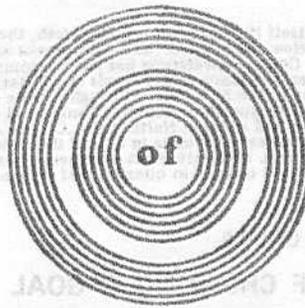


Revelations



Awareness

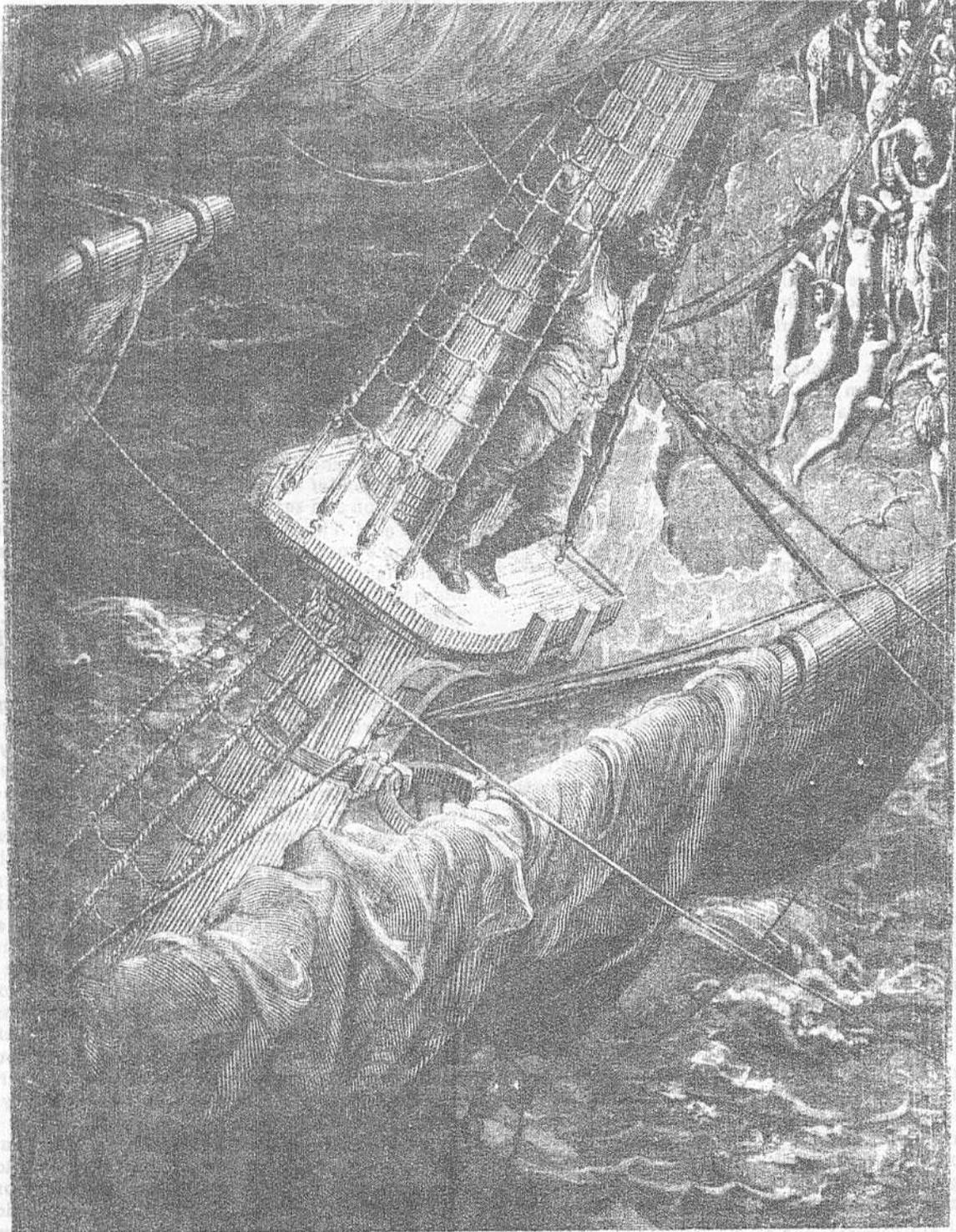
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The New-Age Cosmic Newsletter

Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

(Helping people become aware)



ADVENTURES ON THE SEA OF LIFE:

Staying on Course ...

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COSMIC AWARENESS is the Force that expressed Itself through Jesus of Nazareth, the Buddha, Krishna, Mohammed, Edgar Cayce and other great avatars who served as 'Channels' for the 'Heavenly Father' and who speaks again today as the world begins to enter the New Age of spiritual consciousness and awareness. Since 1963 Cosmic Awareness has been communicating through carefully-trained channels. The information contained herein was received from deep super-conscious trance levels and 'interpreted' by an entity affiliated with C.A.C. This information is for those who desire to help in bringing in the New Age. Throughout the thousands of 'Readings' given through these channels, Cosmic Awareness tells us not to believe anything, but to question, explore, doubt, and discover for yourself, through your own channel, what is the truth. Cosmic Awareness will only indicate and suggest. Neither C.A.C., the Aquarian Church of Universal Service, or the Interpreter, Paul Shockley is responsible for anything Cosmic Awareness may state in any of these readings, nor does C.A.C. or Paul Shockley necessarily believe or agree with the statements of Cosmic Awareness. Paul interprets the energies as he sees them in trance levels and is not personally responsible for what is said. Members of C.A.C. are invited to send in questions of general interest to ask Awareness for possible publication.

...ENCOUNTERS ON THE SEA OF LIFE

THE IMPORTANCE OF CHOOSING A GOAL -- A DESTINATION

(Opening Message, Oct. 6, 1983)

COSMIC AWARENESS:

This Awareness indicates that there is seen that which is a sailing boat, moving out upon the sea. This Awareness indicates that the sails are up and the winds are blowing. This Awareness indicates that the ship is moving. This Awareness indicates this ship has no rudder, therefore, the ship is adrift and goes where the winds may blow. This Awareness indicates that likewise, there are many entities on this plane who have no sense of purpose or direction, who have no goals, who have no destiny in their own minds toward which they wish to move, therefore, these entities are being blown by the winds of circumstance,--first here, then there,--and are being pushed about by the forces they encounter on the sea of life.

This Awareness indicates that any entity who wishes to be other than simply adrift without purpose or destiny, who wishes to have a sense of movement and meaning in his or her life should seriously consider the importance of setting a goal. This Awareness indicates that it is not necessary to have a goal in order to live, and when setting a goal entities may experience some disturbance in not having yet arrived at the goal. This Awareness indicates that there are however, a great number of rewards when entities set a goal; one being the sense of purpose and the sense of direction, and that which becomes a substitute for self-discipline.

This Awareness indicates that once an entity sets a goal which is desired and meaningful to the entity, the need for self-discipline is diminished in proportion to the desire to reach the goal. This Awareness indicates that wherein a ship is adrift and has no direction charted there is little that the crew can do to discipline the ship, to control the ship, for they know not which way to direct the control. This Awareness indicates that they may shout and give orders and discipline each other and discipline themselves to obey these orders, but until there is a course set, a destination chosen, a goal for the journey, there is little value in all the discipline available on ship.

This Awareness indicates that once there is the destination chosen then entities have a clearer understanding of what to do and may focus in on the destination and the actions which are required to reach that destination. This Awareness indicates that these actions then required to reach the destination become the discipline and are created by desire rather than by oppression of self.

This Awareness indicates that cooperation from the many parts of self to reach that goal as that which requires little external control or discipline but which automatically takes over as a rudder on a ship to guide the entity, using the circumstances or forces of the winds to guide to that destination. This Awareness indicates that such an entity having a goal knows when to bring the sails up, to make use of the current energies of wind or water, or of social effects, of atmosphere, and as the sails are brought up, to use these energies with the proper direction, the ship, the soul moves on course towards its destination.

This Awareness indicates that in terms of selecting a proper goal, one that is meaningful to an entity, one may consider many different things. This Awareness indicates that the first thing that needs to be considered is the fact that not everyone who sets forth to reach a destination actually succeeds, and wherein there are

conflicts in that a single goal cannot be possessed by several parties who want the same and total control over that particular goal, therefore competition will result and the entities involved will find themselves in a struggle.

This Awareness indicates that therefore, an entity who wants what someone else wants and will not take a duplicate or something different, will find that the goal leads to conflict and obstacles. This Awareness indicates that in considering a goal, an entity may also consider the value of the goal, not only to self but to others: "In accomplishing something, will this not only serve myself, but will it also serve others?" This Awareness indicates that the more your goal serves others, the greater support you will receive from others who recognize the value of your quest and hope to see success in your quest so that they too might be served in your quest and in your reaching the goal.

This Awareness indicates that therefore, you may wish to consider the goal's value to others and receive cooperation and support from others in your pursuit of that goal. This Awareness indicates that therefore, choosing a goal which is not something that others would fight you for, and choosing a goal which would allow you to receive support from others as that which needs to be considered when looking at the goal. This Awareness indicates also considering a goal that is worthy of your life's energies is another factor to be considered.

This Awareness indicates that your life's energies may not be worth much to you, and others may not consider your life's energies as being worth much, but if you actually stop and consider in terms of your suffering and the pains which you have endured to get where you are, and ask yourself: "Did I endure all of this just to exist for a brief moment, fritter away my energies, and then pass off into darkness, never to be seen again, never to be remembered, never to have made a significant mark or left a trace of my being on the face of humanity?"

If you actually look carefully, you may decide that there is something you have suffered for, that the suffering you have endured to get where you are must have some meaning, must be worthy of your best efforts to accomplish something that indicates a worthiness to your life. Thus, you may wish to choose a goal that exemplifies what you feel about yourself, what you wish others to remember you by, what you wish your life to stand for, to count for; something on which you can build your reputation and achieve recognition.

This Awareness indicates that in choosing your goal, therefore, you may consider cooperation, conflict and recognition by yourself and others for your efforts. This Awareness indicates that the next thing to consider is the likelihood or potentiality of success. This Awareness indicates it is possible that one could have a goal of swimming the Pacific Ocean and that no one would be in competition with the entity, and that some entities would cooperate in supplying the funds and that the entity who did so would be well remembered for many many years, but the probability and potentiality of success would be so unlikely that the goal would in all probability remain unfulfilled and result in wasted energies and wasted

This Awareness indicates therefore, *It* suggests that entities choose a goal that is possible wherein they can see a way, or see a way whereby they may discover a way to succeed. This Awareness indicates that they then may seek to increase the probabilities for success by adding more information or more energies to the efforts so that success becomes more probable.

This Awareness indicates that in considering the goal an entity may also wish to consider the usefulness and the benefits in pursuing the goal, along with the cost. This Awareness indicates that for an entity to have a goal for example, of diving off the edge of the Grand Canyon, wherein no one offers to compete, cooperation is found, everyone is willing to watch and to cheer you on, and wherein the reputation and recognition is available, and the probability of success in diving off the Grand Canyon is assured, but the benefits are outweighed by the outcome, by the expense, (the cost of your life in this case), you may consider that this is an unworthy goal.

This Awareness indicates that therefore, cost as another concern in setting forth your goals. This Awareness indicates that many entities have goals which cost them their families, goals which cost them their health, goals which cost them their energies, goals which cost them their reputation, goals which cost them their souls.

This Awareness indicates that in choosing a goal, you wish to choose that which brings about benefits, which brings about a sense of accomplishment, which brings about a sense of satisfaction, and one which is not too costly, and is realistic and possible, and one which receives support from others, and one which has not too many obstacles or only such an amount as to be a reasonable challenge for you.

This Awareness indicates that once you set your goal, you may begin working, assembling the various parallel goals or auxiliary goals that are necessary to achieve your highest goal. This Awareness indicates that commitment and continuance, persistence will be your major tools in achieving your goals. This Awareness indicates that entities who are unsure of what goal to pick may pick a goal in a general direction that they feel comfortable with and need not immediately be specific as to what that goal is; for example an entity may say: "I wish to work in a way that helps people."

As the entity moves into a searching activity, researching the various fields of social science that helps people, the entity may come across an area which is especially intriguing and may say: "I wish to work in the field of mental health, to help people whose minds and emotions are disturbed." The entity may then pursue this field of study for a period and may narrow in on a particular area: "I wish to help those entities who have lost a loved one," or: "I wish to help the paranoid schizophrenics, or entities who are confused about philosophy and the meaning of life."

This Awareness indicates that in choosing some specified area, the entity is narrowing down the goal, becoming more specific. This Awareness indicates that there is always that possibility that after the entity has examined all the areas of mental health that the entity will begin to notice something else, may discover for example that much of the mental problem which entities experience is related to diet, or perhaps will discover that it is related to religious philosophy, or perhaps will discover that it is related to the family environment, and in each case, or in some cases, they entity may alter his or her study and goal, and decide: "I don't want to study mental health. I want to study nutrition," or "I want to study religion," or: "Perhaps I want to study this field of sociology associated with the environment factors."

This Awareness indicates that in other words, an entity may change his or her goal after the journey has begun. This Awareness does not suggest that entities set a goal and feel themselves disciplined or entrapped by that goal, slave to that goal, whereby they

cannot escape their goal, but remember rather that you are the one who sets your goals, who can alter your goals and who can pursue your goals. This Awareness suggests that one might at this point ask: "What is the point of setting goals if you change them?"

This Awareness indicates that the point in setting goals is to get yourself aligned in a general direction according to the ability, according to your ability to recognize your general interest, and that as you recognize your general interest and it remains constant, you pursue that general direction, or when the interest ends and ceases to be, or switches to another direction, you then feel free to set a goal in that direction and pursue a different course.

This Awareness indicates that what is tragic and wasteful to human lives is for the entity who has interests to put these interests on the back-burner, to think: "I would certainly like to have been a doctor, but I'm busy right now working as a bartender, and don't have time to pursue anything else." This Awareness indicates that the entity who is devoting his or her life to an activity that is drudgery, uninteresting, boring, and a waste of their vital energies is tragically enslaved by their own lack of self-worth, and that an entity in such a circumstance should recognize the importance of setting a goal, first of survival outside of the present circumstance while training to move toward that which the entity desires.

This Awareness indicates *It* said "toward" that which the entity desires. One needs not be concerned with moving to that which you desire, so long as you are making some adjustment in the general direction. This Awareness indicates that in this manner, entities will find greater zest for life, greater meaning in their activities and purposes, and will have a sense of movement which is essential to good health and high self-esteem.

This Awareness indicates that stress occurs when entities have a division of interests and can't respond to those interests and whereby an entity has a block preventing action in an area that cries out for action, and such stress affects the entity's mind, body and spirit. This Awareness indicates that setting goals improperly can create such stress, setting goals carefully and with deep consideration can alleviate stress.

This Awareness indicates that the motivation, as previously mentioned, is pain. This Awareness assumes that all entities on this planet are sufficiently endowed with enough pain to cause some form of action in which they seek to alleviate the pain and therefore are willing to set a goal, to find some form of gratification or reconciliation whereby the pain is alleviated.

This Awareness indicates there are few entities on this plane who do not have sufficient pain to lead them into some form of activity. This Awareness indicates that these who are in such a situation generally do not remain thus for any long length of time, for someone will come along and prod them into action. This Awareness indicates that the entities thus suffering may be motivated by pain, but may seek the wrong goal. The entity says: "I want to be free of poverty, but I am not free of poverty; therefore I will go out and get myself a drink and forget that I want to be free of poverty."

This Awareness indicates that this effort to go forth and receive a goal to pacify the pain, whereby the entity seeks pacification through drink, does not solve the problem of poverty. The entity may also seek satisfaction through the use of drugs which allow him to feel rich in his dreams, in his fantasies, in his hallucinations, and therefore the entity says: "For just a brief moment, through the use of this narcotic, I have experienced bliss. I know what it is like to be healthy, wealthy and wise, but the moment was so fleeting and now I am back where I was, unchanged, without having moved."

This Awareness indicates such an effort, such a goal is a waste of life; that entities being disturbed, being in pain from a particular situation, once setting forth to

4.
pursue a goal, who end up after pursuit of the goal, right back where they started without having altered anything; that any disturbance which creates motivation to change, to move, to pursue a goal should lead to a new situation which is better or in which the entity has learned something so that he or she can better their future life.

This Awareness indicates therefore, in pursuing a goal, entities should choose that which betters their situation and alters their situation. It is one thing to leave home just to get back home, It is another thing to leave home and return with a message, or return with greater understanding. This Awareness reminds you of the story of Ulysses and his voyages; that when this entity returned he was so changed that only his dog recognized him.

This Awareness indicates that likewise, when an entity leaves the state of rest, moved by disturbance, motivated by pain, to pursue a goal, discovers and achieves the goal, or perhaps fails in pursuit of the goal, the new situation in which the entity discovers himself should be one wherein there has been a change. The entity has either learned much or gained much in some manner. This Awareness indicates that this is the nature of life and the experience on the earth plane, whereby entities are moved by pain, motivated to achieve and gain from having been moved.

This Awareness indicates it is a continuing process multiplied time and again in daily activities in the most minute affairs; the entity sitting in a chair feels the pain, feels uncomfortable and shifts position; the goal being to alleviate the pain, the new position being that which has brought benefits. The simplest action is motivated by pain and demands a goal. Likewise the greatest actions of all entities combined are motivated by the combined pain moving these entities into action toward goals which may be varied and may lead to conflicts, but which in time, first one, then the other, then another become resolved as new pains come into existence and force new movements, new alterations, new motivations and new goals for new people.

This Awareness suggests that entities in being aware of the process can better understand the nature of the game of life, how to play, to diminish pain most completely. This Awareness indicates that wherein conflicts occur, entities will lose; wherein cooperation is found, entities will gain. This Awareness indicates that with competition, some win, some lose; with cooperation, all win.

This Awareness wishes entities to set this particular message apart and to refer back to this message from time to time, for it will give you much new insight with each reading. This Awareness indicates also that in understanding others and in understanding situations involving others, the principles involved in this reading,--the pain, the motivation, the goals, the misdirected goals and the carefully selected goals, --these principles are those which need to be reexamined in light of every relationship.

This Awareness indicates that wherein entities suffer from being apart from that which they desire, the solution is to bring them together. When entities suffer from being *with* that which they do not desire, the solution is to break them apart. Wherein entities feel torn between that which they desire, that which they do not desire, or when they have shifting desire: first they want it, then they don't; these entities are torn within. The solution is to search within to find the source of the division, the cause of the confusion, whereby from this search the entity can more easily determine which choice is the most acceptable.

This Awareness indicates these choices and these solutions may not be as simple as the words. They may take minutes, days, weeks or years to reach their resolution, but the solution to these disturbances are always the same,--Resolve the differences, allowing

the parts which wish to come together to be together, or allowing the parts which wish to separate to be separate. When one is repulsed by a situation and wishes to separate from that situation, whether it is a job or a home life, or whatever, the pain that comes motivates the entity to take some action. It may be direct in seeking escape, or it may be indirect, as in bickering, quarreling, sabotage or some other form of rebellion.

The entity who seeks to be with something or someone and who cannot is suffering pain which motivates the entity into desiring, into wanting to go, wanting to leave, wanting to approach that which the entity desires, whether it is a study, a recognition such as diploma, a license or whether it is another entity, a loved one, or whether it is a position in society...whatever the entity seeks to be one with, the entity is in pain until the affinity has been accomplished.

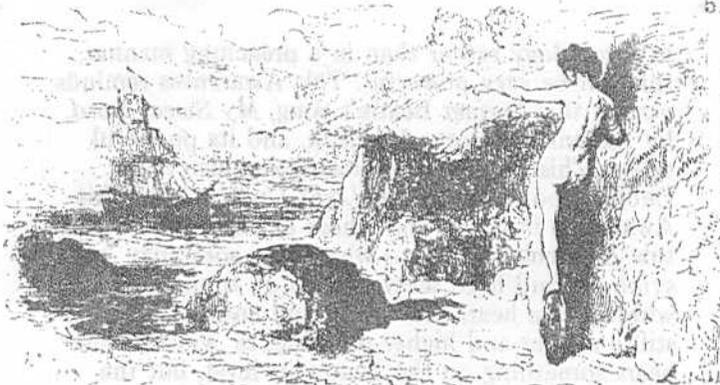
This Awareness indicates the solution is to allow those things which want to be together to come together; allow those things which want to be apart, to be apart, or to alter what one wants, which in many cases is the best solution, for wherein an entity has many obligations and responsibilities and has chosen to serve, but has this sudden whim to throw off all of these responsibilities and to run off with this or that other goal; the entity may feel a sense of pain, but were the entity to pursue that action, the entity knows that in being elsewhere with that other goal, (whether person, place or thing), the entity would have great sorrow in having left all that he or she had worked for in having left all of his or her loved ones and those who were so close, who depended on the entity.

This Awareness indicates that in weighing the factors, one may conclude that: "Yes, I want to be in Tahiti;" "Yes, I want to be with this other entity whom I am fascinated with;" "Yes, I feel great pain because I am not the Governor of this province;" "Yes, I wish to have been the great scientist;" "Yes, I wish that I could have accomplished this other thing, and therefore I experience pain, but my family, my employer, my duties...these are more important to me as an individual, for I have made commitments, and my commitments are sacred to me, to the principles of my being. Therefore I must remain, even though I feel pain in not going elsewhere.

This Awareness indicates that in such turmoil the best solution, rather than giving up one group of attachments in order to be with another attachment, the best solution is to allow the other attachment to cease. This Awareness indicates that what you want, you can also unwant, by simply recognizing that you are the creator of your wants, and you are also the destroyer of your wants. This Awareness indicates that your desires, created by you or denied and destroyed by you, these are your hells, these are the flames of your suffering.

The desire to be away from something, or the desire to be with something; these are the flames of your personal hell. This Awareness indicates however, when these desires are all in harmony, lying along a particular path, a particular destiny, lying along the path to your goal in life, when these desires to maintain that path and that destiny with those who are parallel to that path and destiny,--these desires harmonize with your life, and these become the fires within that inspires, that motivates, that gives you a sense of purpose and direction.

This Awareness indicates the fires of hell are those fires which tear you in different directions, which leave you torn with dual loyalties, with loyalties that are split: "I want to be with you, but I love him also;" "I want to be on this journey, but I want to stay home;" "I want to go, but I want to stay;" "I want to do, but I am afraid to act;"...these conflicts, wherein an entity cannot hold a clear purpose and direction, cannot keep the auxiliary goals in line with the chosen destiny; these conflicts wherein loyalties are severed, wherein desires are pulling in various directions, these are the pains of hell, the fires of desire.



This Awareness indicates that the integrated being is one who is not lured off to the side by the sirens on the island, but who straps himself to the mast and stays on course. This Awareness indicates the integrated being is the entity who chooses a general direction, knows the parallel energies, keeps these energies on course and is not torn asunder by the raging emotions and temptations and lures and seductions of those who are seeking to acquire the energies of that entity who *knows* where he or she is going.

This Awareness indicates that once an entity sets course, all of the furies focus in on that entity and seek to seduce the entity's consciousness away from the destination, for these distractions are likened unto parasites that live off of the energies of those who know where they are going. This Awareness indicates therefore, once you set course, you must double your efforts to avoid being distracted.

This Awareness indicates that this does not come about through disciplining yourself, rather it comes about by informing others that you don't have time, for you are busy, on course, in pursuit of your goal. It comes about not by disciplining yourself, but by strengthening the desire for reaching your goal, and the desire becomes strengthened as you inform others that you do not have time for distractions.

This Awareness indicates that the more times you say "no", the stronger your sense of direction. This Awareness suggests that you stand in front of a mirror, look in the mirror, and say "no," as many ways as is possible, until you find the "no" that is most comfortable to you, the "no" that you really enjoy, the "no" that just sends chills down your spine, and practice that "no" until it is so enjoyable that you can hardly wait to use it on the next distraction.

This Awareness indicates that next, one must learn to discern, for there are those energies which come to you while on course bearing important messages. The wind that helps the sails, the currents that move your ship a little faster, the entities who wish to serve you and give guidance through the passage perilous; these movements coming into your periphery are there to give assistance.

This Awareness indicates that there are also those giving assistance who may appear to be distractions, and wherein you say "no" to the wind, or "no" to the current, or "no" to the guides who would lead you through the passage perilous, you may be cutting off those energies which are most vital to your success, therefore you must be discerning as to what is beneficial and what is detrimental to your voyage.

This Awareness indicates that likewise, there are those directions, there are those sailors who are also in the sea, whose ships are in distress, who seek assistance. They send out their S.O.S. for help. These may be considered distractions and you may move on and say: "I have no time for you. I have no time to help others, I am in pursuit of my goal." This Awareness indicates that this can be a grave error, for you too, even though pursuing your goal, may one day find yourself in a ship-wreck condition and may be calling forth for help from another passing ship.

This Awareness indicates if you have not earned the right, or if you have denied others your assistance, the Laws of Karma are such that you too may be denied. This Awareness suggests that the little girl, the little boy who wants your attention while you sit at your desk pursuing your goal; these little ships in distress may need to have their moments.

This Awareness indicates therefore, you may wish to organize your time in such a manner that you give of yourself to others and include some giving as part of your journey, whereby throughout the voyage, you stop along the way to help those who are in need; that the goal should not become so overly important that you cannot stop and smell the flowers or see the pretty coral, or look at those along the shore, or speak to entities on the way.

This Awareness indicates that such humanism and a certain amount of vulnerability as that which allows you to remain happy in your voyage so that the pursuit of the goal is not likened unto a mechanical projectile, but one wherein the journey itself becomes of great importance and whereby you learn much and enjoy much and have great experiences along the way.

This Awareness indicates that this will make your goal, the achievement of your goal the most worthwhile activity. This Awareness indicates it has been said that: "Life is that which occurs in between the actions that we are pursuing." This Awareness indicates that the greatest memories that entities will have are not the memories of achieving their diploma, of achieving their goal, of having been given their reward, of receiving that which they have pursued; the greatest memories are those along the way, the efforts put forth, the cooperation received, the friendships that have been formed and the acclaim that followed.

The goal itself becomes insignificant when entities look back on the total experience.

This Awareness suggests the Interpreter be brought from trance.



Army halts plans for blinding weapon

WASHINGTON (AP) — A laser weapon system that could blind enemy soldiers during close combat has been abandoned by the Army after some \$14 million had been spent on its research and development, military spokesmen say.

Army Maj. Robert Pilsacek said Wednesday that defense officials had called a halt to development of the Close Combat Laser Assault Weapon. In Huntsville, Ala., a defense spokesman at the Redstone Arsenal said the program, known as Project Roadrunner, apparently had failed to survive the Army's "prioritizing of research projects."

The Olympian, Thursday, February 2, 1984

6.

PUTTING THE COSMIC LAWS TO MUSIC ---WOULD THIS CHANGE CONSCIOUSNESS?

QUESTION:

A question from C.D., who sent in a tape. He says: "I'm enclosing a tape of our band, "One Hand Clap", for your listening pleasure. The band has tried to weave Awareness materials, Laws and so forth, into its sound and lyrics. This tape is a small sample. Awareness has given information for musicians who wish to help the masses awake and serve one another. I'd like to ask Awareness, in light of the growing peace movement and shifting values, are there areas musicians could focus upon to allow peace on earth more quickly?"

COSMIC AWARENESS:

This Awareness indicates that music which inspires individuals to feel good about being themselves, music which inspires individuals to feel themselves to be good, music which inspires individuals to look at each other as being good and wholesome, and music which inspires individuals to express their affection for each other: this appears to be that area which is very important at this time.

This Awareness indicates that other areas of lesser importance, in that they have already been expressed, are areas regarding protest toward those things which are of a negative nature in the world. This Awareness suggests however, that this while having much continued value, may not be as effective for your own band, as for others. This Awareness indicates the expression of bitterness and hostility, whether directed toward the corporations, the governments, the money managers, the war-makers or the bigots, or those who would bring harm to others; these expressions of such hostility in song do tend to express the feelings of many, and these many do often become excited and riled by such music. This Awareness indicates that this however, has been taken to its extreme, particularly in regard to such actions as blowing up cars on the stage in order to demonstrate hostility toward certain areas of the establishment, breaking up guitars or other pieces of valuable property as a kind of protest or show that these things of physical value are not nearly as important as getting your emotions and hostility out. This Awareness indicates these things, having been taken to such extremes, may no longer have much of a future, particularly for new groups which are now beginning; however, that which promotes good feeling in an entity, to a listener, a feeling wherein the entity does not need to be hostile, but can gain a sense of belonging, while at the same time feeling accepted and unified, and at home, in peace with oneself,--this may be an area which can have much success and which will benefit many.

This Awareness indicates that there is also that grief which is of great importance, which entities must always have. The grief of not being totally one with the Divine. This Awareness indicates this has been expressed in the songs, particularly in the 40's, wherein the unrequited love was expressed, the entity seeking to be with the one who he or she loved. This Awareness indicates that in these times, such expressions toward that which is the Divine may be also of great significance.

This Awareness suggests that the desire to be closer to Higher Forces of Divine Nature, when expressed in less than didactic terms; this Awareness indicates wherein the entity can express this

in symbology rather than in a preaching manner, this can be very powerful. This Awareness reminds you of that former Beatle's song, *My Sweet Lord*, by the entity George Harrison, and its powerful effect. This Awareness indicates that also the Debbie Boone song, *You Light Up My Life*. This Awareness indicates that these as examples of what this Awareness refers to whereby a song may be symbolic and have several levels of application, wherein one hears one thing, and another hears still a deeper and higher meaning, or wherein one hears something on the conscious level, but the subconscious hears the symbolic meaning that comes through.

This Awareness suggests that you may play around with these ideas somewhat, and trigger your own channel for clearer meaning.

MUSIC FOR THE NEW AGE: NO NEGATIVE MATERIAL

QUESTION:

This entity has one other question: "If music, color and fragrance, being vibratory rates, are perhaps bridges to other planes, would along with our imaginations, singing and playing the *Cosmic Laws of Awareness* influence the other planes, and in turn help uplift the earth toward regeneration and peace?"

COSMIC AWARENESS:

This Awareness indicates this as in the affirmative. That this can be a very powerful way of bringing these Laws into consciousness. That when these messages are put into music, the consciousness tends to be unable to reject such messages as easily as when simply spoken. This Awareness indicates that many entities who, if being presented with a paper of the *Cosmic Laws*, or who, if being given a reciting of the *Cosmic Laws*, many such entities would be uninterested, but wherein these are put into music with a good solid rhythm and harmony which is appealing, then the words being sung also, are acceptable. The concepts then can enter into the consciousness of the entity, where it has an opportunity to influence that entity's thinking.

This Awareness indicates that music as a powerful tool for changing consciousness, even more powerful than dry classes of philosophy or history or logic. This Awareness indicates that the artists generally are out nearer the cutting edge of consciousness than are those who analyze what is going on.

ED's Note: For more information on music, please refer to 'Revelations of Awareness' No.77-15 (A Message to Musicians); .50 cents from CAC.

Also, anyone planning a shindig or concert who would like to have a genuine, very creative New Age band for the event, please contact CAC and we will forward your request to this band, One Hand Clap in Pennsylvania. Avaton.

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ANY SIDE EFFECTS OF VASECTOMIES?

...More on Chelation Therapy

QUESTION:

Dr. J.D. would like to ask Awareness: "Are there any known side-effects of vasectomy? One study noted that it caused arterial changes in Rhesus monkeys. Does it cause any polarity problems within the individuals?"

COSMIC AWARENESS:

This Awareness indicates that there can be for some individuals, a change in the hormone factors which in turn can have an effect upon the system. This Awareness indicates that coupled with other things such as diet it is possible that in some cases it can augment the threat of arteriosclerosis, or similar circulatory problems that deal with the arteries and bloodstream becoming polluted with substances. This Awareness indicates that this does not appear to be a common result from the vasectomy, but rather as an occasional side-effect, and in the case wherein one's arteries are becoming blocked or clogged or wherein the arteries begin hardening from excessive lime, calcium, or plague buildup, and the triglycerides and cholesterol are excessive in the veins, this can be attended through the use of other systems of cleansing the arteries such as the chelation and the use of Evening of Primrose oil, the use of antioxidants and the various oral chelation systems.

This Awareness indicates that apart from this, the vasectomy does not appear to have serious side-effects. This Awareness indicates however, that entities who have vasectomies should occasionally have their blood tested to determine the state of the circulatory system. This Awareness indicates that there are many advances in relation to cleaning the arteries. This in terms of the chelation treatments. This Awareness indicates that in earlier times, the chelation as that which was relatively dangerous because of the fact that it took minerals out of the body which were essential.

This Awareness indicates that more recently the monitoring of minerals and the action of giving vitamins and minerals to supplement the treatments as that which minimizes the potential danger. This Awareness indicates that the use of oral chelation as that which now is also becoming more popular; that there are substances on the market which can help cleanse the bloodstream. This Awareness indicates that these substances also can remove the cholesterol and the triglycerides and the excessive calcium and lime buildup on the interior walls of the arteries and veins.

Dangers of Homonized Milk & Niacin

This Awareness indicates that there are also seen the use of vitamins such as the RNA, Vitamin E, Vitamin C, and the use of SuperOxide Dismutase, selenium, and that known as GH3. That these also are beneficial. This Awareness indicates that the Vitamin B15, that known as DMG; these as beneficial in helping also to cleanse the bloodstream. This Awareness indicates that entities who are concerned about arteries should be most cautious about using homogenized milk, for the added oxygen, the added molecule in homogenized milk as that which creates a problem on the inner walls of the arteries, sticking to the walls and causing a buildup of triglycerides, cholesterol and calcium.

This Awareness indicates that for those who wish to use milk without the homogenizing process being involved, this Awareness suggests either raw milk or pasteurized milk that is of a non-fat nature. That skim milk is seldom homogenized as there is no need to homogenize when there is no cream to mix. This

Awareness indicates that the use of Evening of Primrose oil as that which is of great value in helping to cleanse the arteries, and bring down the cholesterol/triglyceride levels, bringing down the blood-pressure.

This Awareness indicates that in terms of the use of niacin, entities should be cautious in using this substances as it can break away, can cause a breaking away of the buildup at such a rapid pace as to become dangerous for some entities. This Awareness indicates that excessive use of niacin for some entities could lead to strokes.

For more information on vasectomies, please refer to 'Revelations of Awareness' No. 80-10 (\$3.00 from CAC).

Information on chelation can be found in recent backissues. For those of you who desire a much less expensive form of chelation, oral chelation is now available and CAC will publish information on this soon. Oral chelation are pills or capsules filled with various organic materials that reach out the arteries in a natural manner, passing the cholesterol etc. out through the kidneys.

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DID SHAKESPEARE USE A SECRET CODE IN HIS COMEDIES AND TRAGEDIES?

(Oct. 23, 1981)

QUESTION:

Harvey Larsen wrote in his publication *The Crystal Ball* some time ago, an interesting thing about Shakespeare, and I'd like to read this to Awareness and ask for some comments. He said that he was tutoring in Paris in 1937 and he read a long article in a Paris magazine or paper written by a cryptologist, of the Ministaire de la Marine, who finally broke down the Shakespearean tragedies. He gave the full code in the article. He says, "I distinctly remember this because I was tutoring a young girl whose father was a prominent attorney in Paris. She and I worked together and were able to decipher sections of the tragedies, but a strange thing happened. France was negotiating a loan from England at the time. All of a sudden every *Paris Soir* (the Sunday edition with the cryptologist's report) was removed from the newsstands and nothing was ever again heard of it.

"I found out later that England categorically insisted on the destruction of every copy of this paper, being a condition of the loan. When I was back in Washington during the war, I searched in the Congressional library but there was no trace of this particular edition; however, George Mason, in one of his films echoed some of the findings of the code, and just what Shakespeare was

encoding in his tragedies. Was the *Merchant of Venice* a pointed barb at the secret rulers of Europe? It has been considered as anti-semitic by some, yet two Jewish directors of the televised version did not adhere to that judgment, saying that it showed up the Christians in just as bad a critical light."

My question is...this is the first I've heard that Shakespeare had used a secret code throughout his plays, and someone evidently decoded them, and I'd like to ask Awareness if this is true, if it would give some information on this?

COSMIC AWARENESS:

This Awareness indicates that it appears there were certain concepts being conveyed to entities of a particular group who understood the imagery and messages on a symbolic level; this may be termed as a code, though it was not that which is normally conceived of as a code in terms of secret words. This Awareness indicates that these plays did contain hidden messages similar to stories of the Deep South, particularly the B'rer Rabbit tales, which also contained messages which were known to the slaves who told and listened to these tales. This Awareness indicates that likewise, the play known as *The Lord of the Flies*, (this presented in Paris during World War II before the Nazi conquerors) was an allegorical play in which the symbolism was, in fact, degrading the Nazis without their realizing this.

This Awareness indicates that the *Romeo and Juliet* play as that which pointed up the conflict between two families, these representing the conflicting royalty families of England. This Awareness indicates that those in the higher levels of society understood hidden meanings within these plays. This Awareness indicates that it must be recalled that these plays were presented within the palace of the Queen, for royalty; and later, for the people of the city. This Awareness indicates that it has previously discussed the symbolism of *Othello*, wherein *Othello* represents the passions, or subconscious; Iago represents the conscious, and Desdemona represents the pure Christ Consciousness. This Awareness indicates these plays also, on occasion, represented certain well-known entities of the time, and often served to parody those entities and political figures. This Awareness indicates this similar to the *Doonesbury* comic strip of present time.

This Awareness indicates that there were also metaphysical symbolisms in certain plays. That the Shakespearean play of *Macbeth* as that which dealt with images of light and darkness, and cause and effect; these images being prevalent throughout the dialogue and plays. This Awareness indicates that in this play, there also were parallels giving information which might represent political events which were occurring in England at the time the play was written, although the play was supposedly based on events which happened in a distant place and distant time. This Awareness indicates this would be similar to a play written today about the Renaissance period of English kings, or the Shakespearean time, but wherein the characters were in fact representing modern-day politicians; or for example, the conspiracy involving the assassination of John F. Kennedy and his brother, but with fictionalized characters placed in the 16th century of England, and with different names and different titles. This Awareness indicates that those entities watching such a play, but knowing the true message, or meanings of the symbols could receive the intrigue, the message and the story relating to the John F. Kennedy assassination from this ancient Shakespearean era drama, written in present time, and presented in present time. This Awareness indicates that this as an example of what this entity

was doing with his plays, which were supposedly based on earlier circumstances.

This Awareness indicates that there were many plays which followed historical data accurately in part, others which were more of a coded or symbolic or allegorical example of politics in his time.

Harvey Larsen's 'Crystal Ball' is now called the 'Larsen File'. CAC recommends this perceptive newsletter for those who like to give their mind a good mind-expanding workout. It is \$28 per year (sample copy \$3.00). Address: The Larsen File, PO Box 4080, Torrance, Calif., 90510.

CLEANSING THE MIND..... (THE BACHFLOWER REMEDIES)

QUESTION: (8/12/82)

A question from M.N. in Ontario. He writes: "I don't want to sound too pessimistic, but I have just finished listening to Dr. Beter's latest tapes, and it just makes me feel sick to my stomach and helpless. But my main purpose for writing this letter is not to sound off about the impending dangers that we may face, but to find out from Awareness, the answer to this question:

Awareness has given us, in the last letter on the Herpes cure, a way to cleanse the body of impurities, but what I would like to know, does Awareness have a way, or technique for cleaning the mind? For quite often, our minds get cluttered up with old feelings, old and outdated experiences that still tend to dominate our present day lives, and the average person doesn't know how to go about cleansing the mind, besides going to a hypnotist, or hypnotherapist, who in this part of the country, are very rare."

And he goes on: "All over the place, people are calling for help on how to cleanse their minds, so would you please forward this question to Awareness for me whenever possible. Sincerely, MN."

COSMIC AWARENESS:

This Awareness suggests that there are a number of ways whereby the mind and emotion of entities may be cleared; that this as part of the system of psychology, of religion, of philosophy, and of social programs and activities, and also of medical systems. Certain types of drama, particularly those of the more classical levels, have a certain effect of altering consciousness, or clarifying concepts. Likewise, certain types of psychology have their effects in altering or clarifying concepts. Likewise, religion and social programs, cultural activities and expressions, inter-relationship with individuals; all of these may serve the entity who wishes to clarify his or her mind and emotions.

This Awareness indicates that the many techniques available in these areas range from those new systems such as Scientology, EST, and Lifespring, and other systems of mind control or mind probing or mind evaluation. There are many different paths which entities may take. There are those associated with the paths of meditation, both Eastern and Western types. There are also those actions associated with confession and prayer, of the religious order. This Awareness indicates that the main concern for cleansing the mind and emotions is a strong desire to do so; that apart from these which are already apparent, and which, in each of their own unique ways has certain values and certain dangers involved, there also is that which, for your particular case, and which for many others reading this message, can be of significant value.

This Awareness indicates this as the Bachflower remedy, whereby the emotions and attitudes are altered by the use of certain Bachflower drops, drops made on a homeopathic formula to be taken internally for altering certain patterns or attitudes, by bringing these to the surface for the entity to see, work out, and release consciously. The Bachflower remedy as that which is associated with dew drops on flowers, whereby the essences of the flowers are incorporated into the dew drops and these are gathered and used in a homeopathic formula, whereby, by taking these essences from various flowers, certain attitudes are affected by the effects of the essences on the individual's aura.

This Awareness indicates that Dr. Bach as one who spent his lifetime researching and investigating these various flower drops, so that he could determine from the effect of a particular flower upon a particular problem, developed by an attitude, how or which flower would alleviate and bring that attitude back into harmony. The entity put himself through a kind of torturous guinea pig type of action, whereby through contacting an attitude, holding to that attitude until it created the resulting illness or symptom, the entity then experimenting with different flower drops, experimented until he found that which altered the symptom and effects of the condition, and brought the condition back into harmony.

This Awareness indicates that the entity used many different substances, these being 36; that the combinations of these substances as that which can be found to alter practically any attitude, and the symptoms which result therefrom. This Awareness suggests that entities who are given Bachflower remedies generally will find that two to six attitudes may be adjusted or brought into harmony at one time; that these, when brought to the surface and balanced, may then open even further and deeper attitudes which need to be brought to the surface and balanced.

This Awareness indicates that these attitudes range from anger, feelings of guilt, ties to the past, concerns and fears about the future, feelings of inadequacy, in ability to concentrate, lack of confidence, lack of the ability to express, feelings being blocked, apprehension jealousy, a sense of isolation...there are a number of attitudes which entities may feel in combination with each other, and some are more strong and in greater control of the entity, and cause symptoms of a physical and emotional nature. Others may be of a secondary level, hidden beneath those primary emotions and attitudes, so that after the Bach remedy releases those of the primary levels, those of the secondary levels, or those hidden beneath, may also be brought to the surface.

This Awareness indicates that entities using these substances may find that the emotions are expressed more readily, those emotions relating to the locked-up energies, whereby the Bachflowers trigger and release those energies, emotions and attitudes, so that they are brought to the surface and can be looked at and dealt with, rather than being held back and repressed. Other Bachflower effects may be that they allow the entity to have greater confidence to express, even though emotions may not be involved. That each individual's needs are unique and different.

The differences which individuals experience, is that which must be discerned by a practitioner who is trained and sensitive to use and to read from the evidence and from the symptoms expressed, which Bachflower remedies are appropriate for that entity. Once these have been used, the practitioner may then check to determine the secondary levels and even further, to a third level of emotions and attitudes which may need to be brought to the surface. This Awareness indicates that the entity Mary Farrell of the Goodship, as one who has been authorized and certified by the Bachflower organization from England.

This entity as one of the top four persons in the United States to have the certification and qualifications for giving such readings. This Awareness indicates that this as available at this time, but that these Bachflower readings are in jeopardy, due to actions of the FDA, which have recently attempted to curtail the flow of the Bachflower remedy into the United States. It is uncertain as to how long these healing substances can be continued and made available to the membership.

This Awareness indicates that apart from the Bachflower remedy, there are also other techniques whereby entities through meditation, or through systems designed to assist each other, may tune into their own emotions, looking at these emotions either from a kind of self-hypnosis and remembrance of things of the past, bringing these to the surface by conscious endeavor, or by having others assist the entity through questioning and through counseling, to bring these things to the surface.

This Awareness suggests that entities wishing to receive more understanding of this type of process can gain much value from the book: *Dienetics*, by L. Ron Hubbard of the Scientology movement. This Awareness indicates that there are still other systems and techniques using a similar type of therapy, whereby entities may probe into their memories and emotional storage to discover the repressed and hidden concepts, patterns and energy fields, whereby, through these probings, entities may clear out much of the patterns which are present. It is not an easy thing to clear one's mental and emotional patterns; it is much easier to cure oneself of herpes and other similar disease than to cure oneself of mental, spiritual and emotional diseases.

This Awareness indicates that these diseases may take as much as a lifetime, or many lifetimes to cure. Still, on the other hand, entities can make great progress by using those tools available to them. That the Development Classes which the Aquarian Church is now putting together as that which can also be of great assistance in helping to speed up the evolution of entities. That this may be made available to entities within months of this time. That these are being presented in Arizona, and that as these are completed, these will also be made available to entities in other areas of the country. These Development Classes can be of great assistance in cleansing the emotional and mental karmic patterns which entities may carry from other lifetimes and from past experiences of the present lifetime. That these development classes also have the capacity to expand entities' consciousness and awareness, to become more sensitive and psychic and more aware of the society and universe around the entity.

HYPNOSIS TAPES AND AFFIRMATIONS TO HELP CLEANSE THE MIND

QUESTION:

Awareness, Michael mentioned the lack of hypnotists in his area. There are a lot of self-hypnosis type of tapes, sleep-learning tapes, there's even endless tapes that are blank that entities can record their own affirmations on and play during relaxed states or during sleep. Would this type of mechanism help these entities also, or is there any value to that type of tape?

COSMIC AWARENESS:

This Awareness indicates that these can be of great assistance, depending on the information being programmed to the entity; also, in terms of self-hypnosis, that an entity can program oneself to become more clear as time passes. This Awareness suggests that a kind of affirmation which would be beneficial for entities is to state to themselves in a relaxed meditation that: "Regardless of appearances, I will find myself clearing out my garbage and bringing in greater jewels

and wisdom and greater harmony into my life, whether I realize or believe this can be so, or whether I don't." That by stating to oneself: "Whether I believe it or not," this allows the affirmation to get around the conscious filtering process and into the subconscious wherein it can grow as a seed and have its effect.

**

ED's Note: CAC does not stock the books of L. Ron Hubbard, but the book 'Dienetics' is available in most bookstores and is currently hawked on TV.

There are several mail order companies that specialize in self-hypnosis tapes, sleep-learning etc. (One is even located here in Olympia). Check the tabloids and other magazines for the addresses. These are usually in the classified section of the tabloids under 'Hypnosis'.

In reference to Development Classes, CAC periodically informs the membership about these and where classes are happening. For more info, write to Tom McQuay in Ohio who is the coordinator. (See past CAC newsletters for address).

In reference to Bachflower remedies, please write to Mary Farrell at the Goodship, PO Box 12072, Portland, Oregon, 97212. It is necessary to get a questionnaire and order form from Mary which you will need to fill out before she can psyche into your aura and mix up the proper Bachflower remedies for your particular physical, astral and auric bodies. Her price is \$25 for a personalized prescription. (While you are at it, send her a dollar and ask for the latest catalog of herbs and other goodies recommended in the Awareness readings).

This editor can personally recommend the Bachflower remedies put together by Mary Farrell, for Vicki T. once ordered some and she slips a drop of it into my tea or drinking water whenever the emotions start to get high in the office or I am having some emotional tizzy over some subject I may be putting together in the next newsletter etc. It works almost instantly--one drop in a glass of water is all it takes. Also, you should order from Mary Farrell the Bachflower 'Rescue Remedy'--a universal Bachflower remedy which works on anyone, even animals in shock from a trauma or accident. Vicki also keeps a small vial of the stuff in her car in case of accident or emergency she might encounter, for this substance quickly calms an entity down who is in shock or is screaming and hollering in pain or anger or who thinks he is going to die etc. When a drunken woman destroyed my car one night when the CAC staff was returning from a movie, we were all in such an emotional state of shock that I could hardly telephone for the police. Vicki had a small vial of Rescue Remedy in her purse and we all took a tiny swig and within moments we were able to pull ourselves together and function under a crisis situation wherein the stress of the moment was almost too much to handle. This editor seldom recommends anything to the membership, but I recommend this Bachflower Rescue Remedy 100%. A small bottle will last practically forever because you simply put a drop of it into the water and drink. Keep it in your purse, your car, your home. Someday you may really need it and no amount of money could buy you the relief it can bring you in moments of crisis. (Vicki also uses it on Seigfried the CAC hound, as well as her cats whenever they are injured or in emotional shock or hysteria--like from fire crackers going off on the 4th of July. Avaton.



TOURETTE SYNDROME... THE MOST EMBARRASSING MALADY

QUESTION:

There was an article recently in a Seattle paper called "The Most Embarrassing Malady" I'll quote a bit of it. "A Seattle mother and her eleven year old son emerged from a North End supermarket recently, toting their loaded grocery bags. Suddenly a stream of obscenities rolled out of the boy's mouth, loud enough to turn the heads of other shoppers. Eean MacNamay had no control over this bizarre behavior. He is one of a group that could number as many as 100,000 people across the country who suffer from a little known disorder of the central nervous system. It is called the Tourette Syndrome and it usually starts between the ages of 2 and 14. There are 50 known cases in the state of Washington and authorities estimate that number could be doubled if all of the cases were diagnosed. There is no known reason nor cure. Tourette begins with the tic-like muscular movements such as eye-twitching, grimaces, head and shoulder movements and throat noises. It can develop into barking a stream of obscenities in the midst of normal conversation, and other bizarre manifestations.' Would Awareness explain what this is and what could be done about it?

COSMIC AWARENESS:

This Awareness indicates that essentially, this is not too unlike epilepsy, that there is however, a difference. That in both epilepsy and in this case, there is an attack on the entity by a psychic force, working on the central nervous system and attempting to drive the owner of the body out, to allow that force to speak through. This Awareness indicates that a good exorcist could assist, that a psychiatrist could also be beneficial; that this relates somewhat to certain psychological conditions regarding the child's relationship with parents in conflict. This Awareness indicates that also the Bachflower remedy can be beneficial, that there are also homeopathic medicines which can be helpful. That much of this relates to certain physical imbalances, but these physical imbalances are generally associated also with psychological imbalances. In some cases the psychological imbalances causes the physical imbalance, whereas in other cases a physical accident can result in a psychological imbalance; that a good hair analysis to reveal certain vitamin deficiencies and mineral deficiencies can assist in bringing back the particular physical balance. That a healing of the aura can be beneficial; this can occur through the use of the Bachflower remedies and the homeopathic medicines; that the use of the North Pole magnet at the head of the entity --that Polarizer, as presented by the entity Sam Millar, --this also can be beneficial. This Awareness indicates that certain chiropractic adjustments could have benefits on the central nervous system also. This Awareness indicates that also a polarity treatment, this being similar to that of massage or Roling type of treatment, can be beneficial. That this information can be available through the Polarity Institute in the Puget Sound area, that the Interpreter can supply the information on the location of this institute.

Tired of searching for answers?

JOIN THE 700 CLUB

QUESTION:

We got a letter last month which has been dealt with. I'd like to read it:

"Dear friends. I must cancel my subscription to Cosmic Awareness. I have become a member of the 700 Club and no longer feel a need to search for answers. I would appreciate a refund for the rest of the year. Thank you very much. Signed, Linda S., Syracuse, Kansas."

I'd like to ask Awareness: does this entity know something we don't? That there is such a place one can join where you no longer need to search for answers; and, is it essential that entities search for answers anyway?

COSMIC AWARENESS:

This Awareness indicates that indeed there is a place wherein entities may join and therefore no longer need to search for answers or truth. This Awareness indicates that this place is the place of the closed mind, wherein the entity assumes that he or she has the answer, and therefore needs no further searching. This Awareness indicates that the only answer which allows entities to continue to grow and develop is that answer which allows entities to continue to search,—the answer in relation to the search for greater and greater understanding, for ever-increasing expansion of one's knowledge, of one's being, of one's spirituality, of one's awareness.

This Awareness indicates that the entity who assumes that he or she has "found it", and needs no longer search for anything, is simply creating a state wherein the entity can stop thinking, can stop growing, can stop developing and can turn attention to the trivias of life. This Awareness indicates that the spiritual path is the path that ever opens, wider and wider, giving greater and greater understanding of life. This Awareness indicates the religious path is often that which stops the spiritual growth, which stops the spiritual path.

The religious path often is but a block to cause the entity to stop and rest on the laurels or knowledge which he or she has obtained up to this point. This Awareness indicates that there is to be seen a difference between that which is the spiritual evolution and the religious assumptions or dogmas. This Awareness indicates that this Awareness could very easily have presented to entities a philosophy in which this Awareness created an enigma which told entities that unless they accepted everything this Awareness said as absolute, and ceased to look elsewhere for any information; unless this occurred, the entities would suffer severe great consequences in the coming time, and if entities ceased to search or look anywhere else for information, if they ceased to search and accepted this Awareness as *It is*, they would receive everything they ever wanted at the time this Awareness was ready to present this, and that this would be presented to them either in this life or in the afterlife.... This Awareness could very easily have created the enigma which would entrap the entities through the belief system, whereby they would blindly accept these promises, although there is no *evidence* that these statements would be true at all.

This Awareness indicates that entities can very easily, under such promises, close their mind and assume that they have the absolute answer simply because the authority says this is the absolute answer. This Awareness wishes entities to keep their minds open, and to feel free to search, to feel free to think, to be free to explore truth wherever it may be found, and not to assume that any one philosophy contains all the truth, and all other philosophies are false and not to be given any respect.

This Awareness indicates that it is a pity that there are still minds of such infantile level that they do not understand yet how to think clearly with the device that was given to them for this purpose, but minds which are simply told by the authorities: "Lock yourself into this trap, and don't let anyone talk you out of it."

HANGING UPSIDE DOWN...

ANY HEALTH BENEFITS?

(All about the Backswing)

QUESTION:

M.G. of Florida writes: "Since more people are looking at life from other angles, I see the following question for Awareness as timely. There are claims that hanging by one's feet or resting the body on a slantboard set at one angle or another, benefits can be had, such as using gravity to counter the effects of aging, relief from various kinds of back problems, or as a way to relax. Since there are only 24 hours in a day, are there any benefits to spending part of one's day looking at life from another angle, or to go as far as turning it upsidedown? If there are benefits, could you offer some ideas on how to get the most from this experience?"

COSMIC AWARENESS:

This Awareness indicates this as in the affirmative. That this not only assists the organs, and the bones, and the muscles, and stimulates the cells and the skin, it also allows the blood to flush the brain, and allows certain enzymes and hormones in the endocrine system to function. Essentially, it upsets the status quo of the internal mechanism of the body, and causes it to begin secreting energies of a nature that creates a sense of vitality; and it stimulates the adrenaline, the pancreas, and other hormones associated with the crisis response or fright response. It also stimulates the higher chakras so that what occurs from this stimulation is a kind of peak performance experience of the endocrine system. This can be quite stimulating, and the effects being likened unto massaging the endocrine glands, to get them to produce and to emit or secrete hormones throughout the system. This can have beneficial results.

This Awareness suggests that it is a form of stimulation to the endocrine system, and that it also serves as a stimulation to the brain, as the blood is forced into this area. It also serves as a stimulation to the muscles, to have them pulled in a direction opposite of that which they generally experience. It also tends to stretch the ligaments and the bones, so that these likewise are stimulated into experiences which are unusual to them. The entire action as that which has valuable effect upon individuals.

QUESTION:

The advertisements for these devices, and there are quite a few on the market, ranging from \$200 to \$1500, claim that the forces of gravity counter many of the symptoms of aging, if used daily. Is this correct?

COSMIC AWARENESS:

This Awareness indicates this in the affirmative. That there are certain pockets, whereby within the individual's body, poisons may collect and not move, whereby when the entity is turned over, these pockets may empty out and allow these poisons to be moved. This occurs also within individual cells, whereby cells may be stretched and moved about so that poisons are released from them.

QUESTION:

How many minutes a day would someone need to hang upsidedown for optimum results?

COSMIC AWARENESS:

This Awareness suggests that this be limited to approximately 10 minutes daily. That there are some entities who may lengthen this to as much as 30 minutes. That it will depend upon the individual. Some entities may not wish to spend more than 5 minutes in such position; that as they become more used to this, they may extend the time period. It is more associated with the individual's comfort, and with the need of the individual to be able to come out of the position without feeling faint. That entities must recognize that some

entities who, having their heads down, and raise up quickly, have experienced light-headedness and may in fact faint; that this as a potential problem in connection with this for some entities; that others will not experience this at all.

QUESTION:

I've seen literature in the past that stated to the effect that if entities would stand on their head for a few minutes a day, that the blood rushing down over the brain, stimulated the mind as well as did other beneficial things. Is this true? And is this essentially what happens when you're upsidown with this device?

COSMIC AWARENESS:

This Awareness indicates that this as in the affirmative. That entities who stand on their heads, such as many yogis in India, will experience a greater cleansing of the cells of the brain, and greater invigoration, and may also find that they need less sleep for the amount of vitality and energy which they receive. That many yogis in the past have in fact gone without sleep, simply by spending two or three hours on their heads, with their feet above. However, this action is not as effective as the slant board, or the board which allows entities to remain upside-down, because in standing on your head, you still have the pressure of the floor pushing against the bones and skull, and spine of your body, whereby with the board, the action serves to pull at the ankles and feet, so that the bones are not pressed together, but rather are stretched and pulled apart as the entity hangs upside-down. This being more beneficial than standing on one's head. This also as being more comfortable.*

QUESTION:

Many entities have back problems, lower back problems, compressed discs and so forth, where they have considerable pain for a lot of years of their life. If they use this slant board daily, will this also help to alleviate those kinds of problems?

How Doctors Manipulate Women

(A Cosmic Awareness Book Review)

QUESTION:

There is a book out called *Male Practice-How Doctors Manipulate Women*, by Dr. Robert S. Mendelsohn, MD., and I'd like to read the blurb on this and ask Awareness if this is a book that the lady members would find appropriate or should read. It says: "*Male Practice-How Doctors Manipulate Women*, is a book every woman should read. This is a controversial new book by Robert S. Mendelsohn MD., who charges that: 'If you are a woman living in America, your greatest health danger is your doctor.'

"According to Dr. Mendelsohn, many doctors subject their female patients, without regard to risks, to medical procedures that are degrading and often dangerous-sometimes fatally so. The book tells of the condescending attitude which doctors often show toward women-how they prescribe X-rays, lab tests and drugs far in excess of what is needed. Mendelsohn also condemns the medical profession for treating childbirth as a disease rather than as the natural process that it is."

Would Awareness comment on that book?

ED's Note: the name of the publisher was not listed in the article, but you can get the book by phoning Tele-Health toll-free (1-800-523-5388). Price listed was \$9.85.

COSMIC AWARENESS:

This Awareness indicates that this can only be addressed in a general answer, for each individual may have a specific or unique problem which may or may not respond to this kind of treatment. This Awareness indicates however, that this can be effective in assisting in the healing of many of these spinal disorders. ***

*ED's Note: years ago when this editor worked in a large Midwestern city for one of the world's largest advertising agencies, it was my practice each day to lock my office door, stand on my head, with my fanny braced against the door and my head on the rug. I had once read a book about Yogis doing this to relax, and it really did work. I also found that after 10 minutes of standing on my head that ideas for ad campaigns, slogans, ideas for TV spots etc. came to me-things I had been working on for clients but which had not come into focus. Those who tried to enter my office during these daily sessions often wondered what was going on behind that closed door, and even though it became the subject of some rather uncouth jokes, I never did tell them what was going on. Today, at the CAC office, we have what is an equivalent to standing on one's head in the form of a crude slant-board, and this too does seem to encourage ideas or help in the solution of problems one might be working on.

One word of caution. This reading on the backswing was given in August of '82. Since that time, we have noticed cautions put out by doctors about these devices. They warn that it does increase the blood pressure to use one and cautions those with high blood pressure to abstain. There have also been indications that those with eye problems such as glaucoma should not use this device as hanging upside down increases the pressure in the eyeballs and could encourage blindness. (Vicki T. reports that when she uses the device that she has 'spots' or 'floaters' moving around her eyes for about a week afterwards). Her doctor informs her that hanging upside down gets the flotsam and jetsam which everyone has settled in the bottom of the eyes, gets this stuff circulating in the eyes and this is what causes 'floaters'. It does settle again after a few days and the vision returns to normal. Anyone planning on buying one of these backswing devices should first consult with their doctor to make sure it will be of help and not a detriment. (Avaton).

COSMIC AWARENESS:

This Awareness indicates that the book as that which has a strong and important message to present, with many valid points which are beneficial, which would be beneficial for entities to become more aware of. This Awareness indicates that the entity, in writing the book, does tend to over-emphasize certain of these points for the purpose of dramatizing and of making the points more difficult to forget, or to hide.

This Awareness indicates that the book being somewhat controversial, but being of a nature that is of great service to those who may become victims of the activities described in this book, unless they are made aware of those activities. This Awareness indicates that it should not be seen as an indictment of all doctors, and entities in reading the book should not assume that this applies to their own doctor, but should rather, become aware of these various points within the book, so that if it does occur, in relationship with their own doctor, they may be more able to make distinctions between that which is proper, and that which is not proper for them to accept.

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Reagan's Nuclear War Plan

The following article presents perhaps the most frightening aspect of the Reagan administration's massive build-up of nuclear arms. Its plan to fight and win a "protracted nuclear war" with the Soviet Union. A recent report by the American Medical Association declared that a nuclear exchange between the two powers would create devastation impossible to deal with medically. Despite this warning the administration is attempting to build a first-strike capability which it believes will enable it to prevail in a nuclear war; that is, "absorb" a strike, strike back, and win. The stated aim of the Reagan administration is to control and deter

Soviet actions by confrontation with the threat of nuclear weapons.

After a recent trip to the Soviet Union, Senator Arlen Specter, who introduced this article into the Congressional Record, reported that the Soviets were likely to go to a "launch-on-warning" system in response to our introduction in Europe of Pershing missiles (which can reach their targets in five to eight minutes). Senator Specter states that the evidence of our planning for a protracted nuclear war will provoke a Soviet response, bringing a nuclear war closer by escalating the arms race with "hair trigger" nuclear weapons—and greatly increasing the possibility of mass destruction by computer error.

"In making plans to win a nuclear war," says Senator Specter, "it is my view that we are setting the stage to make it acceptable to have such a nuclear war and we are developing the psychology, both at home and abroad, that such a nuclear war is inevitable. Once such a psychology is developed, then nuclear war may well be inevitable."

August 17, 1982 CONGRESSIONAL RECORD E 3921

WINNING THE NUCLEAR WAR—MORE ON REAGAN'S PLANS

(From the Los Angeles Times, Aug. 15, 1982)

PENTAGON PLAN AIMS AT VICTORY IN NUCLEAR WAR

(By Robert Scheer)

WASHINGTON.—On the orders of the Reagan Administration, the Pentagon last week completed a strategic master plan to give the United States the capability of winning a protracted nuclear war with the Soviet Union, The Times has learned.

The document was delivered to the National Security Council and is awaiting final presidential approval.

The Pentagon plan was drawn up in response to a presidential directive, which represents the first reported time the U.S. government has declared that nuclear war with the Soviets can be won.

The directive is part of a top secret national security decision document that was drawn up in the fall of 1981 to supersede Presidential Directive 58, which was approved in the last six months of the Carter Administration.

IDEA IS CONTROVERSIAL

Sources familiar with both highly classified documents report that President Reagan's strategic doctrine goes further toward a nuclear war fighting stance than former President Jimmy Carter's in that it specifically states the goal of winning a protracted nuclear war.

According to one member of the Reagan Administration, the plan would contemplate nuclear warfare that went on for as long as six months. One consequence of this planning has been a commitment of \$18 billion to provide a communications systems that could endure such protracted nuclear warfare.

The idea that nuclear war between the superpowers can be kept limited or stretched out over several months—let alone won—is controversial in both military and political circles.

Air Force Gen. David C. Jones, who was chairman of the Joint Chiefs of Staff under both Carter and Reagan, has warned that preparations for fighting a limited or protracted nuclear war would be throwing money into a "bottomless pit." In his parting statement on retiring in June, Jones said, "I don't see much of a chance of nuclear war being limited or protracted." He added, "I see great difficulty in keeping any kind of nuclear exchange between the Soviet Union and the U.S. from escalating."

During the 1980 presidential primary campaign, Carter's Presidential Directive 58 was criticized by Sen. Edward M. Kennedy (D-Mass.) and others for assuming that nuclear war can be fought and survived in a manner akin to conventional wars of the past.

Carter's secretary of defense, Harold Brown, asserted that Presidential Directive 58 was intended to deter any expectations that the Soviets might have of winning a nuclear war but did not endorse the idea that nuclear war could be kept limited or that meaningful victory was possible.

Carter's directive did not contain any specific scenes of implementation. But Reagan's directive, the sources said, specifically requires the Pentagon to draw up a plan for turning the policy declaration into military reality.

The Pentagon's strategic master plan was to have been sent to the National Security Council for approval in June. However, it was delayed because of the public disclosure of another secret Defense Department document, the annual defense guidance statement.

Parts of that statement, which the Pentagon draws up each year to project its needs for the next five years, were leaked to the New York Times and caused considerable embarrassment for the Administration.

The newspaper reported that the annual guidance plan assumed that "protracted nuclear war is possible" and that "American nuclear forces must prevail and be able to force the Soviet Union to seek earliest determination of hostilities on terms favorable to the United States."

OUTLINES MORE DETAILS

Administration insiders report that the new strategic master plan is more detailed and more controversial in its advocacy of nuclear warfare than the annual Defense Department guideline. More significantly, it would carry the imprimatur of the President and his National Security Council, while the annual guidance plan is an internal Pentagon document.

The new strategic master plan concentrates exclusively on the possibilities of strategic nuclear war and reportedly aims at providing more of a "how-to" treatment of the subject. For example, the new plan devotes considerable space to the matter of destroying enemy political centers and command centers while preserving similar U.S. centers.

The Reagan Administration has budgeted \$18 billion for the purpose of securing U.S. military command, control and communication, or C3, as it is known to planners. C3 refers to the ability of a nation's leaders to maintain communication with the troops in control of the nuclear arsenal.

The implications of the shift in strategic thinking about nuclear war were spelled out by Gen. James W. Stansberry, commander of the Air Force Electronics Systems Division, who told an Air Force conference:

"In previous years the concept for C3 was that it only had to be able to get off a launch of U.S. strategic weapons in response to a first strike before damage was unacceptable. The idea that there was no way to win a nuclear war exchange sort of invalidated the need for say anything survivable. There is a shift now in nuclear weapons planning, and a proper element in nuclear deterrence is that we be able to keep on fighting."

LINKS ARE VULNERABLE

But critics of nuclear war-fighting strategies remain skeptical that C3 can be protected, because the antennas, telephone lines, satellites and other links in the communication system between a nation's leaders and the nuclear arsenal remain far more vulnerable than any other components of the defense systems.

One observer on the Reagan staff said sarcastically, "We've been working on this C3 problem for five years now and can report that the system might survive 10 minutes of nuclear war."

But the Pentagon's master plan aims at finding means of hardening U.S. communications to the point that they could survive longer—"as much as six months," one Administration member noted.

The notion that nuclear wars can be fought on a limited and survivable basis toward other than cataclysmic ends has had growing support in the last decade. Increasingly accurate missile technology and sophisticated means of communications have produced the confidence in some quarters that nuclear war need not be fought as one episodic episode with little but radioactive rubble to show for the effort.

The result has been a push for rejecting a nuclear strategy based on the idea of a nuclear war as one episodic event, requiring as a deterrent only enough power on each side to assure the destruction of the other. This past policy has been challenged by strategies that require even more plentiful and advanced nuclear armaments and systems of defense ranging from anti-missile systems to civil defense.

In the nuclear war-fighters' view, which Reagan's National Security Council appears to accept, a nuclear war might be fought over a period of several months with selective strikes at primarily military targets. At the end, they believe, one side could emerge victorious, with enough of its resources and population intact to begin over.

One leading advocate of this viewpoint, Colin Gray, has recently been appointed by Reagan to the advisory board for the Arms Control and Disarmament Agency and as an adviser to the State Department.

In a 1980 article in the magazine Foreign Affairs, Gray and co-author Keith Payne complained that "many commentators and senior U.S. government officials consider it [nuclear war] a non-survivable event."

Instead, Gray and Payne argued, "the United States should plan to defeat the Soviet Union and to do so at a cost that would not prohibit U.S. recovery. Washington should identify war aims that in the last resort would contemplate the destruction of Soviet political authority and the emergence of a postwar world order compatible with Western values."

They specified that 20 million U.S. fatalities would represent an acceptable cost.

Others may have a less optimistic view of the likely casualties but still believe it is possible to emerge on top in an all-out nuclear war. Last week, Energy Secretary James B. Edwards defended the Reagan Administration's commitment to testing and building more and better nuclear weapons. He said:

"I hope we never have to get into another war; if we do, I want to come out No. 1, not No. 2."

On the other hand, there is former Secretary of State Cyrus R. Vance, who left the Carter Administration before it formulated Presidential Directive 58. Vance, in an interview with The Times, stated: "It happens to be one of those who believe it is madness to talk about trying to fight a continuing nuclear war as though it were like fighting a conventional war situation, and that one could control the outcome with the kinds of precision that is sometimes possible in a conventional war situation."

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USSR OUTLINES UN PROPOSALS TO REMOVE THE THREAT OF NUCLEAR WAR

THE FOLLOWING is the full text of two letters from Andrei Gromyko, First Deputy Chairman of the USSR Council of Ministers and USSR Minister of Foreign Affairs, to Javier Perez de Cuellar, Secretary-General of the United Nations, and an accompanying draft resolution on freezing nuclear weapons and a draft declaration on condemning nuclear war.

October 5, 1983

Dear Mr. Secretary-General,

The Soviet Union proposes the inclusion of an important and urgent item titled "Nuclear Arms Freeze" on the agenda of the Thirty-eighth Session of the United Nations General Assembly.

In putting forward this proposal, the Soviet Union proceeds from the fact that one of the most pressing tasks at present is to put an end to the nuclear arms buildup and to halt another spiral of the nuclear arms race, which the world is being drawn into at an increasingly faster pace. The fulfillment of this task would be a major contribution to reducing the risk of nuclear war, which threatens the peoples.

In the aggravated international situation of today, a nuclear arms freeze by all states possessing nuclear weapons, would, in both quantitative and qualitative terms, constitute an extremely important measure in curbing the arms race.

The proposed measure would include cessation of the buildup of all components of nuclear arsenals, including all kinds of nuclear-weapons delivery systems and nuclear weapons, renunciation of the deployment of nuclear arms of new kinds and types, a moratorium on all tests of nuclear weapons, as well as on tests of new kinds and types of delivery systems, and cessation of the production of fissionable materials for the purpose of creating nuclear weapons.

It is quite evident that a nuclear freeze would be most effective if it were carried out simultaneously by all the nuclear powers. However, the Soviet Union considers it possible for the USSR and the USA to be the first to implement it on a bilateral basis by way of example to the other nuclear powers.

A freeze of all components constituting nuclear arsenals would drastically enhance confidence in relations between states having nuclear weapons and would make it possible to accomplish a decisive turn toward improving the overall climate in the world. It would create a more favorable atmosphere for achieving mutually acceptable agreements at the ongoing negotiations on the limitation and reduction of nuclear arms in accordance with the principle of equality and equal security.

The Soviet Union views a nuclear arms freeze as an important and truly tangible measure, the adoption of which would substantially contribute to reducing and ultimately eliminating nuclear arms completely.

Please, Mr. Secretary-General, regard this letter as an explanatory memorandum in accordance with the Rules of Procedure of the UN General Assembly and circulate it together with the attached draft resolution as an official document of the General Assembly.

DRAFT RESOLUTION ON NUCLEAR ARMS FREEZE

The General Assembly,

Expressing its alarm that the continuing nuclear arms race seriously increases the risk of outbreak of nuclear war,

Taking into account the great responsibility of nuclear states for the preservation of universal peace and prevention of nuclear war,

Recalling its resolution 37/100B, which expresses the firm conviction that the existing conditions are most conducive to a nuclear arms freeze,

1. Urges all states having nuclear weapons to agree to freeze, under appropriate verification, all nuclear arms in their possession both in quantitative and qualitative terms, namely:

To cease the buildup of all components of nuclear arsenals, including all kinds of nuclear weapons delivery systems and all kinds of nuclear weapons;

Not to deploy nuclear arms of new kinds and types;

To establish a moratorium on all tests of nuclear weapons and on tests of new kinds and types of delivery systems;

To stop the production of fissionable materials for the purpose of creating nuclear weapons;

2. Calls upon the USSR and the USA, which possess the largest nuclear arsenals, to freeze, in the first place and simultaneously, their nuclear arms on a bilateral basis by way of example to the other nuclear states;

3. Believes that all the other states having nuclear weapons should subsequently and as soon as possible freeze their nuclear arms;

4. Points to the urgent need to intensify efforts aimed at a speedy achieve-

ment of agreements on substantial limitations of and radical reductions in nuclear arms with a view to their complete elimination as the ultimate goal.

Dear Mr. Secretary-General,

The Soviet Union proposes the inclusion of an important and urgent item titled "Condemnation of Nuclear War" on the agenda of the Thirty-eighth Session of the United Nations General Assembly.

In putting forward this proposal, the USSR proceeds from the fact that nuclear war, were it to erupt, would be the greatest tragedy for humankind, would result in the loss of billions of human lives and would turn our planet into a lifeless desert. In our days, when huge arsenals of nuclear weapons and their delivery systems have been accumulated in the world, there can be no limited nuclear war. Should its flames ignite, they will spare no state, no people. All this has been unanimously confirmed by the most prominent scholars and authoritative military and civilian experts.

Therefore, there is and can be no justification for any actions that push the world toward a nuclear abyss, for any doctrines and plans that are based on the admissibility of unleashing nuclear war are criminal and should be subject to the most severe universal condemnation.

Today as never before it is important that all United Nations member states should become fully conscious of themselves as united nations - united in their determination to act in order to save the present and future generations from nuclear destruction.

The Soviet Union proposes in this context that the UN General Assembly, guided by the lofty ideals proclaimed in its charter, resolutely, unconditionally and for all times condemn nuclear war as the most hideous of crimes that can be committed against the peoples and as a gross violation of the foremost human right - the right to life. It is imperative that UN member states declare as criminal acts the formulation, enunciation, dissemination and distribution of political and military doctrines and concepts designed to substantiate the "legitimacy" of the first use of nuclear weapons, and, generally, the "admissibility" of unleashing nuclear war.

The Soviet Union is submitting to the UN General Assembly for its consideration a draft declaration on condemnation of nuclear war. Its adoption by the United Nations would be a major contribution to generating such an international moral and political climate where the risk of unleashing nuclear war would be significantly reduced and more favorable prospects would open up for working out practical agreements to limit and radically reduce nuclear weapons until they are completely eliminated.

Please, Mr. Secretary-General, regard this letter as an explanatory memorandum in accordance with the Rules of Procedure of the UN General Assembly and circulate it together with the attached draft declaration as an official document of the General Assembly.

DRAFT DECLARATION ON CONDEMNATION OF NUCLEAR WAR

The General Assembly,

Expressing its alarm at the growing threat of nuclear war, which can result in the annihilation of civilization on Earth,

Calling attention of all states and peoples to the conclusions made by the most prominent scholars and military and civilian experts that it is impossible to limit the deadly consequences of a nuclear war, if it were to be started, and that there can be no winners in a nuclear war,

Convinced that the prevention of nuclear catastrophe constitutes the most profound aspiration of billions of people on Earth,

1. Resolutely, unconditionally and for all times condemns nuclear war as being contrary to human conscience and reason, as the most hideous crime against the peoples, as a violation of the foremost human right - the right to life.

2. Declares as criminal acts the formulation, enunciation, dissemination and distribution of political and military doctrines and concepts designed to substantiate both the legitimacy of the first use of nuclear weapons, and, generally, the admissibility of unleashing nuclear war.

3. Calls upon all states to join and multiply their efforts for the sake of removing the threat of nuclear war, halting the nuclear arms race and reducing such arms until they are completely eliminated.

October 5, 1983