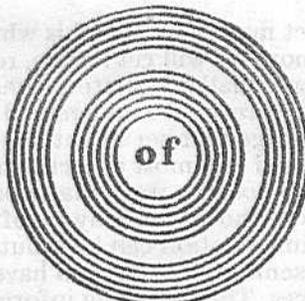


# Revelations



# Awareness

84-12 The New-Age Cosmic Newsletter  
\$3.00 ISSUE NO. 253

Cosmic Awareness Communications  
P. O. Box 115, Olympia, Washington 98507  
( Helping people become aware )

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

Paul Shockley  
Interpreter



THE FORCES OF AHRIMAN (Continued)

# How to prevent rape

ALSO: HOW TO UNDERSTAND BODY LANGUAGE

## ED's Note:

The CAC staff regrets that subject matter such as this which follows must be published in our newsletter. As in the past, we know we will get letters, reminding us that 'Revelations of Awareness' is supposed to be a 'spiritual' newsletter, something that uplifts the spirits of the membership during these troubled times. We understand and agree, but unfortunately "these troubled times" have spawned a large number of entities who prey upon females and who will violate them at almost any time and in almost any circumstances. We feel this is a timely subject and Awareness has suggested some possible ways that women might prevent getting themselves raped and violated. We apologize to those who may be offended by the subject matter of this particular newsletter, but if this information can help but a single entity from being violated, we feel our time and energies in presenting this material have been well worth it. The Light Workers are at war with the Ahriman Forces. The following information can be used as tools when entities are confronted physically by entities channeling these forces.

## THE FORCES OF AHRIMAN (Continued)....

## HOW TO DEAL WITH WITH AN ASSAILANT

(April 6, 1984)

## QUESTION:

There's one question in reference to the information given last night on violence and how entities, particularly the Light Forces were under particular attack by the Ahriman Forces. There's some very distressing statistics that they keep putting out like: one woman out of 5 or 6 can be expected within the next 3 years to be raped, mugged or attacked in some manner, and so forth. And it occurred to me that there might be something Awareness could give people who are actually out there, working in the crowds and in the streets where these violent attacks occur; if there's something they could do almost instantaneously.

The entity George King, a number of years ago I read in one of his books, where he stated that if an entity is being confronted by some entity who is violent, coming at him with a knife or a club or something like that, that if you looked in the entity's eyes and you said something to the effect, (I don't remember precisely the words), something to the effect that: "I salute the Christ within you," or, "I bless the Christ behind your eyes,"--something like that, that it would stop the entity--instantly--preventing him from doing the violation or carnage to that potential victim. If this is correct, would Awareness confirm this, or is there something that entities, during crises like that can do to protect themselves without being violent against their attacker?

## COSMIC AWARENESS:

This Awareness indicates that it is possible to ward off some entities in this manner, that it is always possible whereby you can bring out the best in another by appealing to that portion of the entity's consciousness. Sometimes it is so suppressed by the obsession of the entity that it does not occur easily; that it occasionally happens that an entity can remain calm during a time of crisis wherein there is a threat of this nature.

This Awareness indicates that to address the entity's best portions by some statement to the effect: "You really don't want to do this!"; or "You know you don't actually enjoy doing this type of thing!"; whereby you make a firm statement: "You don't really want to do this!"; or whereby addressing the Christ within a person; in some instances this may have an effect, particularly if the entity *does* have religious affinity in some portion of his consciousness. Many of the psychotic personalities do have strong religious aspects within their consciousness which are being suppressed or distorted during times of violence, and thus, to address these aspects can be helpful in many instances. It is impossible to have one particular rule of thumb to use for all instances because each individual is different.

This Awareness indicates that you may find it helpful to simply start talking to the entity as though you were a friend, having a friendly chat; this can be helpful in some instances. In other instances, it may simply annoy the entity who wants to get on with his business. The response to the personality and the positive attitude of the one who is being threatened, whereby you keep control of your own dignity and are not intimidated by the entity, yet are not particularly antagonistic either,--this can often be helpful.

## Talking as a Solution

It appears that the most effective general attitude is to start talking with the entity along the lines of: "You know you don't want to do this. You don't enjoy it. It makes you feel bad. It cause you problems. You know that this is not a solution to your needs. Why don't we go and do something else?" An invitation to accompany you somewhere, to dinner or to some place public, whereby you invite the entity to accompany you to a place whereby you can get acquainted; this is a possible diversion.

This Awareness indicates that the promise of a future friendship or relationship, or the indication or implication of such is sometimes powerful in stopping a rape, but not always. Some entities enjoy the thrill of attacking an entity and seeing the fear on the entity's face, and are not actually interested in a future relationship with the entity, therefore, such tactics would not be helpful. Therefore, some entities need to be confronted immediately, and it may require some type of violent action by the potential victim to escape from that entity; that this has been covered in previous messages:

## Things to do when Being Pursued

The first thing entities should do is to avoid walking alone on streets wherein there are unlighted areas or in neighborhoods that are potentially dangerous, and to walk *opposite* the flow of traffic, for it becomes harder for an automobile to stop and pick someone up who is walking in the opposite direction. In other words, by walking toward the oncoming traffic, facing the traffic, if they stop and you don't want to enter the car, you may start running and they can't follow you in the car nearly so easily as if you were on the same side of the street, in the direction they were going. In some instances, it might require that you run across the street in order to prevent them from following you easily in the car, and run in the opposite direction.

However, the important thing would be to run, if possible toward a place where there are people, where there are lights and people, or up to a house that is well lighted; that when being followed by someone, it is important to make a move in a direction away from the path you are taking, to determine first if the entity is actually pursuing you, such as to cross the street. If the entity then crosses the street behind you, you can pretty well assume that he is indeed following you, and if this becomes evident, then it can be helpful to turn around if you cannot find anyone nearby, or do not see it as being possible to reach an area of population or a well lit neighborhood by running; you may then turn around, such as in the middle of the street while the entity is still some distance from you, face the entity, and demand the entity tell you: "What do you want!"

This often throws the entity off balance psychically, and forces the entity to express what is on his mind, or to turn and say: "I don't want anything! I'm just crossing the street!", whereby the entity will then go on across the street. It is a way of throwing the entity off guard psychically. That if the entity is not thrown off by this, it becomes necessary for him to start his attack while still at a distance, and this makes it much more difficult for him.

If the entity starts running toward you to attack, you remain in the middle of the street, away from any areas which could be used for hiding, whereby the entity could drag you. Remain as far away from such areas or enclosures as is possible; whereby there is space around you, you then may either (if you have been trained), take a defensive action in confronting the entity, or turn and run while screaming as loud as possible, running toward the direction of other people.

That it is unusual, except for some entities who enjoy the thrill of pursuit and have little regard or concern that they might be apprehended; it is unusual that an entity would chase another up the street in an open area who is screaming; the entity in fleeing who is screaming, and whereby the pursuer would have to not only catch the entity, but stop the screaming, and then drag the entity to a place for raping. That this would be an unlikely place for an entity to attempt rape, or an unlikely circumstance. Therefore, when on the street, one can remember these things: first to avoid those areas where rape could occur; also, when walking toward one's car, have your keys ready so that you can enter quickly without fumbling around for the keys, and lock the doors as soon as you enter, particularly in any area that you feel might be unsafe and especially at night.

**Rape Prevention and the Automobile**

Also, that entities should be aware that sometimes entities enter a car which stops at a stoplight; if the doors are unlocked, they may simply enter the car with a woman or other person, uninvited, and kidnap or otherwise molest or rob the entity; therefore, even when you are driving, it is sometimes wise to lock your doors if you are in an area which is potentially hazardous in this regard.

Also, another approach often used by such entities is to come up to the car when you are stopped, knock on the door or window, as if a question or need for information is being asked. The entity will walk up, knock on the door, ask you to roll down the window so he can ask a question. This Awareness suggests that you simply avoid this, keep the door locked, don't roll down the window, and drive off as soon as possible unless you feel clearly certain that the questioner is sincere and needs some type of help, such as an emergency.

It is not advisable for an entity to let another into the car or to have an opportunity to break into their car under such circumstances, by opening the window, or opening the door for the entity to enter or to have contact with you, especially if this entity appears to be capable of overpowering you if you were to allow the entity access to you. Therefore, unless there is greater strength within your own self or within others in your vehicle with you, it is not advisable to let someone whom you do not know to have access to you. This Awareness suggests that if, by some chance, an entity should reach into the car and grab you, for example, you roll the window down a crack to let the entity ask the question, and the entity reaches in, trying to unlock the door; you may roll the window up quickly on the entity's arm, trapping the entity, then begin blowing the horn of your automobile for help, or you may exit from the other side, keeping the window rolled up tight against the entity's arm, and run for help.

**When Most Rapes Occur**

That before leaving the automobile, be sure the window is tight enough on the entity's arm, that the entity can't reach in and roll the window down, or otherwise unlock the door and free his arm in time to pursue you. That in the majority of rape cases, the entities are not walking down the street, but are in a circumstance whereby they are on a one-to-one basis with the rapist, whereby they either are talking to the entity, trusting the entity, taken, or going voluntarily with the entity somewhere, and then suddenly find themselves in a circumstance, situation whereby they are confronted with a rapist, having trusted this entity, allowed themselves to be placed in a situation where help is not available, and the majority of rapes occur not between total strangers but between casual acquaintances, whereby communication of some nature has occurred before the actual attempt at rape.

**Appealing to the Ego**

Therefore, entities are more vulnerable to this type of rape situation because it is much more common, and because they may find themselves voluntarily accompanying the entity to a place where rape can occur. When this type of situation is discovered, entities may be able to use certain types of communicative tactics, playing on the ego of the rapist, while also making certain demands: "I don't want to do this yet! I want to have a drink! I want to have something to eat first!" or, "I need to..." Some entities will say something like: "Rather than doing it this way, why don't I spend the night with you, but first I need to let my friends know where I am," or "I need to go home, so my parents won't worry, then I'll sneak out and come back."

There are many different ways whereby entities can attempt to appeal to the entity's ego, appearing to be quite willing. While earning the entity's trust, the entity may be able to stall for time, or find some way to get away from the situation. There is one common error which rape victims often allow, and that is whereby they feel intimidated by the rapist to the point that even when they are in proximity of other people, they won't speak out, they won't tell, they won't say anything, because they are afraid the entity will get mad at them, or because they are afraid of the stigma of telling someone that this person has raped them. They may feel guilt in regard to this.

**Gray Area Between Rape & Seduction**

Therefore, even while being captive of the rapist, and in proximity of others, they don't speak out. In this grey area, it becomes difficult for entities to actually consider the other as being a rapist, as opposed

to a seducer, for if one party seeks to seduce and the other party doesn't do everything possible to avoid such seduction, how is it termed rape? Rape is only that which occurs when one entity seeks seduction and the other doesn't want seduction. Therefore, this may be called rape or it may be called seduction, but in the interpretation by various persons attempting to determine which it is, there may be argument, therefore this is likened unto a gray area, and occasionally the woman will allow the seduction while acting in a manner of a victim, while perhaps not contributing to the seduction, but likewise, not opposing the seduction, so that the rapist or seducer receives conflicting signals, or no signals at all in opposition; then afterwards, the woman deciding she did not enjoy the experience, calls it rape.

#### Removing the Passion from an Attacker

She may then report this as a rape, when in fact it may have not been intended as a rape, but whereby the entity forcing himself upon her interpreted it as a seduction on her part. These become areas which are difficult for the courts to settle, and for entities to clearly define in terms of rape or seduction.

There are also instances in which women seek to be raped, and there are entities who recognize this, or who imagine this to be more widespread than it is, and presume that *all* women want to be raped; that this sometimes justifies in the rapist's mind his actions, if he truly believes that all women want to be raped.

There are also those who argue that if you are going to be raped, you might as well not fight, not struggle, for it will only anger the rapist and create greater violence, and in some cases this is true. There are also those who argue that the rapist actually enjoys the fighting and resistance, and this in some cases is true. That for the most part, if an entity truly does not wish to be raped, the entity can gain some advantage by talking with the rapist on a one to one basis, as if they were two people who were conversing about something and talk about the rape: "Do you really want to rape me? What is it you get out of this? Why do you prefer raping over just ordinary sexual relationships?" and thus, begin to converse about this hangup, this psychological problem of the entity. It may lead the entity to start looking at the obsession while observing the experience or considering the experience, and help the entity to get through the obsession to the point where the entity begins to question his own reasons for raping. As long as you intellectualize and mentalize and discuss mentally that which is occurring on the passion level, it takes away the passion and drive. By doing this, by taking away the passion and appealing strictly to the entity's intellect,--talking to the entity in regard to the intellectual aspects of what is occurring,--it becomes much more disarming to the entity, causing the passions to fade, while the entity is attempting to be intellectual. It is difficult to be intellectual while also being passionate.

#### How a Rapist Picks his Victims

There are also cases in which the rape victim has turned about and fallen in love with the rapist, and there have been marriages that have come from such unions. For the most part, rape is an action triggered by passion mixed with fear on the part of the rapist, of women in general, of rejection from women, or hostility toward women, but there are also contributing factors to rape whereby the woman appears to the rapist to be an easy mark.

Most rapists pick their victims by the appearance or by an intuitive feeling that the woman would be easy, and therefore, they select the woman according to certain qualities they feel make her an easy mark. Appearance and looks may have something to do with this; that which appeals to the rapist's mind or passions, as well as the appearance of being easy; these factors contribute to the selection of the rape victim.

Generally, the entity who appears to be not highly alert, who has faltered steps when walking, or who walks unsure, or who appears unsure of herself; these are the major qualities that rapists look for; wherein an entity does not appear sure of herself, then the rapist feels this entity is an easy mark, will yield to his power, to his confidence, and may become an easy victim.

This Awareness indicates there is a reason for this, and an entity who is unsure of herself is in fact, easily seduced, easily raped in other areas of her life besides sexual areas; the entity who is unsure of herself can be seduced or raped in various social relationships, in monetary relationships, in domestic thought, family or friendship relationships, in all kinds of career or educational fields; the entity is victimized by those who *are* sure of themselves and who assert their power over her.

This Awareness indicates that *It* has often said, the "I don't know" state is the highest state there is, for entities can learn from this state. However, it is important for you not to convey the "I don't know" state to strangers, or to others to such a degree that they feel you are an open book, open to anything, because you don't know anything. It is important that you appear to know what you are doing, even though in your own mind you recognize that the "I don't know" state allows you to learn more, and therefore you keep your mind open rather than closing and becoming fanatical with a closed mind.

The "I don't know" state is best applied in philosophical areas; that it is not necessary to convey the attitude of "I don't know" in all the other areas of your life; this being an unsure attitude; that by being and appearing unsure of yourself, others will seduce your mind, will seduce your energies, will seduce your actions and will seduce your money, or will seduce your body, if that is what they are after, and if you don't know what you want. Therefore, when in the proximity of an entity who is attempting to rape you, or whom you feel might be a rapist, or when in the area of danger of such, walk as though you know where you are going, walk as though you know what you are doing, and talk as though you know what you are after, and don't falter, don't look as though you are lost or confused, for these are qualities that invite the preying qualities of the rapist, invite the qualities that prey upon such confused entities.

#### Don't Falter--Give a Clear Signal

Likewise, in a situation in which you are on a date or with another entity, and the entity suddenly becomes passionate and wants to seduce you, if you do not want this, make your message clear and sharp as soon as possible; a sharp "NO! I won't have it!", is often enough, but if the message is: "I don't think I want to do this," the rapist will not assume it is a clear message and may assume that you're not sure *what* you want.

That a gentle push against the entity is not a signal of resistance. It is a signal of uncertainty. That when there is the danger of threat from another entity, whether in terms of physical rape, mental, psychic, emotional or financial, in your financial dealings, in your social relationships, wherein someone is attacking your well-being, clear and strong signals as to what you want are messages that can be understood and can stop the other, but wherein the messages are conflicting; a weak signal: "I don't know if I want to buy this or not; I don't think I should do this yet; I think maybe I ought to ask my husband;" these types of answers are only invitations for further argument and further effort to cause you to yield from your position, but if your position is a firm: "I am NOT interested. I don't want any. No thank-you, I've had that before," or "No. I do not care for that at all!"--this type of message is a strong, clear signal and will generally stop the other entity from pursuing that direction any further. Therefore,

entities who are concerned about rape are capable of developing attitudes which would help to prevent such infringements upon them.

This Awareness indicates that there is no way to cover all aspects of this topic. It is too bad that this must be a concern in spiritual messages for the times in which you live, but it is a growing social concern and does have its effect on entities. It is important that entities be aware of the aspects associated with rape,—the causes, the ways to best avoid getting into those circumstances that would lead to rape, and how best to deal with your own feelings in such a manner as to prevent rape.

#### The Many Degrees of Rape

There are also those entities who don't really care too much one way or the other whether they are raped or not, and there are those who are undecided. They wouldn't mind being raped by certain types, but would not like it from other types; or they may like one particular type of rape or seduction, but not another type. That the word 'rape' is that which appears to have multiple degrees, and what is rape to one circumstance may be seen as seduction in another, or in still another may be seen as a passionate encounter between two parties. That basically, rape is on one end of the scale, making love on the other end of the scale, and seduction being in between, and the faster the intercourse, the closer it is to the rape end of the scale, and the more slow and gentle and caring the intercourse, the closer it is to the making-love end of the scale. The more energy entities put into the foreplay, the courting, the communicating, the more this is called 'making love.' The less time invested in foreplay, communication, and courtship, the more it is called 'rape'.

This Awareness indicates that the entity, the victim, or the female generally, who is recipient to the energies, may demand more time, may demand more investment, may demand more courtship, and thus more relationship before any seduction or making-love could occur. That the entity whose attitude conveys that they are not into quick relationships generally are capable of avoiding those on the scale in the area of the rape direction.

This does not always hold true, however, for in some cases the rapist has absolutely no concern for wanting affection from the other, but would assume that he would be rejected and will pick entities that he knows would never look twice at him; entities he feels to be superior to him, and then force the entity into a rape relationship because he has a low opinion of himself and a high opinion of that entity, and feels that he is taking something from that entity that he could never have otherwise.

This Awareness indicates that such is not too uncommon an attitude for rapists; thus, there is no hard fast rule that protects an entity in terms of the attitude from such potentials. However, that by using other approaches as have been described: practical efforts to avoid situations and circumstances in which you might encounter rapists, and also by protecting yourself psychically, wrapping yourself with White Light and having confidence in yourself, you can decrease the chances of rape.

#### The Importance of a Strong Will

There are also attitudes which even a small person can project when confronted with a large threatening person, can project a powerful will which becomes threatening on the psychic level to the entity who has greater muscles, but not so great a will. This likened unto the cat who is confronted with a large dog, who turns threateningly toward the dog, and the dog, having not so great a will, backs off frightened; that all entities have this power of will, though not all entities use this. That in some cases, when put into a corner, whereby flight is impossible, then entities may find themselves capable of powerful fight. That

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the will then can show the entity that: "Yes, I could rape this person, for I am stronger, but this person has such a powerful will against my action, I could really get hurt, even though I might hurt the other person more," and this threat of being hurt somewhat is often enough to cause the entity to back off, particularly if his will is not that strong in the direction he is moving.

It is a question of who has the most apprehension in regard to the other person. If you are bound and determined not to be raped, and the other entity is somewhat apprehensive about whether to do this or not, even though you are much smaller, your chances are greater that you will win because of your strong will and the other entity will back off. That the lack of will is often that quality that creates the attitude of the victimized person. An entity who feels herself the victim of forces around her, the victim of this overpowering man; this entity is often simply the victim because she lacks the will to say: "NO!"

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ED's Note: For more information on this subject, please refer to 'Revelations of Awareness' No. 78-18 (A Profile of a Rapist); \$2.00; also 78-6 (Concerning Violence); 50cents; also, 84-11 (The Mass Murderer); \$3.00 from CAC.

In reference to the suggestions given by Awareness to prevent rape from occurring, you should always look in the back seat of your car, on the floor, before entering your car if you have left it parked unlocked. There have been many stories lately of rapists hiding in the back seats of cars, having seen their victim depart it, particularly in shopping centers where there are many cars. Also, one female friend once told this editor that she has avoided rape twice by simply informing her attacker that she had herpes and only thought it fair to warn him of that fact. (She didn't have herpes, but that little white lie saved her twice). Another thing to watch out for are men who appear to be in distress or incapacitated. One of the cleverest of serial murderers, Ted Bundy, started his reign of terror in nearby Seattle a few years back, by appearing on the beaches with his arm in a sling, or in a phony plaster cast. He then asks some pretty girl to help him open his car door or help him get a small canoe into his trunk. Feeling sorry for the entity, they often would comply and he would then pull them into his car, pull out a knife or gun and tell them not to scream etc. This entity is now in jail for life.

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WORDLESS COMMUNICATION...  
**HOW TO UNDERSTAND  
 BODY LANGUAGE**

**COSMIC AWARENESS:** (Opening Message, Sept. 9, 1983)

This Awareness wishes to call attention to that which may be termed 'body language'; that this as something which can be used by individuals to be more aware of themselves, and also to better understand the other entity by that which is spoken through movement and expression as well as the communicated words. In considering body language, first areas of concern is that of the way an entity stands.

Wherein an entity is standing in a manner such as on the heels, as opposed to one who tends to lean forward, as on the toes, or the one who stands with weight equally distributed forward and back: there is a different message conveyed in regard to the type of character or characteristics of this entity. Of course these positions do change, and entities are not always in the same position.

However, there are stances which entities hold which are part of their characteristic, their physical activities. That there are those actions which are common to one person and those which are common to another. This Awareness suggests that for example, the entity who tends to lean forward on the toes as one who is consciously or psychically seeking to move, to get on with something, to hurry on without taking complete stock of what one has to work with; without completely considering all facts. This entity is anxious, is desiring and impatient. This may also show in the manner in which the entity walks. The entity walks with his head forward in a determined manner, as if going somewhere important. That the entity who stands with weight distributed more on the heels as one who is hesitant and as one who feels somewhat out of touch with what is going on; the entity not sure whether he or she wishes to move on into the next situation or to wait and hold back, waiting for others.

This Awareness indicates that this as a position in consciousness wherein the entity can easily be knocked off balance emotionally, as well as physically. That the entity whose feet are basically flat, where the weight is distributed on the balls of the feet equally; this entity tends to be more practical and sure-footed; particularly if the entity does not keep the knees stiff or the body stiff, the entity will be more spontaneous and relaxed in his or her way of dealing with situations.

This Awareness indicates the entity who is stiff, as in a military stance, this type of body language conveys the attitude of one who is rigid in his or her ideas, in his or her manner of relating, in his or her position. This of course has nothing to do with the rightness of the position, it may or may not be a right position or standing, but the body language only conveys that the entity's position is rigid.

(Standing)

This Awareness indicates that the entity who walks in a manner that expresses a relaxed swaying of the hips; this entity as one who conveys a kind of spontaneity and looseness that allows for the contacts in life to be met through emotional response, through easy touch whereby the entity can be easily influenced or easily persuaded or easily manipulated. The entity

whose hips are relatively firm when walking, as one who is more careful in regard to the way the entity responds to situations. The entity may not be so quick to sympathize, may not be so easily influenced.

(Hands & Legs)

This Awareness indicates the entity who sits with legs apart as one who is open and receptive. The entity who sits with legs crossed as one who is expressing a feeling of rejection or closure, not accepting. This as also indicated by the hands; wherein the arms are folded or the hands are folded, this as an indication of the entity being closed in terms of accepting whatever is being presented, whether this is an idea or another person's story or presentation. Even though the entity may be acknowledging verbally, if these physical movements,--the crossed legs or the closed hands or folded arms are seen,--the entity should realize that this person is subconsciously or in part rejecting whatever is being heard. This does not mean the entity has particularly or specifically chosen to reject this information; the entity may respond to all presentations in this manner, and may always fold their legs and arms when listening to someone else make a presentation. This may be the way in which they protect themselves from overzealous presentations, whereby they feel it necessary to appear interested, while still holding back somewhat.

(Facial Expression)

This Awareness indicates that in terms of facial expressions, wherein an entity looks toward something, this is an indication of attraction, and wherein the attraction is brief and the look floats away quickly, this is an indication of disinterest. Wherein the look lingers longer than what would be considered reasonable, this is an interest of strong attraction. Thus, an entity who sees another and who finds the other staring or looking at him or her for a period that is longer than is reasonable, this is an indication that the entity is *very* interested. It does not however, convey what the interest may be. It may simply be that the entity is wearing a nice piece of jewelry, and thus causing one to stare at the jewelry. It may be that the entity is staring or looking extra long because you remind her of someone, or it may be a personal interest, a feeling that: "This looks like the kind of person I would like to speak to."

(Face & Head)

That in closer response to language of the face and head; the entity whose head is down, whose eyes are looking upward as in a prayer position, this position in which the entity carries a kind of bowed head with eyes uplifted indicates a consciousness that seeks servitude and that sees others as being more confident and more capable than he or she, and this entity in having this bowed head looking upward, almost automatically creates a poor self-image, for others will relate to this entity as though he or she were inferior. That this will add to the condition and the sense that the entity is less competent than others.

This Awareness indicates the entity who holds his or her head erect in the sense of straight forward, or to the side in a manner that is not stiff, but is relaxed and level; this as referred to as level-headed, the term 'level-headed',--this entity as one who conveys a practical approach, seeing himself or herself as equal in value to others. The entity who tends to hold the head backward, up and backwards so that the eyelids must move slightly forward in order for the entity to look level at the crowd in front: this entity as holding the head backwards in

a manner which gives the impression of looking down on others, thus even though it may be ever so slight, the entity reveals a feeling of superiority, vanity or snobbishness; that this as expressed by the term: "Looking down one's nose at another person."

(Fidgeting)

This Awareness indicates that to note the manner of response wherein an entity is honest or is hiding something, that when speaking and asking a question which requires a truth, the entity who responds by hesitation, tightening the lips, shifting the eyes, fidgeting with clothing or fingers, who clears his or her throat before answering or takes a deep breath, or moves the tongue around in the mouth slowly as though searching for the right answer: these actions give away the impression that this entity is hesitant, or holding back on his or her response.

It may be the entity doesn't quite know the answer, or is trying to find the right words to respond, but it also could be an indication that the entity is not being completely truthful. Before one assumes the other is untruthful because of such a response, one should have other evidence. However, such responses can give an indication of possible deception, so that when you become suspicious you may then check further or ask more questions.

There are, of course, those who very cleverly have created patterns to hide their deception. These entities being deliberate deceivers, wherein a question is asked and they respond quickly, having already predetermined what answers they will give; they respond quickly with answers that perhaps are outright lies, but which they present as though they were absolute truth, and there is no hesitation at all. These are the professional or chronic or what may be termed 'professional' liars. That these entities make a profession out of lying; that is, they feed their interests and profession by telling lies. Such entities can often fool the most intuitive and most astute student of human nature unless you are extremely perceptive to the manner in which these entities think and to the methods which are used. That the thinking behind these activities is that: "All others are basically deceptive and are evil, and that you have the right to trick them before they trick you."

This Awareness indicates this as the basis for this type of person. They either feel the other is evil, or stupid, and then prove that the other is evil or stupid simply by tricking them through deception. That one manner in which they fool others is to give the answer which the other would like to hear; generally this is given in a strong voice, expressing great assurance and confidence. Often it is even exaggerated excessively, repeated twice or even three times.

(The Liar)

This Awareness indicates that when an entity repeats something too much, or says something too loud or too often, it should be seen as suspect. That still another more subtle way of determining the truthfulness of another is in the eyes themselves. That the pupil of the eyes, when an entity is lying, tends to become smaller, and when an entity is open and truthful, the pupils tend to become larger. That this as something which is not always easy to observe in a conversation. Also wherein entities are lying, their mouths sometime become sticky and dry, this as also causing a swallowing. The trouble with using this as a method for determining truth or falsity is that fear also causes this dryness of the mouth and swallowing. That many times an entity who is

lying swallows because he or she is afraid of being caught and this fear is that which indicates, which causes the swallowing.

This Awareness indicates that these things cannot be considered as absolutes. They can only be considered as indications and possible interpretations. That wherein an entity is silent, unusually silent, obviously there is something the entity is pensive about, is concerned about. That wherein an entity is overly talkative, more than usual for that entity, then of course you can assume there is something the entity is excited about.

(Fastest Picking)

This Awareness indicates that fingers and their movements, fidgetiness and fingers that are constantly picking at something or moving about, indicate an entity who is somewhat restless and also somewhat critical and looking for something to do. That the entity who picks at his or her clothing as an entity who is attentive to details, as well as attentive to loyalties, as well as attentive to faults and errors: this entity is looking quite often at little things. That this does not mean the entity doesn't also look at larger things in life.

(Walking)

This Awareness indicates that the entity who is walking down a street, walks with a sense of firmness, as though knowing where he or she is going, exhibits a sense of personal confidence. The entity who walks down the street with a kind of shuffle, a hesitancy, or wherein a slight stumble, such as would be seen in one who had been slightly inebriated; this hesitancy indicates an entity who is not confident in self and one who would be easily knocked off balance; --that these are often the victims of street crime.

This Awareness indicates that an entity waiting to commit a street crime will watch many entities before he selects the one who will be the victim, and the one selected is generally one who walks with a hesitancy. That this is not something which is consciously taught or learned by these street criminals, but is something which they intuitively develop. They feel that the entity who is walking more confidently would be more difficult to victimize, whereas the entity who is hesitant is less a threat to them and could be more easily victimized.

There are of course exceptions, even to street criminals, for some will prefer and be more attracted to those who are confident, having a disdain perhaps for persons who appear confident, perhaps even having a sympathy for those who are weak and hesitant in their expressions. That generally however, the victims of street crime are those who have a hesitance in their walk.

(The Smile)

This Awareness indicates that the eyes of course, give the greatest amount of information about the person, except for the mouth. The hands convey messages as they express through gesture. The mouth conveys messages through words, and through its own expression: the pursed lips tend to indicate a deep interest and a desire; the flat, tight lips pulled back against the teeth indicate an expression of holding one's tongue, wishing to express something but restraining oneself; the smile of course conveys or is supposed to convey a feeling of friendliness, but if the smile starts from the mouth before spreading to the eyes, one can assume the smile is contrived and not felt in the heart, whereas if the smile begins with the eyes and spreads to the mouth, the smile then tends to be more sincere.

## (Eye Contact)

This Awareness indicates that the approach to another entity wherein one is approaching another on the street, if the entity holds eye contact from a long distance, or if the entity holds eye contact when coming too close, either of these indicate an interest in the person passing, and if the eye contact is closer than approximately a distance of 10 feet, such as within 5 feet, this as an indication of an entity who is interested in communicating with you, or is interested in something about you.

Perhaps the entity thinks you are weird, or perhaps the entity thinks you are fantastic, or perhaps the entity just thinks you are interesting; that wherein the entity stares at you from a long distance, the entity may assume you are, or may wonder if you are someone he or she knows. In any case, the entity has some interest in you. That the appropriate and generally accepted manner by which entities pass each other on the street in modern times is to wait until the entity is within approximately 15 feet, then glance up, make eye contact, if desiring acknowledge each other, and then move on, unless there is further reason or desire for communication.

That this is the norm, but there are those exceptions wherein eye contact is held longer, or wherein there is no interest at all in the passing party which may indicate that the entity is locked into his or her own thoughts and concerns and is not at all interested in passersby.

## (Feet &amp; Toes)

This Awareness indicates that wherein an entity is sitting in a room or in a place with feet pointed toward you and this appears to be more than just coincidence, such as the entity who is perhaps talking to you, looking at you, and toes keep pointing toward you: this may be more than a casual interest in you. That wherein the feet are flat on the floor, the entity is generally expressing a feeling of wanting to keep everything formal.

That wherein the entity is in a position that is awkward for conversing and speaking with you, but wherein you and this entity are carrying on a conversation, the entity is either disinterested somewhat or preoccupied with something else, or is timid about shifting to a position which allows him or her to face you and communicate directly. That likewise, when an entity turns his or her back during a conversation, this is an indication of wanting to turn away from the topic of discussion. This is not always clearly obvious for the entity may simply be turning away as being involved in some other urgency, such as turning to food which is being cooked and attending to that which is also necessary, while continuing to carry on the conversation. This Awareness indicates that all of the uses of analysis by body language must be considered in relation to each circumstance and never be considered as absolute and entities should never assume that they have absolute insight into another simply because the other conveyed body movements which generally and often convey certain meanings.

This Awareness indicates that these body language movements are only indications of that which is *often*, not *always* conveyed in terms of the meaning. There are exceptions wherein these activities may mean something totally different, or may have little meaning at all; for example: the entity who crosses his or her legs or arms may simply be tired, may cross the leg because it feels better, helps the circulation or helps to take the weight off of some sore spot on the heel, or the entity may cross his arms over his stomach because he is ashamed at having such a large stomach.

This Awareness indicates that there are exceptions to all of these general rules in regard to body language and entities cannot assume that they are interpreting everything precisely, for this is only a general type of evaluation. However, by having a better understanding of these little movements of the body, entities can also recognize conflicting signals. This is not intended to help entities find out whether the other is a liar or deceiver, but rather to help entities to better understand when there is a conflict in the relationship and how to root out the cause, to bring about a reconciliation and understanding so that the words speak that which is felt within the entity and not simply that which the entity wants the other to believe.

This Awareness indicates that in understanding the need for clear communication, one must not only seek to communicate clearly through one's own expression, but also to read the other's expression and to help that other entity communicate clearly, if possible. That there are also other forms of body language techniques, including handwriting analysis and movements, twitches or tilts of the head, including also lines on the face which indicate character and which indicate personality, but this Awareness does not wish to get deeply into these areas.

There are available through graphoanalysis (handwriting analysis) books and phrenology and fact-reading books which can be found on the market.



## Into Psychic Communication

## (Closing Message)

This Awareness indicates that as entities move more and more into spiritual awakening, these tools of intuition, whereby entities begin to sense the feeling of others, either through body language or through tone of voice, or through words which are spoken or through carefully and sensitively spoken questions and conversations, entities begin to tune in to one another to finer and finer degree. This Awareness reminds you of the first radio sets and how the tone quality of these sets was so unlike the human voice, and how as time passed, the sets became more refined so that the tone quality began to sound more like real instruments of music or like real voices, and how as time passed further, these instruments became even more refined so that the sounds began to feel and sound even better than live music in some ways, whereby the instruments that carried the sounds and tones could hardly be distinguished from the recordings of these instruments.

This Awareness indicates that likewise, as entities become more and more in tune with each other, they shall begin to hear the feelings of the other through the sound of the voice. They'll begin to feel the mood of the other from the way the entity moves or carries her head. They'll begin to see the concerns of the other by the way the entity holds her mouth, or arms or face, and in such close observation with one another, so that when one feels something, the other knows what is being felt, and in this manner entities move into the psychic realm whereby they communicate with fewer and fewer words, and greater and greater understanding.

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## WHO KILLED JESSICA SAVITCH?

QUESTION: (April 6, 1984)

J.H. of Florida, asks this question about Jessica Savitch, an NBC newswoman who was found drowned in a car in the Delaware canal several months ago, and a number of people have asked if we'd ask about this. They seem to think there was a conspiracy because she was working on certain types of news to be released, and they wondered if she was killed and for what reason, or was it an accident as the papers say?

### COSMIC AWARENESS:

This Awareness indicates that it appears that there was some...that this entity was involved in the research and undercover activities, uncovering certain information which led to her becoming a target for assassination, through the automobile accident. This Awareness indicates that the energies related to this may surface later. It appears approximately 2 or 3 years from now that information will begin to surface relating to this story, research which she was involved with.

ED's Note: after the session I asked Paul if he had seen anything else on this during the trance. He said it appeared to him that the research involved had something to do with the environment, probably exposing certain corporations involved in polluting or violating it in some manner.

## WHAT HAPPENED TO RON HUBBARD?

QUESTION:

Another mystery a number of members have written about: (I'll ask this one of J.F.) "There have been rumors that L. Ron Hubbard, founder of Scientology is dead. Could Awareness confirm or deny this? The Scientology people deny it."

### COSMIC AWARENESS:

This Awareness indicates it does not appear that this entity is dead. It appears rather, that this entity is in seclusion. The entity appears to have become less coherent and mentally,....This Awareness indicates that it appears this entity as having had so many threats to his well-being, is in hiding, but is also encouraged by others around him to remain in hiding because he is not seen as being socially competent to handle his affairs with the type of image that these people wish him to portray.

This Awareness indicates that the entity is rather old and is not as sharp and capable as he has been in the past, and to bring this entity out publicly not only would jeopardize his personal well-being, because there are those who wish him harm, but would also expose him to potential ridicule because of the expectations entities hold for this man, in regard to his teachings, and if the entity is not seen as coming up to the standards entities expect from him in regard to his teachings, they will see him as dull or incompetent and this will be damaging not only to the entity, but to the movement as well, and this is not desired.

This Awareness indicates that it appears the entity IS alive, but is not in the best of health, and is in seclusion, and does not wish to have public exposure.

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## PROFESSIONAL WRESTLING -- IS ANY KARMA INVOLVED?

QUESTION:

A question from S.G. of Medford, Oregon. He writes: "I am contemplating a return to international competition in wrestling, and I would like to know if Awareness had any comments about the Olympics, past, present and future, as to its purpose, function and true value. In essence, I would like to know if it is a worthwhile endeavor for me to pursue wrestling for my mental, physical, emotional and spiritual growth?"

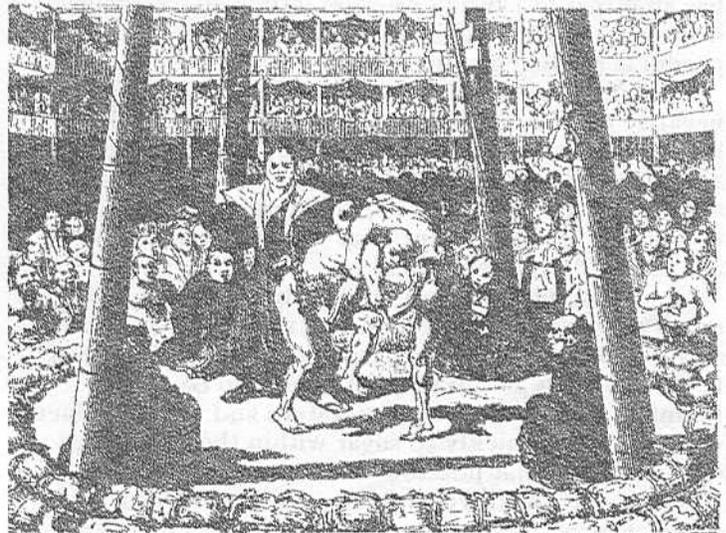
### COSMIC AWARENESS:

This Awareness indicates that wherein you put forth your energies into an action which is something that you feel you can do well, and wherein you feel that this action will be of benefit to your self-esteem and wherein you feel that this will bring forth a sense of service to others as well as to yourself; this can be of value to you and to others.

This Awareness indicates that any activity of a physical nature which requires that you be highly skilled and trained does carry with it some good karma, for it can develop a discipline and control within the mind and body that is of great value. This Awareness indicates that some activities of a physical nature can carry with them negative karma as well as positive; for example, the entity who trains well to create the skill that would be destructive to another: this can carry with it some negative karma, depending on the degree of destructiveness. This for example the soldier or warrior.

This Awareness indicates that in terms of professional wrestling, this is less than that of a warrior in the sense of any karma involved. This is however, not totally free from some karma, but that the karma itself is that which is not of a great degree of negative quality, for this is seen as a sport. Rather than considering this as an occupation in which you entertain, this Awareness suggests that you ask yourself if this is an occupation in which you can influence others.

This Awareness indicates that by entertaining, you also become one who has influence, and if you can influence young people on the path that is wholesome to them, then this can be a sport and activity with little negative karma and with greater positive karma.



However, if you become involved in this sport in a manner whereby you influence young viewers to express greater hostility toward one another, and to show poor sportsmanship, or to act in a manner that is violent toward others: this is that which can carry greater negative karma.

This Awareness indicates being the nature of the sport to throw the audience through the appearance of great hostility, this being a kind of entertainment as well as competition, as well as dramatization; it is a sport which is risky in the sense of being somewhat on the border between violence and play. That there will be some who in watching this sport are able to discharge their hostility by watching your actions and in this manner, entities may through observing such sport, leave the arena feeling themselves as having released much tension.

There are others who may be so influenced as to wish to go out and rip someone apart, just like they saw you do. That therefore, there is some concern in regard to the effects this sport has on young minds. That in a general sense, it is better to become involved in sports which are less competitive and violent. This

Awareness indicates however, that because of the nature of violence upon this plane, and the nature of violence in human beings at this time, this sport, in comparison to many other activities on this plane is relatively mild; that the greater danger in terms of racking up negative karma is that you might actually hurt someone, or hurt yourself, or be hurt by someone, and that in itself would be a form of karma which you would have to live with.

This Awareness indicates that you need to look at this seriously and ask yourself if you would want to live with that karma. This Awareness indicates that *It* is not suggesting that you should or should not continue in this activity, for *It* sees there is both benefit and also possible difficulties and problems. This Awareness indicates however, *It* also sees this to be a great learning experience for you, wherein you can develop quickly and do well within the sport and the activities.

This Awareness indicates that it is important that entities do what they *can* do and do these things well, but it is also important that they keep in mind the higher values, toward which they wish to move in this life experience.

#### Aspartame & other Sweeteners...

#### DIETS TO PREVENT DIABETES

#### QUESTION:

A question from B.H., Portland, Oregon. "What is the truth about the new sugar substitute Aspartame, as used in 'Equal'? There are now some factions trying to say it is carcinogenic, probably paid by the sugar manufacturers, whereas most health sources say it is perfectly harmless. I personally think it is one of the greatest inventions since the wheel."

ED's Note: None of us knew what 'Equal' was, but we now suspect it is some kind of a weight-loss drink or substance. We have also heard that Aspartame is being used in cola drinks like Coca-Cola.

#### COSMIC AWARENESS:

This Awareness indicates that there is a problem in connection with this, in that it, when ingested, turns to methyl alcohol, or that which is wood alcohol, which, after a period in the body, then converts to formaldehyde; that because of this, it can be harmful if used excessively, or in a consistent and habitual manner. That sorbitol, another sweetener, as that which has an effect of causing pressure within the eyeballs if used excessively. This Awareness suggests that these products be used sparingly.

This Awareness indicates that sugar as having its negative effect, particularly on the pancreas and the hormone system, the enzyme system and in bringing about conditions that hinder teeth. That saccharin as especially to be avoided. There appears to be a value in fructose as a sweetener; that this fructose as being less harmful than the others.

This Awareness suggests that entities should seek as much as possible to receive their sweet products, or to solve their need for sweet products through the use of fruit; that fruit and dried fruit appear to be least harmful; that foods such as potatoes and flour products convert rather quickly to sugar within the system, as does alcohol. That potatoes can convert more quickly to sugar, the carbohydrates converting more quickly to sugar where eaten without oils or fats; that entities who are seeking to avoid sugar products that metabolize

quickly, such as diabetics, would be better off to eat French fries than the baked potato, for with the French fries, the oil will prevent the potato from turning to sugar quite so quickly.

This Awareness indicates that there are benefits in seeing that the sugar products or carbohydrates metabolize more slowly in the body of entities who have diabetic tendencies for the situation of slower metabolism as that which is desirable by these entities. That when entities do eat sugar or sweet foods and combine other foods with this, it will help to slow down the conversion process of the sugar by having other foods combined with the sweetness.

This Awareness indicates that to eat potatoes, particularly baked potatoes along with sweets does not slow down the metabolism of the sugar, for the baked potatoes also convert very quickly. That sweet potatoes and yams convert more slowly than baked potatoes or those of the Irish or white potato family; that for entities who wish to have the sweet carbohydrate-types break down more slowly in their system, it would be better to eat sweet potatoes or yams than the regular Irish or red potato.

That in terms of grains, such as wheat, oats, barley; that those grains which are harder to chew, which have not been broken down and assimilated into flour or highly refined flour: those grains will break down slower in the system. This Awareness indicates that there is an advantage in having a slower metabolism of sugar, particularly for entities who tend toward diabetic conditions, in that the body can have more time to assimilate and process the sugar if the sugar metabolizes more slowly.

This Awareness indicates that when *It* speaks of sugar, *It* includes carbohydrates. That those carbohydrates which metabolize more slowly are those which entities who have diabetic tendencies should use. That one product which entities should be cautious of in terms of sugar, if they have tendencies toward diabetes,

## The Importance of Light for Good Health (More on Hypoglycemia) (Closing Message)

is carbonated water, whether in soda pops, or without any sugar added, for the combination of hydrochloric acid and carbon and water creates the same molecular structure as sugar. It is for this reason that entities often drink carbonated water and feel energized afterwards; that it can in fact turn to sugar in the body very quickly. This Awareness suggests that alcohol, carbonated water, carbohydrates, particularly those which metabolize quickly should be avoided when entities have a condition tending toward diabetes. That if such are avoided, an entity who has a tendency toward diabetes, avoiding excessive use of these carbohydrates and sugar producing products, taking pancreatic enzymes or supplements, or pancreas building products, can, over a period of time, rebuild the pancreas and overcome, in some cases, if it has not gone too far, over come the diabetic tendencies.

This Awareness indicates that exercise is also helpful in this, and that chromium is beneficial, chromium and zinc; chromium being beneficial because it helps the cells to absorb and use the sugar.

This Awareness indicates that the sugar of alcohol, or the alcohol itself does not go through the digestive system before going directly to the liver, whereas most foods will go through the digestive system and end up at the liver to be filtered. That alcohol and many drugs such as marijuana and others, tend to go directly to the liver, whereas the liver must process this very rapidly, and this processing is that which often creates the hangover effect.

That after the processing, the body must then eliminate the toxins left over because the liver has not been capable of the complete processing action, and therefore the substances are left in the bloodstream and system, and then must go through the digestive system; that this as that which can be somewhat offset by the use of niacin. That the use of zinc, not in excess, but approximately every other day a zinc tablet, can be beneficial for entities who have problems with blood sugar levels.

This Awareness indicates that entities need to be somewhat cautious in regard to the use of bran flakes or bran, because bran tends to take zinc out of the system and zinc is necessary for eyes and for processing of sugar and for other actions within the body. That the chromium as that which works, enters the cells and allows the cells to accept the sugar, if the sugar has not already been processed by the liver, pancreas and adrenals; that once the sugar has passed through... This Awareness indicates that this in reference rather to the insulin and the effects of sugar; wherein insulin from the system works to process sugar, and the liver and adrenals become involved, that the cells will take up the job if the earlier organs have not functioned sufficiently to reduce the sugar level in the body, but in order for the cells to do this, they must have sufficient chromium, thus, the GTF (Glucose Tolerance Factor) chromium as that which is important to entities who have diabetic tendencies.

This Awareness indicates that it appears there will be other products on the market, or improvements in those products of sugar substitutes within a few years. That more will be released regarding the Aspartame and sorbitol within coming months as these are studied further. This Awareness suggests however that entities not become too enraptured by these products; that the sorbitol as being the less harmful of the two.

This Awareness indicates that whereas vitamins, minerals, poisons, all things can have effects upon an entity's attitudes and feelings, nothing is actually more powerful than the mind, when attuned to the higher vibrations; that many entities may attempt to heal themselves with their mind, but unless the mind is attuned to higher vibrations, such healings do not easily follow.

This Awareness indicates that in reference to depression and negativity; that it has been established that light in the eyes, in the pineal, brings about a sense of well-being and the absence of such light brings about feelings of depression. The reasons for this have to do with secretions from the pineal: when light travels through the optic nerves to the pineal, it secretes certain hormones and enzymes, which in turn give the entity a sense of well-being, a feeling of hope and happiness; that when such light is absent, entities tend to feel more depressed, moody or easily upset.

Therefore, on sunny days, entities who are especially subject to this process will feel much happier, whereas on those cloudy days entities will tend to be more easily upset or depressed. That this varies from person to person according to the ability of the pineal to function and utilize the light or to release the hormones from the light which is generated. This Awareness indicates that it does not particularly require sunlight to cheer up an entity; that even a lighted room can help the pineal to secrete this energy. Watching television, or any form of light can be healthful in giving an entity a sense of well-being; that wherein an entity is depressed, and depression often also is related to a low-sugar effect in the system; when an entity is depressed, if the entity would lighten up the room with colors or with brighter, lighter walls, or open the curtains, the entity will find that there is much more of a cheerful attitude in his or her life.

This Awareness indicates that many entities who think that they have some kind of emotional illness may actually simply be suffering from hypoglycemia, which is low blood sugar, and some entities, thinking that they may have low blood sugar will attempt to counter this by eating more sugar; this is opposite of what is necessary. Entities having low blood sugar should eat more protein and should have sufficient calcium; that eating more sugar is causing the adrenaline to over-secrete, over-work and send forth more insulin into the system.

The action of hypoglycemia forces the adrenaline, which is over-active in a hypoglycemia, to secrete even more adrenaline and use whatever sugar is there, leaving the body filled with adrenaline, which in turn creates a sense of depression. That to avoid this, entities should eat those carbohydrates which break down more slowly, just as the diabetic should, and to eat more protein which break down even more slowly into energy.

This Awareness indicates that the problem of low blood sugar, or hypoglycemia can, in time, convert to the condition of diabetes, for diabetes is the stage which follows hypoglycemia, if it continues too far. There are different types of diabetes: those which are caused by obesity or overweight can often be reversed and corrected by losing weight and by watching one's diet, whereas the other type is not so easily corrected.

This Awareness indicates that there will be on the market soon, ways whereby diabetics can use a spray in the nostrils to receive insulin, so that the needle does not become necessary.

## THE MEEK

## WILL INHERIT THE EARTH



## QUESTION:

A question from G.M. in Indiana. "The word 'trained' or 'discipline' is thought to be a better translation than the word 'meek' in the Beatitudes, 'the meek will inherit the earth.' Will Awareness comment on the Beatitudes?"

## COSMIC AWARENESS:

This Awareness indicates that essentially, a clearer meaning would be found in the term "grace" or "graceful." This Awareness indicates this in the sense of a being whose behavior is graceful in all ways: one who is graced, graceful being that which is in harmony and balance with the forces, graceful in the sense of one who is merciful and one who is loving, one who is integrated with the surrounding environment, one who needs not thrash about seeking control or seeking to defile others in order to gain. This Awareness indicates that the term "meek" as being relatively clear in terms of its meaning, that most entities understand the slight change of meaning.

This Awareness indicates that this essentially is in reference to those who are not considered as being aggressive and powerful; the meek inheriting the earth, even this term carries the appropriate meaning, for entities do not visualize a shy, cowardly or cowering person when this verse is read; entities visualize those who are not powerful, but who are basically good, kind and harmless. This Awareness indicates these being appropriate in their definitions.

This Awareness indicates that another word associated with that quality might be the term 'humble'—the humble shall inherit the earth. This Awareness indicates essentially, the word carries connotations of all of these terms. \*\*\*

### SUMER--AN ANCIENT CIVILIZATION (Why little is revealed at this time)

## QUESTION: (9/10/80)

A question from D.B. of Ottawa, Kansas. "I have read most of the Edgar Cayce books, most of the Blavatsky books, most of the CAC material and almost anything else I can find and have seen nothing from the Akashic Records on the land of Sumer. It appears, from tablets and artifacts, this civilization may have rivaled any other of record, including the present. I would like a commentary from Awareness on the book titled *The Twelfth Planet*, authored by Zacharia Sitchen in 1976. This is a very overwhelmingly documented book on the land of Sumer which according to some students may have been the homeland of the forefathers of the Biblical Abraham who, himself, seems to have come from Ur. I would like to know whether there is or was such a planet or body in any elliptical orbit which periodically in past ages has affected our solar system and the human race in some of the ways documented in this book. If you have previously published information on this subject, I have not read it. Sincerely, D.B."

## COSMIC AWARENESS:

This Awareness indicates that this as being a relatively new question and new information; therefore, it will require some brief reference at this time, and then gradual energizing of this can bring forth more information at later times. That it does appear that the

book is essentially valid in most of its assumptions. This Awareness indicates this Sumer as having a very ancient civilization near the Mediterranean approximately 35,000 years ago which was of very high level of development; this as having had great development of art, of astrology, astronomy, geography and the sciences, particularly in terms of the sciences of crystals, crystallography, and the healing arts; that there also was an expansion of travel.

This Awareness indicates this not seen clearly at this time; that this shall require further energizing, and shall require that greater return of the Aka-cord to this time and this place before further information is available; that the energy cannot move through the Aka-cord for the Interpreter until this has strengthened.

### Energizing Questions & the Aka-Cord Connection (Closing Message)

This Awareness indicates the nature of the questions in this trance reading called for energies to look in directions which have not been looked in by this Interpreter for some time or at all, and this requires that an Aka-cord be extended or sent to those areas of concern; and the Aka-cord, once established and contact made to the area of question, may then be energized by manna sent from the energizers and also between readings and may be strengthened to establish greater flow of energies to these areas so that later readings can give forth more information in regard to the subjects in question.

This Awareness indicates that *It* gives this message to assist entities in understanding how the trance readings work and how energizing of questions can be enhanced to give greater reading and greater clarity in areas which are not clear at one time, but which may become more clear at a future time. That often in previous readings and with other interpreters, the questions were left unanswered or a remark given that the information was not available at present time. This Awareness indicates this particular message is intended to explain how such information may become available at a later time, though not available at present time, or limited information being available at present time.

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## Nestle boycott ends in U.S.

WASHINGTON (AP) — A boycott of Nestle products in the United States was suspended today when the Swiss-based multinational corporation agreed to alter its infant formula sales practices in Third World nations.

To symbolize the end of the seven-year-old boycott, Douglas Johnson, national chairman of the Infant Formula Action Coalition, ate a miniature Nestle crunch bar presented to him by a Nestle official. The chocolate candy is one of the most familiar products made by the giant food products conglomerate.

Johnson said he expects the boycott of Nestle products in Canada to be called off today as well. But he predicted that the boycott committees in eight other nations would wait until an international conference on infant formula is held in Mexico City next week before deciding how to proceed.

Rafael D. Pagan Jr., president of the Nestle Coordination Center of Nutrition, said the company had agreed to modify its practices in four areas so that the boycott could end. Those areas cover supplies to hospitals, package labels, gifts to health professionals and the kind of written materials given mothers and health professionals about infant formula.

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An example of how the people, when made aware, can frustrate the efforts of the Global 2000 conspiracy

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"Happy 50th birthday, Donald!"

