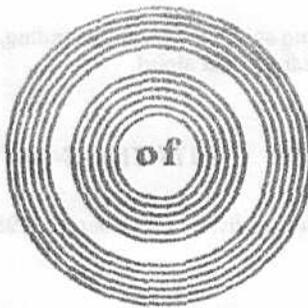


# Revelations



# Awareness

83--25

The New-Age Cosmic Newsletter

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Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

( Helping people become aware )

COSMIC AWARENESS is the Force that expressed itself through Jesus of Nazareth, the Buddha, Krishna, Mohammed, Edgar Cayce and other great avatars who served as 'Channels' for the 'Heavenly Father' and who speaks again today as the world begins to enter the New Age of spiritual consciousness and awareness. Since 1983 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



BORN WINNERS OR BORN LOSERS.....IT ALL DEPENDS ON YOUR

## Identifications

HOW TO FREE YOURSELF OF FEAR, GUILT, ENVY, ANGER, REJECTION  
AND BECOME FULLY INTEGRATED WITH BUOYANT HEALTH & PROSPERITY

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

## HOW TO FREE YOURSELF FROM LIMITATIONS--INTERNAL AND EXTERNAL

(Trance-Lecture given November 12, 1983)

### COSMIC AWARENESS:

This Awareness wishes to discuss briefly areas whereby entities can feel free, can feel a greater sense of vitality and energy in their lives. This Awareness indicates that in order for entities to have a greater feeling of freedom or a greater feeling of freedom or a greater sense of energy, which in turn gives the sense of freedom, the entity must rid himself or herself of certain limitations that are imposed upon the consciousness. This Awareness indicates that these limitations are imposed from outside present forces and influences, and are also imposed from internal, or past influences and forces.

This Awareness indicates the externally imposed forces are generally those which comes by way of authority or by way of opinion, from custom, from society, from that which is allowed by the society, and which is expected of the individual from the society at large. The internal limitations and influences are those which are generally brought about from past conditioning or training, generally authorities of the past, or expectations in past experiences, or experiences that have left the entity with a sense of anger, guilt, fear, or a feeling of inadequacy, generally which comes from rejection concepts or experiences.

#### All About Neotech

This Awareness indicates that there is a course or book which is presently being released on the market by an entity in which this entity blames mysticism and authority and politics for depriving individuals of their individual energies and their personal rights and freedoms. This Awareness indicates that this is known as 'Neotech'. This Awareness indicates that this philosophy being presented at a very high expense, approximately \$70 for the book, and that this is of a controversial nature, in the sense that the entity proposes that all forms of metaphysics, religion, mysticism, psychic phenomena, even poetry are hindrances to the mind, even music and rhythm, --anything created by the right side of the mind can be considered as being limited to the entity, so that the only thing which this entity proposes as being freeing appears to be that which is associated with rational consciousness.

This Awareness indicates that the entity would be very much opposed to this type of information which has been translated through entities, through voices or through channels as this or has been given down through the ages. This Awareness indicates the entity is also very much opposed to any form of government at all, in that these entities he sees as being what are termed "Neo-cheaters"; that a Neochearer is an entity who cheats on a high level that is undiscernable and not illegal, but nevertheless is cheating, and such entities are cheating those who are productive.

This Awareness indicates that this philosophy is such as to appeal to the worker, who is considered a productive person as opposed to the entities in politics or in religion or social work, who deal with abstracts. This Awareness indicates the entities who would be on programs such as welfare, or social security, would be considered as non-producers, and therefore through such a program, whereby the producer takes charge of everything he or she has produced, such entities would by this program feel inclined to refrain from sharing anything they made with others.

This Awareness indicates this program advocates that selfishness is that which brings the greatest good, and altruism is that which is the inherent evil, which has been presented and fostered by religions and society in general. This Awareness indicates that this entity traces down through history the course of sex in its role, in its effect on societies. The entity also shows that limitations and cultural manipulations of the sexual energies and concepts of its role in society have had a very limiting effect on entities' sense of freedom and individuality.

This Awareness indicates that the entity's book does have much which is very enlightening, and there are many who are highly impressed and feel a great sense of release from studying this material, a freedom, some express, that they have never felt before. This Awareness indicates the entity in promoting this book insists that within approximately 20 years there will be no further use or need of religion or politics in any manner; that these will be seen as fraudulent creations, and the world then will be free, and all entities will be happy and war will not further exist.

The entity does not believe in any form of afterlife, or other psychic phenomena, according to the impression one receives from reading this material. The entity does however, advocate genetic engineering which would in time allow a clone of yourself to be created, so that you could have a biological immortality by continually being created from one clone to another.

This Awareness indicates that this work appeals to many entities, particularly because it tends to free them of many of the inhibitions and guilts which have been placed upon them by their background in religious or mystical or social authority and inhibiting concepts that have kept them from feeling their individual freedoms. This Awareness indicates that this does not appear to be a book which will have a great profound effect upon society, but it does appear to be a book which does propose and present a particular point of view that is of significance.

This Awareness indicates that it is representative of a point of view from the materialist and from the atheist standpoint which is almost diametrically opposed to the point of view which religions held some centuries back, --that all materialism, all physical sensual values were evil, and the cause of such evil should be totally avoided, and entities should sacrifice and devote their lives entirely to the religious pursuits of the afterlife and forego any pleasures of the flesh.

This Awareness indicates that this present concept appears to be diametrically opposed to that, wherein the entity suggests totally abandoning all concepts of afterlife, or other world interests, or spiritual concepts, or what he terms "mysticism", even in the arts. This entity proposes a strict approach of living for oneself, expressing one's own physical interests and gratifications; while the entity does not advocate the relationship with others in a manner so as to violate others; the entity does promote that each person should be genuinely selfish and such genuine selfishness allows for a clearer relationship with others, and such selfishness would not violate others anyway.

This Awareness indicates this entity is totally opposed to concepts of environment, of the environmentalists, and is opposed to nutritionalists. The logic of this is somewhat difficult to understand or explain unless one understands that this entity did work for Dupont for some time, and felt some harassment from these forces. This Awareness indicates that the entity answers objections with an artificial scenario whereby he pretends to know how people are going to react to his book, and pretends to know that they will denounce him heavily and pounce upon him, and perhaps even arrest him or even kill him for writing these ideas, and that the ideas will still survive and the offending government and mystics will eventually be exposed as frauds.

This Awareness indicates that while this all may sound like the ravings of some new form of insanity, this entity is rather well educated and does understand much of what he is speaking about, and presents the information quite clearly. This Awareness indicates that some entities will perceive this as being a potential threat, such as neo-Naziism, rather than a neotechnology. This Awareness indicates however, the situation is such that it is not likely that this shall be taken as seriously as the entity expects. The entity seems to think that he has made some dramatic discovery about life that is totally new.

This Awareness indicates while in reality, the entity has simply dramatized a position of thought which any materialist might have already felt who had a biased hostility toward religion or mysticism, metaphysics or political influence on their lives. This Awareness indicates that this entity's creation was in coming up with a name for his position, and of doing so much work in terms of research of the many books associated with sex that have been written down through the ages for the last 3000 years and recognizing that the sexual concepts are those which most inhibit entities when these concepts are not fully understood.

This Awareness indicates that also, the sexual concepts as those which can serve as metaphors or allegories for the rest of the areas in one's life. This Awareness indicates that essentially, this book can be of significant value for many entities, just as the fundamentalist's philosophy of religion can be of significant value for many entities. This Awareness indicates the entity as proposing that he is offering something other than belief, but is simply presenting his opinions, and expects others to accept his opinions as some kind of scientific proof.

This Awareness indicates the proof which he of course gives the entity, is the proof which the entity feels after adapting to his philosophy. This Awareness indicates it is not unlike the fact that entities can accept Christianity and feel a proof from the conversion experience, ridding themselves of guilt through the blood of Christ, and through the promise of the church and the system used by religions; that this gives these entities a feeling of great freedom.

This Awareness indicates that the question may be asked: How can one entity promote materialism as a concept, totally opposed to concepts of religion, and bring about such feelings of freedom, feelings of vigor and vitality, freedom from guilt; while the other diametrically opposed philosophy of Christianity through fundamentalist conversion techniques brings about the testimony of the same thing from its adherents?

#### Freedom From Guilt--Christianity & Neotech

This Awareness indicates that these entities also feel free from guilt, and therefore feel that the freedom from the guilt through the intercession of the Christ Force is that which is the only way to go. This Awareness indicates each would look at the other and say the

other is fraudulent and should not be allowed to operate. This Awareness indicates that each has its testimonials from converts. This Awareness suggests there must be something about both of these techniques that is similar and has some significance or value which can be understood.

This Awareness indicates that the one, the Christianity, as that which relies on the authority of a benevolent deity to relieve you of your guilt, and which, through the priests of Christianity, imply guilt if you do not adhere to the program of the deity. This Awareness indicates the other, of Neotech, the high priest of Neotech as that which presents an argument that one must oppose mystical teachings, Christian dogma, concepts of religion, and throw off all of those things which led to feelings of guilt, and simply accept this philosophy and be free.

This Awareness indicates that each makes the other its devil. The Christian philosophy makes the materialistic philosophy of mammon or Satan, its devil; the mammon, or materialistic philosophy of Neotech makes the Christian mysticism its devil. This Awareness indicates that in both cases, they are simply providing a way whereby the entity can believe itself to be alright. It is much like the book which came out recently with the title: "I'm Okay, You're Okay." If an entity can believe that he is okay, then the entity has a sense of freedom, a sense of energy, and if the entity totally believes that he or she is okay, then the guilt which one has held can be dismissed, along with other feelings that he or she is not okay.

These feelings, being dismissed, leaves the entity feeling a greater sense of personal freedom, and once entities feel good about themselves, their general luck begins to change. Things begin to happen favorably for them in all areas because their vibrations, their aura, their attitudes, their way of relating to others in life takes on a new dimension or aura, and this enhances their ability, their outlook, and the way that others reflect on them and deal with them.

#### The External Authorities in Your Life

The entity who feels himself to be a loser, or a sinner, or entrapped, or imprisoned by some feeling of guilt or inadequacy or rejection, that entity emits a particular vibration which others feel, and whereby they respond to that entity as though the entity were a victim or reject. This Awareness indicates that in looking at this total concept from a different perspective, from between these two extremes, this Awareness suggests you recognize the external authorities in your life. This is everything from government bureaucracies: the IRS, the local draft board (if you're in that age and bracket and sex); the tax departments, the government controls on the economics and the programs which the government sets up which may in some way affect you or your life. These and the bureaucrats who run the operations and all the agents who work within these structures are felt as authorities, and there is that feeling that you are beneath their dignity and are not of equal status to them when you approach them.

This Awareness indicates that many entities feel this way in approaching a salesclerk in a store, or in approaching the banker at the bank, or the businessman at his business. This Awareness indicates that many entities feel this when approaching their mother or father; that the feeling toward authority can leave an entity feeling as though he or she is of lesser status than the authority.

This Awareness indicates that other entities have a different view of these. The entity who looks at the bus driver as a public servant rather than as an authority; the entity who looks at the policeman as a public servant rather than as an authority; these approaches allow the entity to have a different vibration, a different

way of dealing with those in the external authority positions, whereby rather than seeing these entities as authorities, these entities see them as assistants to them: that, "I as a citizen am asking you, as part of the government which I have formed, am asking you for your assistance in helping me on this matter."

This Awareness indicates that it makes a big difference in how you approach these entities who are seen as government figures, as to whether they are seen as authorities who belittle you in your attitude toward yourself, who intimidate you, or whether you see these as being your assistant. This Awareness indicates that much of this comes from childhood attitudes toward your parents; that some children recognize a relationship with their parents as being providers; those whom they can go to for help in terms of money, in terms of nutrition, in terms of counsel, in terms of the need for affection and understanding.

This Awareness indicates that when a child has that type of relationship with his or her parents, the child does not generally grow to feel a great dread of authority in society, but sees these entities as being there to help them. This Awareness indicates that this can be rather healthy in some ways, if the child does not go overboard to the position of feeling that "mother and father are my servants, because I am the child and they need to serve me, and society is set up to serve me in such a manner that if they don't do what I want them to do, I am going to strike back and really get on them."

This Awareness indicates that going overboard is that which is an unacceptable form of behavior in such relationships, therefore the attitude is that which has to be balanced, creating a state of rapport, but whereby neither intimidates the other; whereby the citizen is not intimidated by the so-called authorities, nor would the citizen attempt to intimidate the authorities or other entities in society by its threats to that society or to the authorities.

This Awareness indicates that this is the appropriate response entities should develop to external authorities, and once this is developed, an entity's personal energy and confidence will change drastically and dramatically so that they have greater effectiveness in their dealing with society in general. This Awareness indicates that the entity who looks at authority in this manner avoids the oppressive force, the oppressive psychological force known as fear.

#### Ways of Removing Feelings of Guilt

This Awareness indicates this in reference to fear of authority. This Awareness indicates that also, in reference to concepts of guilt: guilt essentially is in internal fear; whereas fear on the external level is often associated with authority, fear on the internal level is often associated with guilt and the concern of being caught by external forces for something which the entity has done. This Awareness indicates that there is also the guilt of one's conscience which is associated with concepts that the entity has accepted; these concepts being the authority or principle authorities within one's psyche, whereby one has violated his or her own principles, and a feeling of guilt against these principles or beliefs can also indicate or imply a potential punishment or repercussion at some time in the future if the entity continues holding those particular beliefs as being valid.

This Awareness indicates that if the entity dismisses those beliefs which brought about the feelings of guilt, generally the guilt is also dismissed. This Awareness indicates that often an entity in dealing with internal guilt will attempt to rationalize or justify the actions so that the guilt is mollified or that salve is placed over the guilt to make it heal. This Awareness indicates that another way of dealing with guilt is to make recompense, to pay back the entity who was violated, or to pay a due to society for having committed an act of violation to someone who is no longer around to be paid back.

#### What Guilt Really Is

This Awareness indicates that for example, if you hold feelings of guilt in the way you treated your mother, but your mother is no longer alive, an entity may transfer such feelings and seeking to pay back the mother, may give service to someone else. This Awareness indicates that this is a way of alleviating guilt. This Awareness indicates that often guilt is not something which is logical or justified, it is simply something that is imposed upon one through illusions, through teachings from others who have illusions, and may be implanted by the mere suggestion of threat or punishment or pain.

This Awareness indicates for example, an entity who has been told again and again, "Never scratch your head in public," such a suggestion could in time create a great guilt feeling within an entity if he were caught scratching his head in public. This Awareness indicates that the guilt has no real justification, yet the entity, fearing the hostility of his mother, who warned him: "Never let me catch you scratching your head in public," the fear is that the mother would do something unpleasant or reject the entity if he ever did scratch his head in public, and therefore, the entity can build up a subconscious guilt; the guilt is associated with the fear of a pain as a result of the action.

This Awareness indicates that this being created again by the external authority, but this may be carried after the mother has passed on and the entity is an old man. The entity may at this time still have feelings of guilt in regard to scratching his head in public. This Awareness indicates that when this occurs, and the entity has even rationalized that there was no justification for this action, the entity will be seen as his own judge and his own promoter of guilt; the guilt being promoted by the entity's own internal mind; rather than an external authority it is internalized.

#### Remove Guilt & Energy, Vitality & Health Improves (The Main Cause of Energy Loss & Disease)

This Awareness indicates that when entities can free themselves of these internalized guilts that have no rational value, or are more harmful than good, then entities can also gain a great sense of freedom. This Awareness indicates that with each degree of freedom an entity feels, the entity will also gain physical energy and enthusiasm and vitality and their health will improve.

This Awareness indicates that guilt, fear, anger, and the sense of rejection,--these are the main causes of energy loss and disease. This Awareness indicates another cause is envy, which is not so great as these others, but nevertheless does cause disease and causes a weakness of one's system, and the 6th cause is that of actual physical externally produced injury or disease.

#### Disease Caused by Guilty Feelings ( More on Cancer)

This Awareness indicates that guilt as being one of the greatest causes of disease associated with debilitating general health: poor eyesight, although it is not exclusively the cause of poor eyesight; poor vision; poor image; spine problems; problems associated with speech, associated with self-confidence and associated with cancerous conditions, or weakness of the organs.

Guilt affects the heart somewhat, and also affects the stomach and digestive tracts. This Awareness indicates that generally 90% of the things which entities feel guilty about are invalid, and are carried for years without being resolved, and which have very little need or value in an entity's life. This Awareness indicates that the only guilt that is of any value is the guilt which teaches an entity a lesson which can be applied in the future, and once the lesson is accepted, the guilt should then be discarded.

This Awareness indicates that unfortunately, entities often carry guilts based on the rejection of their parent's philosophy, or some other concept wherein they feel a love for another and obligated, because of that love, to accept a philosophy which they cannot accept, or to accept a value which they cannot accept, and therefore, when throwing that value off, they feel guilty. It is actually, when analyzed, a remorse for having violated another, and the remorse is that which it should become, and when entities understand it is simply a remorse, they may express their sorrow and their remorse and the guilt will generally fade.

#### Diseases & Problems Caused by Fear & Rejection (More on Cancer and the Death Wish)

This Awareness indicates that in terms of fear, an entity can develop a great number of diseases or anti-social attitudes (stuttering is not uncommon); fear can also affect vision and hearing; fear can create rashes and skin problems, and especially can create a timidity toward entities who appear to be of the authority type, and the entity who has extreme fear of rejection may be inclined toward spinal problems as well.

This Awareness indicates that the real fear which this Awareness refers to here however, is that fear which is sudden,--the sudden fright, the terror, the experience of terror which the entity may have felt at some moment in his or her life, or in repeated episodes, and this fear is that which can create a paranoia that exists throughout one's life, being wary and fearful of the unknown, or of certain things in the known world, and that paranoia can very easily lead to problems associated with the adrenaline, for the adrenaline becomes overactive when an entity is fearful.

It can also lead to accidents, for the entity in attempting to move quickly to use the extra adrenaline will often be inclined to careless movements. This Awareness indicates that fear is also associated with a number of illnesses, particularly associated with the liver and adrenaline, spleen and pancreas, and to the throat chakra, also the thyroid. This Awareness indicates that rejection, the feeling of rejection which entities often take on from experiences with authorities; this feeling of rejection is that which is most notorious for its role in causing an entity to become cancer prone.

The feeling of the death wish is quite common among entities who feel inept, incompetent, incapable, or of little social value, or the feeling of rejection often comes about when a spouse or loved one dies or departs as through divorce. The feeling of rejection, even though the loss of another through death is often experienced on a subconscious level as a personal rejection by that entity: "How could he or she have done this to me? I was so close! How could she or he have left me?"

The feeling when a loved one dies is often that the act was deliberate, as a violation to you. This may be on the subconscious level, but nevertheless it affects the psyche and can lead to a sense of personal rejection. This Awareness indicates that wherein an entity can fully understand the effects of the feeling of being rejected, even though this may have been when the entity was a very young child, and no memory of the rejection remains in the conscious level; the feeling of rejection as that which the entity may carry throughout a lifetime, and this feeling as that which can cause one to experience a sense of being inadequate and seeking approval, and also it can enhance the fear aspect, particularly wherein one is fearful of authority or fearful of being rejected.

#### Sense of Rejection can Bring on AIDS

Thus, these go closely together: fear and rejection, particularly when the fear is associated with authority figures of an external nature. This Awareness indicates that such diseases associated with rejection are often those which come about through the weakness of the immunity system, wherein the cells which reflect the attitude of the individual, begin to reject themselves also.

This Awareness wishes entities to understand that what goes through your mind, also goes through the mind of the cells that make up your physical body. The attitude, perhaps not the word, but the attitude that is held in your mind is also felt in the cells of your body, thus, if you feel rejection, your cells experience rejection, and begin to reject themselves also in the same degree as you experience rejection as an attitude.

This Awareness indicates that thus, depression, rejection, death-wish and the breakdown of the immunity system can very easily follow. This Awareness indicates it is in part for this reason that many of the homosexuals are highly susceptible to diseases such as AIDS, because they have experienced such a sense of rejection, and in part, they reject themselves, and their immunity system is already weakened.

#### Loss of Spouse can Bring on Cancer

This Awareness indicates that also, entities who lose a spouse, a close loved one, often have an attitude of being rejected and often also reject themselves from a sense of guilt at not having been more loving to the spouse while he or she was still alive, and thus the phenomena of the entity who becomes susceptible to cancer within approximately the 3 year period after the loss of a loved one. This Awareness indicates that it is not uncommon that entities who have cancer have experienced within approximately 3 years prior, a great loss of some type, --a loss of a loved one.

#### Diseases Caused by Unreleased Anger

This Awareness indicates that the concept of anger as that which occurs when one feels unjustly violated. This Awareness indicates of course, any entity can assume that every violation to him was unjust, particularly if the entity has not developed a sense of real objective evaluation of what is just, thus the entity who is prejudiced toward his own desires may have much anger at not being able to get what he wants, even at the expense of others.

This Awareness indicates the anger as that which, justified or not, is not put into action and therefore locks into the cells of the body. This Awareness indicates that the adrenaline which seeks to put this anger into action through fight or flight, can do nothing but sit there and pump this adrenaline energy throughout the system. The system does not flee and does not fight, for these actions are antisocial, and the entity has too great a control of himself, or is too fearful to either flee or fight, such as the child who cannot leave home because he is afraid of the outside world, and the child who cannot fight back because his father is much too big and too strong and too violent.

Thus the child feels the anger, but can do nothing, and therefore, the child is a candidate for diseases of anger. These diseases are high blood pressure, hypertension, diabetes and heart conditions, headaches and neckaches and arthritis. This Awareness indicates that skin rashes also as part of the diseases which are created by anger which is not released, or which has not been released.

#### How to Release the Anger

This Awareness indicates that thus the child growing to a mature adult, may not yet have hypertension, may not yet have heart problems, may not yet have a high cholesterol, high triglyceride blood system, but give the child approximately 20 years and these things will begin to develop, and are due largely to the anger which the child felt as a child, incapable of response to the anger.

This Awareness indicates that the release from this condition can come about if the entity is able to consciously, through the feeling level, move back to those times in memory, contact the cells of his or her body, through the feeling level, and release the anger, acknowledging that the anger is justified, and release the anger through some kind of action, even though it may be twenty years too late, wherein the entity can say to the

father, who may be now departed from this plane: "You were wrong to treat me like that!"

This Awareness indicates that wherein the entity can then look at the situation from the eyes of the father and see from his point of view how this little kid was such a nuisance at a time when he was under such great stress, and how he finally just lost his temper and violated the kid, but how he felt justified in doing so because of so many other things the kid had done previously that were not reprimanded.

The child then, as an adult, looking at both sides, may find that carrying this anger for all these years is doing no harm to the father, but is only harming the entity himself for carrying the anger of that experience. Thus the entity may then release that hostility and as a result, the hypertension can then be reduced.

If a great number of similar experiences occurred to the child, it may require that the entity go back in feeling levels to these times, tracing down these many experiences until all of them have been released. This Awareness indicates that thus, anger as a controlling influence in an entity's life, producing a great loss of energy in terms of productivity, can be released by allowing oneself to go back and feel those experiences which originally prompted the anger.

This Awareness indicates that most anger is felt as being justified, and when entities can put their energies into action, such as when one becomes angry and resolves the condition so that the anger is not held; this type of anger is not damaging to the future of the system, but when the anger is held and unreconciled, this anger is damaging.

This Awareness indicates that if there is no way to reconcile the anger, then the energy should be spent in some kind of activity of a physical nature, or some kind of ritual, or something that gives you the feeling that you've dealt with the anger, you were justified, you dealt with it, you have expressed yourself, and now it is satisfied and you are free of further energy. This Awareness indicates that you must free yourself of the energy of the anger for it to be free from your physical form, otherwise, it will create problems with the physical form.

You cannot simply be angry, restrain yourself, count to ten, bite your tongue, go into your room and sulk, and expect the energies not to damage your system. This Awareness indicates however, you can refrain from reacting violently because of your anger, you can take time to reevaluate, to go away until the anger has subsided somewhat, reevaluate and become more objective, and find ways of going back to the situation to resolve the conflict in a manner that is much more acceptable for yourself and others, for it does you no good to express your anger back on the other entity to such a degree that you turn around and have guilt feelings for having reacted so greatly.

This Awareness indicates therefore, anger is that which may or may not be justified, but still is part of the human experience, is generally brought on by a sense of violation, real or imagined, and whereby you feel a need to express yourself at high volume. This Awareness indicates that anger is really nothing but amplitude of emotion: emotional expression at high amplitude.

This Awareness indicates that in turning up or down the volume in order to force your will on another; this is anger. This Awareness indicates that it generally does not come about unless there is fear in your system, fear that you cannot communicate or cannot satisfy your interests without turning up the volume of emotionalism. This Awareness indicates that wherein an entity does not have this fear, the entity will simply repeat his desire and if it is not heard closely, the entity will repeat this again at the same volume, and again at the same volume, and such an entity over a period of time, expects that

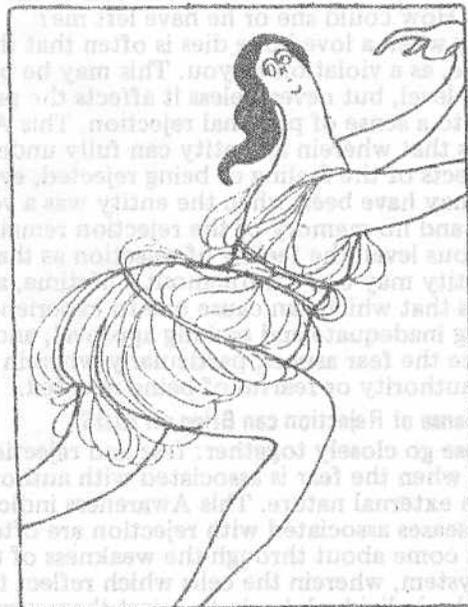
the repetition will have greater effect than the anger, for when entities are yelled at, they seldom hear what is said; they only respond to the impact of the noise, and experience shock and fear and intimidation, and though they may go along out of fear and shock and intimidation, and though these experiences may have their effect on the entity's general health and psychological makeup, it does not make the entity respect the one who yelled. It does not make the entity respect, respond or love the one who yelled. It simply creates a fear, and a conditioned obedience, or may breed contempt and rebellion, depending on how the entity deals with these energies.

Thus, an entity who has anger, must be cautious in how he or she expresses these angers, and it is better to analyze the anger and ask: "What is it really that I am afraid of? Why must I overreact to this?" This Awareness indicates that once the entity analyzes the fear behind the anger, the fear of false accusation, the fear of misunderstanding, the fear of creating something that is out of control, the fear of rejection, the fear of being put in an embarrassing position; all of these things which may occur that prompt one to become over-volumed should be looked at, whereby the entity in looking at the fear can then come to the bottom line of the anger, and may find that it is easier to change the elements of a relationship through expressing what the entity is afraid of rather than through expressing the anger at the entity's action.

This Awareness indicates for example, one may say: "I am afraid that you are going to embarrass me in public," and this then allows the bottom-line issue to be addressed, rather than the entity who simply in walking into a place turns around and says: "Shut up you silly nut!" or something of an angry retort to the entity. This Awareness indicates that any entity who has anger should look at the fear which is at the bottom of the anger.

#### Why Men Live Shorter Lives than Women

This Awareness indicates that often there is a true injustice perpetrated against the entity. The violation of oneself or one's loved one or one's property is justified as a means of anger, whereby the entity wants to fight back or to flee in fear, and the energy of expression moves into high volume; it is either tearful crying anger, or it is fighting anger; that which is the tearful helpless crying anger is often that which is most predominant among entities who do not feel they have great strength to deal with the force which oppresses them, such as is generally felt by women; therefore, the woman is known



to cry more easily than the man.

The man, being generally larger, and as being more able to deal with the energy, generally relies on the anger of action; wanting to take action without the feeling of helplessness, wanting to fight back; high volume expression, crying out with fighting energies, as opposed to what is generally associated with crying, in which the entity feels helpless and expresses the high-volume energy without the desire to fight back, but with a pleading action, asking for someone to help these terrible feelings.

This Awareness indicates that the crying out as that which is *least* detrimental, and most beneficial in circumstances of this nature, wherein one feels an unjust violation. This Awareness indicates however, it is not permissible in your society for men to use this, to complain, to cry out. Therefore, men tend to have greater problems with high blood pressure and anger-related diseases than do women.

This Awareness indicates that the tendency of men is to be active in expressing emotion. The tendency of women is to be responsive in expressing emotion, and to be receptive. This Awareness indicates that therefore, the lifespan of women tends to be longer because they release this energy through the immediate catharsis, whereas the man, seeking to take action, cannot find anything on which to act, and therefore carries the anger perpetually in the cells, and the disease that develops, develops over a period of time so that the entity eventually succumbs to these anger energies within the cells.

#### Problems Caused by Envy & Jealousy (The case of the horny minister)

This Awareness indicates that in terms of the concept of envy, the entity who is jealous of others is generally the entity who has put limitations upon himself, such as a feeling of inadequacy, or the entity who has put limitations upon himself or has allowed limitations to be put upon himself, such as the feeling of inadequacy, whereby the entity does not feel capable of doing something and therefore, is envious of the one who IS capable of doing something.

This Awareness indicates that often these limitations are not simply self-imposed, but are imposed philosophically: the mystic, the religion, the doctrine which is so opposed by Neotech may be the culprit in causing an entity to feel that it is wrong to enjoy a close relationship with a member of the opposite sex, or it is wrong under certain conditions, or it is wrong in certain manners, and therefore the entity is deprived by his or her religious beliefs, or those which were imposed upon him or her, or by the society in general, or by family or other authorities. Therefore, the entity being deprived, is envious of those who have greater freedom.

This Awareness indicates for example, the minister who has a philosophy to project, a belief system to promote, and who has a background and reputation to protect, may still have the urges which he or she sees being expressed openly by others, and therefore, may be fascinated by these urges, or even preoccupied unduly by some of these urges, and the entity is in actuality experiencing envy because he himself, by his reputation is not allowed to indulge in such activities, and thus the entity in feeling envy may in some way change or alter to become somewhat perverted, or fantasizing or such, and the envy can lead to feelings of hostility, of rejection, rejecting others which in turn eventually leads to self-rejection, or the envy can lead the entity into feeling anger at others, or anger at his or her parents, or even anger at his or her religious beliefs.

This may occur on a subconscious level, whereby the entity is angry at his conscious discipline and the entity may then be inclined to guilt feelings for having fantasies, for being angry at the religious disciplines, or for other things. This Awareness indicates that therefore, envy is often a cause of other symptoms, of other attitudes, and

can result in a wide variety of illnesses. Envy can result in feelings of rejection, of anger, of guilt, of fear. This Awareness indicates that when the entity becomes envious, he can even become fearful of what he or she might do to another and thus, the psychosis may begin to develop within one's mind wherein one becoming fearful of what he or she might do, becomes obsessed with looking at the mind as it begins to obsess itself with hostile thoughts which the entity does not condone, therefore feels guilty; therefore the mind is angry at itself, therefore the anger promotes energy for further action; therefore the anger is transferred to that which caused the action to begin, and the entity becomes angry at the one who caused the envy, such as the entity who is enjoying sex, and therefore, the entity becomes again obsessed with condemning, and a feeling of being rejected, and therefore the entity looks again at the mind and says: "I am afraid of what I could do to this person. I don't like to feel this hostility!" and therefore, the entity becomes angry again at the mind, and begins again to seek to expel the thoughts, and every action leads the entity into deeper and deeper obsession, which eventually makes the circle again and goes back toward a hostility and envy toward the entity who is, for example, enjoying sex.

This Awareness indicates that this type of psychosis, brought about by the mind moving through its circle, its never-ending circling, whereby resentment plays a major part, tolerance becomes weakened, can very easily lead an entity into states of consciousness known as insanity, whereby the entity can even become a mass-murderer.

This Awareness indicates that this of course is the extreme condition of these psychosis levels. This Awareness suggests that the combination of these many attitudes: fear, anger, rejection and envy; the combination of these is that which is most dangerous to an entity, for it creates the mental conditions, the psychosis that can become destructive, suicidal, or destructive to others, so that the body doesn't even have time to get ill, to become sick, and can lead the entity to experiences of death or great loss and injury to self or others.

#### Don't Fight It. If you Want to do it--Do It!

This Awareness indicates that for entities to understand the nature of these energies, entities can begin to recognize how it becomes possible to let these energies go, to release these energies. It is not necessary to feel envious of others; if there is something you wish to do, -do it, so long as it hurts no one else.



This Awareness indicates that you may need to be discreet in order to keep from hurting other people's values. This Awareness indicates that you need to be discreet so as not to create feelings of guilt within yourself; that you might be caught or punished, or could out. You need to be discreet so that you do not violate promises, commitments that you have made to others which will cause you to feel a sense of disloyalty, for any disloyal action has its physical effect, and creates illness to some degree; to the degree of disloyalty which you feel, either to your beliefs or to others creates a physical reaction.

This Awareness indicates that many times an entity in changing philosophy will go through a physical illness, will experience an accident of a physical nature; that accident may be necessary or may be subconscious in dealing with the action of disloyalty to the previous belief system. This Awareness indicates that wherein an entity has a feeling of disloyalty to his or her spouse, it is very common for the entity to become sick, physically sick somewhere after, or if the entity is preparing an action of disloyalty, the entity can likewise become sick.

#### Identifications that Deplete your Energies

This Awareness indicates that physical actions follow attitudes. Attitudes are created by your belief system, and your belief system is created by your identifications. When you identify with a concept, when you identify with an entity, when you identify with an authority, it is this identification process that is the root of all things associated with the mind and the mind is that which flows through all areas, through the belief system, through the attitudes, through the emotions, and into the physical body and its actions and its experiences; and understanding the nature of your identifications, --this is that which can free you.

This Awareness indicates that if you have a fear of the outside world, you are identified with the fear or external annihilation or insecurity. That identification takes away a great portion of your energy. If you have an anger toward the outside world, or any entities therein, that identification or hostility toward that force takes away much of your personal energy and vitality; your creativity, your freedom, your oneness with the Light, oneness with the clarity, your oneness with the universe; therefore your energies are depleted.

If you have a fear of rejection, or if you are identified with an experience in which there was a rejection; you did something in class, in school, in public, and were terribly embarrassed, or children made fun of you because of the way you spoke, the way you stood, the way you dressed; these feelings of rejection are identifications. You identified with that situation, and though they have all forgotten that circumstance, or if they vaguely remember, remember it only in the sense of looking back and remembering how amusing it was, and perhaps even how foolish you looked, but so what! Is it worth carrying this sense of personal rejection for all of these years, identifying your worth with that experience, allowing that experience to drain you of the energies which are rightfully yours, because you have not yet let go of the rejection complex which was formed at that time?

#### How Belief Systems Stop your Life from Happening

This Awareness indicates that in your envy, wherein you look and see all of those others out there having such a glorious time, while you yourself sit here twiddling your thumbs and have also had one of your thumbs cut off, making it even more difficult, the envy of those who have two thumbs instead of one, the envy of those who have more fun than you, more money, more wealth, more happiness...the envy of those who are out there doing what they want to do, while you yourself can only sit here and obey your patterns, and the identifications which you have associated yourself with.

## Vatican speaks out on sex

VATICAN CITY (AP) — The Vatican today issued a major statement on sex which calls sexual relations outside marriage a "grave disorder" and urges court control of mass media to curb "permissiveness and pornography."

The Holy See also repeated its stand that parents remain primarily responsible for sex education and praised virginity for rendering "the heart more free to love God."

The teachings are contained in a document called "Educational Guidance in Human Love." It is the product of a study initiated by Pope John Paul II and conducted by the Sacred Congregation for Catholic Education.

The 35-page manual is designed for use as an outline for sex education and guidance for the world's more than 700 million Roman Catholics.

Among its other points, the document said:

- Masturbation is a "deviation."
- Homosexuality must be faced "in all objectivity," and urged understanding for what it called a "disorder."
- There is an "urgent" necessity to teach the young about the church's ban on artificial

birth control. The manual condemned reducing sexual intercourse to "merely genital" personal gratification without love.

"Sexual relations outside the context of marriage constitute a grave disorder," it said, saying they were against God's plans for men and women.

The Vatican was particularly insistent about the role of government in guarding "public morality."

"It is the task of the state to safeguard its citizens against injustices and moral disorders," the congregation said.

Its document said such problems include "the abuse of minors and every form of sexual violence, degrading dress, permissiveness and pornography."

In that regard, it called for "judicial regulation of the instruments of social communication to protect public morality, in particular the world of youth, especially with regard to magazines, films, radio and television programs, exhibitions, shows and publicity."

While saying that parents remain primarily responsible for sex education, it also acknowledged that schools play an important role.

Seattle Post Intelligencer, December 2, 1983

You are identified with your belief which condemns their actions, yet you are envious of them for having so much fun, and angry at them for not recognizing that your beliefs are right and theirs are wrong. This Awareness indicates that this type of identification and the envy...these are all actions promoted by the influences of others, by conditions that have been passed on from authority and you may as well recognize most of the limitations which have been imposed upon entities through religious dogma, through religious beliefs and the condemnations from authorities; most of these which have been presented for entities are based upon their envy also, and they don't want you to have any freedom; they don't want you to have any fun which they weren't allowed to have because of their position, or because of their belief system.

This Awareness indicates that envy is that which often promotes morality for others. This Awareness indicates that it does require, when one starts looking at a social situation from an objective level, that one recognizes the real value and need for discretion in one's affairs as opposed to the superimposed discretion by social rules and by social authority figures; it does require that one be objective, for if one throws out all stops, and indulges in actions which are not only in opposition to what one can accept as reasonable behavior for oneself, but also activities which can lead to social problems in relationship with others, then one will surely suffer the consequences, for one will feel guilty afterwards, or will feel the repercussion of the attack from those who are angered by the action which one did.

This Awareness indicates therefore, an entity must have discretion and know that to throw off these unwarranted limitations placed upon one by past circumstances, past beliefs, past experiences, authorities from inside and outside of one, peer pressure and the fears that one may have; to throw these off is not a light matter. It is one that requires careful evaluation, and careful abandonment; that the abandonment must come with some form of objective evaluation: "Is this really that big of a deal? Is it really that important to me? Should I make such a big deal of this?"

You may decide: "Yes, I should! If I get caught, I'll lose my job!" or you may decide: "No! I have been envious and wanting to do this for years, and I think I'll do it!" or you may decide: "Now that I know I have the freedom to do this, it doesn't intrigue me any further, it's no big deal!" This Awareness indicates whatever the outcome, the very fact that you begin to look at your life more objectively in terms of these identifications, and to rid yourself of those identifications with past anger, past envy, past rejection, past fears; those things which have made

u what you are...when you begin to rid yourself of these identifications and take on a new identification, identifying with the smile...you may for example, say: "I am, henceforth and forever more, the smile."

Thus you have become the smile, the smile that walks through city, that walks through time and space, that walks through rooms full of people; the smile that goes through life, that goes through court rooms, that goes through schools, that goes through bedrooms, that goes through kitchens and restaurants; the smile that walks in and out of tax offices, of assessors' offices, of court houses.... "I am the smile!"

This Awareness indicates that simply by making this identification, you become a different person, and your life changes. This Awareness indicates that you may also make other identifications: "I am the smooth cool acceptable citizen." You may make other identifications: "I am the efficient one." "I am the productive one." "I am the one who enjoys life." "I am the good mate." "I am the good lover." "I am the good worker, the good student, the good servant, the good master..." Whatever you change your identification to, let it be good and wholesome to yourself and to others, so that you need not feel guilt, fear, anger, rejection or envy.



This Awareness suggests that you not any further identify yourself with: "I am the loser." "I am the poor, the weak, the down-trodden, the guilty, the shamed, the sick." This Awareness indicates you may even, if ill, change your identification and say: "I am the healthy man who is overcoming this illness;"—that very identification will begin to alter the effects of your illness.

This Awareness indicates that the mind begins with identification, and the identification determines the effect of the physical,—the physical body and the physical circumstances. This Awareness indicates that the identification can be very complex, for one cannot simply identify with one thing only and ignore all else, for one is in a universal setting, and one must establish an identification policy with all things in one's life.

#### What is a True Patriot?

"I identify myself as a citizen of this country, therefore I must identify either with the present administration as being my government, or with the Constitution and traditions of this country as being my government, irregardless of what the administration's policy may be." This Awareness indicates the entity who identifies with the authority of a government is not likely to be a true patriot, for the authorities are fickle and change every four years in this nation of the United States.

The authorities, being fickle, are not always consistent with each other, or even with themselves, therefore one who is loyal and identified with the authority is likely to be a very *unpatriotic* individual, whereas the entity who is loyal to *Constitutional Rights and the principles of behavior* which have been traditional to a country, or to its philosophical claims and ethics, is more likely to be the true patriot.

#### Recognizing your True Identifications (The Integrated Being)

This Awareness suggests therefore, you look carefully at all identifications which you hold, and which you accept, for these identifications indeed affect your life, your attitudes and your behavior in relationship to yourself and others, and these identifications affect your net worth on all levels, and these identifications can either make you a great historical figure, an unknown, or one who is a born loser, or one who is a born winner, or anywhere inbetween, or an entire complexity of energies which are so complex and controversial that no one understands who you are, what you are, where you stand, what your message is, or whether you have anything at all to say of any value to anyone.

Whatever your identifications are, these determine your life. This Awareness suggests that the entity who puts physical gratification first and foremost in his or her identification creates a life based around that. The entity who creates an identification with an abstract mystical concept which is unfounded or cannot find a clear relationship with actuality, builds a life around an illusion.

This Awareness indicates it is for this reason that this Awareness has for so long attempted to bridge the gap between physical manifestation and that which is termed the spiritual manifestations, for it is necessary that if an entity is to be realistic that the entity understand the total integration of the life forces of consciousness which are part of the spiritual energy, which in science may be termed the antimatter world, and the material world, which is the same energy with the antimatter removed,—the breath of life taken from the matter.

This Awareness indicates that it is the difference between coffee as instant granules, or coffee as a drink with water added. The spiritual world is that which has the Akasha or life force, or consciousness added to the material granules which are those forces that are condensed. The material world is that which is lacking of the water of life, the Akasha or the consciousness, and therefore is more gross; but for one to deny the other or to be divorced from the other is to create a great schizm, particularly when one is in a physical body, and does not accept the physical body as having any rights or justification to exist, or when one is in a physical body and does not recognize that the very thing that is thinking, the very life that is living in the physical body is the spirit.

This Awareness indicates that wherein an entity cannot accept identification with one or the other, the entity is in trouble. Wherein the entity recognizes that identification with both is that which is what it is, then the entity is integrated. You are body and spirit. You are flesh and life. The life and the flesh are twain. Live as both. Identify yourself as both. Merge as both.

This Awareness indicates that there is no need to deny one in order to promote the other, unless one seeks to enhance one area of one's life which has been neglected or is out of balance. If one has been too materialistic, too much associated with flesh gratifications, then one may wish to emphasize the spiritual in order to regain a sense of balance. If one has been too involved in the spiritual, and has denied the physical, and the physical is thus suffering from neglect, from malnutrition; the entity may wish to cease feeding the mind or the spirit so much energy and devotion and turn the attention to the body and give it some of the attention which has been denied it for so long, so that a rebalancing occurs.

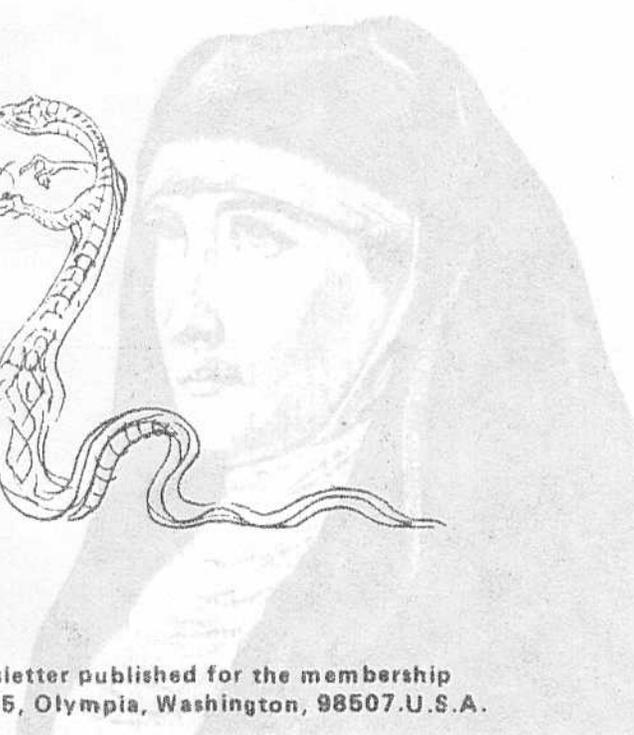
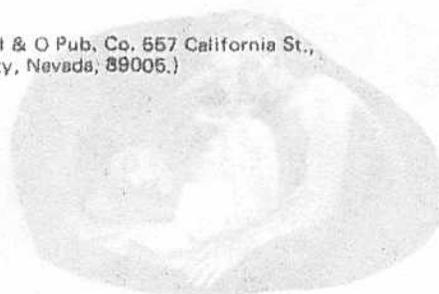
This Awareness indicates that likewise, in integrating with one's society, rather than seeing oneself simply as a separate being, one can see oneself as an individual part having equal value to all of the other parts, although being totally unique in nature; therefore, that uniqueness creates a condition whereby the entity has equal value and has just as much right to be as any other part, and must equally allow all of the other parts the same rights to be, and therefore in looking at each other, wherein there are seen disagreement, each must also respect the other's position enough to allow the individuality, even though persuasion through mutual conversations may occur to break down the barriers that cause feelings of opposition between the parts, to break down the rough edges of a relationship so that the two parts can communicate more smoothly; the crystallized energies breaking down, melting into a fluid communication.

This Awareness indicates that as one begins to communicate in this manner, being integrated between matter and spirit, between self and other, the energies which pour forth to the entity will be astounding and intense freedom and joy will abound. Prosperity will follow in all levels of one's life, --health, spiritual, physical, financial, --prosperity will abound.

This Awareness suggests the Interpreter be brought from trance.

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