





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

THE LEGACY OF PROGRAMMING: THE CURSE OF DUALISTIC THINKING ....

WOULD IT BE BETTER TO BLOW THE WORLD APART

THAN LIVE UNDER COMMUNISM ?

(July 14, 1983)

QUESTION:

We received a letter from a member in Florida. She's only been a member for several months, and she mentioned something in a letter to Vicki which I want to ask Awareness about; but in order to get to that, I'll have to read part of her letter. She says:

"Dear Vicki. If I don't get this off my mind I'll feel that I have done an injustice not only to myself but to your organization as well.

"When I joined CAC, I was given to believe that I would be joining Forces of Light. If I am to judge your organization by good works, I can see I've already been in for a shocking trauma. I indeed take affront to the cartoon on the back of the 'Revelations of Awareness', (83-10). To use your organization to slam is not only disrespectful, but taking advantage of people themselves." (This is another comment to that cartoon about Vietnam 2, starring Ronald Reagan as Lyndon Johnson, and Nicaragua as Vietnam. Ed.)

"I happen to think President Reagan is the best President we have ever had in the United States. Not only is he trying to get the people involved more in their government than to allow government to have such control over us, but he is trying to instill the great values of pride, initiative and lack of dependency on the government, which is what is ruining our government. When people stop thinking government will solve their problems and get about the business of solving problems themselves, we will be in a lot better shape.

"The government is certainly not God and shouldn't be treated as such. As far as adding to our weapons supply, you better believe that the one who is the strongest has the better chance of surviving, simply because it can be used as a threat. Since man has entered earth, war has always existed. No amount of disarmament on any part will change anything until man learns that war in itself is no solution. He must learn to love his brother. I'm in favor of adding to our arms right to the hilt. If the Cubans in Miami who have experienced such trauma stand in favor of Reagan, then we had better learn from those who have experienced and lived it, and pay attention to them.

"If it means that I have to live with Communism, then better to blow the world apart. Since life is eternal anyway, we have nothing to lose. There is such negativity in your paper that you are only adding to the dark cloud which has already gathered in the stream of consciousness. There will be no doom if we can change the thoughts of man from the negative to the positive.

(And this is what I want to ask Awareness about)...

"For your information there is a military man at a nuclear base surrounded by his men and unreachable, even by the higher-ups in Washington, who has already

indicated that should money of this country be changed by the international bankers, then he himself will set off the war himself, and if anything happens to him, his men will follow through on his orders."

I'd like to ask Awareness, is there any validity to that last paragraph?

COSMIC AWARENESS:

This Awareness suggests that this be read again.

QUESTION:

"For your information, there is a military man at a nuclear base surrounded by his men and unreachable, even by the higher-ups in Washington, who has already indicated that should the money of this country be changed by international bankers, then he himself will set off the war himself (sic), and if anything happens to him, his men will follow through on his orders."

COSMIC AWARENESS:

This Awareness indicates that this appears to be a valid statement to some degree, this in reference to an entity in the military who is of an extreme conservative nature. This Awareness indicates that this however, is in error in reference to the entity being unreachable. This Awareness indicates it rather is that the entity who made such a statement is not openly making these statements. This Awareness indicates that this as but a kind of underground bluff of the extreme conservative element in the military.

This Awareness indicates that essentially it has no great significance of meaning in terms of the entity's ability to actually carry out this type of action. This Awareness indicates that there are always some elements within any political, economic or military structure in which ideals may be held whereby the extreme view is to use military might to solve the dilemma of ideological conflicts. This Awareness indicates that entities involved in the use of military might, the concept that "might makes right," using these primitive ideas for settling differences; such entities are somewhat immature in the sense of their ability to think along new lines, along new ways of communicating, whereby rather than venturing into exploring ways whereby differences of ideological base can be reconciled or allowed to exist simultaneously, or in other words, living together in spite of differences; rather than accepting this type of lifestyle where the differences are respected and allowed, entities often seek to force others to accept their own particular ideology through the threat of violence.

This Awareness indicates this obviously dates back to the adolescent stages of consciousness, whereby rather than solving differences with reason and mutual benefit, entities revert to jungle tactics. This Awareness indicates that it is for this reason that this Awareness has stated that mankind essentially has not changed over the past 40,000 or 50,000 years, except

that his technology for killing has improved. This Awareness indicates that the technologies in terms of politics, in terms of social endeavors, social exchanges and structural design, these have changed from time to time, but essentially the essence of man's way of thinking, of dealing with differences, of tolerance levels has not changed considerably.

This Awareness indicates that the questioner as not having the benefit of much of the information which many of the long-time members of your organization are privy to. The entity seeing that which has been given to her through the general media and from her particular frame of reference, this entity's viewpoint is valid. This Awareness indicates that as the entity begins to examine other frames of reference, she may also recognize how Mr. Reagan and in fact, all of the Presidents of the past several decades have been used, and are simply being directed by the hidden hand.

This Awareness indicates that the power of the President is more in terms of being a spokesman for the policies that are created in spite of the President's interests. This Awareness suggests that there are more things in the political arena, in the economic arena than can easily be answered for this entity at this time, in this reading. That it is difficult to go back and bring entities up to where other subscribers to your newsletter may already be in order to give all of the information to fill in the various frames of reference.

This Awareness suggests that before making judgment as to the validity of these messages, this Awareness suggests that you explore more of the preceding messages in regard to general political/economic information from past readings. This Awareness suggests that it is only in looking more deeply that entities can discern more deeply. This Awareness has no particular bias one way or another in regard to your political affairs. Its concern is in assisting entities to learn to discern and to put in order the energies of their society, of their lives, so that they may progress on all levels toward greater spiritual harmony.

This Awareness indicates that it does not attempt or desire to favor one side over another in polarized conflicts, but prefers to give sufficient information so that entities can depolarize and reconcile those conflicts. This Awareness indicates that there is within the military a faction of hard-core conservatives who are aware of the international banking concerns and controls and who would in certain circumstances risk an action if it appeared necessary and if it appeared it could be successful in a coup d'etat to set up a military government for the United States.

This Awareness indicates however, that this faction while there, is not making plans in this direction, but has the plans available if it feels the implementation of such plans is necessary.

#### THE REASONING THAT PERPETUATES

#### WAR AND VIOLENCE

#### QUESTION:

Would Awareness make a comment or two on her line: "If it means that I have to live with Communism, then better to blow the world apart. Since life is eternal anyway, we have nothing to lose."

#### COSMIC AWARENESS:

This Awareness indicates that this way of reasoning as that which perpetuates the idea of war and violence as a solution to different ideologies. This Awareness indicates that with this type of reasoning, the entity may enter into a future life having the same ideology whereby she would prefer to blow her new

world apart rather than to accept the existence of "gloffism." This Awareness indicates there are always those ideologies which are different from the one you hold, and the solution to this problem is not simply to destroy that which is different from yourself, or that which holds a different ideology from your own, but to find ways whereby dialogue can begin, whereby entities can exist side by side with different opinions, different lifestyles, whereby nations can allow each other's lifestyles to grow and to develop toward a synthesis.

This Awareness indicates that Communism as is given, has been modified considerably to the point wherein the differences between the State Socialists of Communist countries and the Corporate Socialists of Capitalist countries are not so pronounced, whereby rather than a question of living under Communism or democracy, the question is whether to live under Corporate Socialism or State Socialism, or whether to live under a totalitarian government over either of these particular isms.

This Awareness indicates that essentially the idea of Communism is a term that is more appropriate to the 30's, 40's and 50's, for the concern at present is between the powers of the Western banking establishment and its various hierarchy systems running through the secret organizations, the Council of Foreign Relations, the Trilateralists groups, the various agencies and the various controls over the governments, and the governments of other countries, (this in the Western areas), and the conflict that exists between these and those of the Eastern Bloc including the Russians, Chinese, and those areas in the Middle East.

#### Communism Vs. Capitalism Not the Reason for War

This Awareness indicates that Communism and Capitalism are not the real issues involved in any of these disputes. These wars are not over Communism or Capitalism. They are not over democracy or totalitarianism. They are not over the rights of individuals or the pursuit of happiness, nor are they brought about to free entities from enslavement of dictatorial countries. These wars that are being perpetrated around the globe are over resources, are over oil, are brought about because of the strategic value of minerals, of produce and of the territorial value of certain land positions or waterways.

This Awareness indicates that if the corporate rulers were to say to you: "We must fight for our oil, we must fight to gain control of the oil fields of Venezuela, in Mexico. We must create conflicts in these areas which will lead these people into rebellious activities that will allow us to enter in with our military forces in order to quell the rebellion and bring about our puppet governments into these areas so that we can take over the oil and mineral rights in those countries;" if these corporate powers were to tell you this, you would say: "No, I will not support such actions."

This Awareness indicates that therefore, the corporate powers, wanting your support, warn you of the encroaching dangers of Communism. This Awareness indicates that likewise, the Communist countries, seeing the need for oil, for seaports, for strategic metals; seeing how the Western corporate organizations are encroaching into the developing nations, stealing their resources, enter into those nations and disrupt the process by giving arms to the people, and an ideology which makes the people feel that if they fight, they can throw off these oppressors, and therefore they take the arms and begin their struggle for so-called liberation.

This Awareness indicates that these battles are not battles for ideals; these are simply battles based upon greed and power. This Awareness indicates that to concern yourself with the ideals is to be naive. This Awareness suggests you should rephrase your statement and ask yourself: "Is it better to live with someone else

getting all of the gold, silver, oil, rather than for the corporations of my country to get the gold, silver and oil; or is it better for us to blow ourselves apart rather than letting someone else have these things?"

This Awareness indicates when it comes down to the bottom line it is nothing other than greed factors, but in the higher lines of the scenario it is sprinkled with words such as "liberty and freedom" as opposed to "tyranny and totalitarian controls," and "Which do you wish for your children,--the liberty, or the totalitarian controls?" This Awareness indicates that obviously you would prefer liberty and would be willing to kill or be killed rather than to accept the totalitarian controls, therefore, you would sign on the bottom line, granting whatever is desired by the corporate structures which control the government, and allow them to have the military weapons of the government so that they can take over these little nations and get the resources which they desire.

This Awareness indicates that it is time for entities to cease being so naive. The child-like naivety of entities to believe that they are standing up for liberty and freedom as opposed to tyranny and dictatorship; this naivety is that which is destroying humanity.\* This Awareness indicates that it is time to realize that you are watching the battle between forces which are seeking power and which are seeking economic controls through the rape of the nations and of the people therein.

This Awareness indicates once you understand this, you may then have a better chance to be objective in your evaluations, rather than simply parroting the slogans that were presented and programmed to you 50 years ago. This Awareness indicates that by any name, greed is greed, force is force, deception is deception, and all of the ideological icing and covering will not hide forever the truth. \*\*\*

\* The word 'naive' is a rather gentle way of saying you're stupid. Ed.

## ALTERNATIVES TO THE 'EITHER/OR CONDITIONING FROM OUR PARENTS

(MORE ON MIND-MANIPULATION)

(Opening Message, following reading)

### COSMIC AWARENESS:

This Awareness suggests that in a previous question, an entity remarked in reference to the concern that it would be in her opinion perhaps better to die than to live under Communism. This Awareness wishes entities to look carefully at this argument, and at this type of argument, for it comes up frequently during your experiences and may be used frequently to create a way of manipulating one's thoughts toward a particular end. This Awareness wishes entities to become aware of this type of argument, or type of mind manipulation.

This Awareness indicates that this is essentially an argument of either/or, which is an argument giving a choice between two things: Either live under Communism or die, or either fight against Communism and destroy it, or live under Communism and die, or some similar argument such as this;--these arguments, either/or, wherein an entity is given a choice by the one presenting the argument,--these either/or arguments are those which present a polarized type of situation in words, in thoughts, in concepts, which appear to limit the options of an entity into one or the other choices.

The one being this, the other being that. This Awareness indicates that this type of thinking, this type of argument, the either/or argument is that which can be used very effectively in manipulating the minds and behavior of others, in giving them what appears to be a choice, one being more acceptable than the other. 4.



This Awareness indicates for example, one may present the statement: 'Either give me what I want, or I will scream.' This Awareness indicates that if the entity accepts the statement as having any form of significance and validity, he must choose between giving the entity what he or she wants, or listening to the entity scream.

This Awareness indicates that if on the other hand, you do not recognize the statement as having the significance that the speaker wishes it to have, you have many other options. This Awareness indicates that only if you limit yourself to the either/or choices are you limited by the either/or choices, and this Awareness suggests that you have a choice as to whether you wish to be limited to that either/or choice, or to use one of your other options.

This Awareness indicates that you may for example, use the option of responding to that threat: "Either give me what I want or I'll scream;" you may use the option responding with a statement: "That is not the way to relate to me," and in such response you may totally defuse the either/or threat, the condition. This Awareness indicates there are many ways whereby you may respond. You have many options available. But when you forget that you have such options, you may find yourself limited by the either/or concept of having to choose between this or that.

This Awareness indicates that entities have been conditioned by their parents as children to accept the either/or concept, the concept of "either go to bed or get punished,"--"either eat your meal or leave the table,"--"either do as I say, or you're going to get it!" This gives the child a choice between two evils, or two unwanted choices, and the child being put in a position of having to make a choice, accepting such options without realizing there are any other options available may yield to one choice or the other.

This Awareness indicates that through such manipulation, the parent raises the child to be easily manipulated by offers of choice,-- either this or that. This Awareness indicates that at some particular stage in mental development an entity begins to glimmer and glow with the realization that those are not the only two choices available. It is not necessarily either this or that, it is possible it *could* be something else. This Awareness indicates that the majority of entities on this plane when confronted with a choice do not stop to ask if there are other options available, but rather look at the choices offered and begin to attempt to make a selection between this or that.

In some cases the choice may multiply, whereby the entity becomes confused as to which of the many choices to choose. This Awareness indicates that when one is free to select for oneself without any sense of pressure, the entity may choose from the choices available, or may reject the entire lot and go elsewhere, looking for other choices in life, making other selections based upon his or her own tastes. This Awareness ind-

icates that for an entity to feel that he or she must make a choice between living under Communism or dying, or living under Communism or promoting nuclear buildups which risks the possibility of nuclear holocaust; wherein entities feel that these are the two choices available to them, it is simply a reflection of the immaturity of their consciousness.

It reflects that they have not overcome the programming put upon them by the choices offered to them from authority during their youth and childhood. This Awareness indicates that when entities become free to think without the intimidations of being offered either this or that and nothing else, whereby entities overcome such intimidations they may cease to be inhibited and intimidated by these authorities so that they can think more clearly and ask themselves: "Is this the *only* choice available in this experience called life? Is there no other way to deal with these situations in life? Is there not some way whereby people can live and solve these problems, these disputes, without continual buildup of armaments and greater threats of war? Either you back down or we'll build up more armaments, and then of course, if we build up more armaments we will expect that you will build more armaments also."

#### How Dualistic Thinking is Adolescent Thinking

The either/or concept of threatening the other, or offering the olive branch, --this is for children, for conditioning immature minds. This is for entities whose consciousness is limited to a duality type of thinking, the dualistic approach, thinking in terms of polarized concepts, --positive or negative, right or wrong, yes or no, good or evil, life or death. Opposites in every manner. The dualistic type of thinking cannot see processes that lead from here to there, that resolves into this, that synthesizes, whereby this mixed with that becomes this.

The dualistic type of thinking hates the night, and loves the day, or loves the sunshine because it hates the rain. The dualistic type of thinking being polarized, cannot simply look at the process and recognize that all things are in movement, in swings, in sworls, in cycles, and that entities who may at one time promote some concept or ideal may in time recognize that it can only be taken so far, and it too becomes error.

#### How to Minimize the Sorrow and Tragedy on this Plane

This Awareness indicates that any dualistic type of thinker sees good in one side and evil in the other, but does not easily see that either side, when pushed to extreme causes problems and both sides, when merged together, bring reconciliation. This Awareness indicates that all that is necessary to minimize the tragedy and suffering on this plane is to find ways whereby rather than intensifying and increasing the polarity, the extremes, you can reconcile and diminish these extremes, and find ways whereby each side can come together, can accept, can find toleration for the other.

This Awareness indicates that it is not a question of living under Communism or any other ideology, or facing death. It is not a question of having to abide by this type of unpleasantness or fighting and offering your life in order to bring about some pleasant ideal. It is not a question of being willing to sacrifice everything that ever existed upon this planet in terms of history, in terms of individual hopes and dreams and wishes, in terms of individual creations, artistic expressions, in terms of the architectural energies and designs and construction that have gone into your civilized creations, in terms of the future that is possible for your children and those to come.

It is not a question of whether to sacrifice all of this or to accept life under Communism. That is simply a mind game, a hypothetical concern of thought. Thought is always ready to create riddles and games and problems to be solved through a dualistic type of reasoning. This

Awareness indicates that this decision or choice is nothing but a game of the mind. This Awareness indicates the reality lies not in making such a choice or defining such a choice; the reality lies in living a life which promotes harmony, peace, happiness as a lifestyle and alternative to dualistic and polarized thinking; the alternative of reconciling differences rather than intensifying the threats to irradicate differences.

This Awareness indicates that if mankind destroys itself, as indeed it is possible to do, for there have been other civilizations on planets which have reached this critical stage in their development whereby these civilizations increasing in technology but retarded in psychology, unable to cope with the reality of the power available to them. The reality of the awesome power of life and death of an entire planet, the awesome concern being more in terms of promoting their own pet beliefs and pet interests, willing to risk the entire civilization in order to preserve or promote or maintain some sense of self-righteous dignity and claim of superior purpose.

These civilizations with all their dedication and commitment to their ideals no longer exist. Many of these have ceased to exist totally, or their are but mere fragments left in forgotten subconscious levels of entities who somehow through luck escaped, but unable to tell the tale except through vague memories and feelings of an intuitive nature. Such entities may recognize when they see another planet moving on the same course of development, using the same arguments, claiming to have some righteous reason for giving a choice: "Either yield to my belief sytem or we'll all perish together."

This Awareness indicates that this is a critical stage in the evolution of a planet, of the civilizations of the planet. This is a critical stage of the development of the species and to move through this stage toward maturity, that is the goal, rather than getting one's way, or destroying everything. This Awareness indicates that it has been noted that young adults experience the highest suicide rate. This Awareness indicates that likewise young civilizations, having moved past puberty into the ages of technological development, having great scientific genius, but having poor sense of social values, of spiritual understanding and wisdom, feeling themselves proud, new in the realm of the adult or mature civilized creation, whereby these civilizations see themselves at the apex of development, seeing themselves capable of playing gods, even as children grow up seeing themselves capable of playing adults, and as children in becoming adults, grab for the toys of the adults, the vices, the power and the glory which they associate with being adult, and how these children or young adults so frequently confuse these vices with the concept of being adult, and rather than accepting the responsibility of true maturity, they grab for the power that they see as indicating they are adult.

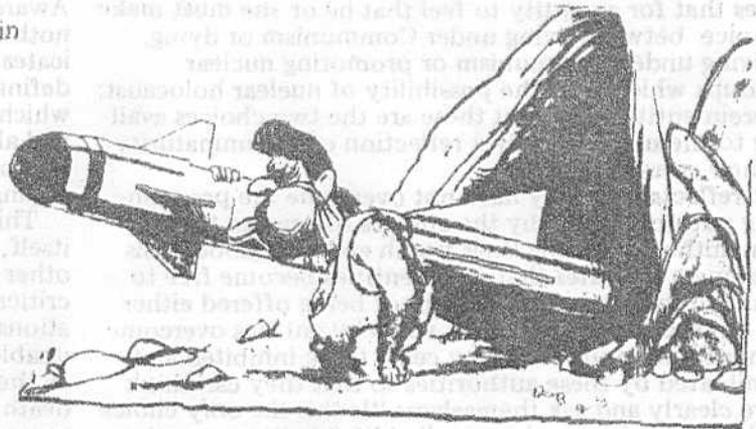
This Awareness indicates likewise, civilizations moving into technological development, whereby the entities involved begin to see themselves as gods, grab for the power of the gods, grab for the vices of the gods, willing, ready, excited, hopeful and proud of their ability to wage war, destroy enemies, conquer unconquered lands, destroy that which would interfere with their godhood.

This Awareness indicates these young radical civilizations on these immature planets know not what it is to be a god, or to be like gods, for they only have tasted the power and not the responsibility, the awesome responsibility that must accompany the power. This Awareness indicates that all entities developing, moving toward godhood, must learn not only to accept the power that comes with the godhood, but must also learn to accept the awesome responsibility and the first and most important responsibility is to learn to *think* like gods.

This Awareness indicates that gods do not think in limited duality concepts.

\*\*\*\*\*

ED's Note: Strangely enough CAC does get letters, mostly from new members, who inform us that we must cease and desist from being 'political' in our material, illustrations and comments. None of us around here can rationalize nuclear annihilation as 'political'--it is strictly a moral issue, concerning every entity living on this planet. The fact that certain moral degenerates may have sithered into office via the political system and degrade the American people and their heritage with primitive, simian leadership; this has nothing to do with the real issue, which is extinction. Ed.



...the cancer conspiracy (continued)...

### The Strange Death of Ruth Carter Stapleton

#### QUESTION:

A question from D.A., Minneapolis: "Ruth Carter Stapleton, the sister of former President Jimmy Carter, was undergoing a controversial treatment in the Bahamas to cure the pancreatic cancer that she had. She was using a special diet that was completely natural in its approach. Her doctor, Dr. Lawrence Burton, stated that the treatment consisted of strengthening the body's immune system; the same type of approach that was suggested by Awareness.

From a sample of the patient's blood, he isolates and then concentrates natural proteins that stimulate the immune system. Once this serum is reinjected into the patient, his own immune system is able to battle the cancer and theoretically stop it. He said in his last interview that she was doing very well, and should be home in about 6 to 8 weeks. Seven days later a New York Times article stated that she had died of pancreatic cancer in her home in Fayetteville, North Carolina. They mentioned nothing

about the controversial treatment and said that she had died because "She relied only on God to help her." It went on to describe that she used faith healing techniques. This sounds awfully suspicious. If she came home, she must have been feeling better.

Did she really die a natural death, or was she silenced because she was a threat to the medical establishment because she was actually cured by this controversial treatment outside the country?"

#### COSMIC AWARENESS:

This Awareness indicates that It does not wish to point fingers in regard to who was responsible for this entity's death. This Awareness indicates however, that the entity was essentially healed before returning.

\*\*\*\*\*

\*ED's Note: for some similar information, please refer to 'Revelations of Awareness' No. 81-4 (The Strange Death of Steve McQueen); \$3.00 from CAC.

### HOW COME THE AMERICAN CANCER SOCIETY IS SUDDENLY TELLING THE PUBLIC THE TRUTH?

#### QUESTION:

He had one other question about cancer. "A New York Times article dated Sept. 30, 1983, states: "Fruits, vegetables and whole-grain cereals will be included on a new diet suggested by the American Cancer Society to reduce the risks of cancer. The Society says that high fat foods increase the risk of cancer, while foods such as fruits and vegetables seem to offer protection against the disease. They go on to say that some of the new techniques include cutting out fatty meats, cooking oils and fats, and that Vitamin C and dark leafy green fresh vegetables are some of the best cancer fighters there are.

They go even further and say not to eat salt-cured and pickled food, and to drink alcohol only in very moderate amount. These preventive measures are almost word for word repeats of what Awareness has told us about cancer prevention. The American Cancer Society which has withheld and helped ban many controversial treatments, and which is obviously working with the American Medical Association and is a part of the Global 2000 program to depopulate the earth, has completely and totally reversed their position.

The senior Vice President for research at the American Cancer Society, Dr. Frank J Rosher Jr. was quoted in the article as saying, "Even though some groups such as the ... industry are saying that these recommendations are

inappropriate and speculative, we don't think the recommendations are controversial. The evidence is convincing enough to suggest that modifying the diet could indeed provide protection against cancer."

I'd like to ask Awareness why the American Cancer Society has reversed itself and is now promoting techniques that will actually help prevent cancer and substantially reduce their income for research?"

#### COSMIC AWARENESS:

This Awareness indicates it has become a near joke in its inability to come to any success in finding ways to diminish cancer. This Awareness indicates that it must have some occasional successes. It must be able occasionally to point to some records to show that cancer is being eradicated in some way, to some degree. This Awareness indicates that were it to continue getting progressively worse, entities would begin to feel that the American Cancer Society was of no value anyway, and would turn more and more toward the alternative treatments.

This Awareness indicates this is exactly what has been occurring and these alternative techniques have become more vocal and more capable of dealing with these cancer patients. This Awareness indicates therefore, the American Cancer Society is put on the spot to look at some areas whereby they may be of assistance to the public without necessarily coming up with a particular cure for the disease.

This Awareness indicates that therefore, suggesting that entities are responsible themselves, and take the responsibility by altering their diet; this approach which many doctors have now accepted is that which is almost forced upon the American Cancer Society, for so many doctors have a sincere desire to help their patients that they too put pressure on the bureaucrats in the American Cancer Society to approach the condition from a dietary direction.

This Awareness indicates that recently, doctors of the American Medical Association have become more aware of the role and importance of nutrition and diet; that this is relatively new to these entities who have previously relied almost exclusively on the scalpel and on the pill from the pharmaceutical companies. This Awareness indicates that for these entities to turn to nutrition and diet is a major change in the course of medical treatment in this country.

#### 7TH DAY ADVENTISTS PAVES THE WAY

( More on Naturopathic Doctors )

This Awareness indicates that this change came about due to research, largely from healers who went outside the traditional medical establishment to find cures for their conditions. This Awareness indicates this including the Seventh Day Adventists who helped to establish health food stores throughout the nation. Back in times when vitamins and minerals were hardly ever found anywhere, these entities opened health food stores which included vegetarian foods and vitamins and minerals.

This Awareness indicates that also the naturopathic doctors and homeopathic doctors; the naturopathic doctors being not allowed to practice medicine in ways that were allowed by medical doctors, being very limited and unable to prescribe drugs from pharmaceutical companies; these doctors not being allowed in many cases to even give a patient a shot with a needle, or to extract blood for a test; these doctors had to find ways to heal within the very limited areas prescribed by law.

This Awareness indicates that in New York, naturopathic doctors still are not allowed to take blood for tests, while in Oregon, naturopathic doctors are taking blood tests and giving shots, giving treatments that are acceptable under a more lenient approach. The power of the pharmaceutical companies, being stronger in New York prevent these doctors from having much opportunity, while in Oregon, the naturopathic doctors have greater opportunity and therefore, are able to learn new ways, new techniques which are totally different from the approach used by the allopathic doctor, which relies on the pharmaceutical company and the surgical approach.

#### Many Chiropractic Doctors are More Aware

This Awareness indicates that likewise, chiropractic doctors are forced to conduct their healing under very limited and rigid allowances, and therefore they generally tend to combine their chiropractic training with other training such as naturopathic or homeopathic medicine, and thus become more rounded in their approach. Thus a doctor who understands the spine and its effect, the nerves, the general bone structure, muscle and nerve fibers, along with naturopathic medicine, vitamins, minerals and so forth; nutrition and the homeopathic approach; such a doctor has a more holistic understanding of the total body and the total health mechanism of the system than the doctor who has studied only the use of particular drugs and their effects on the various parts of the body, relying on these, or who has studied various types of operations for severing or altering malfunctioning organs.

This Awareness indicates that there are different approaches and that in recent times, the alternative medical systems have begun to flourish and entities have begun to flock to these alternative systems particularly in the West, particularly in the Northwest, and that there are books being written and presented in health food stores and in other places wherein entities are beginning to become their own healer, their own doctor, their own nutritionist, and these entities in finding no help from their doctor, learn to heal themselves, and from this learning, turn around and heal their neighbor of the same or similar problems.

This Awareness indicates that thus, entities are catching on that the whole grain diet, the low fat diet, can be of great benefit, that vitamins and minerals used properly can be of great benefit, and as entities discover this, the medical doctors are being forced to come up with answers, for when the patient begins to know more about his or her problem than the doctor knows, the doctor is put on the spot. This Awareness indicates that when a patient finds a solution to an illness from a neighbor and has found no help at all from a number of doctors, this kind of story is damaging to the reputation of the entire medical profession, thus the doctors must begin to accept the fact that vitamins and minerals do have an importance.

This Awareness indicates that until recently, many of these allopathic doctors, agents of the pharmaceutical companies, trained in those schools and hospitals, sponsored by the pharmaceutical companies, or which receive grants from foundations directly or indirectly associated with pharmaceutical companies; these doctors are being forced to recognize the use of vitamins and minerals which until recently they said were of little or no value in treating disease.

This Awareness indicates that when vitamins were first discovered, the entity who discovered them was considered to be a fraud, and that they were of no importance. This Awareness indicates that even up to quite recent times, Vitamin E was considered to be of little value, and that there was some consideration of taking it off the market, so that entities would not use Vitamin E. This Awareness indicates that until recently, just within the past decade, there were attempts and plans and considerations to remove all vitamins from the shelves except for very small doses—such small doses as to be totally ineffective.

This Awareness indicates that until quite recently, many of the more potent and valuable substances in terms of healing were not allowed in this country. This Awareness indicates that Vitamin B-15, that which is also known as DMG, and SOD, and these antioxidants; these were very difficult to find and there was effort to prevent them from being sold. This Awareness indicates that just within the past year, the World Institute of Health has been allowed to sell at retail the GH3 formula. This Awareness indicates that in other countries this has been available for 40 years, but in this country it is only now released for retail sale. This Awareness indicates that this in reference to the original formula of Dr. Aslan.

This Awareness indicates that now that the allopathic medical profession is becoming more on the spot to use and consider vitamins and minerals and nutrition, they also are considering these in dealing with patients and when medical doctors begin to deal with patients in terms of vitamins and minerals or nutrition and diet, then these other agencies such as the American Cancer Society must also follow suit in due time.

## Cancer & Dangers of the Low-Fat Diets

This Awareness indicates that in reference to the low fat diet, there is an area wherein this has not been fully clarified, or perhaps understood by those entities in the American Cancer Society, for the use of vegetable oils in cooking and in salads as that which entities must be particularly careful about. This Awareness suggests that margerines, for example, and those low cholesterol oils and vegetable oils which appear so attractive in terms of avoiding cholesterol; these can be even more dangerous than the regular butter or the animal oils.

This Awareness indicates that in the use of oils, particularly those vegetable oils that do not have any preservatives, there is great danger that these oils may be rancid and that you would not be able to detect the rancidity, for they do not have an odor or taste when rancid until extremely bad, but they do become rancid much more quickly than animal oils or oils with preservatives and that these oils, when rancid are a major cause of problems within the system that can trigger off and contribute to cancer.

This Awareness indicates that this is associated with creating free radical conditions in the system that help to feed the system to cause a breakdown in the immunity system and to lead to other conditions that contribute to cancer, and other problems. This Awareness indicates that the use of GH3, SuperOxide Dismutase, Selenium, Vitamin C and RNA; these can help counter the effects of rancidity in the system. This Awareness indicates that fasting can help to cleanse the system also and that the diet suggested of fresh vegetables, fruit and grains can also be of assistance in cleansing the system of this condition.

### Constipation from Eating Cereals

This Awareness indicates that this as being a large part of the problem in regard to cancer. This Awareness indicates that a diet of healthy fresh fruits and vegetables and grains and sufficient protein as that which can be of major value. This Awareness suggests that entities in eating cereal attempt to eat that which is hard in the mouth for that will assist the bulk to allow for greater digestion. This Awareness indicates that the softer the food in the mouth, the more hard the stool; the constipation results largely from eating too many soft foods and not enough fiber.

This Awareness suggests therefore that grains, whole grains particularly, as being more beneficial than that which is refined grains, such as white flour products. This Awareness indicates that the use of bran, such as bran flakes, should be used with care as too much use of that substance depletes the zinc and iron from one's system; that these certain minerals are drawn out as a result of too much bran.

This Awareness indicates that psyllium seeds in cereal as that which is of great benefit. This Awareness indicates that oatmeal and millet are especially healthy foods in the grain areas; that triticale [a hybrid between wheat and rye. Ed.] as also of great benefit.

### Vegetable Diet is Defined (French-Fries a Killer)

This Awareness indicates that when *It* refers to vegetables *It* is referring mostly to those vegetables of a green leafy nature; this including cabbage, broccoli, Brussel sprouts, lettuce and greens, as well as tomatoes. This Awareness indicates that *It* also suggests the use of carrots and beets; that potatoes have some significant value, being high in Vitamin C and other nutrients. This Awareness indicates however, that these being of a starchy nature, are not the same as those other vegetables.

This Awareness indicates that entities who are heavy in terms of the use of vegetables should also be quite aware of the need for the balance of calcium, potassium and magnesium in the system. This Awareness indicates that *It*

does not recommend the use of potatoes in French fries, or cooked in heavy oils; that this as having become a major food-source to the American diet; that French-fries laced with salt as that which is a real killer.

This Awareness indicates that entities can indulge in this type of diet for a period of time while maturing and while still young, but that in time it will catch up with entities, particularly if this is an everyday event. This Awareness indicates that occasional French-fries, even with salt are not that harmful to entities whose health is relatively stable, but if this becomes a major part of one's diet, one can expect to have trouble.

This Awareness indicates that the same goes for ice cream and cakes and cookies; that these so-called "junk-foods" contribute to future illnesses and breakdown in general health. This Awareness does not however, wish to imply that these foods should be total taboos for everyone at all times; that entities need not be so restrictive on their diet that they never allow their child to have a piece of candy or an ice-cream cone or a French-fry; that rather that they keep their diets in tune with the more healthy and natural diet, but still allow occasional indulgences in the junk-food area, if this does not become too frequent.

This Awareness indicates that it is important that children learn at an early age that these foods are dangerous if indulged in too much. This Awareness indicates that the older an entity becomes, the more they should move away from the junk-food diet and toward the more holistic and natural diet.



## HOW TO DETECT RANCID OILS AND FOODS

### QUESTION:

...These vegetable oils and margerines that get rancid; is there any way the average entity can detect that these have gone rancid?

### COSMIC AWARENESS:

This Awareness indicates that you can assume that vegetable oils, depending on the type; for some are more vulnerable to rancidity than others. This Awareness indicates that in the *Life Extension* book\* there is a table indicating the various types of oils and how quickly or slowly they turn rancid. This Awareness indicates that in terms of rancidity, you can assume that a vegetable oil which has no preservatives and which has been left unrefrigerated and opened for more than 24 hours is probably rancid.

This Awareness indicates that if refrigerated, but opened, you can assume it will go rancid within approximately one week. This Awareness indicates that this of course depends on the type of oil, for some are more vulnerable than others. This Awareness refers you to the chart listed in the *Life Extension* book. This Awareness indicates that some oils may give off an odor more quickly than others, but these odors are not the indication that the oil has just turned rancid, for it may have turned rancid much sooner.

This Awareness indicates that in terms of animal fats, these are easier to detect in terms of rancidity, for the odor appears sooner. This Awareness indicates however, even these start to turn rancid before the odor is smelled.

\*\*\*

\*Life Extension' is published by Warner Books, New York. Also available from CAC. Please see book catalog sheet.

## USING THE PENDULUM ON FOODS

### QUESTION:

Awareness, I've always used a simple pendulum to holdover foods and oils and stuff to find out if it is fit to eat. I'd like to ask: Is this method reliable?

### COSMIC AWARENESS:

This Awareness indicates that it is as reliable in this area as it is in other areas for you; that wherein this method works for you in detecting information, that this is appropriate and reliable. This Awareness indicates that for some entities this would not be reliable for they would not have the reliability in using this particular method; that many entities cannot get appropriate answers by using the pendulum, whereas others can.

ED's Note: This editor has been using a pendulum to check out foods etc. for many years, and so far it has been reliable. For those who wish to develop their ability to use the pendulum, the book: 'Psychometric Analysis,' by Max Freedom Long, published by DeVorss & Co. is recommended. (Also available from CAC. Please refer to Book Catalog Price Sheet.

### The separation of church & state...

## SELF-HEALING VS. THE MEDICAL PROFESSION

### ( Will God Always Heal the Afflicted? )

### QUESTION:

(July 15, 1983)

A question from A.E. of New York City. "I have a question which I think is pertinent which may be put to Awareness, if not already done. Last night on the news they talked about members of Faith Assembly in Indiana who refused medical treatment, and certain of whom may have died because of this. Their leader wants them to cancel all insurance that they may carry, never call a doctor, and that they will be healed by prayer, if that is God's will. It is true that prayer has great healing power, but are we all capable of such undiluted faith? What is one to do when faced with emergencies, even daily aches and pains? Should we run to the doctor or hospital for relief, or should we await the outcome, letting nature take its course? Who is right? What is right? Of course there is a happy medium between the two extremes probably, but often the choice is between to do, or not to do, have surgery or not, and when you're suffering, it's a hard choice. Would Awareness please comment on this?"

### COSMIC AWARENESS:

This Awareness indicates that there are always entities who react to circumstances by taking a fanatical position. This Awareness indicates that often these entities are involved in positions wherein they have influence over others. This Awareness indicates in some instances these entities are involved in activities, influencing others as religious leaders. This Awareness indicates that wherein a religious leader, or any entity in any field of activity who influences others, takes a position that is of great fanatical pose, and dictates that others should behave in a similar manner or hold the exact same beliefs without question or without choice on their own, this is a form of dictatorship, whether it is within an organization large or small, or in a religious group large or small, or as a kind of cultural leadership.

This Awareness indicates that wherever this is found, entities should recognize it for what it is. This Awareness indicates that having dispensed with this particular aspect of the question, this Awareness wishes to address the concept of how such a position came about and whether it has any validity. This Awareness indicates that it is obvious to many entities that the medical profession is in many ways inept, that the medical profession has in many ways failed in its delivery of its promises.

This Awareness indicates that for this reason there are many entities who have become disillusioned with the performance of the medical profession, and those entities who are so disillusioned may also feel it is important to find something which they can believe in, and whereby they may throw off their dependency on the medical profession and turn their dependency toward something else.

This Awareness indicates that if the entity is not well schooled or does not research carefully to discover where and why and in what degree and in what areas the medical profession has failed, the entity may simply throw out and scrap the entire medical profession and turn to something which he relies upon already. This Awareness indicates in this case the entity turned to the promises of the religious teachings, the promises which he was already addicted to, and away from the promises of the medical profession.

This Awareness indicates this is an either/or choice, and the entity chose otherwise, rejecting the medical profession and accepting his religious faith as the healing force. This Awareness indicates that this can be valid as a force for healing, but only under terms that are suitable to the Divine Forces, and not always upon the terms of individuals. This Awareness indicates that wherein an entity is capable of healing others, or allowing himself to be a channel or messenger to bring forth the healing energies, this is one thing, but wherein the entity forbids others to receive any healing from any source other than the one which he claims to represent, and yet does not in fact bring healing to these entities, but simply deprives the entities from receiving healing from other sources; this entity is in fact denying healing and interfering in the freedoms of these entities, denying them their constitutional rights to have a choice, and through mind control or through intimidation and coercion, through threats and fear of punishment, the entity can prevent these people from receiving medical help when needed.

This Awareness indicates that this of course is an error, an affront and a violation to those who are thus intimidated. This Awareness indicates that this essentially is how such a situation can come about, and the results can be of great damage. This Awareness indicates that there is also more to it than that which has been given. This Awareness indicates that it is this type of activity by religious leaders that is being seized upon by the forces that wish to create government regulations over religious expression to erode constitutional freedoms of religious expression.

### How Religious Freedom can be Violated

This Awareness indicates that by seizing upon situations such as this, whereby entities in religious position violate the rights of their followers, they are also violating the rights of citizens of the nation and therefore would incline the public to feel indignant and to become concerned and demand that the government do something about such religious organizations that would thus violate the rights of individuals.

This Awareness indicates that this can lead to laws placed upon books which affect not only this particular sect, but which affect also all other religious sects. This Awareness

indicates that the appropriate way of handling situations such as this would be to bring in investigators and to meet with and discuss with the leaders and the members of the organization to determine whether or not these entities in the organization realize that they have certain constitutional rights and whether these constitutional rights are being thus violated, and if this is occurring, that the religious leaders be informed as to the importance of keeping the constitutional rights of the individual sacred, if the religious organization itself is to be given its constitutional rights guaranteed by the Constitution.

This Awareness indicates that in the event the organization violates individuals' constitutional rights, that this then can become an issue for the courts in dealing with individual rights, rather than in dealing with religious teachings or religious rights. This Awareness indicates that it appears that in most instances of the past, wherein religious dogma has resulted in personal injury, the courts have tended to treat these situations with a careful separation of church and state, a separation which deals with the individual's violations and does not dictate belief, but does allow for charges of fraud or other violations to be levied against those who violate individuals.

This Awareness indicates that the concern in present time is whether the courts will continue keeping the religious rights and the individual rights clearly defined, or whether the legislature or executive branch of an administration will set policy to dictate how churches are to operate in their internal affairs, or what beliefs are acceptable and what beliefs are not acceptable.

This Awareness indicates that when, if such government interference enters into church affairs in this manner, entities will know that the erosion of the separation of church and state has begun and that it will be only a short matter of time before mind and all religious thoughts are dictated by government. This Awareness indicates that it appears that in reference to the question, there is an area that has not been fully answered,--this in reference to whether one's mind and faith can heal one, and whether one should be healed through faith alone, or whether one should allow medical attention to be administered.

#### Comforting & Healing are the Same (Did Jesus Say to Avoid Doctors?)

This Awareness indicates that you will recall that the entity Jesus did set about and heal others. This Awareness indicates you may also recall that the entity Mary Magdalene did wash the feet of Jesus. This Awareness asks you, is not the action of healing others but an action of greater degree than the action of comforting others? Are not comforting and healing much the same, but only a matter of degree? This Awareness indicates that wherein Mary Magdalene washed and comforted Jesus by washing his feet, or wherein Jesus healed those who were in need of healing, these actions serve as examples whereby one can comfort and heal another.

This Awareness indicates that you did not see Jesus telling entities: "I shall not heal you; you must have faith in the Father!" This Awareness indicates the entity did what he could to heal. This Awareness indicates that the entity did not tell others to avoid doctors, or to avoid healers and only to come to him. This Awareness indicates that if this entity did not make such dictations, why should some entity in Indiana make such demands on his followers?

This Awareness indicates that in reference to the concept of comforting and healing, it has long been a tradition among animals and among humans to heal and comfort each other wherein possible, and to treasure this as being a great part of the human spirit, a part of the instinct of animals, and part of the concept of love. This Awareness

indicates that wherein an entity is trained to heal, has been given certain knowledge about ways in which entities may be comforted, whether through massage, whether through washing the feet, whether through giving chicken soup or some other home remedy to a sick person, whether giving the proper herbs to break the fever, brushing an entity's brow with a cool cloth, or any kind of comforting and nursing, this Awareness indicates that these actions are actions which have long been a tradition and which any entity would expect Jesus to approve of.

This Awareness indicates that wherein an entity is trained even further to administer certain types of physical operations, to set the broken bone or to lance the boil or to remove the inflamed appendix, or to cut out a cancerous lump, is this not something also that is intended to comfort and heal an entity, and would Jesus stand there and condemn the entity for setting the broken bone, or removing the cancerous lump, or lancing the boil?

#### Is your faith strong enough to accept a miracle?

This Awareness indicates that indeed, if an entity has faith enough to heal oneself from one's illness, then indeed let that faith have its course and be healed. This Awareness indicates however, if an entity is not healed through his faith, then indeed seek out medical help which can bring about the healing that is desired. This Awareness indicates that if the medical help is incapable, then of course don't give up your faith, but strengthen your faith and seek miraculous healing, or seek other medical help from some other source, but to deny medical help while waiting for some kind of miracle is foolish for your faith may not be strong enough to accept a miracle.

This Awareness indicates that many entities when ill haven't the strength to put forth faith in some kind of abstract belief; therefore, they simply suffer and wait, and suffer and wait, and wish to die, and then die. This Awareness indicates that if there are those who know how to prevent such death, if the removal of an appendix can prevent such death, and the entity is simply forbidden to have the appendix removed because some entity has set himself up as a leader and has appointed himself as a spokesman for Jesus and says to the entities: "This entity's appendix has ruptured, but the entity should have enough faith to overcome this problem, and therefore all entities should avoid seeking medical attention and let this entity wrestle with the problem of having enough faith, and all who witness this entity's suffering should recognize that the entity is suffering because they themselves and this entity haven't sufficient faith. Therefore, to cease the suffering, you must all strengthen your faith!" This Awareness indicates that when the unfortunate entity dies, this man may simply state: "You of little faith. You should have had greater faith. It is your fault, it is your error."

This Awareness indicates the entity transforms the blame to those for not having sufficient faith. This Awareness indicates that why should entities rely on faith when it is already available to them to receive proper medical attention for a ruptured appendix, wherein such type of illness may have been attended hundreds and thousands of times previously with success, why should they test their faith in Jesus by avoiding the available healing from a competent trained comforter?

This Awareness indicates that it is illogical and therefore is expected to be found among entities whose entire reasoning process is based upon dogma and personal biases. This Awareness indicates that this type of fanaticism is only equalled by the other side in which entities believe that their doctor is God, and nothing but their doctor can save them from the illness, and if the doctor says that operation is the only way, and that there is no other cure, these entities believing this put themselves under the scalpel and accept the verdict of the operation.

This Awareness indicates that this too may be in equal error in terms of fanaticism. This Awareness indicates that entities must retain an open mind, must learn to look about and to recognize the power of suggestion, the power of faith, and also accept the availability of medical help when that medical help is absolutely needed.

#### Why Alternative Medicine Beats the AMA Type

This Awareness indicates that within the next 20 years the naturopathic, homeopathic and chiropractic medical systems in the United States will have had such influence that the medical profession itself will begin to take on some of the methods used by these healing arts. This Awareness indicates that when this occurs whereby these homeopathic, naturopathic and chiropractic medicine systems have grown sufficiently to have a stronger organization and voice in the affairs of people in terms of their own political clout, as opposed to the political clout of the medical profession which works hand in glove with the pharmaceutical corporations, wherein these medical professions begin to have their influence in the American society, then you will see the major diseases coming down, and becoming less frequent and then you will see longer lifespans and greater quality of life.

This Awareness indicates that competent homeopathic and naturopathic doctors are able even today to heal many of the diseases that medical doctors consider to be without cure, such as diabetes, cancer, leukemia, arteriosclerosis, hypertension, heart trouble and many others. This Awareness indicates that these being healed not through pharmaceutical drugs which profit the big companies, but being healed through the use of natural substances such as vitamins, minerals, amino acids, nutrients of various types.

This Awareness indicates for example, the use of Oil of Primrose to reduce the level of triglycerides and cholesterol in the system, bringing about a cleansing of the liver, in turn cleansing the kidneys which in turn allows for a cleansing of the circulatory system and the heart. This Awareness indicates that these reduce hypertension and reduce the effects of diabetes or other associated diseases. This Awareness indicates that there are many natural substances of natural origin which are far more effective than the pharmaceutical drugs and therefore should be made available to the masses.



This Awareness indicates that these also being without side effects. This Awareness indicates that it is in part because of the vested interest of the pharmaceutical companies mingling with the AMA and the medical doctors in general that has led to the loss of faith in the medical profession and which in turn leads to the frustration that drives entities into taking a fanatical position such as this entity in Indiana has done. This Awareness indicates that all of this is tragic to those who have not received competent medical assistance; that it is seen as an affront and a violation when entities of a religious organization are denied the right to receive medical assistance because of some religious dogma or belief.

This Awareness indicates however, there are also violations among the medical profession who refuse to acknowledge ways of healing other than those which they themselves have found to be futile. This Awareness indicates that too many medical doctors are resigned to treating the pain and allowing the disease to continue and simply making the suffering and death less agonizing. This Awareness indicates that too many medical doctors who are thus resigned to allowing entities to die from lack of cure by giving them pain killers, are also the same entities who object vehemently when someone cries out to allow an alternative medical approach to dealing with their patients.

This Awareness indicates that too many medical doctors do not want cures from others, or from other types of healings, for they would prefer to think that there is no cure if they themselves have not the cure.

...HERE IT IS, LADIES:  
YOU ASKED FOR IT!

#### HOW TO LOSE WEIGHT THE EASY WAY



#### QUESTION:

Speaking of natural substances, sometime back I retrieved from the wastebasket some literature an anonymous computer in New York sent to Vicki, and upon reading this, it literally sounds too good to be true. And I'd like to read a little of this to Awareness and ask if this information is valid, and if so, how it works.

It says, "Shed weight with the Lotos Slimming Tea. The secret of Chinese temple dancers for 1500 years guarantees you a weight loss of up to 30 pounds or more."

They say: "Yes! Every sip of this aromatic diet tea makes you slimmer. This original product from the shores of the fabled Yang-Tsee Kiang river will burn away your unhealthy excess weight, thanks to its natural bio-dynamic action. You must *absolutely* try it for yourself and see how you too can lose weight from the very first day--without cutting down on your favorite foods, without strenuous exercises, without harmful medications.

This genuine Lotos tea is derived from the oriental tea plant (thea sinensis) and has been known in China for over 1500 years. Ancient manuscripts have written of the healthful, beneficial attributes of this tea, but now European Naturopathic doctors who specialize in natural remedies have also discovered that it literally melts off ugly, unsightly, unhealthy body fat. Clinical studies have conclusively shown

body, ridding it of excess fat and water.

"And now for the first time, this unique slimming tea, recommended by medical doctors, naturopaths and homeopaths all over the world is available to you. This amazing Lotos tea, with the wonderful fat-burning substances supplied by mother nature not only has a pleasant taste, but also is the healthiest way to fast, faster, fastest loss of weight--without starvation, saunas, tedious exercises or drugs. No need to count calories--you can enjoy eating all your favorite foods. No need to waste hours doing exhausting exercises or to swallow mountains of pills--and you can still have the same sleek figure as a Chinese temple dancer. The real diet tea from China counts calories for you. It works as a natural "fat burner"--and you can see pound after pound burning away--until you decide to say "stop". Regardless of the number of pounds you want to lose.

And it goes on: "So forget everything you have ever heard about losing weight, forget the frustrating lack of results from diets, exercises and medication, and remember the amazing Lotos tea from China, the only healthy and effective way to get the figure you want, the figure you deserve."

It goes on and on, and the interesting thing is, they offer a money-back guarantee if it doesn't work. For \$12.95, you get enough of this tea to lose 10 pounds in 14 days, and for \$22.95 you get enough tea to lose 20 pounds in 25 days, and for \$32.95 you get enough tea to lose 30 pounds in 40 days, and they guarantee your money back if in the 40 days you have not lost 30 pounds. They'll "refund your money in full."

Will Awareness please comment on this weight-reducing Lotos tea. It really does seem too good to be true, doesn't it?

#### COSMIC AWARENESS:

This Awareness indicates that this substance as that which performs as indicated. This Awareness indicates that this as having its effect on the pituitary in particular and upon the thyroid also. This Awareness indicates that this as assisting the body to secrete certain types of enzymes into the system to bring about the elimination of the fatty tissues.

This Awareness indicates that there is also benefit from a combination of the amino acids, arginine, ornithine and lysine. The arginine and ornithine being of approximately 1200 mgs, and the lysine being approximately 900 mgs in proportion. This also has effect in helping to rid the body of fat without exercise or without particular dieting. This Awareness indicates that these amino acids tend to strengthen and develop muscles throughout the body without exercise efforts. This Awareness reminds entities that there has never been a muscle created from exercise. The creation of muscles comes only from proteins. Proteins are made from amino acids, -- exercise only places these muscles; exercises only directs the amino acids. This Awareness

indicates that entities wishing to develop their muscles and to rid themselves of fat should use these products. That exercise is optional and diet is optional. That these products can work wonders for entities. That exercise and diet can enhance and amplify the results.

#### QUESTION:

This company implies that it's the exclusive dealer for this thea sinensis Lotos tea. I'd like to ask Awareness if the Goodship also has access to this particular herb?

#### COSMIC AWARENESS:

This Awareness indicates that this is not seen as available at this time through the Goodship. This Awareness indicates however, that the amino acids as being available through the Goodship --this in a single pill containing this combination. This Awareness indicates that It has referred to these three amino acids in various readings to different individuals, this being advised that they take approximately 1000 units of each prior to bed time. This Awareness indicates however, that the amino acids in combination, whereby arginine, ornithine and lysine are combined in one tablet, this is in proper proportion and also is much less expensive than buying the three tablets individually. This Awareness indicates this also is of greater convenience in taking but one tablet.

\*\*\*

ED's Note: the place to get the Lotos slimming tea is: Direct Shopping, 6 Commercial Street., Hicksville, N.Y. 11801. I suggest that before ordering or sending any money that you write to them and request information and order form. The money-back guarantee is on the order form. If you just send in your money and the stuff doesn't work for you as advertised, you probably can't get your money back; but with the order form, you can (if the company is honest in what it is saying about this tea). Personally, I recommend you go slowly on this and order at most a minimum 10 day supply. If it works, you can always order more. Vicki T., noting that your editor has developed a slight bay window from setting at the typewriter for so many months, ordered some for me to take. I told her I would try it, even though I am only 15 pounds over the weight I was when I was 18. I was a bit hostile at the suggestion and maybe that resentment and the concept I held that this is 'just too good to be true' is why it didn't work as advertised in my case. I drank the stuff 4 times a day for 10 days. I did lose 5 pounds after about 3 days but then these pounds crept back the following week, so I am back where I started and lost interest in experimenting further. ( I told Vicki I did not want to publish this particular reading and get the membership all excited until we had proof that it really works. So if my case is any indication, the stuff is not exactly what the ads claim. However, since you can get your money back (or raise all kinds of hell if they refuse it to you), what can you lose?

The amino acid combination pill, according to reports, really does work. Maybe you ought to try both of these if you have a weight problem. Send \$1.00 to the Goodship and ask for their new catalog. Write: The Goodship, PO Box 12072, Portland, Oregon, 97212.

For more information on losing weight the easy way, (this method via visualization), please refer to 'Revelations of Awareness' No. 79-20 (page 14); \$4.00 from C.A.C.

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