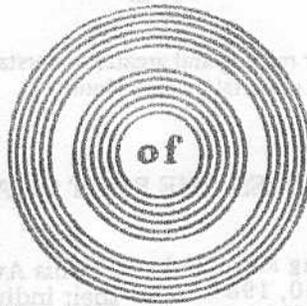


Revelations



Awareness

84-10

The New-Age Cosmic Newsletter

Cosmic Awareness Communications

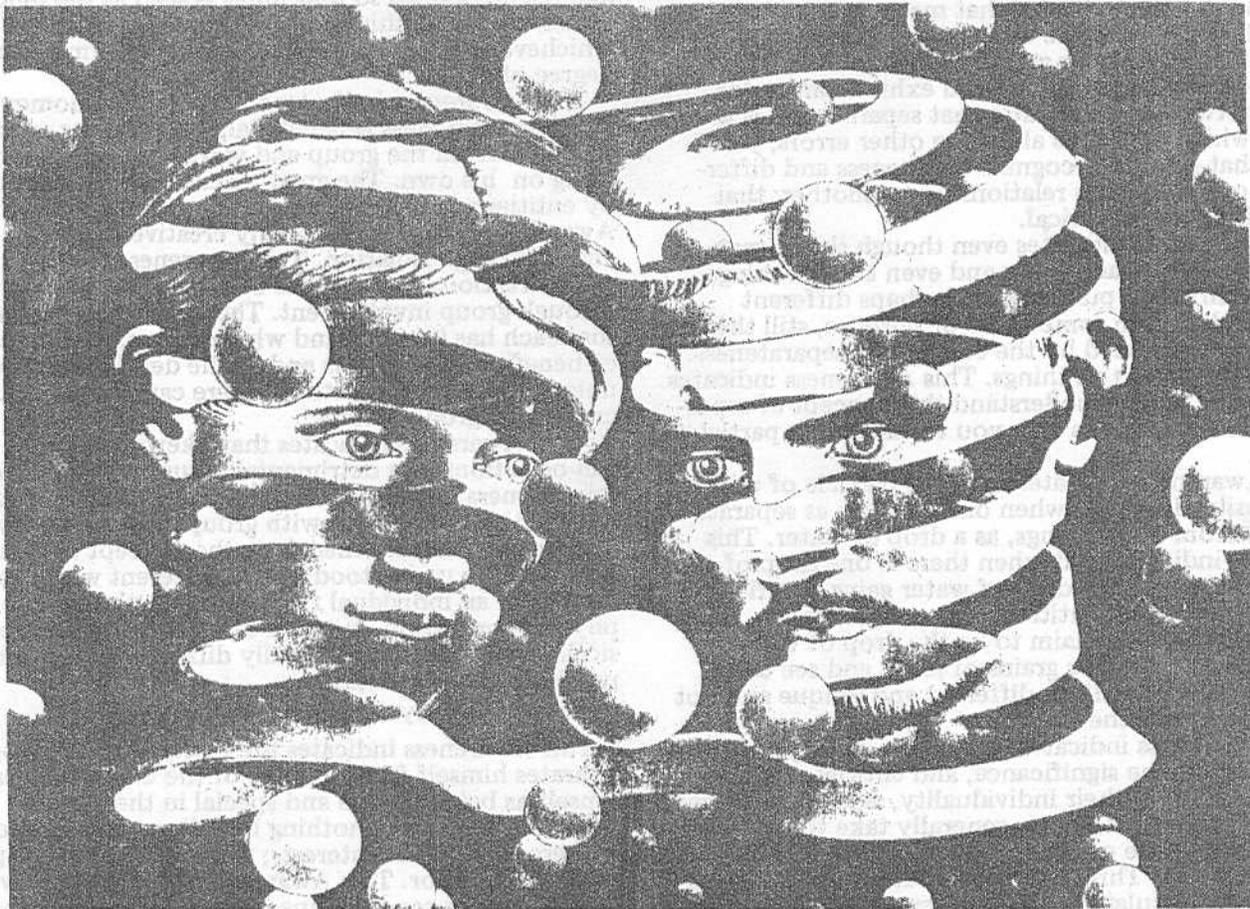
P. O. Box 115, Olympia, Washington 98507

(Helping people become aware)

\$3.00

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

Paul Shockley
Interpreter



Separateness...Fear..

and the Ego Death



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

SEPARATENESS--THE ROOT OF ALL ERROR

(Opening Message)
Jan. 20, 1984

COSMIC AWARENESS:

This Awareness wishes to call attention to that concept associated with identifications; the concept known as separateness. This Awareness indicates that this concept of separateness is the concept which is at the root of all error. This Awareness indicates that many believe that the concept of fear is at the root of all error and seek to avoid fear. This Awareness indicates that before there can be fear there must be a concept of separateness, and even those who are able to overcome fear are not always free from error.

This Awareness indicates that many entities have no fear, but still have the error of separateness, the feeling of superiority or actions which belittle others, or show disrespect for others and exhibit vanity for self. This Awareness indicates that separateness is that concept which embraces all of the other errors, yet there is that need to recognize uniqueness and differences of one part in its relationship to another; that no two things are identical.

This Awareness indicates even though things may be different from each other and even though things may have different purposes, or perhaps different values in relation to some cause or purpose, still they need not be embraced by the concept of separateness. All things belong to all things. This Awareness indicates that in order to fully understand this concept of separateness, this Awareness asks you to visualize a particle of water.

This Awareness indicates that this particle of water can be easily visualized when one sees this as separate and apart from other things, as a drop of water. This Awareness indicates that when there is one drop of water on a desert, that drop of water gains significance, and therefore, many entities seeking significance, separate themselves and claim to be the drop of water, separate from the other grains of sand, and see themselves as separate entities, different and unique and not a part, not part of the rest.

This Awareness indicates that in the concept of separateness there is the significance, and entities who are seeking to develop their individuality, seeking to discover who in fact, they really are, generally take the path of separateness as one of the movements towards such discovery of self. This Awareness indicates in all things, just as in the circulation of water, eventually the water dissolves, is evaporated, joins with the moisture, comes down, and again reaches the sea and merges with the other drops of water.

This Awareness suggests that in looking at individuality in the Sea of Consciousness, this Awareness asks you to imagine that drop of water within that Sea of Consciousness, seeking to find its own separate identity from the rest of the water. This Awareness indicates the only way this can occur is for that drop of water to separate as in an ice crystal. As the drop begins to freeze, as the temperature of consciousness drops and the individuality of that small portion begins to crystallize into self-centeredness, there can be the feeling of separateness and that feeling of separateness can lead the drop of water to define itself with the various crystalline lines of energy surrounding itself and one could pick up that crystalline drop of ice and say: "This is a piece of the whole. This is a separate chunk."

This Awareness indicates that when entities seek their individuality, develop their individuality, crystallize as individuals, they develop within themselves a particular inner pattern or vibration that distinguishes them from those other ice-cubes or snow-flakes or other patterns in consciousness which surround their world and these different patterns are known as the individuality, and the individualities are unique and different from one another with no two being exactly the same.

This Awareness indicates that even though these differences exist, the concept of separateness is still that which can either be acknowledged and emphasized so that significance is heightened or can be diminished and deemphasized so that unity is seen as the binding factor among all things. This Awareness indicates that whichever viewpoint is strongest will determine the degree of error.

This Awareness indicates that there are moments in which separateness is beneficial, whereby the entity separates from the group and works to perfect something on his own. The great inventions are often created by entities working separate from group action. This Awareness indicates that many creative endeavors come about through isolation. This Awareness indicates that other creations, other types of actions come about through group involvement. This Awareness indicates that each has its value and wherein separateness can be of benefit to the masses and to the development of unique specialized creations, there can also be values created by group actions.

This Awareness indicates that likewise, wherein there can be actions of a detrimental nature associated with separateness or individuality, there can also be detrimental actions associated with groups and mobs. This Awareness indicates therefore, the concept of separateness must be understood in two different ways: separateness of an individual from others in the sense of a physical separation, in terms of being connected physically isolated; this is a totally different thing from the psychological separation.

Psychological Separateness

This Awareness indicates the entity who psychologically separates himself from the rest of the universe, sees himself as being unique and special in the universe and sees the rest as being nothing but alien to his interests, or there to serve his interests; this is the type of separation which is the error. This Awareness indicates that when entities experience this type of psychological separation in which they see themselves not unified with the rest, but psychologically separated, alienated from society, alienated from the other person; suspicious, hostile, afraid or desirous and scheming or diabolically attempting to use the energies of another for personal gain without regard for the other's welfare; this type of separateness, the psychological separateness is that which is the error and leads to the ills, leads to the crimes, leads to the mistakes which plague humanity.

This Awareness indicates that this leads to the various efforts by the individual to manipulate, to coerce, to use force, to use intrigue or to use power of any type to gain control over others. This Awareness indicates that this also can lead the entity into self-destruction. This Awareness indicates that the problem with psychological separateness is that most entities who are experiencing this blame the problem on others and are hostile to others and do not see that they themselves are creating the problem.

This Awareness indicates the problem with psychological separateness also is that entities experiencing this are experiencing certain benefits, and the benefits give them a certain amount of control over others, a feeling of power over others, and this attitude of separateness can become a crutch which the entity feels he or she needs in order to continue, in order to survive with the lifestyle, with the behavioral patterns which he or she has developed.

This Awareness indicates that the entity who psychologically separates from others, by the very nature of such an attitude does have an influence on others which throws them off guard, which keeps them off balance, which prevents them from having a clear open rapport with the entity, and that very relationship being off balance, creating a polarity in the relationship, gives the entity who is in charge of that maneuver or manipulation the feeling that he or she is in control, for he or she can always respond if desired by negating the separateness and thus being more open to reconciliation, but the entity who wishes to maintain control does not want to respond to bring about reconciliation and therefore keeps others off guard and in the process tends to control others.

This Awareness indicates the delusion of this is in the higher realization that the entity who is thus responding to others in a manner that keeps them off guard, that does not allow for rapport but which relates from a sense of personal power and control over others; this entity is also isolating self from the joys of close rapport and mutual harmony with others. This Awareness indicates that when entities attempt to control others they also isolate themselves from the harmony of bonds, of rapport and close love-relationships.

Why the need to Control other?

This Awareness indicates that the more the entity feels a need to control the other, the more the entity is thus isolated from relationship of a warm and mutual harmony. This Awareness indicates that many entities cannot feel at ease in letting go of their way of controlling others. Many entities do not even realize that they are controlling others. Many entities, in controlling others are simply protecting themselves, for they have the fear that if they should become vulnerable, others will harm them.

This Awareness indicates that when entities become aware that they are using manipulative tactics to control those around them, they cannot necessarily by being aware of this, always stop the action, for they know no other way of being comfortable. This Awareness indicates also, others who are use to this type of domination may feel uncomfortable if the domination ceases.

This Awareness indicates therefore, the entity who feels a need to control others and who wishes to diminish that need may look carefully at the areas of his or her life in which the control is not of any great value and in which it is of little real significance, and in which it is there only as testimony of the entity's control, and may diminish this area first, very slowly, very carefully, so that the entity begins to realize that: "Yes, I guess it is not necessary for me to control this aspect, this area of this person's life! Apparently this person can get along and make his or her decisions in this area without my having to advise, control, manipulate or dominate the entity's thinking. I'll let go of this particular amount of control of this entity."

This Awareness indicates that when the entity is able to diminish controlling another to this degree and can see that the entity can handle that added freedom without great repercussions, without great difficulties, then the entity who has the need to control has a greater sense of freedom, for the entity has let go of some of the heavy responsibility that lies in controlling the lives of others and has turned over the reins of the other's life to a degree.

This Awareness indicates that this allows the entity a greater energy, when one realizes that one does not have to control this every little aspect of another's life

in order for the other to survive or to live an acceptable life. This Awareness indicates that this brings the separateness, the psychological separateness back toward a more mutual and harmonious rapport to one degree. This Awareness indicates that by continuing to relinquish control according to the ability of others to handle the relinquishment of your control over their lives, this allows the entity the ability to move back into a rapport and harmony with others in such a manner that control is not part of the relationship. Rapport, communication, mutual sharing becomes emphasized.

This Awareness indicates that as this occurs there is a diminishing of the feeling of separateness. This Awareness indicates the entity's need for significance, the entity's need to be outstanding, the entity's need to excel above others will also diminish accordingly. This Awareness indicates that even though the entity's need to excel, the entity's need to be significant diminishes, the entity does not necessarily cease to perform at a high degree of efficiency in whatever he or she is doing; in fact, the entity may become even more proficient at his or her efforts, vocation or directions.

This Awareness indicates that when the entity is no longer overly obsessed with self and with the efforts to prove self in relation to others, then the entity can focus on the art, on the craft, on the standards, on the efforts on which his interest is riding, so that the entity can become perfect in his or her craft. This Awareness indicates that it is for this reason that the entities who are the most productive and least destructive in society are the entities who are least self-centered, who have a strong affinity for other beings, who have a love for humanity, and who are not out to prove themselves superior.

This Awareness indicates those entities who are continually seeking ways to prove themselves, to achieve great fame, to achieve some type of special recognition, these entities, riding on ego energies may accomplish much, but that which is accomplished is nearly always tainted, corrodes and becomes poisonous or causes harm to others and thus never bring the recognition that satisfies the entity.

Why the ego exists

This Awareness indicates that it is because of the psychological separateness that the ego exists. This Awareness indicates there is nothing wrong with the ego so long as it is left in the area which it belongs. This is the area of action; where the ego is involved in the action, the ego is in its proper place; but when the ego gets involved in the psychological levels, whereby the mind is thinking of itself in terms of significance, then the ego is out of place and this is that which is the error.

This Awareness indicates when an entity is involved in any effort to accomplish anything, seeking to do his best, any effort which is a challenge requires a strong self-image, a faith in self, a faith in one's ability to achieve something which it has never dared try before, and this faith in self is that of ego, and the ego in this place, in this action, is of great value in the efforts to achieve.

This Awareness indicates that the ego in this place of action is that which is an absolute *must* if one is to achieve anything. This Awareness indicates that there is no problem of ego when the ego is used in terms of achievement, of action, in the movement of doing. This Awareness indicates that the problem only comes about when the entity stops to think about or talk about what he or she is doing, how well he or she has done, how much better he or she has done it than others, and how much this is better than anything else which the entity has done, making comparisons of a psychological nature between oneself, one's previous accomplishments, between oneself and others in a way which gives the entity a feeling of significance and separateness, a separateness from others.

This Awareness indicates that this ego death as that which is followed by a sense of great humility and the feeling of being unified with the rest of consciousness, or hoping that the rest of consciousness will not reject one. This Awareness indicates that wherein one cannot achieve through greatness, cannot achieve the ego importance that one seeks and has excelled in failing, the entity may take a negative ego trip and likewise reach great heights of negation of self, even glorying in how unimportant the entity is, glorying in the lack of friends, the feeling of isolation from the rest, gloating over his or her inadequacies in words which sound like complaints and lamentations, but still feed the feeling of being special and unique and great because one is such an absolute and *total* nothing. How can anyone be greater than the entity who is absolutely nothing?

This Awareness indicates that many entities *do* wallow in the negative ego experience, seeing themselves as an absolute nothing, or even worse, if imaginable, and they enjoy that image of self for it isolates them from any responsibility to the rest of humanity, it isolates them from any need to put forth any effort to communicate, to do anything for anyone; it isolates them from any type of responsibility to others, or to themselves, and thus they can still maintain irresponsibility while likewise being utterly important and noticeable and highly significant as an absolute nothing, absolutely worthless to all.

The negative ego experience

This Awareness indicates that the separateness being that of a psychological nature. This kind of separateness, based upon one's self-importance, is that which is the error of ego. This Awareness indicates that all entities must experience this kind of separateness and the error of ego, but all entities in time must experience that which is known as the ego death, wherein a realization of one's own greatness reaches such a degree as to become absurd to the individual, and the individual then sees himself, sees herself with the eyes of greatness and sees how puny and how meaningless it all is in comparison to the greater whole.

This Awareness indicates that this is perhaps the most ultimate ego trip which entities can embark upon, and the ego death which must invariably follow generally occurs when they cannot get recognition from others for all of the efforts they have put out to prove to society that they were an absolute nothing and that they should be totally rejected, and society will not, or does not properly recognize the significance of their position, and when they are frustrated enough at society for not recognizing their position, they may strike out for attention, seeking attention from society, asking for recognition: "See how worthless I am? See how terrible I am? See how I am nothing? I am the scum of the universe!"

This Awareness indicates these entities often strike out at society in ways that demand that society respond, and society responds by punishing, by locking them up or by putting them through some type of rehabilitation program and in the process they may discover that they *are something*, there was *some* good, there was *some* value; they were not quite as bad as they attempted to be or sought to appear, and thus, their entire ego-trip is shattered. They are just another cog in the wheel, another somebody, but not really a nobody, not the insignificant worm they thought they were, or hoped they could be recognized as, but just a "somebody" who made a mistake and went wrong, took the wrong turn.

This Awareness indicates that the path of the ego as that which is never in error in the animal kingdom, although it persists throughout all of these levels, but is only in error in the human kingdom; for in this level, the ego can enter into the psychological levels and be used psychologically to give the individual a sense of separateness, a sense of isolation, a sense of special uniqueness, which is based not upon reality, but upon

an artificial approach, an artificial appearance, the justification for one's life, the justification for one's action, the ego-justification that excuses one for not being civil to another, for not being kind to another, for not being responsive to a situation.

This Awareness indicates that in connection with this concept of the ego is that concept known as success and its twin known as failure, whereby the entity who has a strong active ego pursues success and adjusts to failure as though failure were steps along the way to success. This Awareness indicates that the entity who properly keeps ego in the action level, pursuing success while recognizing failure as part of the process and to be expected along the way; this entity never reflects on self and identifies self with the failure, for the entity does not involve the ego in the process of identifying self.

The entity keeps the ego in the action level, constantly perfecting and improving his or her endeavors, but the entity who thinks about self in the ego sense, who has a psychological ego concern, thinking about: "How am I succeeding? Am I doing as well as I should? I who am trying so hard, who have so much expected of me, who must prove to others, who must prove to self that I can succeed...how am I doing?"; this entity who has the ego active in the thought process, who thinks in terms of his separate isolated self in comparison to other things, this entity, when encountering failure, takes this as a personal error; that if one fails, one has committed an error.

This Awareness indicates that this thought *itself* is error, but the entity with an ego active in the psychological process will make this error and will think that failure is in itself an error. This Awareness indicates that the entity will identify self with having failed, and will see oneself as a failure rather than seeing oneself as a success, or a succeeder.

This Awareness indicates the entity who can recognize oneself as a succeeder; when encountering failure, simply looks at the failure and says: "Oh! I made a mistake here in this evaluation, in that action, in this condition. Wow! I really lost a lot of energy in that failure! Now I must proceed to my success and I have learned what I can from that failure, therefore I am better now than I was before, for I know more now what to avoid in the future;" this entity identifies self with the action of succeeding, whereas the other entity who has the ego problem active in the psychological levels identifies self with the achievements and if the achievement is negative, the entity feels he is negative also, he is a failure.

This Awareness indicates that the entity who is the successful type does not measure self by achievements, but measures self by the actions which one is engaged in and as long as the entity sees the actions and moves with the necessary action and has faith in the success of these endeavors, though the entity fail a thousand times before reaching the successful event, the entity will never see himself as a failure.

This Awareness indicates that the story has been told of Thomas Edison, having been asked: "How does it feel to have failed 999 times out of a thousand in your effort to build the light-bulb?" This Awareness indicates the entity responded: "I never failed once in my effort to build the light-bulb, for every failure was a success in eliminating that particular approach, and finding the right one." This Awareness indicates that entities must understand the value and the need for keeping the ego active, and for avoiding thoughts of ego, thoughts of self-worth and putting these things into direct action.

This Awareness indicates that along with this concept of proper placement of the ego, the concept of success and failure, there is also that concept which must be recognized in regard to desire. The desire that entities may seek in their efforts to succeed, the goals they present for their own pursuit; this Awareness indicates that these are very important; that wherein an entity has a particular

goal, the entity can have faith in his or her ability to achieve, and this is essential if the entity is to achieve the goal.

The 'Think & Grow Rich' Systems

This Awareness indicates that there are many books and many theories and many teachings which inform entities how you can think to improve your life, how you can think and grow rich, how you can, through thought, get everything you desire. This Awareness indicates that these books often have very sound and very valid advice which allows many entities to achieve and succeed and to reap great benefits and to turn a useless wretched life into one which is prosperous, productive and happy, and beneficial to others.

These books often give very important valid advice. Basically the teaching is to energize a goal by visualizing strongly that which you desire, to visualize this day and night and to draw pictures or to otherwise build symbols which help to increase the visualization, or to perform a physical ritual which symbolizes the completion of the attainment. The process generally calls for the affirmation that the thing is on its way and will be there at a specified time. The time must be reasonable for the entity to believe it would be possible. If it is not a reasonable time, the entity's subconscious will reject the idea as being absurd, therefore it must be of a reasonable time which the entity can consciously believe.

This Awareness indicates that if the entity had greater faith, the time could be immediate and it would arrive immediately, but most entities cannot believe this, therefore, the subconscious waits and allows the goal to be achieved only at the time which is believable to the entity's consciousness. This Awareness indicates that the process requires that the entity define clearly what the goal is, repeat the definition, image clearly the movement of the goal toward the self, seeing the self as a magnet which draws this goal to the self, and giving a specified time for the arrival.

This Awareness indicates that some of these approaches suggest prayer and the use of the Higher Self or of Divine Providence to give the goal, to bring the events about that would allow the goal to come, and thus the entity following this method is encouraged by these books and systems to acquire what he or she desires through imaging, defining and setting the times for the arrival of the goal.

The 'Catch 22' of Positive Thinking

This Awareness indicates that this works with not only objects, but also with values, such as prosperity, happiness, health and relationships. This Awareness indicates that there is however, one particular area which is often the cause of much suffering in regard to these teachings. This Awareness indicates there are many entities who succeed by following these methods: 'How to gain anything you want through proper thinking'...there are great numbers who will swear this is the approach to achieving gains, benefits, health, wealth and happiness, but there are vast numbers of entities who have used this method and have acquired nothing but pain and suffering as a result of the use of this method.

This Awareness indicates that they have experienced the obsession and desire, and they have allowed the obsession and desire to drive them with great ambition to achieve what they desired, but because they had experienced the psychological separateness, this class of entities differed from the ones who succeeded, the ones who benefited from using this system. The entities who experienced the psychological separateness were capable of seeking to attain their goals without the regard for the welfare of others.

This Awareness indicates that any entity using these systems of positive thinking for personal gain must include in the rules which are given by these systems, must include the rule, the condition that: "I will only gain my goal through efforts that are beneficial for everyone involved." This Awareness indicates that without this condition, an entity could energize receiving large sums of money, could energize receiving great benefits and many friends, and could energize receiving this within a period of 3 to 4 weeks, and the forces that would be at play could very easily set up the circumstances whereby this entity is presented with an opportunity to acquire large sums of money which would lead to potential for many friends and for great achievements, but the acquiring of such money, not having the condition that it must be that *all* would benefit, all concerned, and none would lose from the acquisition of the money, the entity may not have such a condition and therefore, being presented with an opportunity, may seize the opportunity and steal the money simply because of the obsession in his subconscious and the opportunity which was presented by the subconscious for this to occur in accordance with the conditions outlined by the entity's method, which did not include the ethical condition that it should be done right so that all benefitted and none suffered from the achievement.

This Awareness indicates that thus the entity may acquire what he or she sought at the time he or she sought the thing, but the next day, the next week, the next year, the entity may suffer from such an acquisition. This Awareness indicates that this is occurring today with many entities. This occurs every day on this plane. Entities consciously and unconsciously use the methods for energizing and suffer the consequences. Entities see something they desire, they unconsciously energize, visualize and set forth efforts to acquire, they become impatient and set forth a time, but they fail to include the conditioning: "I will take this only so long as it harms no one, and all are benefitted."

This Awareness indicates that without this conditioning, an entity may achieve and receive prosperity, but it will be fleeting, it will not last if others are violated in the process, for the nature of the universe, the nature of consciousness is that wrong-doing does not benefit the entity who violates another. This Awareness indicates the benefits will be fleeting and the repercussions will be long. This Awareness indicates the psychological separateness which entities experience is that force which is behind those actions which allow entities to violate each other.

This Awareness indicates that wherein entities have a mutual respect for the welfare and concern and feeling for each other, then indeed all efforts of achievement will be beneficial to all entities, and wherein there is error and it is discovered, entities in bringing forth the error to the Light of consciousness, can rest assured that others will respond in helping to neutralize the error and in helping to bring about harmony.

This Awareness indicates that unfortunately, there are still many entities who do not put the welfare and concern and feeling of others on an equal or greater basis than the welfare and concern and feeling for self.



Israel's latest postage stamp

THE CONCEPT OF FEAR AS POWER

...The Influence of Saturn--the Taskmaster

QUESTION:

In relation to fear, a question from B.C. of Gap, Pennsylvania. He writes: "Awareness, I read somewhere lately: "At the height of your fear lies your greatest power." Can you explain this concept? This bit of philosophy has fascinated me, and I have more or less taken it as my personal slogan, though it would be hard for me to explain to someone what it means. Does it have something to do with the idea of: "A part of us knows what we could do best at in life, and where our greatest potential lies, and as many people are afraid of success, the things that we fear the most, is the things that we are ultimately destined to most succeed at."

COSMIC AWARENESS:

This Awareness indicates that this is all in the affirmative. Essentially, that which you fear the most is that which draws your attention and is that which demands responsible response, demands that you focus and give energy to that area in your life. This Awareness indicates that in looking at one's horoscope, the planet Saturn is that planet which symbolizes fear. It is the cold, restricted, isolated planet of separateness; the feeling of separateness exists in that aspect of your chart where Saturn sits at your birth.

This Awareness indicates that Saturn is also referred to as the task-master, the teacher, and may be seen as that task-master which stands with whip in hand and directs you in your efforts to achieve in the area which it demands. This Awareness indicates that if you want to know where an entity's energies must go, look at Saturn in the entity's chart, for Saturn is that which demands attention, demands responsibility. This Awareness indicates that it is also fear, and it creates within an entity a concern for well-being, a concern associated with personal insecurity, and that concern demands that the entity respond to that area of the chart, to that area of one's life, whether it be in the 4th House of home, the 10th House of career, the 7th House of marriage or business or public affairs, the 5th House of creativity, of romance, or in other areas of one's chart, ...wherever it lies, it creates both fear and demands attention and response, and the entity who avoids Saturn, who avoids looking at those responsibilities which are demanded by the task-master, who shuns the demands of Saturn; the entity who thus avoids Saturn's heavy hand, is the entity who suffers from Saturn's heavy hand.

This Awareness indicates that this is the entity who receives the whip from Saturn, is the entity who receives the punishment from Saturn. This Awareness indicates that the entity who looks at Saturn and sees the demand, and feels the fear of Saturn and handles the responsibilities which Saturn demands of the entity's life, attends the energies that are most heavy in one's life; that entity will in time begin to receive great rewards from Saturn, for Saturn is the planet of Good Luck, and over periods of time, when entities have been responsible to the demands of Saturn, the planet begins to give forth rewards, bringing what others would call good fortune, whereby others will say: "He is so lucky!"

This Awareness indicates that the entity having responded to the demands of Saturn, having faced his or her fears, having attended those heavy areas of one's life which were of greatest demand; that entity does not consider the rewards to be good fortune and good luck, but considers these to be the fruit of his or her labor. This Awareness indicates the onlooker sees this as good fortune and good luck, but the entity who has labored under the task-master

knows well what energies have been put into developing those skills, those talents, those achievements which have brought about the appearance of good fortune.

This Awareness indicates that in this sense indeed, Saturn is the bearer of good fortune for those who have earned good fortune, and the bearer of bad luck for those who have earned bad luck. This Awareness indicates essentially, Saturn, the dispenser of fear, is the planet that rewards or punishes according to the earnings of an individual.



GLOBAL FEAR--A GHOST ON THE ROAM

(The time of the universal ego death draws near)

QUESTION

One other thing in relation to fear, Somebody sent me a page from an *AWAKE* magazine of January, 1983. I believe it's put out by the Jehovah's Witness organization. It's entitled: *Global Fear--An Evidence of What?* and I'd like to read a little bit of this and ask Awareness if It would comment on this. It says, "Fear is included as part of the "the sign" of what the Bible calls the "time of the end", the "conclusion of the system of things" or the "last days". (and it quotes Daniel 12:4; Matthew 24:3;2 Timothy 3:1) Jesus said that men would "become faint out of fear and expectation of the things coming upon the inhabited earth." Giving us reason for hope, however, he said that this global fear would be an evidence that "deliverance" was getting near. (And they quote Luke 21:7).

"As never before, the world is full of fear," says the German newspaper *Die Welt*. It calls our century "the century of fear." In view of this century's outstanding advances in science, technology, medicine and psychotherapy, however, this increase is paradoxical. It should have been possible to curtail fear; instead the opposite has happened. Fear has been likened to a "ghost on the roam," to a disease "spreading like an epidemic." Thus the German magazine *Horzu* states: "Never before has mankind been as fearful as at present." Pointing to some of the causes, it adds: "Brutality and terror, egotism and indifference, social injustice, war, foreign influences, drug abuse, envy, atomic energy, juvenile delinquency, professional failures--today's fear has a thousand names."

And it goes on...but I'd like to ask Awareness to comment on this information and how it relates to the statement I believe It gave once that 'fear is always on the threshold of new knowledge.'

COSMIC AWARENESS:

This Awareness indicates that *It* is afraid this is in the affirmative.*

This Awareness indicates that the condition which is prevalent in the world at this time is such that fear has increased as part of the psyche of humanity to hold a greater portion of influence in the minds of entities during this century than in previous centuries.

This Awareness indicates that there is a reason for this. This reason being that in the past entities were able to take action, whereas in the present, entities can only think about the threats. This Awareness indicates that when entities can act, they do not experience terror or fear. It is only in the reflection, stopping to think, that fear and terror can increase.

This Awareness indicates that with the advent of television and radio and newspapers and the widespread communication of news of a negative nature generally, entities hear about all of the events that are negative and frightening and yet they are unable to take action to do anything about these events. This Awareness indicates essentially, this is an action of psychological ego experience, wherein there is the feeling of personal insecurity, incapacity to deal with threats and therefore, the entity must simply experience the fear, hold the fear, and it becomes a chronic attitude or chronic condition in one's consciousness, thus entities become chronically paranoid and may experience along with this chronic paranoia, other psychological problems or conditions, such as schizophrenia or even obsessions and psychosis conditions.

This Awareness indicates that when entities experience chronic fear or paranoia to the point where they fear the end of the world, fear the Beast, fear the Russians, fear the CIA, fear the telephone company, fear the policeman, the local sheriff, fear the parents, fear the children, or fear the television, or fear the food they eat; wherein entities are chronically afraid of the world in general and these things cannot be responded to by some type of action, the mind then becomes a fertile place for ego of a psychological nature to begin to grow, for the feeling of separateness to develop, whereby the entity feels isolated from universal harmony, and the ego or individuality intensifies, and the entity, feeling more isolated and separate and fearful, reaches that state of consciousness whereby the ego death is near.

This Awareness indicates that the ego death comes to entities when they see themselves as they are: incompetent, puny, inefficient, unworthy, as described in the fundamentalist religious teachings: "A sinner unworthy of redemption." This Awareness indicates the ego death comes at those times when the entity is most afraid and wants to be near that which is the Universal Deity which gave life to the entity.

This Awareness indicates that, Yes, indeed, entities of this century are nearing that time of the Universal Ego Death, wherein more and more entities shall give up their separateness, their individuality, their individual ways, their psychological separateness, to belong to a friendly universe.

* Cosmic humor?



DRUG-INDUCED EGO DEATH

(More on the Christian Conversion)

QUESTION :

Awareness, during the '60s, it was sort of the In Thing in the drug culture, experimenting with psilocybin and LSD and so forth, for entities to go around trying to experience the ego death, and many of them evidently did. Would Awareness explain what significance, if any, there was in those ego deaths those entities were having?

COSMIC AWARENESS:

This Awareness indicates that many entities in experiencing an ego death prematurely, hinder the full growth of their individuality. This Awareness indicates that many entities in moving through the experience of the Christian conversion, experiencing the ego death through the conversion technique used by the Christian churches of heaping guilt and threats and fear upon the individual so that the individual out of fear, rushes to be 'saved', to give up his or her sinful ways, to be redeemed.

The individual may or may not have been properly prepared and the conversion may have been premature, brought about by coercive threats of hell and fire, and by promises of redemption so that the entity was manipulated into conversion by external preaching rather than from self-realization, and a true willingness to give up the old ways. Such conversions often are not permanent in nature, or will need to experience many backslidings so that the entity, over a period of time reinforces through further errors and mistakes, reinforces the need for the true ego death, surrendering self to the Divine.

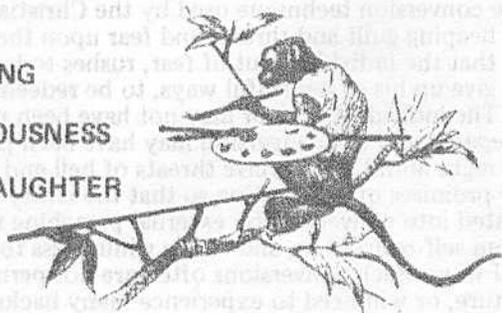
This Awareness indicates that in the use of drugs such as psilocybin, LSD or other chemicals instead of fear tactics used by the fundamentalists preachers, the individual experiences the increase of the ego. This Awareness indicates essentially, the drugs LSD and psilocybin enhance or intensify whatever is already present in an entity's consciousness and thus the entity may find his or her consciousness being pushed into greater intensity by the use of these drugs so that the entity who has an ego that is building toward a climax, toward a death state, is rushed to this condition by the drug and thus the entity artificially pushes the internal experience by an externally induced drug so that the entity experiences the ego death and the surrender to the Divine through the medium of the drug as compared to the medium of the minister, the preacher, and the fear tactics which brings the conversion technique.

In either of these techniques, the ego death can be beneficial. It can also be premature; whereby an entity has an ego death before the ego has fully developed. This Awareness indicates that when the ego has fully developed and then there is the ego death, the entity then never again will return to concepts of separateness, of a psychological level, but wherein an entity is prematurely sent to the ego death, the entity can immediately experience as the phoenix rising from his ashes, a new ego, which turns, looks, points and brags about the ego death it just experienced, and tells others about the great and wondrous ego death which he or she just experienced, and how utterly magnificent it was, and how it perhaps was the greatest ego death anyone ever experienced, and that it is a real pity that others could not experience such an ego death as this.

This Awareness indicates the entity may create an ever-greater ego over the ego death of his salvation, of his drug-induced ego death. The entity may become ever-so-vain about his or her conversion and self-righteous association with the Divine, and the vanity may be so great after the ego death that others would lament and pray do almost anything if only the ego death could have been left alone so that the entity would not experience such renewed vigor in his ego from the experience of the ego death.

This Awareness indicates that it matters not whether the entity glories in his ego death, for in time, when the entity is ready, this ego too will have grown sufficiently to the point where seeing itself for what it is, it will be placed aside, like a child that has been screaming for attention which now needs no attention, and can be put to rest. This Awareness indicates when the ego is expressed in action, the ego is in its proper place. When the ego is expressed in psychological significance of self, of separateness, the ego is in error and is being prepared for its crucifixion, and whether it is aware of this or not is of no matter, for surely the time will come when the vanity, the glory, the crown and all the acclaim, those bowing to the ego shall all witness the humble crucifixion and the death and humility of the ego, and the resurrection which will allow the ego to move back from levels of thought and form into the spirit of action.

**CHANGING
CONSCIOUSNESS
WITH LAUGHTER**



QUESTION:

Awareness, another phenomenon that was connected with the drug experience that I think occurred relatively often was the first time people would get stoned, they would laugh for long periods of time, and afterwards, no one was ever really sure what the joke was!

COSMIC AWARENESS: Laughter as a Healer

This Awareness indicates that essentially, laughter is a spasmodic release from tensions in the muscles and nerves of the body, and essentially, laughter is a way of changing consciousness, of changing the level of seriousness; that when one is under great restrictions or the Saturnian forces crystallize an entity into great seriousness, feelings of separateness, feelings of isolation, feelings of fear, and when someone introduces the powder of laughter, the powder of humor, the shaking and breaking of that crystalline energy of fear is that which forces the body, the mouth, the throat, the chest, to give forth those sounds which are called chuckles or laughter, those spasmodic grunts which in some entities result in loud uproarious noises.

This Awareness indicates that laughter essentially is breaking up crystallized fear in the body. This Awareness indicates that when there is tension, stress, and it is released, the body reacts spasmodically, and the mouth and vocal chords may make sounds, and the system feels lighter and less tense and less stressful. This Awareness indicates that laughter can heal cancer, can heal diabetes, can heal heart disease, can heal hardening of the arteries, can heal leprosy, can heal all types of stress related diseases, and can heal even those which are not related to stress, for it can help to relieve the stress and thus create greater immunity within the system to fight off those diseases that are not stress related.

This Awareness indicates that entities who have illnesses could benefit greatly by joining in groups together with others of similar illnesses, telling jokes about the illnesses, making light of the condition, expressing humor over the concepts of the illnesses. This Awareness indicates that this would help to remove the heavy, heavy fear and concern over the illness so that the system could have a chance to heal itself. So long as fear and heavy concern are interfering with the immunity system's efforts, the system is hindered in any repair.

This Awareness indicates that likewise, entities experiencing any area of their life which is heavy, wherever Saturn sits, if entities could look at this area which appears to be overwhelming, too heavy, wherein the responsibilities are too great to bear; if entities can go there in their consciousness and learn to laugh at themselves, at their seriousness, at their mistakes, at their errors, at their weakness, they can lighten up the energies of Saturn, break much of the crystallization, eliminate much fear, and in the process free themselves energy to use for handling the responsibilities which Saturn demands of them.

This Awareness indicates that laughter as that which may be considered as the stairways to higher consciousness, to healthy living. This Awareness indicates however, laughter at the plight of others, laughter at seeing others suffer, this is not the type of laughter which is healthy for entities. This Awareness indicates that wherein entities can see themselves in others, --the clown who falls down, the entity who blunders in a social condition, the entity who is confused about some situation and it creates an incongruity where the entity thinks one thing and does another, and the observer knows the error, --this type of humor wherein an entity can identify with the foibles and mistakes of another, allows an entity to not only laugh at the other, but laugh at himself to the degree that there is any identification.

If one has experienced something similar which has been terribly embarrassing to one and he sees another experiencing this in the same way, particularly where the other can do so in a humorous way or allow others to laugh at him; this entity likewise is laughing at himself. This Awareness indicates that in this manner, tensions which entities may lock up in their body for years can be released by seeing something which reminds them of something which they have locked up in their own system.

This Awareness indicates that entities who have great emotional charges, fears, tensions in relation to racial or ethnic jokes, in relation to racial or ethnic concepts, would benefit greatly in forming groups that sit around and tell ethnic and racial jokes, for they would learn to laugh at themselves and these tensions and frustrations locked within their system would be released.

This Awareness indicates that it is important to face the responsibilities. It is also important to be able to laugh at the seriousness with which you must tackle your responsibilities in order to eliminate the heavy crystallizing effect these responsibilities have upon entities. This Awareness indicates it is likened unto the day of rest; that for every 6 degrees of responsibility one puts forth, for every 6 ounces of effort one puts into success, this Awareness suggests you give one ounce or one degree or one day to levity, to laughter, to making light of the heaviness.

This Awareness wishes you to look at the term:
Making Light.

The Psychology of 'Making Light'

This Awareness indicates that if one makes light of everything, then indeed one becomes light and floats through life from experience to experience, never taking anything seriously, never recognizing the gravity. This Awareness indicates the entities may find themselves avoiding Saturn and the heaviness of Saturn for a time, but one cannot make light of the demands of Saturn unless one meets those demands with a light attitude, an attitude nonresisting of the demands.

This Awareness indicates that the entity who makes light of everything, including Saturn's demands, may find that the demands become heavier and heavier and the entity is forced into some type of circumstance wherein there is nothing left for the entity but to confront the demands of Saturn, for Saturn cannot be avoided on the physical plane.

This Awareness indicates the best approach to Saturn is to turn and face and deal with the demands of Saturn and not to be afraid. This Awareness indicates that for many entities this means that you must turn and face the devil of your life, whether this is your parents, your job, another entity, or some psychosis in your own mind. You must turn and face that which you most fear and deal with that in a responsible way.

This Awareness indicates that as you face that which you fear, do not forget to deal with this responsibly, but also keep your levity and humor in the process. This Awareness indicates that those entities who have their *in-jokes*, regarding their particular expertise, wherein they function in a responsible position, doing their job well, those entities generally develop certain jokes about their work. These jokes help to lessen the tension associated with their occupation, and this is beneficial.

This Awareness indicates that entities who are occupied with illness or preoccupied with illness, or who are occupied with unemployment, or occupied with poverty, or preoccupied with poverty and these various conditions which entities often lament about, or occupied with loneliness; entities who think that they are forced into these occupations can escape these occupations through levity, through laughter.

This Awareness indicates that whatever area you are in, the crystallization of Saturn can be diminished, the heaviness and the pain and the agonies can be diminished by laughter. This Awareness indicates this does not mean that the responsibilities are removed, but rather that your attitudes can allow you to face those responsibilities with greater levity and less resistance and less pain and suffering.

ED's Note: neither Vicki nor myself thought that Awareness answered her original question about how one often laughed uncontrollably when first stoned. (Maybe it was because it was more of a statement than a question). Anyway, to illustrate what she was talking about, allow me to share a brief experience in this area. During the summer of 1967, I found myself drawn to San Francisco. This later was known as the 'Summer of Love', and that event that launched the hippie movement, the acid rock music scene, the new sexual freedom, that peace and love consciousness that helped to bring about the end of the Vietnam war and many many other changes that occurred in consciousness. Well, I was there with a flower in my hair, taking it all in, when a hippie approached, sat down beside me in Golden Gate park and offered me my very first marijuana cigarette (at that time called a 'joint'). I had heard of these but had never had the opportunity to partake before this moment. I sat there in the sunshine, watching some incredibly beautiful long-haired young hippie girls spashing around naked in a large bird bath type of pool. They too were 'stoned' I discovered later. As I puffed away on the joint, following careful instructions to 'breathe in deeply and hold the smoke, swallowing it,' life suddenly become one of the funniest things that could ever happen. I closed my eyes and there, trooping across my brain, was an endless train of cartoon-like characters, all in technicolor, looking like all the Walt Disney cartoons I had ever seen, plus hundreds I had never seen before. There were little choo-choo trains puffing up hills, pulling funny little cars, there were dancing piggies, dogs, elephants with tiny little skirts etc. It was an endless stream of this sort of cartoon thing and they just kept coming. Someone in the park had a radio and that great Beatle masterpiece, "Sergeant Pepper's Lonely Hearts Club Band" was playing (it had just been released), and suddenly all these little mental character cartoons were dancing and jumping into the air along with the beat of the music. I was bewitched by the whole thing, and as I lay in my sleeping bag that night, I could still see those little cartoon characters and I would laugh. I lay there laughing most of the night and the people laying in sleeping bags nearby were laughing all night long too. In the morning I asked some of them what it was we were all laughing about, but none of them really seemed to know. Since that time I smoked a lot of different kinds of dope, but never had that experience of seeing those little cartoon creatures and laughing all night

long and not really knowing what the joke was all about. I once asked David Worcester, a former channel for Awareness, about that experience, and he said I had tapped into the 'elemental level of consciousness', which was normal, he said, for entities getting stoned for the first few times. He assured me that one quickly passed that stage and got into much meatier and interesting levels where the mind-tripping could really get going. Anyway, I think it was this sort of thing Vicki had in mind when she asked the question. Now ladies, don't write letters about this. I DON'T do this anymore. That was a long time ago when I was chasing your daughters and felt it was some sort of cosmic duty to 'turn them on'. I am a good boy now and no longer chase around, nor do much dope either, so please do not write any letters or try to save my soul from the evils of drugs. (It has been saved already). I only tell you this story to help you understand the question.

Incidentally, smoking dope in those days is nothing at all like it is today. In the '60's the herb was pure and unadulterated, and the effects were alchemical and magic. Those who used the stuff, knew this on a certain level; they knew that somehow consciousness was being altered once a lot of entities were using it. Awareness confirms that theory and has given considerable information on the subject. Today, the drug scene is entirely different--the vibrations are different, and unless you grow your own stuff and give it the proper blessings etc., you could find little magic and a lot of hardship coming down on you. This editor continues to recommend the book, "The Cool Aid Acid Test", for those interested in the magical side of the psychedelic scene during the '60's. It is written by Tom Wolfe, author of the current book and movie, "The Right Stuff." Tom went on a long tour of America in Ken Kesey's Magic Bus, and was able to tune into all that magic and discern, on certain levels, the incredible cosmic psychodrama that was being acted out. (This book is available in paperback at most all good boostores). Avaton.

TIME TO STRETCH THE MIND

(Closing Message)

This Awareness indicates that the mind IS capable of all types of expression, of thought. Its uniqueness is in its ability to reflect upon itself and to reflect upon itself reflecting upon itself, and to reflect upon itself reflecting upon itself reflecting upon itself, etc., and because of this unique ability of self-reflection, the mind can fool itself, trick itself, confuse itself, and argue with itself as though it were arguing with another. It can split itself into two different camps of thought, two different sets of ideas, two different ways of behaving or responding to situations so that it becomes split as in schizophrenia, wherein one manner of behaving says: "Do this in this circumstance," but if it doesn't work, then the other manner of behaving says: "No! I'll do it *this way*," and thus the entity has a quarrel as to how to respond.

The mind is capable of focusing on every *two*, or every *one* or every *t*, or every *m*, or every *mouse*, or every *tree*, or every *communist*, or every *preacher*, or every *individual*, or every *fear*, or every *threat*, or every *insinuation*, or every *affront*, or every *rejection*, or every *separation*. The mind is capable of focusing on anything, and excluding all else, of focusing on one accomplishment or one mistake and allowing that accomplishment or that mistake to have influence on the entity for the rest of his or her life, or to influence the lives of others.

The mind is capable of obsession on this one thing, whether negative or positive to the mind, whether a goal of the future, or an event of the past. The mind is capable of turning upon itself in great hostility toward itself. The mind is capable of condemning others and having every reason for such condemnation, and if no reason is apparent, the mind is capable of *finding a very good reason* for condemning that person.

The mind is capable of swatting flaws wherever they may be, and "Nothing can get by ME if I am *determined* to find some flaw in you!"

This Awareness indicates the mind is very capable, and can do almost anything it desires if it is allowed to do so; to run rampant and to follow its conditionings. This Awareness indicates the mind is also capable of integrating, perceiving, not judging, rejecting, fixating, becoming obsessed or selecting, to the exclusion of all other processes. The mind is capable of using these processes according to the necessity of the task at hand, but it is also capable of observing, being receptive, sensing: sensing the expressions of others, sensing the motives of others, sensing the needs of others, knowing what needs to be done.

This Awareness indicates that entities who develop one particular skill of the mind such as finding the flaw in another's personality, or develop the skill of knowing exactly how to put the other person off guard so that they are immediately intimidated and can never feel comfortable except from an intimidated position; the mind which is putting people in their place, the mind which is capable of establishing its particular patterns of expression; this mind which is used for these specified purposes, but which is not used sufficiently for other purposes which it is capable of doing, would be likened unto the computer, the word processor, or the typewriter wherein a typist becomes obsessed with using particular keys and never learns the full potential of the machine which is available.

This Awareness suggests that entities must learn the full potential of the mind and that if entities have developed certain patterns of the mind and use these patterns exclusively and are not aware of all of the other areas of the mind, of its capabilities; this Awareness suggests that you take a course, learn what the mind can do if necessary, or experiment yourself and discover other things which your mind can do. Perhaps your mind has been so busy directing, judging or condemning others that it has not really had much time to devote to poetry, to thinking about friends and relatives at a distance, to enjoy a summer day, to indulge in mental puzzles or study of some mental pursuit.

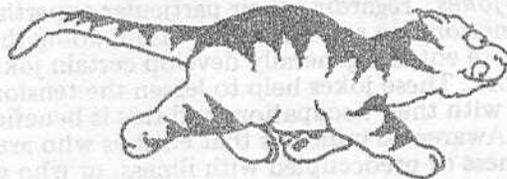
This Awareness indicates many entities only use the mind for 5 or 6 different patterns of thought and spend their entire day, their entire week, looking for those particular circumstances so they can bombard that circumstance with their particular pattern of relating to that circumstance. This Awareness indicates that some entities are so well conditioned that they are predictable to others; they enter a room and their pattern of relating is so predictable that before they have come into the room, the entity knows almost exactly what will be said, the kind of criticism to expect, the kind of greeting, or the type of objection which they expect to hear.

This Awareness indicates that some entities are simple and have perhaps 3 or 4 or not more than half a dozen ways of relating to others, either through criticism, through directing, through requesting with a particular tone of voice that sounds more like a command than a request, through complaint or through ridicule, and these entities having these particular ways of relating move from circumstance to circumstance, never altering, as simple as a robot, and yet these entities may feel that they have total control of the circumstances, of the situation, of their lives.

This Awareness indicates the pathetic reality is that the entities do not have total control of their own minds because they have limited their thinking to those few patterns of expression and are fully unaware of what their minds are capable of, and the talents and skills and the great wonder of what lies undiscovered in the rest of their mind, if only it would be used for something other than those limited patterns of relating.

This Awareness suggests to entities that you look at your own potential, for you can be almost anything that you can imagine yourself to be if you are willing to put forth the commitment and the time necessary for the accomplishment. This Awareness indicates that nothing comes to entities which is not earned by the entity, and therefore, entities who have any desire for anything must be willing to put forth the energy and effort to receive that which they desire, and to receive this in a manner that is beneficial for all concerned.

This Awareness suggests the Interpreter be brought from trance.



England's *Westmoreland Gazette* published this cheery classified ad: "Lost—Cartmel area. Bald, one-eyed ginger tom. Crippled in both back legs, recently castrated, answering to the name of Lucky."

From PLAYBOY

ORAL CHELATION—REAMING OUT THE ARTERIES THE EASY WAY

(4/24/83)

QUESTION:

There's a product put out by the Hoffman Health and Research company of Ogden, Utah, that is supposed to be as good, if not better, than chelation treatments. I'd like to read a little bit of their advertising copy and ask Awareness if this is valid information. The product is called CN. I don't know what that stands for, but they claim that:

"Research findings show that most people's arteries are really plugged up, even many of those who have had chelation therapy. A group of chelation recipients was checked before and after treatment. On a scale of 1 to 32, (1 being ideal), the average body reading before chelation therapy was 22. After chelation therapy it was 18. With CN, the average before using CN was 17. After using CN, the average of the CN users was 1.0.

"Chelation therapy has also been shown to cause excessive kidney stress." Now, they had a question and answer section: "When you say: unplug arteries fast, how fast? The answer: We have not found anyone yet who took longer than 90 days to complete the procedure. This is fast, considering it took 5 to 60 years for the accumulation to occur."

"What does the correction consist of? For most people this can be done effectively in a period of from 60 to 90 days, using 2 to 3 bottles of CN. The CN is taken orally, at least 1/2 hour apart from other supplements, 2 capsules 2 times per day, for 45 to 70 days. Is there a chance that the breakdown of the accumulation within the circulatory system can cause clots, blockages, or other problems? Not that we are aware of."

"The reason for this is that the body regulates the rate at which this accumulation is broken down as the body can safely eliminate in a given period of time. The change occurs within the energy body by correcting the vibratory rate within the circulatory system with the above-mentioned formulation. The result you get will depend on your body's ability to heal itself when given the necessary factors with which to do so.

"No pill or potion has ever cured anyone. It is the body that does the healing, when given the needed factors. What kind of results or changes should I expect?"

Cold feet or hands may return to normal. Warmth, and a feeling of circulation may return. Blood pressure may decrease. There may be an increased feeling of energy. Circulation of the entire arterial and venous system should improve. Will everyone get results? Yes. Thousands of others have when the directions were followed correctly."

"How does one know if one needs CN? It has been found that approximately 90 to 95% of all people have an accumulation to some degree in the arteries and veins. Most people should certainly benefit from using CN. What is in these formulas? The CN formulation contains homeopathic vibrations of inorganic calcium 6x, lime 6x, cholesterol 6x, hydrogenated oil 6x, sugar plaque 6x, lipoids 6x, and energized lactose."

"This formulation is in a lactose base in gelatin capsules. They are all natural,--no artificial anything." And they have other information that this will clear up the cause of headaches, dizziness, loss of memory, phlebitis, and so forth, caused by an accumulation of foreign substances in the body, with primarily the accents on sugars and starches, and flours, unbleached flours and so forth, raw cow's milk...much of the information given by Awareness goes along with this, and I'd like to ask Awareness: Is this product CN, which sells for 3 bottles for \$60, as good as they claim?

COSMIC AWARENESS:

This Awareness indicates that the product as that which is quite beneficial and can be of great benefit to users. This Awareness indicates that whereas every product has a different effect on each individual, this likewise can be used with varying effects on individuals. This however, does appear to have a beneficial result and effect on entities, regardless of their condition.

This Awareness indicates that the claims as being valid, although perhaps slightly exaggerated; the exaggeration however, as having more to do with the words used, rather than the intent to exaggerate. Any form of advertisement, in order to make a dramatic point, will tend to select words which are dramatic in nature.

This Awareness indicates that for some individuals, the effects may not be as dramatic as they expect after hearing the advertisement, but that with continued use a gradual and definite effect should be felt by nearly all individuals,--this in reference to individuals who actually have such problems and need this type of cleansing.

This Awareness indicates that there are a number of products that are beginning to surface which do similar actions, similar to that of chelation, whereby they assist in cleansing the arteries and bloodstream. That more information on these will be forthcoming. That this is a dramatic breakthrough for the health field, whereby entities may have their arteries cleansed by these various types of therapy without the necessity of the chelation treatments. This Awareness indicates that it is correct that the chelation treatments can be hazardous to the kidneys, creating much stress in the process of elimination, and in some cases can be dangerous to entities whose kidneys are already weak. However, any doctor who is competent to give chelation treatments would check out the kidneys, to see if the entity is capable of receiving such treatments. In reference to this particular product asked about in the question, this needs not be a concern. However, if one has extremely weak or poor kidneys, the entity should consult a doctor in regard to this anyway. The release of toxins, often passing through the kidneys can have some adverse effect on the kidneys if they are particularly weak, or diseased.

This Awareness indicates that with this substance, this is seen as a very minor problem, even with weak and diseased kidneys, although it should be accompanied by a doctor's supervision in such cases. The cleansing of the arteries as that which can help to prevent circulatory problems, angina, heart problems, and can also

11. increase the activity and function of the brain, the general vitality of the system. The purification of the bloodstream and organs can also lead to a strengthening of the immunity system, so that the natural forces may ward off other diseases.

This can also apply to diseases such as cancer or leukemia which may tend to have a greater chance of growth in a body that is weak or wherein the immunity system is weak; that with a strong immunity system, supplied by nutrients of clean and healthy blood circulating well through the body, the chances of such diseases are minimized.

This Awareness indicates that this also can assist in relieving pain in the system such as that caused by arthritis, and other problems relating to circulatory conditions, or even injuries. That this can also serve to assist the nerves because the blood carrying nutrients to these areas can help the nerve endings to eliminate dead cells and to restore vitality to the nerve tissue. This can restore feeling in limbs and areas which are not sensitive. That this also affecting those feelings of numbness in the fingers or feet which are often experienced as entities' circulatory system becomes weakend and clogged. That any entity using this should experience some benefits. This may not be so dramatic for younger persons and persons whose arteries and veins are not particularly plugged; that those who have for years subsisted on poor diets, may feel the most dramatic effects from this.

AFTER A STROKE--ORAL CHELATION FOR RESTORING HEALTH

QUESTION:

Would this eliminate, for the most part, the probability of an entity having a stroke or a coronary heart attack due to a blood clot?

COSMIC AWARENESS:

This Awareness indicates this in the affirmative. That chelation, and also this substance can help to restore an entity's balance after a stroke, particularly if this is caught soon after the stroke. That wherein an entity has had a stroke, one might even be restored to complete capacity from the use of this substance, or from chelation. This is not an absolute certainty; it depends much on the condition of the individual and how quickly the body responds to the substance.

QUESTION:

Many of our members are following Awareness's instructions on the daily taking of vitamins, minerals, aloe vera, pumpkin-seed oil and so forth. Does Awareness see any conflict, or damage caused, or problems by the addition of this CN to their daily program?

COSMIC AWARENESS:

This Awareness suggests that this substance be used according to directions. That this be used approximately 90 days as indicated. That this may be extended to 120 days in some cases. This Awareness suggests that then the substance not be used for a similar period, or longer, and that during the intermission, wherein this substance is not used, that entities be sure to receive the proper vitamins for their good health; that during and after the use of this substance that calcium tablets, along with magnesium be taken, or that the entity receive appropriate calcium through diet.

Why not to drink homogenized milk ...More benefits of calcium

This Awareness wishes to comment briefly on the mention of raw milk. That it is not the raw milk which causes the problems of the circulatory system, it is the homogenized milk. That the homogenized milk as that which prevents certain molecular breakdown, which

in turn causes the milk not to be digested properly, thus, it enters the bloodstream and collects upon the sides of the arteries and has an effect of damaging a substance in the sides of the arteries, which in turn creates a kind of condition on the artery walls which then allows for cholesterol, sodium and calcium deposits to build up on these artery walls. That in this manner, the use of homogenized milk can contribute to the clogging of the arteries. Raw milk does not have this same property. Some states do not sell raw milk for human consumption, yet some states do sell raw milk for animals. Many entities are afraid to use raw milk for fear of contracting disease. This Awareness suggests that in the event that raw milk is not available or is not desired, that you minimize the amount of homogenized products that you use, homogenized dairy products, and that you find calcium for your system through other means, such as through tablets or through vegetables which are high in calcium; that calcium as being a very important product for good health. It tends to tone up the body and the vitality. That an entity can be low on protein without suffering so much damage as if they are low on calcium. That calcium however, requires that magnesium be in the body also, in order to process the calcium. Therefore, entities should always make sure that along with the calcium, they are receiving the proper amounts of magnesium.

ED's Note: This reading was given over a year ago, and since that time a number of oral chelation products have come onto the market. We have checked some of these out and the one that is getting the best results appears to be Dr. D's Oraflow--a nutritional support for the circulatory system. (In order to get oral chelation products on the market, none of the companies will make any claims whatsoever, and all use the word 'Nutritional support' or 'supplement'. However, there are instructions

within the package and additional information can be obtained from those selling the products. The CN mentioned in this reading is put out by Hoffman Health and Research Company, Ogden, Utah. Dr. D's Oraflow, which claims it is the finest oral chelation formulation that technology can produce is available from the following:

William C Watson Enterprises
144 Alexander Drive
Newport News, Virginia 23602

We have checked with entities at this company and they assure us they can ship an order within 5 days if you send them a postal money order or certified check. They ship only via UPS. The Oraflow chelation program is designed for 3 months (5 pills twice a day with meals), then 3 months with 5 pills only per day. This is the equivalent to the full standard chelation treatment offered by some doctors, which can cost up to \$2000. Prices for a one month supply of Dr. D's Oraflow is \$59.95 plus \$2.00 for UPS shipment, or \$4.00 for UPS Blue Label shipment and \$3.00 UPS shipment to Hawaii. There are discounts available when you reorder after the third month's supply. Oraflow is also being sold on a multi-level marketing plan in order to make it available rapidly to entities in the U.S. It is not required that you participate in this plan, but it is available for those who desire to obtain the product at less cost than otherwise.

It is possible that the Goodship in Portland, Oregon may have a similar product available soon. You should write for details to these companies for additional information.

CAC has no interests in the above mentioned companies and receives no compensation for providing this information. This as a courtesy to the membership only.

For more information on chelation treatments, please refer to back issues of this newsletter.

For pictures of cholesterol in the arteries and other bad news, please refer to the March 26, 1984 issue of TIME magazine and their feature article: "The Bad News About Cholesterol". (Of course, they, as usual, are about 6 years late in revealing this information which Awareness released long ago to the membership.

WHAT DID JEHOVAH DO TO SARAH TO MAKE HER CONCEIVE?

QUESTION:

A question from R.S. of Cassier, B.C. Well, actually there's a lot of questions, but the basic question concerns the Biblical Abraham. I'll read his letter. He writes: "Dear Avaton, I have a zillion questions about the Bible that seem extraordinarily important. Here's one. Note: I usually use the New International version when I quote the Bible.

"In John 8: 39-41, Jesus tells the Jews that Abraham wasn't really their father. That their *real* father was someone else. He goes on to say that this someone else, (God, according to the Jews) was the devil, a murderer and a liar. Well, that fits the description of Jehovah alright! I point this passage out to various people, but they are completely unable to see the message in it. (I'm now referring to John: 8: 42-47).

"Anyway, what I had trouble figuring out was verse 41, where Jesus claims that Abraham was not really their true ancestor. Then I remembered how Jehovah had to do "something" to Abraham's wife Sarah, in order for her to conceive, even though she was well beyond child-bearing years. My question to Awareness is this: What did Jehovah do to Sarah? Was Isaac yet another clone of Jehovah? How about Samson, Samuel (and some of all the sons of), and Jacob?

"It seems Jehovah had a direct and intimate influence on at least some of these conceptions. There is much to wonder about here, and I, for one, would not become in the least bit bored if Awareness decides to comment in length about it all."

COSMIC AWARENESS:

This Awareness indicates that this as being appropriate as an analysis of the situation. However, the energies at this time in this trance as not being sufficient to go into this question at this time, for this would require much energy. This Awareness suggests that briefly however, the Jehovah, being the term used for those beings, this likened unto the term: "The Commander," which came upon Sarah, and assisted her to bear children; this as an action of advanced science. This not unlike the present action of cloning.

This Awareness indicates that many children from these activities as forming a hierarchy, or family tree that did extend from Abraham and Sarah, but which as previously indicated, was triggered from Jehovah, rather than from Abraham. (This Awareness indicates that there is not sufficient energy to follow this further at this time.
