications*. This Awareness indicates that this entity as channeling with this lens of Bill Sheppard's consciousness, affecting in such a manner as to focus on areas which are not of the highest within the *Cosmic Awareness Communications*' expressions.

This Awareness indicates that this may be seen as an effort to polish the facets or lenses, so that the publications move into more dignified or purified quality and therefore, reach greater acceptance in terms of their purposes. This Awareness indicates that there are ways whereby these messages could be improved, clarified and moved into higher quality, yet there are many difficulties involved, and under the circumstances, the work which has been accomplished by this organization in presenting these messages from this Awareness as that which is astounding.

This Awareness indicates there are obviously areas which have been and which perhaps are subject to criticism, yet, when entities look at the total effect, activity, effort, organization, dedication and the general staying power of this organization, along with its complete vulnerability, and its responsiveness to urgencies, and its limited resources and staff, it becomes apparent that this organization as having been divinely guided and blessed and protected.

This Awareness indicates that it is important that entities continue to grow and develop spiritually as quickly as is possible. This Awareness warns however, that it is also important that entities who see themselves as agents 888 or of any other magnificent purpose, should be extremely careful of that peculiar shift which can occur in consciousness where dedication and purpose shifts into personal significance and vanity. This Awareness indicates that this can easily occur when entities begin to criticize each other, while claiming to be on the path themselves. The pious approach as that which can be one of the great pitfalls for entities on the path.

This Awareness indicates that sharing observations and accepting of those shared observations as that which is important and necessary for students of the path. This Awareness suggests that messages given be looked at for whatever value can be ascertained from them.

ED's Note: more on the concept of 'Freedom of Morality' was given in 'Revelations of Awareness' 82-10 (The Eve of Destruction); \$4.00 from C.A.C.

...MORE POSIES, PERFUME, ANGELS AND HALOS NEEDED?

SHOULD C.A.C. SHAPE UP OR SHIP OUT?

(NASTY PICTURES AND EDITORIAL COMMENTS)

ENERGIZER:

I don't think that Jorge or Bill are criticizing the messages from Awareness. I think they identify more with some of the editorial comments and illustrations that this editor, from his own frame of reference, sometimes adds to these messages.

COSMIC AWARENESS:

This Awareness indicates that 300 years ago, in the consciousness levels of entities in certain courts and places, words were not allowed to be spoken and entities were trained to use evasive terms so as not to speak of that which 'Is'. This Awareness indicates that in the Victorian age, the realities of life were generally hidden or covered with make-up and salve and words which hid meaning and truth. This Awareness indicates the word "pregnant" in earlier times would shock entities, and one who used the word would be seen as uncouth. This Awareness indicates rather, the term "in a family way", or in a "sensitive condition" was used.

This Awareness indicates that today, the word "pregnant" is acceptable in any form of communication, even on television. This Awareness indicates that things change. Reality requires that the words used in describing reality be made flexible so that concepts can be presented in new ways. This Awareness indicates that wherein an entity hears the same words over and over, again and again, before long, these words mean nothing. This Awareness indicates however, when these words are altered, and new methods or new arrangements are created, whereby these words come in at a different angle, or in different ways, entities then become awakened.

This Awareness indicates that a love story told once would be sufficient for all entities in all times, except that entities forget the feeling, and that feeling needs to be repeated. This Awareness indicates therefore, repeating that same love story or love song may rekindle the feeling somewhat. This Awareness indicates that the song or story, repeated again and again without alteration gradually loses its power to affect the feelings. This Awareness indicates therefore, it becomes beneficial for someone to alter the song or story, to change it so that it is received fresh and new.

This Awareness indicates that this strikes the feeling level, whereby entities' emotions are awakened from sleep and slumber, and the entity becomes more alive to the message. This Awareness indicates likewise, the editor of C.A.C. does experiment in creative methods, in creative endeavor, to find ways whereby, through images and pictures, that entity can strike the feelings of readers, each of whom is completely individual and different from every other member, and will receive a different reaction from every other member to his creation, to his art.

This Awareness indicates that this is a very difficult task, that it is not something which can be developed immediately, or which can be perfected at once, to please everyone. This Awareness indicates that many of the images which are shocking to the membership today, will be seen in future times as quite clear symbolic images, expressing a concept and clarifying the concept in such a manner as to enhance the message. This Awareness indicates many entities who are shocked, need to be shocked, in order to overcome some of those blocked energies within themselves, whereby they seek to hide realities, under masks of clothing, make-up and niceties, mannerisms and nice words.

This Awareness indicates on the other hand, there is much abuse today by entities who enjoy using shocking expressions, words and mannerisms simply for the purpose of gaining attention and making others feel uncomfortable. This Awareness indicates this abuse as

that which is an expression of hostility and conflict, and while, on one level, it is beneficial in that it allows the entity to express the hostility, on another level it is disarming in that others must take that hostility and experience it as abuse to themselves. This Awareness indicates that there is a balance which can occur, where the expression, the freedom of speech and freedom of expression can be allowed without violation to others, yet this is that which is not always easy to attain, for in most cases wherein the expression of one is intense, it will violate the rights of another.

This Awareness indicates that even so, over all, it is better to allow these entities to express themselves verbally and in imagery so that they need not express themselves in physical violence.

This Awareness indicates that in terms of the editorial expressions, the work of this entity as such that it requires that he at times tread into areas of controversy in order to draw attention to certain energies, to certain concepts or to certain actions. This Awareness indicates that these areas of controversy may not be as enjoyable to some as is their nightly pattern of living, but may be necessary. This Awareness indicates that wherein entities do not appreciate the art-work, it is their right and obligation to give feed-back to the editor, expressing their displeasure. This allows the editor to reflect on his actions, on his creative endeavors.

This Awareness indicates it is also the right and obligation of those who appreciate the art-work of the editor, to likewise inform him as to that which is appreciated. This Awareness indicates it is important that entities realize they have a voice in everything that occurs in their lives, and that they lose that voice when they fail to use that voice.

THE EXERCISE OF THE WHITE LIGHT

(By Jorge Resinas)

God, in the 8th plane, is Pure White Light.

In the seven planes, this White Light suffers a division into the 8 colors of the spectrum: Violet, Purple, Red, Orange, Yellow, Green, Blue, Indigo, and again back to Violet.

In order to open the 8th Chakra fully, the following visualization is useful:

You must rest in a comfortable position, comfortable for you it is understood, and imagine that your body is not solid but it is like a bottle. This bottle has the same shape as is your body, but also has cork at the top of the head; the bottle would be imagined as empty.

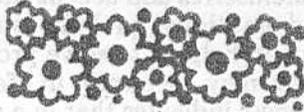
You must imagine that the cork is thrown away and the emptiness is gradually filled by a shining Pure White liquid. This image must be kept in the mind as much as possible, but without tiring the practitioner.

With much practice and tenacity, you will charge your aura with the energies of the 8th plane, and will reach the stage of "critical mass" that will be followed by the "atomic explosion" which is the illumination of the 8th plane.

This simple exercise will eliminate those lower elements known as "ego" and will free the entity practising it, at the time of the illumination, of all karmic bonds absolutely. This visualization presents no danger whatsoever, and can be practised by all kinds of entities, from 8 year-old children to aged persons. After the

illumination is accomplished, the energies of the 8th plane will unleash an age-reversal process that will, by itself, restore youth to the practitioner. This exercise is also recommended to those in need of healing, as the White Light dissolves all kinds of diseases.

You must also feel Total Love and Reverence toward the Pure White Light, for without this Total Love and Reverence you will not attain the *TRUE* Illumination of the 8th plane.



HOW TO DEAL WITH ARTHRITIS

(A NEW MEDICAL SERVICE FOR THE MEMBERSHIP)

QUESTION: (October 7, 1983)

A question from A.S. in Wisconsin. "I imagine there are a lot of people out there with the same problem, and would be grateful if Cosmic Awareness would comment on it. I have just been diagnosed as having rheumatoid arthritis, for which there is no known cure; however, I've been told by my doctor to take 12 aspirin daily to keep the inflammation down. Of course I'd like to know if there is a cure and what it is, but I'd also like to know if this amount of aspirin is having an adverse effect on my system in any way, but particularly: memory. I can't seem to recall things as well as I used to. I can't memorize items as well either."

COSMIC AWARENESS:

This Awareness indicates that the aspirin is excessive and is dangerous to the kidneys and to the stomach especially. This Awareness indicates that the use of Evening of Primrose oil as that which is advantageous in dealing with this condition. This Awareness indicates that the use of GH3 as being highly beneficial, along with the Evening of Primrose oil. This Awareness suggests that in taking these substances, also Selenium and SuperOxide Dismutase,--these being taken daily, approximately 2 capsules of Gh3 each morning before breakfast, at least one hour before breakfast, and 3 capsules of Evening of Primrose oil taken daily with each meal, and at least two capsules of SuperOxide Dismutase taken daily.

This Awareness indicates that this appears to be suitable for alleviation of this condition over a period of time, gradually bringing about a healing process. This Awareness suggests that you contact Dr. George Shahbaz for more specific treatment in regard to this; that this entity may be contacted by telephone and has volunteered to assist in advising entities in regard to holistic healing services which he has available. This entity as well trained to attend to this type of condition. The entity does not charge for his consultation and has offered to do these, to give advice freely, to give suggestions freely.

This Awareness suggests however, that a small and reasonable donation to this entity for such assistance will allow him to continue this service. This Awareness indicates that the entity does also supply medications if needed, and these have certain fees attached; that these may be mailed or shipped to you. This Awareness indicates that you may also prefer to purchase your own medication; that this entity does not send anything which

cannot be obtained in healthfood outlets. This Awareness indicates that the services which this entity offers as that which result from many years of study in China, in Russia, in New York and in the Portland, Oregon area, including naturopathic medicine, dietary and nutritional studies and training, including acupuncture, wherein the entity spent several years in China studying from Chinese, including also the various healing methods used in China that accompany and augment acupuncture.

This Awareness suggests that a telephone conversation with this entity can allow you to have a better understanding of the cause and the approach toward a cure for this condition, for this entity as having that understanding. This Awareness indicates that any entities in the C.A.C. membership who have conditions which are chronic or which they feel their doctor is not sufficiently helping, are free to contact this entity for he has agreed to be of service to the membership.

Note: for more detailed information on how to deal with arthritis, please refer to 'Revelations of Awareness' No. 77-5; \$2.00 from CAC.

ED's Note: After this session was over, Paul discussed the information in this reading pertaining to free information from Dr. Shahbaz. I told him that Dr. Shahbaz did not understand what he was getting into when he made that offer, because we know there are a lot of members out there with health problems who will probably contact him. Paul implied that Dr. Shahbaz was probably thinking there were not too many members and would pose no problem. It was later suggested by Paul that those of you who phone Dr. Shahbaz consider mailing the entity ten or twenty dollars for the information he gives, particularly if the conversation is long and you obtain much information you did not have before.

This is not an outrageous amount to pay for good professional consultation, particularly in the holistic field. You can't walk into a regular allopathic doctor's office and pass wind without him laying a \$50 office charge on you. I know this for a fact because a few years ago I ate some artichoke the wrong way--(no one told me not to eat those funny little tooth-like ends). One of these stuck in my throat, way down deep, and was rather painful and very irritating. After about 4 days of complaining about it, my friends urged me to go to this old doctor who knew 'absolutely everything', and he would extract the thorny piece of artichoke from my throat. I finally relented and walked into his office unannounced. He said I caught him between appointments and wanted to know what my problem was. I told him about the artichoke and I wanted it removed. He told me to open my mouth into which he pointed a small flashlight. He made some strange grunting sounds with his mouth, withdrew the flashlight and told me to shut my mouth. I did. He then proceeded to tell me how to correctly eat an artichoke. I told him I did not care how to eat an artichoke because I had no intention of ever trying one again. I told him once more that the reason I was there was for him to remove the damned thing because it was a source of constant irritation. He said 'it will pass in time' and proceeded to write out a bill which said, "Office Consultation--\$50." I could have dropped my drawers in surprise and told him that his fee was outrageous, particularly since he had not corrected the problem. He said the fee was for 'consultation' and that in the future I would know how to correctly eat an artichoke. I told him I could have found that information elsewhere and for a heck of a lot less money and that I suspected he was just an old horse doctor that preyed upon the gullible like myself. I threw down \$50 and slinked out of his office, the artichoke thorn still smarting in my throat, and have stayed clear of regular doctors ever since. They don't treat your body, they only operate on your wallet.

DR. GEORGE SHAHBAZ N.D.

Oregon City Wholistic Health Clinic

218-6th St., Oregon City, Oregon 97045

Telephone (503) 657-4043

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THE STAR TREK TV & MOVIE SERIES

QUESTION:

A question from R.B., of Phoenix, Arizona. He'd like to know if Awareness could please comment on the cultural archetype known as "Star Trek." I'll read his statement:

"During the 79 TV episodes from 1966 through '68, the stories ranged from thinly space-clothed retellings of familiar and predictable tales of conflict and cunning, to masterful revelations of human wonderment, mystery and disillusionment. The episodes then went into global syndication. Also worldwide groups and conventions of fans have since written letter campaigns to bring the series back into production, and have regularly assembled to analyze, recreate and extrapolate the future earth-human scenario by Gene Roddenberry and the rest of the Star Trek cast and production crew.

"An animated version of the series was made for a few seasons. The live and animated shows subsequently appeared in novel, comic-book, technical manuals and so forth, form. Hundreds of colleges' theses were composed concerning the stories etc, etc. In late 1980, the long-awaited movie version of Star Trek was released, and while it updated the characters in a real-time-frame; they were about a dozen years older and more experienced from when last portrayed on TV, and the 'Enterprise' ship was technologically enhanced and developed, the story line itself seemed little more than a big-screen and special effects synthesis of a few of the TV episodes. Now, a year and a half later, the second movie version has been released, and it is having a much larger response.

"I personally feel that this one, "The Wrath of Kahn," in addition to portraying sensitive reflections on aging, friendship, mass-scale human constructivity, and military strategy, also very intensely showed the pain and terribleness of warfare, of revenge; that despite all the gloriousness of space, "the final frontier," wherever humans take war, it is always and inevitably hellish. Definitely appropriate to the contemporary nuclear freeze and disarmament energizing. Could Awareness please comment on 'Star Trek?'

COSMIC AWARENESS:

This Awareness indicates that this as a classic piece of literature, art, film and characterization, with its story line and continuity, symbology and the many circumstances and allegorical implications being of such significance to the imagination of entities as to be of great assistance in helping entities to put many things into proper perspective, even in their present time. This Awareness indicates that the concepts of advanced medical techniques, of "beaming" or transporting oneself from place to place, of being caught in various dimensions and situations, of having double or mirror images of entities, individuals or circumstances; all of these many expressions and experiences lived in fiction, do assist the imagination of entities so that their minds become more open and willing to accept change and expansion of technologies and ideas.

This Awareness indicates the general philosophy between the Vulcan and the captain, serves especially to be of great benefit in putting into perspective the rational or computerized type of logic, along with the intuitive and human logic of the captain, represented by the captain, so that entities can not only accept the value of the rational and logical sciences, and

keep them in their proper perspective, but also recognize the value and occasional superiority of that which is the intuitive and human, or emotional side of things. This Awareness indicates that often, through the cleverness of the captain, through actions which circumvent logic, the situation is brought into resolution that satisfies the plot.

This Awareness indicates that this as a valuable lesson, which not always understood consciously, can have its effect on individuals, on the viewers, so that they accept themselves and accept their intuitive and subjective and emotional qualities as also having some potential value in helping to solve problems which they themselves may encounter in life.

This Awareness indicates that in a symbolic sense the starship 'Enterprise' represents the activity of any individual who has an enterprise or purpose in his or her life, and the captain being that part of the individual which is responsible for the destiny of that life in its exploration of new frontiers, and the Vulcan as being that which represents the rational logical system of the individual's thinking patterns. The doctor representing the physician within each individual who is capable of helping to bring about healing to the individual and to his purpose. The engineer, Scotty, as one who is symbolic of the aspects of an individual wherein the repair of the individual's purposes, body functions and so forth, may be entrusted. This Awareness indicates there are the navigators and communicators; these also can be seen as having corresponding parts within the human expression, within the human body or psyche.

This Awareness indicates you may also recognize the crew as being the arms and legs, fingers and toes, the elements of an entity's purposes which serve the general needs and purposes of the individual's enterprise. This Awareness indicates that the involvement and contact with other planets and other places may be seen as symbolic of the individual's involvement and contact with other entities, other cultures, other civilizations, other strange new worlds, strange new enterprises, strange new associates and friends. The Federation can be seen as representing one's associates and allies and friends. The mission being that which is the enterprise or purpose and direction of moving into life and exploring such.

This Awareness indicates that this symbolism having its basic representation within each individual, and being well represented in a story form is such that it allows each individual to easily identify with the overall story and symbols and allegory of the production. This Awareness indicates that this as representative of classical works wherein the classical works apply to any individual in some way, whereby the entity identifies himself or herself with these energies.



This Awareness indicates a more rudimentary version of this concept is the medieval story of "Everyman", whereas the entity known as Everyman--represents every man. This Awareness indicates that in classical literature this is a quite common phenomena, whereby the heroes and heroines of a story represent aspects of any viewer. This Awareness indicates in this instance the ship Enterprize as representative of the individual in the individual's pursuits and explorations of strange new worlds, or experiences of life. This Awareness indicates the characters within the Enterprize representing aspects of the individual's psyche.

OUTER AND INNER SPACE MONSTERS.

QUESTION:

Within these many stories there was much very believable technology in the form of death rays, machines that make entities invisible, time machines, there were thought-form monsters, and various other types of creatures they would run into in these various other systems. I'd like to ask Awareness: Is some of this information somehow channeled? That perhaps some of these things actually exist in other systems?

COSMIC AWARENESS:

This Awareness indicates this as being in the affirmative. This Awareness indicates that this exists also in the system known as the individual. These being in a symbolic sense. That there are strange monsters occasionally exhibiting themselves within individuals. That there are areas wherein the individual begins to feel himself becoming invisible or not having any apparent recognizable self, wherein entities are trapped, wherein entities escape, wherein entities feel a great force overwhelming to them, and wherein they may be weakened or thrown down by such invisible forces or overpowering forces. There are many experiences that each individual goes through from time to time in his exploration of life, and these may be seen as represented in the various plot circumstances in the story line of 'Star Trek'.



"We've been sent to save you from Communism."

THOSE BREATHAIRIANS WHO LIVE ONLY ON AIR

QUESTION:

L.K. of Granger, Indiana asks: "Before the *Tomorrow* show was cancelled, a man, Wiley Brooks, was on it, claiming to be a breathairian. For the last 17 years, he has not had any food, except for some fruit juice once in awhile. He is in his 40's now and looks 20. He said he was sick and going bald, when he made this change. Now he has all his hair. Is this for real? And how can the transition be made? "

I might add that we have a member who's a prisoner, who wrote once that he was in solitary confinement for 6 months or so, and he lived on air also.

COSMIC AWARENESS:

This Awareness indicates that it is possible for entities to move into that wherein they begin to live on light, air and water. This Awareness indicates that it is not something which should be attempted without great caution and gradual adjustment. That entities can in fact, do great harm to their body by moving too rapidly toward this type of action, and that those who move into this action and who in making the adjustment, find themselves unable to continue, often revert back to eating voraciously and suffer extreme consequences, even death.

This Awareness indicates that entities wishing to make such an adjustment must move very gradually over periods of years, altering the diet more away from meats and heavy foods, to those of light vegetables and fruits, eventually to fewer and fewer fruits, until an occasionally fruit juice is sufficient. This Awareness indicates there are however, some entities who, rather than using fruit, will make the break with other types of food, such as a cracker eaten once daily, or some similar type of food, whereby the entity cuts down on the eating more and more.

This Awareness indicates that wherein entities are not ingesting food, they must make up for the energy level through intake of prana into the cells of the body; this particularly beneficial through meditation. That entities who become involved in daily meditation of the type wherein breathing and intake of prana to the cells is important part of the meditation; these entities may find themselves becoming less and less interested in food, their appetite diminishing, and their strength increasing from the prana and meditation.

This Awareness indicates that it is something which may evolve as humanity changes, during the next century, wherein more and more entities become breathairians. This Awareness suggests that entities approaching this goal should first become vegetarians, then move on to fruitarians. This Awareness suggests however, that this must be done with great care and caution, for if an entity's metabolism is not ready for this, it can be highly damaging to the entity's health, for an entity may develop certain diseases associated with vitamin/mineral imbalances if this is not properly attended.

This Awareness does not encourage entities in this direction through these readings. This Awareness indicates that wherein an entity seeks to become a breathairian for the phenomena, or to be seen as special, or to prove to oneself that he or she is of special quality or class, or spiritual development; that this is the wrong motive for such action. This Awareness indicates that wherein an entity developing spiritually, finds himself or herself needing less and less food, and by natural inclination requiring less food, and moving into more ingestion of prana; this as a byproduct of spiritual growth, is the proper motivation, and will occur and evolve as the spiritual aspects of the entity are enhanced and developed.

ED's Note: this reading was given Nov. 12, 1982. In the spring of 1983, the entity mentioned in this reading, Wiley Brooks, made national news when a large number of his followers quit his organization because he was discovered to be eating 'junk' food on the side. CAC members interested in this area, however, can first get started on a raw food diet. More information on how to do this effectively can be obtained by writing CAC member Mr. Laurie Forti (Ecologos), Brazil Hotel, Suite 314, 6525 Collins Ave., Miami, Fla. 33141. Or phone (305) 866-2393. This entity lectures and does workshops in these areas also, and invites your communication.

A MESSAGE TO THE LIGHT WORKERS:

HOW TO KEEP ON YOUR STATED COURSE

(ALL ABOUT DEVIATION & RECONCILIATION OF DIFFERENCES)

(Opening Message)

COSMIC AWARENESS: Jan. 28, 1983

This Awareness indicates that *It* would like to call the attention of entities to that which is known as deviation. This Awareness indicates that wherein one deviates from that which is the established pattern, one creates something new, something that breaks away from the established pattern, and in effect is rebellious to that which is the establishment. This Awareness indicates that this has many labels: a deviant, a heretic, a rebel, a radical, and other names.

This Awareness indicates that it is important to recognize the role of deviation and its relationship with change and with the ramifications of deviating from the pattern established. This Awareness indicates that in this modern civilization at this time, there are great numbers of individuals closely associated with each other in such a manner as to create multitudes of deviations from the normal pattern, particularly from any normal pattern that would have been acceptable 20, 40, 60, or 100 years ago.

This Awareness indicates that in the previous century, entities' belief structures were relatively confined to the culture and location in which they resided, to their environments and their particular needs. This Awareness indicates that this did not change quickly nor easily, and whether one was of English descent, or American Indian, or German, African, Chinese, Russian, or any other nationality or culture, the cultures and belief systems remained relatively stable. There was little deviation.

What little deviation occurred in these cultures and individuals within the cultures, was quickly noticed and there were actions to either bring the entities back into line, or to expel, excommunicate, or cast the entities out from the culture. This Awareness indicates in modern times, this stability of belief structure has been so radically overturned by this or that confrontation with this or that other belief structure and other culture, that there is a continual breakdown of the various cultures, whereby an entity from one culture, whether religious, political, or national, may in a period of one or two years, totally change and become involved in another culture.

The alteration, or deviation which occurs, is that which comes about from the confrontation of the many ideas, of the many forces coming face to face with each other, of the many ideas coming in contact with each other; and these in turn create an upheaval, a revolution: socially, politically, ideologically, and in religious and other fields.

This Awareness indicates that entities in passing through this great transition period, are cautioned to remain in a state of poise, whereby you veer neither to the extreme conservative element, holding onto the past, nor veer to the extreme radical element, in which you demand immediate change, but rather that you center yourself in the flow and movement, holding onto those lasting values that remain intact as central values of every great civilization, that are based on Cosmic Laws, and whereby if you prefer to flow with the stream of consciousness, that you flow in the center, not being too extreme, too radical, nor deviating too much from the norm; or if you prefer to move in a manner of one who is helping to bring about these necessary changes, that you move to the center, and forward to the cutting edge of consciousness, whereby you present and promote those values which are inevitable in the movement of change, or if you prefer to hold to the past and cling to the traditional values which are, in your awareness of things, necessary to preserve for future generations, that you remain in the center of those values, even though clinging to those past traditional values.

This Awareness indicates that the trouble comes not from being ahead, or behind, or right in the center; the trouble comes when entities are off to the left, or to the right to such an extreme that they do not remember how to reconcile differences: the positive and negative. This Awareness indicates it is not a matter of old values needing to be discarded or preserved, but rather of the traditional values that are centered and worthwhile, centered in the roots of humankind, in the midst of those Universal Laws, whereby Love, Mercy and Kindness are preserved, whereby honesty, truth in dealing with others, whereby communication and clarity are held in high esteem, whereby these values, even though old and traditional, are brought forth into present time; these are the values and the central area which may be preserved.

This Awareness indicates that the old values of nationalism, of fighting for independence at the expense of others' freedoms, or of sacrificing others in order that your values may be preserved; these various extremes or deviations from those Cosmic Values of old; these are those which must go. This Awareness indicates likewise, in projecting into future times, wherein you seek to bring about a better world, that whereby you can focus on those central ideas of Love, Mercy, humanitarian purposes, and the promotion of clear communication through peaceful efforts; these are the mainstream of consciousness, projecting into the cutting edge, and the future movement which lead to the new beginnings, --the New Age.

This Awareness indicates that the changes which are occurring today are those which are so radical in comparison to those which in the past century occurred over long periods of time, that these changes today throw entities who are not well stabilized, out of balance in such a manner as to cause many to become disoriented in terms of values, in terms of cultures, in terms of loyalties and in terms of purposes.

This Awareness indicates that it is because of this speeding up of change and the many deviations, that society is now in the apparent turmoil which entities witness in terms of rising crime, in terms of economic crisis, and in terms of personal lifestyles, alienation

of families and friends toward one another. This Awareness indicates that this is the cost, or the price of rapid change. This Awareness indicates however, though it is costly, and there is great suffering from these many rapid deviations, it also brings about the adjustments necessary for the elements that are demanding the change.

This Awareness indicates that as society has grown, as entities have become more in communication with each other, as entities have come in contact with other cultures, it has been imperative that values be altered to accommodate greater communication and relationship between these many cultures and their members. This Awareness indicates without this there would be total chaos, wherein these cultures become exceedingly fixed in their own value-systems, allowing for no others to exist or coincide with them simultaneously; this could bring about greater destruction than any culture would desire.

This Awareness indicates therefore, the merging of the many cultures, allowing for deviations, is that which heralds the beginning of communication between these many facets of humanity. This Awareness indicates that along with these deviations, are the ramifications which affect individuals; the individual whose values are set, but are thrown off by circumstances and by belief infringements, whereby his values are perverted, distorted, or are anti-social in nature; thus entities witness crime, corruption and violence in society, as those who are out of the flow begin to assert themselves in seeking to find where they belong, how they can grab a portion of the fleeting treasures which pass them by.

Those outer edges, whereby this is to be promoted with violence or with stealth and false actions, or through deception, connivance, trickery; these areas, though perhaps moving toward the radical and the new, are still not in the mainstream of that which is the flow of consciousness. This Awareness asks entities not to become so deviant, not to deviate and not to become deviant in such a degree as to fail to observe the Cosmic Laws, particularly the *Law of Love* and the *Law of Mercy*.

This Awareness indicates that whereby entities, in moving through difficult times, manage to keep what appears to be a poise whereby they do not necessarily or unnecessarily ruffle the feelings of others, upset the traditional values of goodness, whereby entities in remaining somewhat poised and centralized in their behavior and expression, so that they do not appear as deviants or appear and express themselves as deviants, or seem so radical and unruly as to threaten the central values of the society; these entities will find it much easier to move with the current. Those who seek to be outstanding, to stand out from the center, to become and express deviations of a great degree; these entities may find more difficulties in those areas.

This Awareness indicates that for some entities, this is what they desire. Some entities thrive on the conflict that occurs in being different and unusual, in having others confront you about your weird or strange behavior. Some entities feel a sense of superiority for being in that deviation from the norm, and some entities have a contempt for the flow, the mid-stream flow of consciousness. This Awareness indicates that this is all part of the grand scenario. That not all water in a river can flow down the main stream: some must flow over to the edges, to the eddies, some must be trapped in limbo areas, stagnating and unmoving, because society is passing them by. That not all water will flow precisely in the main-stream of consciousness, and that entities

in finding themselves out in an area wherein they are stagnating, may ask whether they prefer this area and wish to remain so, or whether they wish to get back into the main-stream, and if in the main-stream whether to lag behind or shoot ahead, or stay in some mid-position.

This Awareness indicates that depending on one's choice, one can maneuver back toward the main-stream by flowing with social values, flowing with traditional values, or surging ahead, examining those traditional values in light of recent realizations and discoveries, and in light of future directions and purposes, and the ramifications of what is coming. The entity seeking to center oneself in the flow and movement of consciousness must not become fascinated by those eddies off to the side, but must recognize that which is the straight and narrow, the clear passage, the movement which follows the course of destiny.

This Awareness indicates that in this sense, the Greek term for 'sin' is that which like the algebraic term for 'sign', has to do with moving out of the main-stream, moving off the line and into an eddy, a deviation whereby the current does not follow you, but whereby you sidestep the current and movement of energies, and become trapped in a stagnating pool, or in a whirlpool of violence and turmoil.

This Awareness indicates that the concept of poise and balance is that whereby an entity senses the action which requires the least energy for the most long-term and permanent rewards. This Awareness indicates that many entities seek to express the least energy for some momentary gratification, and find themselves out of the main-stream, entrapped, because of their thoughtless action of grabbing for something which was not of permanent value, or of lasting value.

This Awareness indicates that those who can discern lasting and permanent value, and can focus on these, are those who remain in the main-stream of consciousness. This Awareness indicates those who can perceive where this main-stream of consciousness is flowing are those who become the leaders of others. This is the cutting edge of consciousness.

THE PURPOSE OF LIGHT WORKERS

(Closing Message)

This Awareness indicates that in the action of choosing how to remain poised during a time of change, entities may choose to poise themselves, or more correctly, poison themselves, by aligning themselves with the mainstream of the Dark Force, or entities may choose to position themselves in the mainstream of the force of Light. This Awareness indicates that in positioning yourself in this manner, you forego many opportunities to become radical, wild and sporadic, and must face certain responsibilities and activities in a mature way.

This Awareness indicates the greater distinction between the primitive and the civilized, or between the immature and the mature, is in the degree of poise expressed by the individuals. That wherein an entity is wild and radical, there is little poise. This entity is either immature or primitive. Wherein the entity is poised, balanced, the entity expresses maturity and civilization.

WHOM DOES THE GRAIL SERVE ?

(HOW THE GIVING OF SELF RETURNS TO YOU)

(Opening Message, Oct. 7, 1983)

COSMIC AWARENESS:

This Awareness indicates however, there are many levels of this. These may occur on social, emotional, mental, intellectual levels, and also on spiritual levels. This also may occur in physical levels, whereby an entity has developed great physical poise as opposed to another who is still in the clumsy immature levels of a child, or one who is not well in control of his physical coordination. This Awareness indicates that it is not simply poise or lack of poise which indicates the spiritual development of an entity, for one can be very poised in a negative direction: poised in the movement of the Dark Force, or one can be poised in the movement toward Light.

This Awareness indicates the poise and purpose, or motive, the purpose and direction of an entity, along with the poise, is that which denotes the spiritual development of an entity. That as the motive moves toward that which is highest and best for all, and which promotes concepts of Love and Mercy, and wherein that movement is expressed in a state of poise, then indeed that entity, in such expression, begins to reflect an evolving spirit.

This Awareness indicates that it is not necessary that entities evaluate each other's poise, or purposes or directions, except as may be appropriate in understanding how to relate to each other directly and on a clear level, without condemnation or superiority interfering. This Awareness indicates that it is not necessary that entities pursuing the Light refuse to relate to entities who are on the Dark Path, for wherein the Light can shine upon those on the Dark Path, it may bring some change in their view of themselves and their world, and may lighten the path.

This Awareness indicates that therefore, it is suggested that being aware of those activities of the Dark Force, one needs not battle that force; one may simply maintain their own poise and position in the Light, and from that poise, from that position, shine Light on the Darkness and allow that to be seen so that mysteries and the hidden may be brought into the Light for others to see, so that attention, not judgment or condemnation; attention may result which then has its effect of healing that which was Dark, --for attention is the sunlight that brings about the life-force to heal that which was Dark, decaying or dying, to heal that which seeks to find its sustenance at the expense of others.

This Awareness indicates the Dark Force, likened unto a parasite, feeds off of the Forces of Light, but the Dark Force as that which needs not remain Dark, for it can also become more Light, attune to the Light, and find its life-force supplied by that Light. When this occurs, of course the Dark Force shall no longer be Dark. This Awareness indicates the purpose of the Light Workers is not to condemn the Dark Forces, or flaunt their own Light, parading in front of the Dark Forces with their robes of Light. The purpose of Light Workers is to share and spread the Light. ***

Israeli shooting

Why was the story of the Korean airliner so overplayed when the first nation to ever shoot down a commercial jetliner, Israel, was barely reprimanded and the press played the game of "censorship by omission"?

On Feb. 22, 1973, five Israeli jet fighters intercepted a Libyan airliner, which had strayed slightly off course in its approach to Cairo Airport in Egypt. The Israeli jets shot down the plane in broad daylight and 108 people were killed. It received only slight mention in the press and the comments that were made almost apologized for Israel.

Why the press blackout of the Israeli incident and the exact opposite approach to the Russian incident? Shooting down an unarmed civilian airliner is wrong no matter who does it, yet it seems that the United States will stand for the murder of innocent people if the country that does the killing is one we support. — David Alexander, Minneapolis.

The Minnesota
Star Tribune

This Awareness indicates there is seen a cup, --this as a silver chalice; that this cup as that which is symbolic for the New Age. This Awareness indicates that entities who read these messages shall be hearing more in regard to this cup. This Awareness indicates that this cup contains that which serves the masses. This Awareness indicates that this cup as that which pours forth the benefits upon the world. This Awareness indicates that this cup is that which entities have searched for, which entities seek, which entities long for in their pursuit, in their desire to serve the Grail King.

This Awareness indicates that entities who search for this cup, upon finding the cup must answer the question: "Whom does the Grail serve?" This Awareness indicates that when entities fully understand whom the Grail serves, then it shall be given unto them.

(Closing Message)

This Awareness indicates that there is seen the mana which can be sent to the Higher Self; this mana, when received by the Higher Self is placed in the Holy Grail. This Holy Grail carrying the mana is then dispensed, poured out, the mana returned to earth to fulfill the prayer. This Awareness indicates that the mana having been placed in the Holy Grail is altered and becomes a different type of Manna, a Manna that creates miracles.

This Awareness indicates that an empty cup cannot pour. If entities wish their Higher Selves to serve them, they must first serve the Higher Self by giving mana to the Higher Self. This Awareness indicates that entities in giving to those sources of inspiration, to those forces of spiritual guidance, to those energies of creative forces; in giving something in these areas, receive in return blessings from the Highest.

This Awareness indicates that the gift to the Light must always be a gift of personal, vital energy; the energy coming from one's own self, one's own strength; the mana or aura of strength around you, given by the intent of your consciousness to the Higher Self, to the Light. When this is so given, then the blessings from this source of inspiration can be poured back to you.

This Awareness indicates that there are other ways whereby entities can also give to sources of inspiration: your loved ones, your mother, your father, your dear friends; and these gifts also return to you bearing appropriate gifts. This Awareness indicates that entities who wish to receive must understand that they must first give something of themselves.

This Awareness asks you again to consider: Whom does the Grail serve? ****

ED's Note: for more on how Mana works, please refer to the Scorpio lessons of the Spiritual Development course, High Magek.