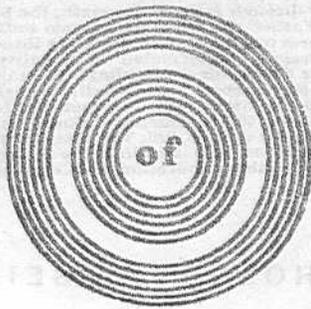


Revelations



Awareness

No. 85-2 The New-Age Cosmic Newsletter

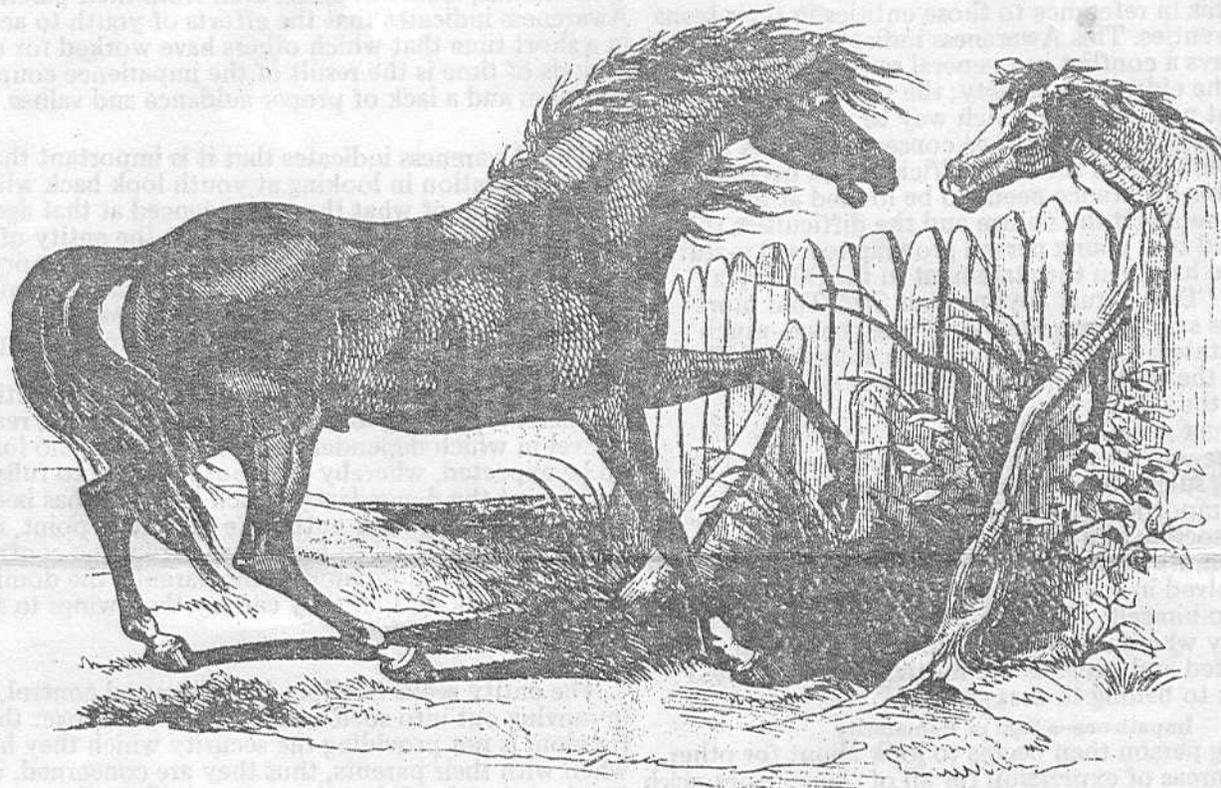
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P. O. Box 115, Olympia, Washington 98507

Helping People Become Aware



The Nature of Youth

DEALING WITH ALL THE PAINS....

(THE COSMIC AWARENESS PROGRAM TO PREVENT CRIME)

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 various 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. or any of the Interpreters is responsible for anything Cosmic Awareness states in any of these readings, nor does C.A.C. or the Interpreters necessarily agree with the statements of Cosmic Awareness. The Interpreters interpret the energies as they see them in trance levels and are not personally responsible for what is said. The Interpreters published herein have no connection with, nor control over the editorial comments and material, including illustrations. This is entirely the responsibility of the editor. Members of C.A.C. are invited to send in questions of general interest to ask Awareness for possible publication in this newsletter.

Paul Shockley, Interpreter

THE PSYCHOLOGY OF BEING MATURE

COSMIC AWARENESS:

This Awareness wishes to call attention to the nature of youth,—this in reference to those entities in their teens and early twenties. This Awareness indicates that it appears there is always a conflict in a general sense between the youth and the elders of a society; the youth having great ambition but not knowing which way to put their energies, and the elders seeing the need to conserve energies and place those energies in the most efficient and necessary areas; that this difference needs to be looked at in order to better understand the nature and the difficulties that arise in regard to a young person growing toward maturity.

That there has been the statement in the 60's by a young man: "Don't trust anyone over 30." That more recently, this same young man as having grown much older, now states: "Don't trust anyone under 40." That this typifies the attitudes which both generations feel in regard to the other.

The younger generation, looking forward at the older generation, seeing the establishment, feels a sense of alienation, having such a long ways to go in order to be recognized as an important or valuable citizen; the entity may look at this society and establishment, see its weaknesses, its corruption, its flaws, and the efforts it would take to become involved in such a society in a meaningful way and simply say to himself: "I see no point in attempting to fit into a society which is essentially corrupt, in which wars are perpetrated and greed is the motivator, therefore, I will not seek to belong to that society."

Impatience—a Sign of Immaturity

The young person then begins to look about for other ways, other areas of expression for all of the energies which he or she has within their young strong body, in hopes of finding something in which they can put their energies into and receive immediate gratification and results. This Awareness indicates that young people are impatient. Impatience is proportionate to the degree of immaturity; that the more mature an entity becomes, the more patient the entity becomes. Young people do not want to wait 20 years to have their fulfillment, to be where their parents are, to have a home, to have the comforts of a middle-class domain; young people want something sooner, and it is this impatience and the desire to have more, which creates for the younger person a sense of ambition, along with resentment of past failures or resentment of past rejections; coupled with the desire for more, and the impatience, the entity becomes ambitious.

If the entity has a strong set of social values, respecting the rights of others, this ambition will lead the entity to seek a job, career or academic study that will promote and give a greater chance of higher lifestyle. If on the other hand, the entity has a disrespect for others, has been in conflict with others and has not been treated with respect nor does the entity feel that justice prevails in relationships, the entity may not have a desire to excel through academics, through job or career activities, but may rather choose an unorthodox and antisocial action through which to channel the ambition.

Thus, the entity may become criminal in nature, seeking to rip off that which others have worked for 20 years to accumulate, seeking to rip off from their neighbors, from

their friends, from strangers, even from their parents. This Awareness indicates that the efforts of youth to acquire in a short time that which others have worked for over long periods of time is the result of the impatience coupled with ambition and a lack of proper guidance and values.

This Awareness indicates that it is important that the older generation in looking at youth look back with a remembrance of what they experienced at that age, even though the times were different; that the entity of 40 or 50 or 60 years of age has a vast amount of memory, a vast amount of experience, so much so that the entity is never in question as to who he is in this particular life, for the entity is all that he or she has done up to this present time.

That the youth, having been under the jurisdiction of the parent, growing to a state of semi-maturity, reaching a level in which dependency on the parent is no longer to be expected, whereby the youth, unable to fully depart and forget the dependency which he or she has been conditioned into for their entire life up to this point, the youth feeling a need to break away from the controls of the parents, the dominion of the parents, the domination of the parents, so that they can try their wings to see if they can fly in society.

The entity seeks freedom from parental control, but in moving out into society may quickly discover that the freedom is not providing the security which they had when with their parents, thus they are concerned, desiring freedom, but fearful of the responsibilities that accompany that freedom. Most young people will attempt to hold on to the parents, to receive as much as possible the security which the parents feel obligated to supply, while breaking away from any of the parental values and controls and seeking to express themselves more freely with their peers, with their friends outside of the family.

That this creates a conflict between the youth and the family which can reach serious proportions or can be handled in a manner that keeps the pain and conflict to a minimum. This Awareness indicates the appropriate way for handling such is to establish rules, even in the departing of the young person, establish rules as to what they can and cannot expect from the parents, what the parents expect from them when they leave home, and what the parents will do in the event of emergency, and what the parents will do or will not do in the event that the emergency is brought on by the child's negligence or irresponsibility. That by setting such rules, it allows the youth to take on a degree of responsibility clearly and with understanding so that it does not get bounced back and forth between the youth and the parents, whereby the youth attempts to make the parents feel guilty or feel sympathetic for his or her plight when it was by their own choice that they got into the plight. That the creation of rules in terms of separating from parents protection will not in itself alleviate all of the potential problems which may arise, but will help to diminish these problems.

Looking at the World Through a Child's Eyes

This Awareness wishes that the older generation look at the world briefly from the eyes of their children, not with the experience they themselves have, but with the experience which their children have, moving into the consciousness of a child or young adult, you will notice that your entire experience is greatly limited and it is likened unto an adult having a stroke and losing part of his or her mind and awareness, and being without all of his or her memory and experience from which to draw.

This young person does not yet even know how to fill out his or her tax returns, does not even know how to fill out job applications properly, or carry on the simplest activities in society according to the expectations of adult social participants; therefore, the young person, while having the best of intentions will still not be able to cope with the requirements; therefore, the young person becomes eligible for only the lowest types of job activities, the lowest paid jobs, the jobs with the least responsibility, the jobs that are given to those who you can't trust and don't need to trust, but who need to be watched by those who are trustworthy.

Therefore, the youth have a feeling even after leaving home that they have left the domination of their parents and moved into the slave market whereby they are being used by those who have the power and the money, and that they are inherently inferior to others in the society. That this feeling of being inferior and of having to prove yourself capable of having to find your place in a society that is not always friendly or approving of your actions; this is the 'School of Hard Knocks.'

It is during this period that the young person matures fastest or falls into great patterns of difficulty in terms of society. That the older generation, in looking at younger people in their late teens and early twenties, may see these activities as troublesome and as being immoral or lacking in common sense. All of these terms attributed to young people may be accurate, but are not the solution to the problem.

When the older generation begins to look at the younger generation as though these are the children of society and that the parents have raised these children up to an age where now society can take them over and help to guide them into beneficial, healthy, social livelihood; this attitude is that which allows for the youth to have a smooth transition from childhood to maturity, social maturity.

That in order for this to occur, society or that which is the structure of society, and all individuals in the society who are older and established will need to support programs that offer guidance and training to young people who are entering the social job market and the society in general. This could include social programs which assist the entity in understanding how to get a better job, how to dress, how to act, what requirements are expected, how to look for a better job, and what one should do in terms of maintaining a job.

Many young people, believing that because they work so well, should have immediate promotion and become discouraged quickly if they are not promoted quickly because they have worked so well. They need also to recognize that besides good work, employers likewise want to see dependability, constancy and loyalty in their employees, so the young person may discover that by being more patient and becoming part of the company, an advancement follows. This of course does have its limits, for many entities may work at a job for years without promotion, thus each case should be assessed for the potential of promotion and if it appears you have learned all that can be learned from a job and are not being taught anything and are not being given promotion to new levels of responsibility it is proper that you approach your employer, ask for promotion, and if this is not forthcoming that you then consider changing occupations if you find something more suitable.

Many young people will move from job to job, gathering experience, getting paid for the various jobs, gathering experience which may be beneficial in a future occupation. This Awareness indicates that it is not advocating that entities stay with one job as a loyal employee if that does not appear to be beneficial, for loyalty and bondage are close cousins.

Dealing with the Pains of Youth

This Awareness indicates that the impulsiveness of youth as that which is often unsettling to those who have become more cautious in their business dealings and this impulsiveness is often the cause of great disruptions in businesses and in home lives. This Awareness suggests that in any instant an impulsive action could have been foreseen if those involved were more sensitive to the feelings of the youth, whereby they look at the pain which the youth is experiencing from his or her unfulfilled wishes and desires or from circumstances that are unfulfilling, from which the entity seeks to escape. That in seeing the pain which the entity experiences, one can predict with almost absolute certainty the possible breakdown of dependability when this pain is not being fulfilled by the circumstances available for the youth and when the youth gives up hope of any reprieve under present circumstances. The point of this message essentially is that even though the child has reached the age of accountability, it may not yet be able to account for itself in all ways and even as the child needed a particular type of guidance during the preteen years, the youth and young adult may need a particular type of guidance from society to prevent the entity from becoming involved in antisocial activities. That these prevention programs to deal with the emotions, the emotional needs and mental and social guidance programs prior to the danger or breaking point whereby the youth commits a crime,

This Awareness indicates that in dealing with the emotions, the pain, the situation; giving the youth hope, giving the youth encouragement, giving the youth a sense of well-being in society, a sense of purpose, reminding the youth that: "You are the cream of the future society, that you ARE the future establishment," reminding the youth that the future will be given to the youth and to those of the same group and also encouraging the youth to develop his or her talents and skills; these social programs sponsored by adults in a society or sponsored by the society through its civic, municipal, or state or federal grants could alleviate many of the crimes committed in society, for most of the crimes committed, approximately 90% are committed by entities between the ages of 15 and 30, with the greatest portion being committed between the ages of 16 and 25. That these particularly as males; that the females are not especially better in the sense of being less criminal, but rather they are less active in the assertive and ambitious impulsiveness that accompanies young males.

Crime and the Youthful Female's Influence on Males

This Awareness indicates that often it is the female who eggs on the male to do something criminal, for in pushing him into a criminal action, she risks very little herself; she is the inspiration, but she does not take on the responsibility for the action, nor receive the punishment if caught, and the male, feeling it necessary to impress the female, follows her coaxing and does that which he feels she would admire in him. Hoping not to appear cowardly, he attempts an antisocial action, and she cheers him on until he is caught, then she runs home to her parents and acts like the innocent child that simply got involved with the wrong man by her naivety.



This Awareness indicates that the female youth matures much more rapidly than the male in terms of social maturity and physical maturity, and has therefore, a greater responsibility at an earlier age to help direct these young men toward activities that are rewarding for everyone and activities that are not destructive to the individual or to society. That mothers and fathers should not only seek to keep their daughters wholesome and healthy in moral ways, but also should help their daughters to recognize the need to make demands and train their boyfriends, make demands on the young men that they wise up, become mature and cease acting like little five year old brats and begin to act like socially adjusted individuals who can use their ambition and energies in a constructive way.

Reduce Crime with "Youth Assistance Programs"

That in this manner, and with social programs directed toward youth, toward the encouragement and assistance; that these programs could be termed Youth Assistance Programs, or some similar name, helping those between the ages of 15 and 28, whereby they are assisted emotionally, socially, in some instances physically and in many instances psychologically, so that they can feel a greater sense of harmony with the society. That there should be such a program in every city, and in larger cities there should be a number of places where young people can go for encouragement, advice and information as to how they can improve their lives, and also where they can make connections and find jobs and sources of income; that these Youth Assistance Programs can help to coordinate job activities and to counsel and to help serve as a message center for youth in the community.

This Awareness indicates that it may not be proper timing at present for such programs, as the funding for programs of this type may not be available; that eventually however, it will be seen as the solution and as a cause for reducing much of the crime and that such programs in a society will save more money, time and eliminate the tragedies in a society, will save these things more than the expense involved would cost. That the crime rate will be dropped considerably and the expenses involved in crime will be dropped considerably and the emotional frustration which entities feel in regard to high crime rate will be dropped considerably and peace in the cities will be returned considerably, along with a greater sense of well-being for all of the citizens in a society. That it must be remembered that youth is filled with energy which must be channeled somewhere, and that if it is not channeled in the proper direction, it will erupt in areas of mischief, and to add a greater police force, increasing the budget for crime fighting, does not in itself channel the energies of youth, it simply confronts the energies of misguided channelings. That to channel the energies of youth into activities that benefit themselves and society is that which will bring about the peace in society which has been lost during the last two decades.



HOW YOUTH ASSISTANCE PROGRAMS WORK AND ARE FINANCED

(Detroit, a model city?)

COSMIC AWARENESS:

This Awareness indicates that it is the same situation; that wherein an entity has bursting energy in his or her body seeking to express itself in some action, and wherein there is nothing in society that is willing to take the energy of this entity, then the entity finding no constructive outlet for those energies, will find some area that is destructive in nature and express his energies in that manner. Youth action groups, or youth assistance groups can help to channel these energies, giving youth programs in these cities, giving actions, occupations, whereby together youth can move down the streets cleaning up those areas which are littered, restoring buildings which are in need of remodeling; these young people can be paid either in money saved from crime-fighting and from damages that would have occurred through vandalisms, or through monies granted for restoring areas of the city, of the community, or may be paid in terms of credits that can be applied to school grants or other benefits from society or a combination of these and other ways of recompense.

That a city such as Detroit, having been ransacked by years of neglect and lack of directed energies of a constructive nature; that city could just as easily become a model city in the nation whereby these young people are directed, motivated to begin action programs of cleaning up the city. That all action comes from pain; without pain, no one would act. One would simply remain in a state of rest.

This Awareness indicates that pain comes from two different potentials; either from a circumstance which an entity would seek to escape, or from not having something which the entity would desire, thus pain is created either by desire, or the desire to avoid; thus, affinity and avoidance are the two causes of pain, and pain is that which motivates entities into action and the motivation leads to a goal which is set as a solution to the pain, whereby the pain will be resolved upon reaching the goal, and the motivation or movement is the action that leads to the goal. Thus, a motivation for these young people, based upon a pain is that which causes them to act in a negative or positive manner, and the effort of society should be to channel these energies into actions of a positive manner whereby they pursue a positive goal, a constructive goal, that parallels the intent and purposes of society rather than detracting from society in a destructive manner.

This Awareness indicates the entities *already* have sufficient pain as motivation, and it is therefore not necessary to inflict or cause further pain to motivate these entities, for they would not be acting antisocial if they were not in pain, they would not be acting at all. They either want to escape from something, or they want something better; either the avoidance or the affinity is driving them.

A society in looking at this may ask: "What can be done to channel this action of these entities who are experiencing pain, so that the actions parallel the goals of society?" That this concern of society then to find a goal which assists in alleviating the pain may require not only the understanding of the pain which motivates these entities, in terms of economic pain, the psychological pain, the environmental pain and personal pains which these entities may be motivated by, but besides the studying of the pains which motivate, the society must also find a suitable goal toward which the energies of the motivation may move; this goal being that which parallels the intent and needs of society.



(FOLLOW-UP QUESTION):

Awareness, in the big cities, according to the reports they put out, a great percentage of the crime is done by teenage and young blacks and the sociologists say that the reason for this is that the blacks have been kept in economic poverty and that until this situation is overcome there's no way that the blacks will stop participating in criminal actions. Does Awareness see a solution for that aspect?

This Awareness indicates that sociologists are often concerned with why an entity ticks, psychologists are often concerned with analyzing an entity to determine why he or she is this way or that, and the sociology and psychology concerns tend generally to look at what is the cause of the present circumstances. That philosophy tends to create goal to pull entities, and that social programs with a goal tend to mobilize activities, energies and actions which can keep others busy, which can give entities a sense of purpose, which can give entities not only a sense of directing their energies with purpose, but when these activities are completed the entity can have the feeling of good self-esteem, a job well done; society is pleased with you, your friends are pleased with you; the entity develops a sense of self-respect and respect for the society.

That all that is missing is the creation of a goal by societies, to channel these energies of those who are in pain, bursting with energy to express their pain. That these entities, rather than being condemned or looked upon with great hostility and fear, need help, and the society and sociologists and psychiatrists and psychologists in looking at these entities, rather than attempting to explain how they got to be how they are and why they do what they do, these entities should look for some action which allows the expression of the motives, the motivation, the movement, the action of these entities so that their pain can be expressed in activities of a constructive nature through a program, through a goal that sets up for the society something where it benefits from the energies of these people, and whereby they too benefit from the activities which they have created.

That it is simple to channel these energies, it is criminal for a society to neglect the energies of the youth, and to allow the energies of youth to become destructive. This Awareness indicates *It* repeats: It is criminal for a society to allow the energies of youth to become destructive, for the society should have a program that channels these energies toward constructive purposes. That all that is necessary is the establishing a goal which the society is willing to pay for and which involves the energies of the youth.

There are obviously many things which can be accomplished with these energies; that the payment as that which can come from many types of negotiation or agreements with the youth.

PURSuing A WORTHY GOAL & RELEASING PAIN THROUGH FANTASY AND AMBITION

(Closing Message)

This Awareness indicates that ambition, when properly channeled can be of great value. Ambition essentially comes from pain, from a sense of unrest, from a disturbance. Ambition is but motivation directed toward a goal, and if the motivation is strong, if the ambition is strong, it indicates that the pain which caused the motivation must have also been strong.

That the stronger the pain one feels, the greater the disruption one feels, the greater will be the momentum, the motivation, the ambition to reach a goal; that entities who have goals based on fantasy exhibit a motivation that accompanies a feeling of inadequacy. Entities whose goals are based on reality, that which is reasonable to seek and attain, are based upon the motivations which accompany a sense of confidence. That when one is lacking in confidence, when one lacks a sense of self-esteem, but has suffered great pain, the entity can create a strong motivation, a strong goal, but because the entity lacks self-esteem, the entity generally tends to distort the goal into something which is unrealistic, out of the ordinary, or what the entity would prefer to call, "exceptional," an exceptional goal which the entity seeks to achieve, based upon past pains which drive the entity to accomplish something exceptional. This being somewhat unrealistic or out of

the ordinary, allows the entity the fantasy of seeing himself not as inadequate, but as superior. The irony of this circumstance is that on occasion, this type of fantasy ambition and the seeking of an exceptional goal pays off, and manifests in a great discovery, a great invention, or some kind of system that is unique and beneficial.

Most often, however, the entities who are motivated from pain toward great ambitions and goals which are exceptional and out of the ordinary, or fantasy in nature, most often these entities simply continue living their ordinary life in society while carrying this fantasy throughout their lives and passing on without ever having achieved, possibly without ever having attempted to reach the goal, for their self-confidence, self-esteem, the feeling of inadequacy, being weak, weakening them to the point where action was not taken for they lacked the confidence of succeeding but enjoyed the fantasy of pretending, thus the goal remains a fantasy and the pain which motivates toward the goal is never released.

This Awareness wishes also to remind entities that when pursuing a goal, consider carefully whether it is a worthy goal or but a useless fantasy, and if it is a worthy goal, take stock of yourself and ask yourself whether it is what you wish to pursue, whether you have the skills to pursue, the resources to pursue, and if not, what secondary or auxiliary goals you must form in order to prepare yourself to pursue this greater goal, and if pursuing this greater goal, you find yourself being confronted by other activities in life of varying interests, ask yourself if you wish seriously to continue pursuit of this goal or to wander off and meander around whenever something interesting comes up, and if you determine that you truly wish to pursue this major goal, then let all activities either support your efforts to reach that goal or to reach those auxiliary goals which are necessary in reaching your major goal.

That if in pursuing a particular goal with great determination and commitment an entity moves steadily and relentlessly toward that goal, the chances of accomplishing are much greater than if the entity talks about the goal, fantasizes about the goal, but wants to go off here today and there tomorrow in a different direction and avoid pursuing the goal from time to time.

Sinning Against your Goals

This Awareness indicates that any entity who is serious about a goal should consider any action that does not lead to the goal as an action that is sinning against the goal. The Greek term for sin, the definition in the Greek language as meaning to miss the mark, or to miss the goal; that entities in aiming toward the goal may miss, and such missing in terms of the goal would be sin; this as a word derived from trigonometry and geometry studies associated with 'sine'. That missing the mark, or going off course at an angle,-- this is sine or sin; that wherein you set a goal for yourself and then you deviate from your goal, you can be said to have committed a sine or sin against your goal. It does not matter to this Awareness whether you sin against your goal or not, unless that goal is of some universal purpose and value to your soul growth and the welfare of others.

This Awareness indicates that you must remember that you create your goals. You can also break your goals, but if you seriously desire to fulfill your goals, you must be cautious in terms of sinning against your goals, or meandering and departing from your purpose.

"We want the world, and we want it NOW!"

(Jim Morrison of the Doors)

SHOULD ENTITIES JOIN THE PEACE CORPS TODAY?

QUESTION:

S.C. of Cottonwood, Arizona, has a somewhat related question. She writes: "I've been contemplating joining the Peace Corps, and am undecided as to whether I want to go that route in present time, so I wonder if you'd ask a question of Awareness as to the role the Peace Corps is playing and the effects of its programs in the world, as to whether it also is programmed by the Dark Forces. I'm in a quandary about how I can best help the Light Forces in present time."

COSMIC AWARENESS:

This Awareness indicates that in its original conception, the Peace Corps as that which was intended to assist in foreign countries, entities in poverty conditions to learn how to grow out of their tradition of poverty through the introduction of new methods of industry and of organization. That it has adhered to this program relatively well over the years, though there have been some instances where there has been some influence from political levels to use these entities for purposes of surveillance and of spying, transferring information, and of serving to disseminate information to the area. That this as having some political overtones, but that the instances where this has occurred are not in a majority and the degree of activity is that which is still relatively minor. However, if you do become involved in such actions, you might expect that there will be efforts to use you in this manner; that whereby you are careful to keep your integrity with the original purpose of this organization, it will be of greater benefit for your relationship with your country and with entities in their country. This Awareness indicates however, that *It* does not see this as being your path; that it appears that you would be involved in activities within the United States. This Awareness suggests you check out the VISTA program; that there are seen other activities involving teaching which may also be of your purposes.

This Awareness indicates that this is not a healthy climate for entities involved in Peace Corps work, although the work is of great importance and requires greater courage at this time than in earlier times. There is considerable danger to these entities due to the increasing hostilities in these various countries.



IS JOHN F. KENNEDY STILL ALIVE AND KEPT HIDDEN ON SCORPIOS ISLE?

(MORE ON THE GEMSTONE FILE)

QUESTION:

In light of the information Awareness has given on the various conspiracies, we have a letter from S.E. of Virginia, which contains several questions which Awareness may or may not care to answer, but we'll ask for a comment after I read this letter.

"I just finished reading the 'Mark of the Beast'. Since I have been keeping an eye on international finances lately, I have inherited some money in Europe and am naturally concerned. I am aware of the fact that a very dramatic event is imminent. The common market nations have created a new currency called the E.C.U., the European Currency Unit, which will go into effect January 1st. Some cautious hints of this are beginning

to appear in the mass media. It seems they are afraid of creating a panic by telling it like it is. Anyway, in my opinion, this switch from the dollar to a new international currency presents the perfect opportunity to switch to the Beast. I had occasion to talk to a former FBI agent the other day who revealed that he knew of this computer, that it was Lawrence Rockefeller's 'baby' and its purpose was a one-world currency system. This man is anything but a New Age person, but he verified what I suspected all along. I quickly got on the phone and called the Federal Reserve to see whether a similar system was being planned in the United States. Their reply was that there were too many objections concerning the computer's invasion of privacy, as they called it, but nothing was said about the idea having been abandoned. They simply have to find a way of convincing the objectors that their privacy will be safeguarded. A media blitz will probably accomplish this in due time.

Now let me get to the point of my letter. I would like to ask Awareness whether there is any truth to the rumor circulating in Europe that John F. Kennedy is still alive and hidden away on the Onassis island Scorpios? They claim this is the reason Jackie married Onassis, to have a hiding place for the vegetable Kennedy. When I first read this story, I felt as if a lightning bolt had hit me. Could it be, I asked myself, that this was the individual described in the last chapter of the Bible, in Revelation 13, as the one who had died from a head wound and miraculously came back to life? Is Kennedy the one? The amazement of the world would truly know no bounds if he miraculously reappeared 'from the dead' after many years. Since Kennedy was so universally admired, even by the Russians, it seems the impact would be fantastic. I never had any doubt anyway that the Kennedy clan is somehow involved with the conspiracy.

"Oh, before I forget, is there any psychic information on Henry Kissinger? I understand he will be running for Senator of New York and the Rockefeller gang wants him in the Whitehouse. The Constitution is to be amended to that end. I did his numerological profile by the pythagorean system and came up with 18-66. He also has the very same vibration as Adolph Hitler. Am I on target? Kissinger was quoted as saying: "The illegal we do right away. The unconstitutional takes a little longer," in the *New York Times Magazine*. Wouldn't he be great in the Whitehouse?

COSMIC AWARENESS:

This Awareness indicates that in reference to the entity Henry Kissinger, that the entity's actions and statements speak for themselves, that his allegiances are well-known by those who study these affairs and this Awareness does not wish to point fingers or accuse individuals of being a particular type or class of projected or potential enemy of the people. This Awareness suggests that the entity has been an assistant to the Rockefellers and has assisted in many of the activities which have been leading away from Constitutional rights. This as a matter of record, rather than a matter of judgment.

This Awareness suggests that in reference to the rumor regarding John F. Kennedy, that this as being essentially false. This Awareness indicates that there are certain aspects to this question which can be of a certain type of validity when observed in light of information which will be forthcoming at another time. This Awareness indicates that essentially, at present, without further relationship with other information, the question must be indicated as negative. This Awareness indicates however, that there are ramifications to this which can be entered into at another date, that this is not the proper time for this information to be brought forth.

From the Gemstone File: The Onassis/Mafia Connection

This Awareness indicates that there has been a file circulating in underground economic circles known as the Gemstone File, that this file does show links between the Kennedys and the Onassis family under Joseph Kennedy during the 30s; that it was during this time that Joseph Kennedy, assisting and working in connection with the Onassis influence, became involved in smuggling. This evolving into heroin smuggling. This Awareness indicates that this information as available in that which is called the Gemstone File.

This Awareness indicates that this file also disclosed the connection of Onassis with that which is called the Mafia, and it was partly because of the Kennedy's attack against the Mafia and certain actions relating unto Cuba, that there was a connection and an action between the Onassis empire and the assassination of John Kennedy. This Awareness indicates that according to the Gemstone File, Onassis had been the man in charge of the Mafia. This Awareness indicates that the entities relate also unto a connection with the Rockefeller family, that this as the tie-in with the Mafia and the CIA. This Awareness indicates that the entity Allen Dulles and John Foster Dulles as cousins to the Rockefellers; that Allen Dulles as having been the head of the CIA; that this having its link with the Mafia.

This Awareness indicates that this information, if released, can be rather dangerous to the entities involved in releasing this information. This Awareness indicates that this may be censored in part for protecting the individuals involved in the work.*

This Awareness indicates that the Mafia as used by the CIA to carry out some of the so-called 'dirty work' which the CIA prefers not to do on the internal levels of the United States. This Awareness indicates that essentially, the Rockefellers are in control of both the Mafia and the CIA in the United States; that Onassis had control in the European continent of the Mafia; that the smuggling of drugs through the various connections was related to the Onassis controls. This Awareness indicates that in general most of the police work wherein drug rings were opened and discovered and 'busted', this had to do with those rings which were in competition to the Onassis empire or the Mafia empire. That essentially these areas have remained unbothered and untouched by the police forces, except through local accidental fumbings by police who uncovered certain areas and were not aware of the over-all connections.

This Awareness indicates that the assassination of the entity John Kennedy and Robert Kennedy as the result of the efforts of these two in trying to break apart the controls of those powers. This Awareness indicates that the marriage of Onassis to Jackie Kennedy was an action of cultural insult; an action which is a cultural activity of Mafia behavior, whereby the man in charge snuffs out the opponent and steals his girl as an added insult to the injury. This Awareness indicates this as a common practice of Mafia behavior which indicates that the man has totally defeated his opponent.

This Awareness indicates that the entity Jackie Onassis had no choice other than moving into the experience with Onassis or experiencing death herself. This Awareness suggests that this information be released carefully; that this may be released to certain persons who may keep this confidential, as in the previous message regarding UFOs. This Awareness suggests this not be released at this time, however, that this may be withheld for another release when other information regarding UFOs is given. This Awareness suggests this may be released according to your inclination at this time to certain entities named

previously, but that this not being something which is essential as being released at this time.

(FOLLOW-UP QUESTION):

Aong with her question, she sent a copy of a newspaper or magazine article from Belgium, which is written in Belgian, and a translation of a bordered area that the translated which reads: "Cardinal Cushing, a close friend of the Kennedy clan, recently hinted during an interview that he received a letter from Jackie containing information which could bring the entire governmental structure of the United States to ruin."

COSMIC AWARENESS:

This Awareness indicates that the entity as having information that could expose many. This Awareness does not see any question in this statement.

ED's Note: this information was given in the fall of 1978 and since that time many articles and books have been published about the Kennedy assassinations and the Mafia connection. Since that time, Awareness has also named Kissinger as a Zionist and 'Bolshevik'. This particular reading is being published at this time for historical interest and that the mention of the possibility that John Kennedy might somehow still be alive, predates any of the information later released by Dr. Beter about the robotoids and the synthetics. It seems to me that Awareness was hinting that something of this nature may have occurred to Kennedy. (More on this and the Gemstone File were published later on. Please refer to the Backissues Catalog for references).



HOW CHIHUAHUA'S CAN CURE ASTHMA

(OTHER METHODS FOR FAST RELIEF)

QUESTION:

In the last session there were some questions about animals. I had one more question that did not get asked. I took a clipping from a recent publication, which says, "Asthma may be cured by Chihuahua." I'll read this, and ask Awareness if this is valid.

"In Columbus, Ohio, Jane Aspery says she believes an ancient Aztec remedy has cured her nine year old son of the asthma that plagued him for seven years. The cure is 'Cricket', a pet Chihuahua dog.

"All I know is, that just before we got the dog, Robbie was in the hospital three times with asthma attacks," Aspery says. "In the months since we've had the dog, he hasn't had a single attack." She says the Aztecs revered the Chihuahua as the ruler of the nose, and believed it had the power to cure various ailments, including asthma.

"Aspery says she first heard about the Chihuahua's powers about two years ago, but did not believe the story. But during an October vacation, Robbie was stricken with six asthma attacks that required hospitalization. "A lady in Tuscaloosa, Alabama, told me we ought to get a Chihuahua, because she said that helped her child," recalls Aspery. "I decided to give it a try." Since she bought the dog November 4th, Robbie's attacks have ceased, she says."

Does Awareness see any validity to that--the Chihuahua dog in relation to asthma?

COSMIC AWARENESS:

This Awareness indicates that animals often take on vibrations and energies, thought-forms and distorted magnetic fields from the aura of their masters. This Awareness indicates that the Chihuahua as a very high-strung and sensitive animal which takes on certain vibrations which are harmonic to the energies associated with asthma, the vibrations associated with the disease. That the animal as capable of transmuting these energies.

This Awareness suggests that in reference to the question, that it appears this is beneficial to some degree, for entities having asthma. This not in every instance a complete cure, but that it appears to be beneficial to a considerable degree.

(THE AURA-SHAKING METHOD)

This Awareness indicates that entities having asthma also can respond to stroking of the aura. This Awareness suggests that you place the entity in a chair, or a stool, or have the entity stand before you; that you take both hands, wash your wash your hands in cold water, shake the water from your hands, then, approaching the entity with asthma, you begin by lightly chopping the air near the entity's form, chopping the aura with your hands, --this breaking up patterns in the aura.

This Awareness indicates that after you have completely chopped up the entity's aura, from head to foot, that you then shake your hands off, and lift your hands approximately 6 to 8 inches above the entity's head, and begin moving downward in strokes, one following the other, moving downward, a few inches from the body itself, not touching the form, but stroking the aura and smoothing out those energies of the aura.

This Awareness suggests you start from behind the entity; over the entity's head, bring both hands down on the sides of the entity, stroking all the way to the floor, repeating this again and again. Then stroke also down the back of the entity to the floor, not touching the entity, nor touching the floor. When this has been done to a point where you feel the aura is smooth, and is clean, you then move around to the front of the entity and do likewise.

This Awareness suggests the chopping of the aura as that which breaks up the patterns of the energies and the stroking of the aura smooths these energies of the aura so that clarity and beneficial energies can flow through the entity's aura. That this can have a very quick and profound effect upon any asthmatic condition. That the entire process may take as little as three minutes, and may have beneficial results for several hours or days, without repetition.

However, it may need repetition when or if the condition again appears. This Awareness indicates these magnetic passes of the hands, affecting the aura, which in turn affects the energies. That these energies associated with asthma are of a magnetic nature, can be dealt with through psychology, hypnotism, or through the passes of the hand as previously described; that these approaches are quite beneficial.

Karmic and Other Causes of Asthma

This Awareness suggests that in terms of the use of psychology, or hypnotherapy, that asthma is often brought about from past-life memories of being in a circumstance or situation in which the entity does not wish to breathe, such as being in a place wherein there is a terrible stench; the smell of death, and decay. For example, an entity who has worked among the dead, or has lived among the dead or dying in a previous lifetime, may reincarnate, and

certain substances associated with embalming or with other paraphernalia that was incorporated in that past-life memory, may trigger off asthma attacks in the present life.

That likewise, an entity may have experienced similar circumstances in the present life, wherein as a child the entity suffered from some form of action wherein the smell, or wherein an odor was so distasteful to the entity that the entity wished not to breathe; that this having a psychological effect upon the entity, and the entity later finding that certain things trigger off the asthma, or the inability to breathe.

This Awareness indicates that these energies as a stifling effect working on the psyche, and in repercussion on the physical aspects of the entity's consciousness; that a change, a pleasant odor, or odors which counter those stifling energies can be beneficial. This Awareness indicates that even more beneficial to completely ridding the entity of the problem is to revert back psychologically through hypnosis or through meditation, to the experience which first triggered and caused the asthma. That this may require professional therapy.

AURA-CHOPPING CAN HELP RELIEVE MANY PHYSICAL PROBLEMS

(FOLLOW-UP QUESTION):

Awareness, is that exercise of chopping up the aura; is there any other problem that this exercise would help?

COSMIC AWARENESS:

This Awareness indicates that this can help to reduce fevers, can help to reduce the effects of a cold, can help to strengthen the vitality of an entity whose energies are depleted or weakened, can help to stabilize one's emotions and can help to remove pressures which lead to, or cause headaches or other disturbances. That this can in general increase the vitality of any individual and can help the entity to overcome and to have greater strength to overcome the illnesses of any type.

This Awareness indicates that it does not necessarily give the strength to overcome an illness, but it can strengthen the entity to help in that cause. This also may be used to remove negative energies associated with an experience, wherein, for example, one has been in a violent argument, or has experienced a shock, by chopping up the aura and smoothing the aura, one can restore peace and calm and vitality and health.

This Awareness indicates that this as a simple action which is very profound in its effects. That this especially is good for children whose emotions have been shocked or who have suffered from some trauma. It also is especially beneficial for any entity who is open, who has had the experience of being physically depleted, or weakened by some illness, such as may be transmitted by a bug or germ, or whereby the entity is weakened from exposure, exhaustion, or fever, flu, pneumonia, cold, chills, shock, or similar energies which affect and deplete the aura and vitality of the individual.

Land of the Free

Pursuant to the Internal Revenue Service's ban on "frivolous" tax returns, a woman in Billings, Montana, has been fined \$500, has lost her \$140.06 bank account, and has had a lien placed against her home for filing a return on an income of less than \$3,000 and writing on it, "Signed involuntarily under penalty of statutory punishment."

HEALING WITH THE PENDULUM

(More on Thought-Forms)

(FOLLOW-UP QUESTION):

Awareness, there's an entity in Olympia by the name of Jean R. who does an exercise like that, only she uses a pendulum, and sometimes at gatherings when people are sort of upset, she picks up on them, and she'll use this pendulum, allegedly to trace the aura, and sometimes she'll go 20 or 30 feet into the next room and around corners, hacking away and breaking up the aura that she says extends that far very often with entities, and she can trace it very easily by holding this pendulum, and that way she covers the entire aura. Is that a valid theory of healing that she puts forth?

COSMIC AWARENESS:

This Awareness indicates that this in the affirmative. This Awareness indicates that the entity is not dealing only with the aura, but also is dealing with thought-forms in the room, often these thought-forms having been cast off by the entity when the entity has been upset or disturbed. This Awareness indicates that you may also remove thought-forms from a room by the use of a burning candle, carrying this candle throughout a house or room, allowing the thought-forms to be burned. That these thought-forms tend to fly toward the flame, just as moths are attracted to a light.

This Awareness indicates that you may also neutralize thought-forms in a room by the use of a pink light, or a light blue color throughout the room. This Awareness suggests you avoid red lights in your home, as this tends to strengthen thought-forms and to draw in spirits. That this in reference to the use of red light exclusively. That a small red light, or red Christmas tree lights among other colors is not likely to draw in those particular vibratory influences.

This Awareness indicates that the color yellow, yellow lights, tend to draw in higher spirits of a more mental nature, these being such as to be of assistance mentally. That the red colors tend to draw in astral or emotional energies into a room, particularly when that color is used exclusively as a light source.

WHY SOME ENTITIES ARE ORPHANS



QUESTION:

R.W. of Phoenix, Arizona, has a question: "Why are some entities returned to this plane to be raised as orphans, without the love of parents or grandparents? My mother passed over when I was four years of age; we were taken from our father by the state and raised in an orphanage. Both of my grandmothers passed over before I returned to this plane. I did not see my one grandfather until he passed over. I saw my mother's father when I was in my teens."

Would Awareness give a little explanation about orphans?

COSMIC AWARENESS:

This Awareness indicates that there are many different, and a wide variety of karmic reasons why some entities do not have a rapport or relationship with their parents, in some cases, having no parents to relate to, the parents either being divorced or absent throughout a great portion of the child's life. This Awareness indicates that

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while *It* cannot go into all of these many karmic reasons for the many individuals involved, *It* does wish you to understand that many entities who are orphans, do not or did not have close relationships with their parents in previous lifetimes, or may have deserted or failed their parents, or may have abandoned children of their own; these being certain negative karmic reasons, but more commonly, these entities who are orphans, need the experience of being on their own without that parental guidance.

They may need the hardships involved, the sense of loneliness or emptiness. This lack of completeness being an energy that may help to motivate them toward certain actions or experiences of their own when they grow more mature. That it is the absence of blessings which tend to motivate entities into taking action which might otherwise not have been taken, if everything was supplied to give the entity complete happiness and complete fulfillment.

This Awareness wishes you to look around, and you will quickly notice that the entities who have everything supplied to them, without their having to struggle for any purpose, or any goal, or any personal need, such entities do not tend to grow and develop, but tend to stagnate. This Awareness indicates that those who are more likely to grow and develop and to build something of their own are those who have certain hardships in life.

WAS RICHARD MILHAUS NIXON SET UP TO DIE ON THE 007 FLIGHT?

(A bit of trivia pursuit here)



QUESTION:

In relation to the shooting down of that 007 plane, there was an article published by Tass I'd like to read and ask Awareness if this is valid. It says:

"The Soviet press said Saturday that former president Richard Nixon cancelled a reservation on Korean airlines flight 007 because the CIA 'did not dare send a former president to his death,' and alerted him at the last minute.

"It said that the official Tass news agency and Radio Moscow said such a report in mass-circulation West German Magazine *QUICK* was evidence of a CIA plot to send the Boeing 747 over the Soviet far East and that in a later edition the magazine said Nixon was booked on the South Korean jet out of New York, and was to have been seated next to Representative Larry McDonald, chairman of the John Birch Society, but at the last minute Mr. Nixon did not take the flight.

"Tass said: 'Evidently the American intelligence establishment did not dare send a former president to his death.'

I read later on that Nixon denied that he was scheduled to go on that plane.

COSMIC AWARENESS:

This Awareness indicates that this does not appear to have been the case; that it does not appear that this entity was scheduled for that flight. This Awareness indicates that this appears to have originated by someone in Germany connected with the KGB to give false information.

ED's Note: for more on the jetliner 007 tragedy, please refer to 'Revelations of Awareness', No. 83-19 (Murder will Out); \$2.00 from C.A.C.



MORE ON THE PRECEPT:

'RESIST NOT EVIL'

...AN ALTERNATIVE TO
THE ACT OF JUDGMENT

QUESTION:

A question from D.D., Monterey, Calif. "Judge Not, as Awareness and Jesus remind us, becomes natural law when viewed from the positive and negative natural law position. Opposite points of view can arrive at or achieve a balance or compromise, if the two people allow it to happen. Opposites can compliment each other if the desire to so is there. Judging, then, can be understood more fully if it is seen as resisting. Having to be right about something, even when you know you are right, is a fallacy that few realize. Resist Not Evil then can be understood in a new way, as giving in to a person in an argument, when you know you are right, and he is wrong, because he will eventually learn he is wrong, so it becomes a growing process for each, and balance can be achieved, if allowed.

Opposite points of view then are a necessity for balance. The primary requisite being that each has balanced the other, to prevent the possibility of war between them. Is this accurate?

COSMIC AWARENESS:

This Awareness indicates that this appears to be correct, a correct evaluation of the issues of concern. This Awareness indicates that it appears that the act of judgment, or making judgments, is associated with the intent to finalize. Wherein there is a choice and one must choose, and thus one judges, the action is then finalized. This Awareness indicates that this is quite a different experience from the act of discerning, wherein one looks at the choice and sees the choice through discernment, and recognizes through discernment, the movement of the energies involved, or the static choice of the energies involved, and can disclose or discuss those energies without attempting to finalize a resting place or judgment for those energies.

This Awareness indicates that to judge another is to make an assumption which ends the discussion, but to discern another opens a discussion to allow the energies to be looked at more completely, to keep the openness and keep the condition open for further discussion and discernment. This Awareness indicates that discernment does not require a finalizing, whereas judgment tends to, by its implication, finalize the situation and end further discussion.

This Awareness indicates that in terms of resisting not, often an entity will notice that in putting up a resistance to a force, the force only grows stronger, and you may find yourself needing to put up greater resistance. When this occurs, the force again strengthens and pushes against your resistance. That in this manner, two forces may be in great struggle against each other.

This Awareness indicates that when the principle of Resist Not is brought in, a force which is oppressive may be experienced and you may find yourself beginning to resent or resist that force, then suddenly realizing it is a force which is of an evil nature, you recall the *Law of Love*, which states that you resist not, and thus you

remove all resistance to that force, allowing it to propel itself, express itself, and you yourself do not resist, but simply allow the expression to occur in a manner whereby it depletes itself through its expression before it can build up greater strength and greater power.

This Awareness indicates that once it has been expressed you may then deal with the energies involved in a clear, loving and open manner to allow it to see itself and to relate to it in a manner that brings it into harmony with your principles of love. This Awareness indicates that the movie *Gandhi* is filled with examples of the principle of Resist Not; that this entity did not at any time yield to those forces of oppression, but continued to confront those forces with a policy of nonresistance, a policy which made the forces of oppression appear to be out of line with the kind of expression being exemplified by those who followed Gandhi's teachings and methods.

This Awareness indicates that the concept of Resist Not does not imply that an entity should simply lie down and be trampled, rather, it is better that an entity always confront any force of oppression, but to do so in a manner that is not likewise oppressive, requires that the entity be of a nonresisting type of expression, whereby without violence, without great aggressive actions, the entity simply confronts the force with a calm and deliberate and unyielding determination, which reflects to that force itself, so that it can no longer continue operating in the same manner, but must relate in a manner that is not oppressive.

HAS "A REMARKABLE MEDICINE BEEN OVERLOOKED?"

QUESTION:

Some time back there was an onslaught of television commercials promoting a book called, *A Remarkable Medicine has Been Overlooked*, by Jack Dreyfus. I happened to catch an article in the paper about this, and I'd like to read a little bit of this to Awareness and ask It to comment on this:

"There has been the urgent ad, the insistent full-pages in the *New York Times*, *Time Magazine*, *Newsweek*, *Reader's Digest*; the smaller, but equally memorable notices in the *New Yorker*, *Life*, *Wall Street Journal*, and the punchy television spots. This campaign for the book: *A Remarkable Medicine has Been Overlooked*, a new book from Simon and Schuster has been a blitz, a siege, an onslaught.

"The medicine is diphenylhydantoin, DPH, also known as dilantin. The man demanding that attention be paid is Jack Dreyfus, multimillionaire, and retired founder of the Dreyfus Fund, the most successful mutual fund ever created. And hundreds of thousands of doctors would argue that they have not overlooked dilantin, that in fact they prescribe it virtually automatically whenever they treat a specific type of epilepsy.

"Yet, Dreyfus says dilantin has been overlooked. It is Dreyfus's contention, his crusade, that dilantin could be useful in controlling a great variety of other disorders besides epilepsy, among them depression, obsessive thinking, rage outbursts, diabetes, narcoplepsy, hypertension and even stuttering, and it is his argument that the reason it isn't being used to treat these disorders, is that there is no money to be made from dilantin, not for himself or anybody, for the drug is an old one, long without patent. He believes that because no one stands to gain financially, no one is urging DPH on doctors, and that for this reason they are eschewing it.

"Dreyfus has taken his case to the Food and Drug Administration. He has taken it to Park-Davis, the manufacturers of dilantin. He has taken it to America's 35,000 doctors. None of these efforts have increased the drug's use, and so now, at a cost of \$2,000,000 in advertising, he is petitioning the American public, hoping that the populace will itself rise up and demand to be given for what ails it."

The article goes on to explain how he got into this. That he found his own personality and everything was remarkably changed for the better and his attitude towards life, and his health and so forth is how he got into this. I'd like to ask Awareness if this entity is correct about this drug?

COSMIC AWARENESS:

This Awareness indicates that this as in the affirmative. This Awareness indicates that this as having been very well described in its history and in the manner in which it has been ignored. This Awareness indicates that the drug as also having been researched in many areas, whereby these areas could be researched further without great expense. This Awareness indicates that before this drug should be applied to various ailments, it does need to be researched more carefully in view of modern research methods and in view of its compatibility with the mixture of other substances and the combined effect.

This Awareness indicates that it appears this as gaining momentum, wherein this will be researched and eventually brought on the market.



ARE THE RUSSIANS MONITORING REAGAN THRU HIS HEARING AID?

QUESTION:

A question from B.W. "Ronald Reagan wears a hearing aid now, and some security experts are worried about the Soviet Union tampering with it, via radio waves. I am an expert in the hearing aid field and worked in the industry for 4 years. I designed and built the actual hearing aids from start to finish. As a matter of fact, I work for the same company that built the hearing aid for the President.

"The tampering they are talking about is not only totally possible, but highly probable, given the fact that when I was building them I could touch a circuit with the tweezers and I would be able to pick up different radio stations using the circuitry from any normal hearing aid. Also, the very structure of a hearing aid is such that it contains 3 separate components: a microphone, an amplifier and a receiver.

"That is the same structure as your home stereo in miniature. Tapping into the correct frequency would be about as hard as turning a dial on a radio frequency, ultra-sound or laser beam potentiometers, and getting an exact account of whatever the President is hearing at that time. A NASA consultant agrees and says: "A hearing aid is just an amplifier, but because it picks up sound and amplifies it, it's a relatively simple process either to project sounds into it, or pick up sounds from it."

"Former National Security Agency employee, Allen Bowdon says: "The dream of Soviet Intelligence is to have the ear of the President of the United States, and the way it looks, we have just given it to them." I'd like to ask Awareness two questions about this: The first is: Are the Soviets actually attempting to tap into the President's hearing aid?, and secondly, Why would the President wear this device, if he knows how vulnerable it is?"

COSMIC AWARENESS:

This Awareness indicates that it does not appear that this was designed in a manner whereby the Soviets were concerned or interested in this, in monitoring this hearing aid. This Awareness indicates that to monitor this an entity would need to tap a frequency. The hearing aid is not a transmitter in itself. That it does appear there could be some local short-range transmissions received from this; that long-range transmissions would be impractical and impossible at this stage in the technological development.

This Awareness indicates that it appears that if entities wished to monitor the President to know what he was hearing, that a boom-mike would be almost as effective. This Awareness indicates that this does not appear to be of great concern; that it could be monitored in short distances. This Awareness indicates that it appears there is some use in the short-distance monitoring by persons working more closely with the President, whereby they can monitor his conversations and tape his conversations; this appears to be with his knowledge of these events.

THE LAW OF GRATITUDE



THE LAW OF GRATITUDE

is that sense of satisfaction where energy which has been given receives a certain reward.

Energy that is given moves out on that curved and unequal line and when extended far enough can only return to its source bearing gifts.

Cosmic Awareness

EMBARRASSED TO DEMONSTRATE NEW-AGE HEALING TECHNIQUES?

(LEARNING TO COMMUNICATE BY ASKING QUESTIONS)

QUESTION:

A question from M.S. of Oak Ridge, Tennessee. "Many times I feel that I may be of some help to others, but am very aware that the individual could not comprehend my methods; that I sometimes looked silly. I find myself not offering services that I feel may be of some help because I feel certain that they would be scoffed at. I also do not feel like putting myself on the line as I am uncertain as to the effectiveness of my methods.

"This usually involves the use of D and S-Cells, and laying on of hands. How should one approach these circumstances? How and what should I say and do in these cases?"

COSMIC AWARENESS:

This Awareness indicates that every situation requires a different type of sensitivity; that there is no particular method which can be applied as a general rule for approaching the way in which to communicate to other entities regarding such matters. This Awareness indicates that it will depend entirely on communicating with the individuals involved, according to the energies present and the receptivity available from those entities.

This Awareness indicates therefore, rather than a "how to" method of presenting your assistance, this Awareness suggests that it is more important that you look at the question of: How may I establish the kind of rapport in various situations so that I can feel at ease in communicating during these various types of experiences? This Awareness indicates that in looking at the rapport in terms of communication rather than at a kind of method of getting your goal or message across, you will see that it eliminates the need for you to push. It allows you to be more receptive, to receive and to share and to then create an opening whereby your input is desired.

This Awareness indicates that in working toward rapport wherein you are in communication with another entity, rather than attempting to show the other entity what can be done or to demonstrate or even to assist the other entity before the entity has invited such assistance, rather than attempting this, by making way for close rapport, communication with the entity so that any matter may be broached, may be opened for discussion without feeling awkward; that in order to have such rapport, certain groundwork must be first accomplished.

For starters, one must discover what the feelings of the other entity are, what *that* entity is pushing, what ideas the entity wishes to get across, and through questioning, one may find the source or root or foundation for those ideas and energies which the other is attempting to sell or present to you. This Awareness indicates that by questioning and getting to the source, attempting to find out what the entity has based his promotion upon, one can get to the heart of the other's argument or statement and can reach the heart of the entity's emotions and feelings about his promotion.

This Awareness suggests that whether this is a religious cause, a business cause or a social cause, one can through questioning and listening reach the heart of the energies or emotions that are pushing or driving for the expression of that cause. That once this has been accomplished, you are then capable of either establishing a rapport with the entity through agreement, or of breaking relations through disagreement.

This Awareness indicates that if you choose to move in a diplomatic way, whereby rather than breaking relations you agree with the premise on which entity has built his or her promotion with the right to perhaps make certain other observations, or to express certain reservations about your agreement, so that it opens a dialogue for further discussion relating to those areas of agreement. This can lead to an extended rapport into areas of sharing, whereby you are invited to share more of your ideas with this entity even as the entity is revealing his or her ideas to you.

This Awareness indicates that so long as there is a receptivity on your part and the other entity is not rejected through breaking of relations, this type of maneuvering or opening up can occur in almost every relationship. It may vary from individual to individual, but essentially you can establish a rapport that allows even those most basic foundation areas to be discussed without breaking relationships or creating intense hostilities.

This Awareness indicates that the key is not in being assertive, but in being receptive and questioning, rather than in the action of promoting your opinion or beliefs. This Awareness suggests that in promoting your own opinion or belief, it is only necessary to establish the idea in the entity's mind, and this can be established as a question rather than as an assertion, and as a question it is much less threatening to the entity.

This Awareness indicates for example, the question: Have you ever heard of the D-Cell? Have you ever wondered if there is anything to laying on of hands?...This Awareness indicates that this is much easier for an entity to respond to than a statement: 'Let me heal you by laying on my hands!' This Awareness indicates it immediately causes one to react with scoffing or some form of judgment, whereas the questioning will only lead to dialogue.

This Awareness suggests that entities in the Awareness Movement should learn more and more how to communicate by asking questions that allow the other to have answers revealed to themselves through their own efforts to answer your questions. ***

ED's Note: For more on how to communicate, please refer to the Correspondence Lessons in Gemini.

The Prayer of St. Francis of Assisi

Lord, make me an instrument of Thy peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

-St. Francis Of Assisi

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ALL DONATIONS TO C.A.C. ARE USED TO SPREAD THE AWARENESS MESSAGES TO OTHERS.

Congress approves \$16 million to establish US peace institute

By Brad Knickerbocker
Staff writer of The Christian Science Monitor

Washington

Tucked away in the Defense Department budget bill among the billions of dollars for missiles, tanks, and planes is a small amendment that is the legislative equivalent of the Chicago Cubs.

Like the baseball team that this week won its first division title in 39 years, the idea of a national peace academy has been languishing for decades. But like the heroes at Wrigley Field, supporters of a federal institution to promote conflict resolution are celebrating a victory that is particularly sweet because it has been so long in coming.

House and Senate conferees have allotted \$16 million to be spent over the next two years on a new "United States Institute of Peace." This is a relative drop in the federal budget bucket. It wouldn't buy a single top-line combat jet. But it represents a significant "foot in the door," as jubilant proponents put it, and could lead to a broader role for Uncle Sam in coordinating and funding research and education efforts in peace studies and conflict management.

The notion of a peace academy has had to overcome considerable opposition despite its long list of congressional sponsors (over half the Senate plus 175 House members), a vigorous group of 45,000 private backers, and obvious emotional appeal.

The White House and Departments of State and Education opposed the idea on budget and policy grounds. Many academic experts on diplomacy saw it as a source of possible government incursion into their turf. And a group of conservative lawmakers considered it a liberal scheme, insulting to the military services trained and armed to preserve the peace.

Yet, support for the idea — which dates back to Benjamin Rush, a signer of the Declaration of Independence — grew even though it seemed that it was being "loved to death," as one senator once put

it. The amendment to the Pentagon's 1985 authorization bill does not contain everything supporters wanted. The sought-for sum was reduced by \$7.5 million, money that would have been used to build a new facility near Washington. The name was changed from "academy" to "institute" to make clear that this will not be a degree-granting institution or the equivalent of the US military academies, and also to keep its bureaucracy from burgeoning. One-fourth of the institute's funds must be spent as grants to institutions offering graduate or post-graduate programs in



Peace institute backer Randolph

peace studies or conflict resolution. "Although I am disappointed that the United States Institute of Peace won't have its own 'home' during its first two years, I do not think that this change will

seriously cripple the institute," said Sen. Spark Matsunaga (D) of Hawaii, who introduced a peace academy bill when he first came to Congress in 1963. "Eventually, Congress will provide a fitting home for it."

Meanwhile, the General Services Administration is to find space in federal offices in or near Washington.

The institute's 16-member board of directors will be appointed by the President. Directors are subject to Senate approval and must not include more than eight members of the same party. The board will include the secretaries of state and defense, the director of the Arms Control and Disarmament Agency, and the president of the National Defense University.

This small but significant victory for those who have pushed for a peace academy is a particular tribute to the tenacity of Sen. Jennings Randolph (D) of West Virginia. He submitted his first national peace agency bill in 1945, the last year the Cubs won the National League pennant.

The West Virginian will retire from the Senate next year. Says his aide, Birdie Kyle: "It's just such a good feeling to win for a change."

Military shuttle launch 'secret'

CAPE CANAVERAL, Fla. (AP) — The Defense Department said yesterday its first classified space shuttle mission will begin Jan. 23, after a secret countdown designed to "deny our adversaries" knowledge of the exact launch time and information about the military cargo.

"You won't know the specific launch time until engines ignite," Brig. Gen. Richard Abel told reporters. During a Washington briefing monitored by reporters here, Abel and a NASA counterpart described new and highly restrictive ground rules for covering military shuttle missions.

The January mission will be the first flight for another new breed of astronaut — a military payload specialist — who will be partly responsible for the payload carried in the shuttle.

News stories that speculate on the secret payload may be investigated as a breach of national security, said Abel, Air Force director of public affairs.

Speculation reserved

Asked what reprisals if any would be planned against a reporter who speculated, Abel said, "I believe that would be something that would be investigated."

Activist in 49th day of protest fast

WASHINGTON — Community activist Mitch Snyder, bedridden on the 49th day of a fast to protest the Reagan administration policies, said yesterday he is ready to die to help provide shelter for the homeless.

Snyder and 10 others began fasting in September to pressure the allocate \$5 million shelter run by Creative Non-Violence.

Asked if he had any other plans, Snyder said, "I'm on this fast. I put this fast a year ago."

Animals are stolen from lab

DUARTE, Calif. (AP) — Two rabbits with oral herpes and numerous dogs with cancer were among more than 100 animals stolen from a research center, officials said yesterday.

The thieves were apparently animal rights activists who scrawled slogans on walls with paint and tar, officials said yesterday.

The threat to human health from the animals was called "minimal."

"It's an illegal act," Dr. Joseph T. Holden said of the theft that took place sometime between noon Saturday and 6 a.m. yesterday at the City of Hope National Medical Center's animal care facility.

The Animal Liberation Front claimed responsibility for the theft in a statement issued in Los Angeles by Ingrid Newkirk of the People for the Ethical Treatment of Animals. The statement called the City of Hope "a concentration camp" where animals were "being used for painful experiments."

Protesters halt military train

BERLIN — A U.S. military train was brought to a halt yesterday by a barricade of smoking tires and concrete slabs apparently erected by anti-American protesters, police said.

They said the train, which came from West Germany and was entering occupied West Berlin at the time, was delayed briefly until firefighters cut the chains used to lock the burning tires to the tracks.

Return to the confessional, says pope

VATICAN CITY (UPI) — Pope John Paul II blamed the evils of the modern world yesterday on "the loss of the sense of sin" and called on Roman Catholics to return to the confessional.

The pope warned Catholics and non-Catholics alike against "the illusion of sinlessness" in a 140-page, 25,000-word "Apostolic Exhortation Reconciliatio et Paenitentia" (Reconciliation and Penance).

122 nabbed in 'a case of the haves wanting more'

NEW YORK (AP) — Police accused 122 people of auto theft insurance fraud yesterday following an undercover sting operation described as the largest of its kind in U.S. history.

Those accused include a banker and a police officer, accountants and housewives.

"This is not a crime of the haves, it is a crime of the haves," U.S. Attorney Raymond Dearie said.

He noted that most of the owners had above-average incomes and that some drove BMWs and Mercedes-Benzes. "It was a case of the haves wanting more."

A police-FBI task force set up a fake "chop shop" in Brooklyn, and in six months received 142 vehicles from car owners who then reported their vehicles stolen to collect insurance money, authorities said.

But instead of disassembling the vehicles and selling the parts, as a real chop shop would, the undercover officers stored the cars in an airport hangar and prepared cases against the owners, and middlemen who steered them to the shop.

The chop shop was approached by so many customers that it added another undercover officer as a "partner," moved to a larger location, retained an answering service

and began using a flatbed truck that could carry two cars at a time.

Even so, authorities said, the undercover operation still had to turn away more business than it took in.

Dearie and other officials said the investigation suggested that at least 25 percent of auto theft reports in the city are fraudulent. In 1983, vehicles worth a total of \$381.4 million were reported stolen in New York.

Nationally, insurance fraud has been described as the motive for between 10 percent and 15 percent of reported auto thefts.

76th bank failure is a record

The 76th bank failure of 1984 yesterday broke a 47-year Depression-era record, but the banking industry's problems are easing, despite growing difficulties in farm areas, federal regulators say.

The bank was not immediately identified but was, by itself, not exceptional in any way other than to highlight the rash of failures this year — the most since the 75 in 1937, Federal Reserve Corp. office

Anti-submarine exercise launched by U.S. and Israel

WASHINGTON (UPI) — The U.S. Navy and the United States launched their first joint exercise yesterday under the provisions of a strategic cooperation accord agreed to a year ago, the Pentagon said.

The maneuvers, an anti-submarine exercise, involve an undisclosed number of U.S. ships in the battle group led by the nuclear-powered aircraft carrier USS Eisenhower, Pentagon spokesman Michael Burch said.

The nuclear-powered missile cruiser USS De Kalb departed from Israel's Haifa port yesterday, Pentagon spokesman Michael Burch said.

Salvador death squads 'are back'

SAN SALVADOR, El Salvador (AP) — The archbishop of San Salvador said yesterday there has been an increase in death squad activity even though the government and leftist guerrillas have started peace talks and are discussing a Christmas truce.

Monsignor Arturo Rivera y Damas said during his weekly homily that the Roman Catholic Church's legal aid office here had reports of three apparent death squad killings last week, and of 70 guerrillas and two soldiers killed in combat.

He did not say where the rebel losses occurred. The church usually gets its guerrilla casualty figures from the army press office, which sometimes exaggerates.

The prelate said the three victims had been mutilated, usually a sign they were killed by the rightist gangs responsible for thousands of political murders here in the past five years. More than 59,000 people have died during the civil war.

"In recent days, the evil crimes of the death squads have returned," Rivera y Damas said.

Releases praised

Death squad activity virtually had ceased since peace talks between the government and guerrillas started Oct. 15.

Falwell verdict

It doesn't take a law degree to determine that the jury decision in the Rev. Jerry Falwell suit against Hustler Magazine's Larry Flynt is, first, curious and, second, a possible danger to free speech and comment.

If allowed to stand the decision might, for example, make it impossible to publish cartoons, editorials and columns of opinion, such as those on these pages. Besides putting a crimp in our operations, such stifling of opinions on public issues and public figures would seriously impair the workings of our democracy, which depends upon informed citizens.

Falwell sued publisher Flynt for \$45 million because Flynt ran a spoof advertisement, a parody of a well-known liquor ad, that featured Moral Majority leader Falwell admitting he was a drunk and had committed incest with his mother. Falwell sued Flynt on three charges: invasion of privacy; libel and intentional infliction of emotional distress. The judge threw out the privacy issue; told jury members they could not find libel unless they decided the ad was plausible enough to be believed, and reserved judgment on a motion to drop the emotional distress charge.

The jury found Flynt innocent of libel because the ad was too outrageous to take seriously. But it then ordered Flynt to pay \$200,000 in damages anyway to punish him for upsetting Falwell. Legal experts say that was a first and that such decisions could effectively muzzle free discussion.

The reasons for alarm are apparent. If Flynt did not commit libel, why should he pay? Threatened by the prospect of similar damage suits based on vague claims of "distress," publishers might shy away from controversy.

How does one establish the complainant's state of mind? Falwell, for instance, was not too distressed to mail out thousands of copies of the offensive spoof to his friends, who consoled him by sending back \$800,000.

As for intent, Flynt said he found the parody "hilarious." Who's to say he was malevolent? Maybe, he just has a grotesque sense of humor.

If the jury's decision stands, it could work to silence writers and cartoonists who poke fun at politicians and other public figures in order to highlight their mistakes and influence them to mend their ways. As a Stanford law professor explained, "Under this ruling, all critical cartoons and all pointed editorial critiques potentially create liability. People like Falwell who've been knocked around publicly just don't have a valid emotional distress claim. They've got to be more thick-skinned than this."

Labor's Donovan denies any crime

NEW YORK (AP) — Labor Secretary Raymond J. Donovan, testifying publicly for the first time since his indictment on theft and false document charges, says that no crimes were committed by his connection with

prevent state interference in federal affairs and attempted to bolster the argument by claim that the charges can be linked to Donovan's cabinet post. Donovan said the subcommittee's investigation into the

Ruckelshaus in contempt

SAN FRANCISCO (AP) — A federal judge today found the Environmental Protection Agency and former EPA administrator William Ruckelshaus in contempt of court for failing to set nationwide standards limiting radiation emissions.

U.S. District Judge William Orrick ruled that Ruckelshaus had refused to comply with previous orders to set radiation standards.

The judge ordered the EPA to set emission standards within 30 days for nuclear power plants, weapons laboratories and elemental phosphorus plants, and within 120 days for uranium mines, con-

WASHINGTON — A Senate subcommittee today initiated contempt of Congress proceedings against Attorney General William French Smith for failing to turn over records of an investigation into shipbuilding cost overruns.

Sen. Charles E. Grassley, R-Iowa, said at a hearing that Smith refused to comply with a subpoena served Oct. 1 by the Judiciary subcommittee on administrative practice and procedure. Grassley is chairman of the panel.

The contempt motion still must go to the full Judiciary Committee and then the full Senate. It was not certain when that would happen, but the new Senate does not meet

Music videos rock 'n' roll with violence

By Peter W. Kaplan
New York Times

NEW YORK — The National Coalition on Television Violence has monitored violence in rock 'n' roll videos for the last year, viewing more than 900 productions. It has found, it says, 17.9 instances of violence for each hour viewed.

Dr. Thomas Radecki, a psychiatrist who is on the board of directors of the coalition, watched the videos with three researchers and checked them for incidents of violence.

Radecki cited several videos, including "Rock School" by a group called Heaven, in which, he said, "high-school punk stars throw their books in the trash, and they are chased by a school guard with a rifle and a Doberman pinscher. The principal is wearing a stocking mask, and he really takes sadistic pleasure in throwing the kids out, and it all ends with the kids and teachers rioting to rock 'n' roll."

Radecki said he was disappointed in Michael Jackson. "Thriller," Jackson's video in which monsters rise out of their graves and chase and threaten a woman, was not so bad, he said, but to use these themes in "Torture" and Jermaine Jackson's "Dynamite," "then you have to start to have a great concern when you have a young lad with a wonderful public image, a real leader and hero, using very intense pictures of sadistic violence between men and women."

The other groups cited by the coalition as the most violent included Joan Jet, the Rolling Stones, Iron Maiden, Billy Idol, Duran Duran, Kiss, ZZ Top, the Kinks and

Jackpot! Slot pays \$2 million

ATLANTIC CITY, N.J. — A wholesale jeweler from New York City, killing time after winning \$30,000 at the blackjack tables, sank \$86 into a slot machine yesterday and walked away with a \$2.2 million jackpot.

The prize for William Katz, 31, at the Tropicana Hotel-Casino was the largest slot prize

Victim toll 7.7 million

ADDIS ABABA, Ethiopia (AP) — The number of famine victims in this East African nation is now officially estimated at 7.7 million — one out of every six Ethiopians, the head of United Nations relief efforts said Saturday.

Kurt Jansson, assistant U.N. secretary-general for emergency operations in Ethiopia, said the new figure replaces the previous government estimate of 6.5 million to 8 million, which was considered too vague.

The 7.7 million figure, released to Jansson by Ethiopia's central statistics office, will be used during a round of talks next Tuesday with representatives of donor nations in Addis Ababa and in de-

Jury finds 30 guilty of stalling train

■ VANCOUVER

A jury has found 30 Oregonians guilty of delaying a train reportedly carrying nuclear warheads for Trident submarines, and the judge immediately imposed individual sentences.

After eight hours of deliberation which began Friday, the six-member jury came back yesterday in Clark County District Court with their verdict.

The defendants were arrested July 27 when they sat down on Burlington Northern railroad tracks in Vancouver and stopped a federal Department of Energy train. The train, painted white, originated at a weapons manufacturing plant in Amarillo, Texas, and was en route to the Navy's Trident submarine base at Bangor.

Judge Eugene Harris sentenced eight defendants to terms ranging from two to 10 days in jail. Nine others were fined \$100 and sent to jail for four days when they they refused to pay.

Soviets say Reagan is invoking religion to set nations at odds

MOSCOW

The Soviet Union said Tuesday that President Reagan poses as a champion of religious purity to pursue policies "aimed at setting some nations in opposition to others on the grounds of religion."

The official news agency Tass said that whether Americans want prayers in schools and the abolition of the constitutionally mandated separation of church and state is "an internal affair." But "the President used his address in Doylestown, Pa., at the festival honoring the Virgin of Czestochowa, to grossly intervene in the internal affairs of Poland and to set some Poles against others."

Doctors remove 200-pound cyst

LEWISTOWN, Pa. — A woman who weighed an estimated 600 pounds underwent successful surgery for removal of a 200-pound ovarian cyst yesterday after having refused medical treatment for more than a year, doctors said.

Helen Hollenbaugh, 57, was in stable but guarded condition after the operation at Lewistown Hospital, officials said.

The cyst, which contained 20.8 gallons of fluid, was drained before surgery began at 8 a.m., said hospital director Charles Harris. The draining was necessary to relieve pressure on blood vessels and organs.

"The mass has been successfully removed and

bates on Africa's food crisis at the United Nations later this month.

The United Nations is to take up the question of Africa's prolonged drought on Dec. 17 and the next day will focus on Ethiopia, which is among the countries hardest hit by the drought.

The new figure for Ethiopia's victims includes 600,000 who have been severely affected by famine, of whom 50 percent are starving, Jansson told The Associated Press.

Famine victims are considered those who are hungry in the nation of 42 million people, and those who have been forced to relocate or have suffered in other ways because of the drought.

The U.N. official said supplies of relief food are currently tight, but he discounted reports that grain supplies would run out in the next few days.

AMA attempting to get legislation passed to outlaw new age health practitioners

A U.S. House of Representatives Committee headed by Rep. Carl Pepper (Dem. Florida) is reaching final countdown on a bill to outlaw new age nutrition and healing practice (House Bill 6050). This bill, currently in the Sub-committee on Health and Long-term Health Care, is supported by the AMA, the American Cancer Society, and the American Arthritis Foundation. Unlike other bills against new age health practice previously considered by Congress, lobbyists rate this bill as having excellent chances for passing next year.

Rep. Pepper is facing stiff opposition in his re-election bid this month and wants to project an image of himself as the "champion of the elderly" to gain the support of Florida's huge retired population.

He says that Americans spend nearly \$10 billion yearly for health products and treatments dispensed by new age practitioners. As in all professions, a certain number of these practitioners are quacks and charlatans, but Pepper thinks they are all "rip-off artists" who want to take advantage of the ill health of the nation's elderly. He has sponsored this bill to close down all new age practitioners.

If passed, this bill will create a law with more police power than almost any other health control law ever passed. The first portion of the law allows the AMA and its affiliate state organizations and county medical societies to determine standards of healing practice and health treatment. Any diagnosis or therapy lying outside these standards would be prohibited by law. Those practitioners who continue to practice unorthodox techniques would be considered to be practicing fraudulently, and would be subject to criminal sanctions.

The second part authorizes the government to disseminate "health information" to the public in which all new age or unorthodox forms of health diagnosis and treatment would be labelled as quackery. Nutritional supplementation with vitamins and minerals could be restricted to pre-

scription only by licensed medical doctors and osteopaths. Health food stores could be prohibited from over-the-counter sale of megavitamins.

The final segment of the bill grants the federal government unlimited authority to police violators. Agents of the Justice Department, the Food And Drug Administration, and the Federal Trade Commission would systematically investigate health professionals and unlicensed individuals to determine if the law has been transgressed. The law will also empower state investigatory agencies to assist the Feds in arresting offenders. Judges will be asked to provide routine search warrants for doctors suspected of practicing unorthodox medicine. Further, the U.S. Post Office will search the mails to see if anyone is offering new age diagnostics or unorthodox treatments. Firms soliciting sales of such food supplements, books on healing, etc., may be subject to criminal charges.

The Pepper committee wants to expand the definition of quackery thusly: "As used in this report, a quack is anyone who promotes medical schemes or remedies known to be false, or which are unproven, for a profit."

If this bill is passed, every physician utilizing intravenous or oral megavitamins, herb treatments and homeopathic prescriptions could be defined as a quack. Every health practitioner employing electrical diagnostic techniques, naturopathic enema therapy, visualization counseling, and acupuncture would be a "quack". A chiropractor dispensing vitamin supplements, a naturopath offering a colonic treatment, and a medical physician EDTA chelation (all considered unproven by the AMA) would be guilty of charging fees for "quackery".

When hearings were held earlier this year, the American Cancer Society, and the American Arthritis Foundation complained vigorously of the continued growth of new age practitioners, saying they were defrauding the public. Representatives of the new age treatments were not given official voice at the hearings.

From Nov. 1984 edition, Omega NewAge Directory,
6418 S. 39th Ave., Phoenix, Az 85041. Courtesy
of SPIRAL Nexus, 4861 E. Speedway, No. 245,
Tucson, Arizona, 85712.

"Revelations of Awareness" newsletter could also be considered 'unorthodox' for publishing New Age health information from Cosmic Awareness for the past 10 years or so, and this publication could be suspended on those simple grounds alone. C.A.C. sees this bill as a real threat to the entire field of holistic medicine and healing techniques. If you don't want to see this type of legislation rammed through by the Reagan administration, we suggest you write your senators and congress people and your local newspapers and TV stations, and let them know how you feel about it.