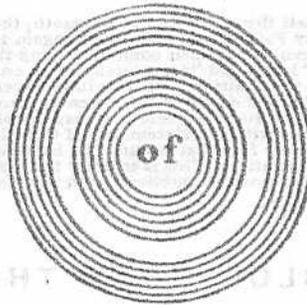


# Revelations



# Awareness

85--21

The New-Age Cosmic Newsletter

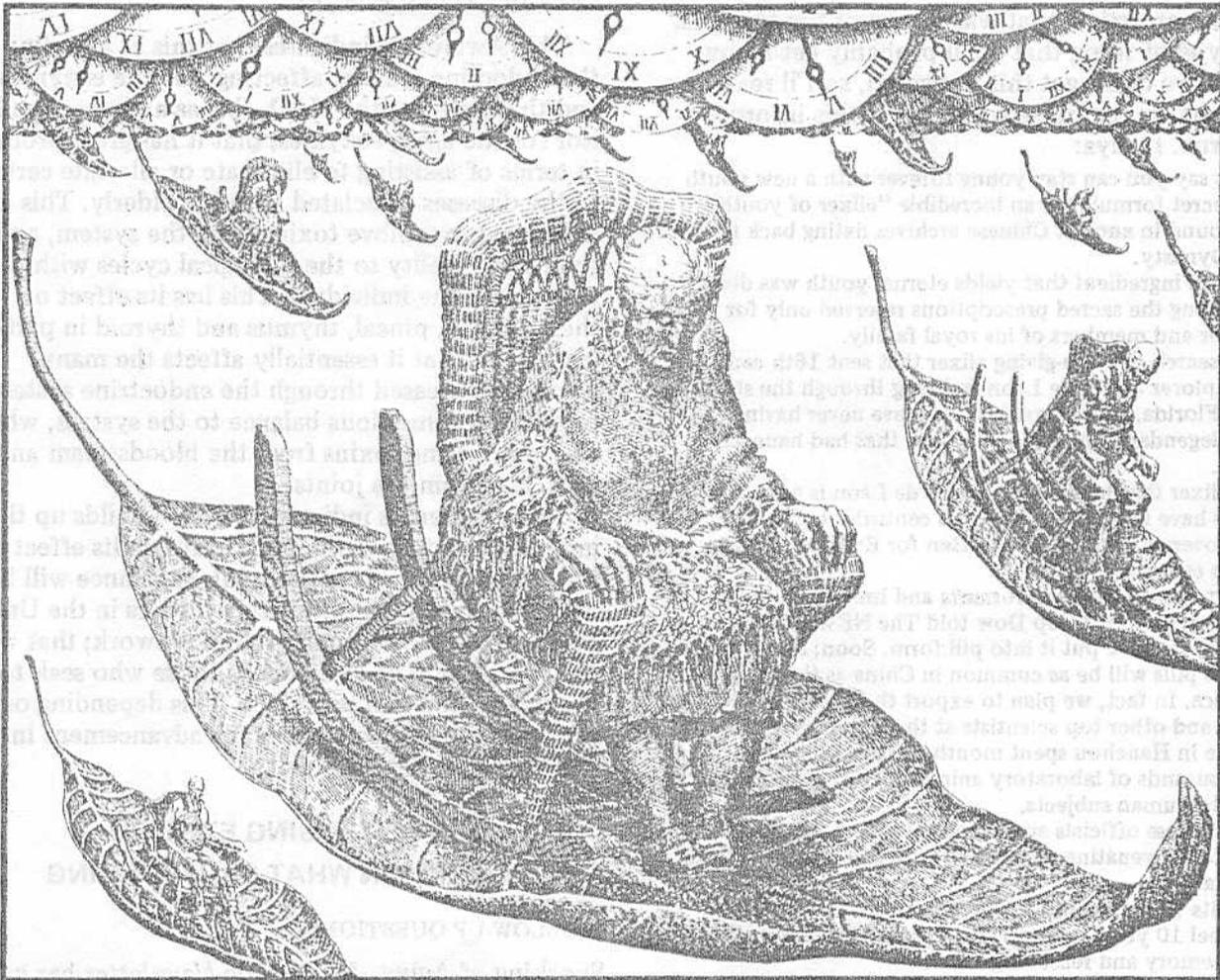
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Helping People Become Aware



## Do we really have to grow old?

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

## TEN WAYS TO SLOW DOWN THE AGING PROCESS

### ( DOES AN ANTI-AGING "YOUTH PILL" REALLY EXIST ? )

#### QUESTION:

P.B. sent in an article that was in one of the tabloids. It's the type of thing that we'll probably get many more of if we don't get this answered, so I'll read this little bit to Awareness, and ask if this information is true. It says:

"Experts say you can stay young forever with a new youth pill. The secret formula for an incredible "elixir of youth" has been found in ancient Chinese archives dating back to the Ming Dynasty.

The magical ingredient that yields eternal youth was discovered among the sacred prescriptions reserved only for the emperor and members of his royal family.

It was in search of a life-giving elixir that sent 16th century Spanish explorer Ponce de Leon trekking through the steamy jungles of Florida. But he went to his grave never having found the legendary Fountain of Youth that had haunted his dreams.

But the elixir that had eluded Ponce de Leon is now believed to have been in use in China centuries before the newly discovered formula was written for Emperor Yongle in the 15th century.

'We have taken the ancient formula and brewed the magic elixir,' researcher Chen Sop Dow told The NEWS. 'From the mixture, we have put it into pill form. Soon, these magnificent pills will be as common in China as the aspirin is in America. In fact, we plan to export them to the U.S.'

Sop Dow and other top scientists at the Chinese Institute of Medicine in Hanchou spent months testing the youth pills on thousands of laboratory animals before giving the substance to human subjects.

'Several Chinese officials and scholars took controlled doses of the rejuvenating compound with astonishing results,' Sop Dow said.

'The results were incredible. The pills made the subjects look and feel 10 years younger. It improved their strength, stamina, memory and reasoning.

'But of greatest importance in our experiments were the results of several men in their mid-70s. All of these men had returned to them the sexual ability each had when he was a young man.

'That alone was enough to prove to us conclusively that we had in our hands one of the greatest scientific discoveries of all time'.

The formula is a closely guarded government secret, but Sop Dow did reveal that one ingredient comes from the ginseng root, a substance commonly used throughout the world by health addicts.

Feng Geng-sheng, the foremost scholar of traditional Chinese medicines, confirmed the test results. He said the pills have also proven to be highly beneficial to smokers and heart disease patients.

'But not everyone should take the youth pills,' he explained. 'They can be very harmful to the still-forming babies of pregnant women. And they cannot be given to young people who have not yet achieved physical maturity.' "

And that is the end of the article. Would Awareness please comment on this youth pill?

#### COSMIC AWARENESS:

This Awareness indicates that this as affecting the endocrine system, affecting also the enzymes and that know as the MAO, this as a kind of inhibitor for the aging enzymes; that it has great promise in terms of assisting to eliminate or alleviate certain of the diseases associated with the elderly. This also as helping to remove toxins from the system, and to restore vitality to the biological cycles within the cells of the individual. This has its effect on the pituitary, pineal, thymus and thyroid in particular, and that it essentially affects the many hormones released through the endocrine system, to bring a harmonious balance to the system, while also eliminating toxins from the bloodstream and cells, and from the joints.

This Awareness indicates this also builds up the immunity system of the body through its effect on the bloodstream. It appears this substance will be available within approximately 5 years in the United States, in a kind of underground network; that within ten years it will be available to those who seek to acquire or find this substance. This depending on the continued opportunities for advancement in these areas of development.

#### TEN ANTI-AGING EXPERTS

#### EXPLAIN WHAT CAUSES AGING

#### (FOLLOW-UP QUESTION):

Speaking of Aging, *Healthview Newsletter* has put out information from ten anti-aging experts, each who capsulated his specialty and his knowledge as to why entities grow old, and I'd like to read these brief condensed versions of what each of these say, and ask Awareness if these entities are correct, and if they're overlooking any, or if there's some they've listed that aren't necessary.

Dr. Lowell Ward says: "Spinal degeneration and aging is caused by leaning over too much. This can degenerate your spine and cause premature aging."

Dr. Paul Eck says: "Mineral imbalances cause aging. That calcification of the body is the main cause of aging."

V.E. Irons says: "If people would clean out their colons, they could turn back their clocks 20 years or more."

Dr. Herald Ravens says: "The more natural teeth you have missing, the quicker you will age."

Dr. Harry Robertson says: "Poor protein metabolism is one of the major causes of physical degeneration."

Jack Ellis says: "Regular distilled water contains toxic gases that may accelerate aging."

Dale Alexander says: "Aging is basically a drying out process. When you relubricate the body, you reverse the aging process."

Dr. Dan Kirtch says: "Electrical stimulation can quickly eliminate pain and stress and slow down the aging process."

Marge Capsol says: "Tight muscles are a major cause of physical degeneration, this in deep muscles."

Dr. John Christopher says: "There are powerful herbal formulas available which can eliminate some of the major symptoms of aging."

Would Awareness please comment on these listings?

### COSMIC AWARENESS:

This Awareness indicates that in general, most of these as having much validity; that much of this however, is more in regard to secondary symptoms than to the primary causes of aging.

This Awareness indicates that while the action of bending over too much can have its effect on the spine, causing certain problems, it is not the action of bending over so much, as it is the action of the stress involved, with the tension that is not released, and whether the entity is bending over or lying flat if there is tension in an area which is not released, it can have its effect in making that area stiff and in hindering the flow of energy through that area, and in this manner can inhibit certain natural movements of the vital force, causing blockages, which can in time effect and create a kind of arthritic condition.

#### Attitude, Not Diet the Real Cause of Arthritis

This Awareness indicates that essentially, arthritis is caused by blocked, or locked-up anger, frustration or tension which has not been released. That often a diet will be accused of causing arthritis. Certain foods can be causes of arthritis; the uric acid in beef and in other foods as that which can contribute to arthritis. This Awareness indicates however, that while these certain foods are contributors, the attitudes and tensions are those which draw the energies from those foods, and the foods simply serve as nutrition for the blocked energies to assist in establishing a kind of static growth of that blocked energy.

This Awareness indicates that therefore, there is a mutual marriage between the attitude or emotion and the food which feeds and nourishes that attitude and emotion, which contributes to the particular problem. That likewise, for other types of illnesses, attitudes can similarly contribute to those diseases, and the diets generally will contribute nourishment to those diseases which are fostered by the attitude. This could be understood perhaps more easily if entities saw the attitude as being the father of the illness, and the diet being the mother of illness, or symptom.

This Awareness suggests that the concept of drying out as that which does have certain validity, but the drying out is more of a symptom, rather than a cause, and that replacing the body with certain oils, as simply treating the symptom. This Awareness indicates that wherein an entity seeks to retard the aging by avoiding the drying out process, the entity is only treating the symptom, and not the aging.

This Awareness suggests that the use of electric shock as that which has some therapeutic value when used properly, in that it helps to discharge certain tensions within the system.

This Awareness indicates that the use of herbs as that which has certain values in that it dislodges certain nutritional poisonous forces that feed the toxic areas, or the energy blocks within the system; that the herbs tend to help cleanse or clean out those blocked energy toxins.

This Awareness indicates that the cleaning of the colon is that which is indeed a very important aspect of keeping healthy, and that entities can indeed retard the aging effects by having a good digestive system. That this as something which requires a particular understanding, for entities in taking enemas or laxatives can very easily foul up their digestive tract, even while cleansing it, for they may also destroy the friendly bacteria which allows them to digest their future meals.

This Awareness suggests therefore, after any cleansing or laxative, that entities should follow with acidophilus culture to replace those bacteria necessary for digestion.

This Awareness indicates that the balance of vitamins and minerals as advocated by Dr. Paul Eck, as that which is of great importance, particularly in relation to keeping the immune system strong and healthy, and in keeping the calcification of the bloodstream, the circulatory system to a level which allows the flow of blood into the vital parts, organs and areas of the body, so that oxygen and blood can be moved to nourish the cells.

#### Why You Should Avoid Homogenized Milk

This Awareness indicates that wherein these arteries and veins are clogged with sodium and calcium, that this can become very damaging. This Awareness suggests along this line also, to avoid homogenized milk, which is a great enemy to clean arteries, for there is an enzyme within homogenized milk which tends to cause a calcification and a collection of sodium and calcium in the bloodstream which then builds upon the arteries, the walls, and results in many heart and circulatory problems. This Awareness suggests raw milk or goat's milk as that which is more acceptable without such damage. That goat's milk as being much more healthy for entities than cow's milk.

This Awareness indicates that cheese products and other dairy products which have not been homogenized are not so damaging; that the pasteurization itself is not of great significance, but that the homogenization as that which should be avoided. This relating to many cardiac and circulatory problems.

This Awareness indicates that the entity Paul Eck as understanding the importance of the metabolism, and balance of vitamin and mineral content in the human body as working together to create a wholesome and healthy system; that this requires much understanding to keep these vitamins and minerals properly balanced, or to bring these into balance after they have been thrown out of balance. This Awareness indicates that often an entity may have perfect health up to a particular time, then everything seems to go wrong, and they do nothing to get their health back. One thing after another seems to occur. Often this is the result of the vitamin/mineral balance of the system being thrown off so that because of some toxin, heavy metal, or some lack of vitamins or metal or minerals within the system, it then ceases to operate properly.

This Awareness indicates that this entity as one who understands this and can be of much assistance in helping entities to rebalance the system. This Awareness suggests that others mentioned in this group may be repeated for comment as necessary.

**MISSING TEETH AS A CAUSE OF AGING**

**(FOLLOW-UP QUESTION):**

The more natural teeth you have missing, the quicker you will age.

**COSMIC AWARENESS:**

This Awareness indicates that this as having more validity than entities might believe; that aging and disease and the immunity system can deeply be affected in a detrimental way by toxins associated with the teeth and gums. That the teeth and gums can be a trap for bacteria which not only is harmful to the mouth itself, but which, when swallowed into the system, can lead to a deterioration of the immune system, and can lead to many internal problems which result in aging.

This Awareness indicates that the more teeth an entity has, in terms of their own teeth, the more it reflects the condition of their general health and body. It is not simply that the teeth create the health, but more in that the teeth reflect the health; that wherein the mineral and vitamin balance begins to shift and fall apart, the teeth are often the mirror of that imbalance, and will begin to create and reflect the problems of the system.

**POOR PROTEIN METABOLISM AS A MAJOR CAUSE OF AGING**

**(FOLLOW-UP QUESTION):**

Poor protein metabolism is one of the major causes of physical degeneration.

**COSMIC AWARENESS:**

This Awareness indicates that this has much validity; this particularly in relation to the amino acids within the proteins; that there are many amino acids within the proteins which are essential and helpful to an individual. This Awareness indicates that certain amino acids which are not

**SAVE YOUR NATURAL TEETH!**

**"The greater the number of teeth, the longer one's life."**

—Hippocrates



**"The fewer the teeth, the shorter one's life."**

—Aristotle



properly metabolized will result in an entity becoming obese; that other amino acids not properly metabolized will result in an entity's deteriorated condition in terms of strength. That wherein certain amino acids are missing, the same problem occurs as when not properly metabolized.

This Awareness indicates that wherein these are absorbed properly by the system, the strength remains, or follows the metabolization of the amino acids, and the concentration, memory and various other functions of the healthy person remain strong as the amino acids are properly absorbed. This Awareness indicates that equally important to health, and in some degree even more important, is the need of the body to absorb and use calcium properly; that the calcium strengthens the nerves of the body, the skin and the general vitality and strength of the body. The protein strengthens the muscles and tone, and energy levels, and gives certain catalytic effects on other aspects of the body such as the endocrine system. These calcium and protein and the carbohydrates and vitamins and minerals are all essential and important to a healthy body. However, excess food is more damaging to a physical body than a shortage of food. That it is better to be under-nourished than over-nourished, if an entity desires to live a longer and more healthy life.

**TIGHT MUSCLES AS A CAUSE OF AGING  
(HOW TO WORK OFF ANGER)**

**(FOLLOW-UP QUESTION):**

Tight muscles are a major cause of physical degeneration.

## COSMIC AWARENESS:

This Awareness indicates that this in the affirmative. This as a form of stress and tension and the stress is that which creates a locking or blocking of energy flow, which in turn tends to over periods of time, create arthritic stiffness and less movement and rigidity that results in speeding up of the aging process. This Awareness indicates also that these tight muscles are often caused by positions held in an occupation, or may be caused by tensions resulting from attitudes; that when tensions result from an attitude of hostility or frustration, this often is a chronic triggering of the adrenaline system.

This Awareness indicates that the adrenaline system as that which secretes a toxin throughout the body; that the fright/flight syndrome which results when the adrenaline system is triggered, whereby an entity is made angry and seeks to fight or flee, this energy is that which was given in nature to allow the entity to survive, to flee or to fight, and to have the extra strength necessary for such.

This Awareness indicates in a society of civilized individuals, when an entity becomes angry and bites his tongue, or does not release that anger, it tends to send the poisons throughout the system, they are not released, they are held in check, and the entity begins to suffer from these locked up, pent up energies. For this reason, when entities become angry, if entities allow themselves to become angry, they should find ways of physically expressing that anger. This Awareness suggests this may be through walking, running, or some form of physical exercise or activity which allows them to work off that excess energy which has been triggered by the adrenaline. That to avoid expressing those energies is to allow the adrenaline to stew one's body, so that all of the various joints, the cells, are filled with the toxins of the adrenalines, and become sick and poisoned, stiff and unable to relax or be freed and vital. That over long periods of time, wherein an entity lives around a situation which keeps the entity continually stirred up, hostile, wherein the adrenaline is active, and yet the expression of that energy is not allowed; this has a profound effect on increasing the speed of the aging process.

Likewise, wherein the use of sugar is excess and wherein the pancreas has been damaged, the secretion of insulin through the system, this also is a toxin, the insulin being intended to process the sugar. That wherein an entity has insulin within the system, but the sugar has already been processed, the insulin then works as a poison; that the insulin takes longer to be removed from the body than does the sugar; this in some cases. This Awareness indicates that this subject of insulin and sugar as that which is very complex and would require a different reading which needs to consider all of the many variations of the balance between sugar, insulin, chromium, and the adrenaline and spleen and pancreas. That this should be for a different reading.

This Awareness suggests that any other be mentioned.

## TOXIC GASES FROM DISTILLED WATER ?

### FOLLOW-UP QUESTION:

The final one on this list is: "Regular distilled water contains toxic gases that may accelerate aging."

### COSMIC AWARENESS:

This Awareness indicates that this as dependent on the particular gases and effects of those gases on an individual; that this appears to be of very questionable value in terms of aging. That there does not appear to be any major significance in this, and that where there is a minor significance, it appears to be difficult to establish the connection between the gases and the aging process, in that it would depend on what minerals are in the particular water, and the gases which would be emitted as a process of the distilling, and how those gases might react to other substances within the individual's body.

This Awareness indicates that each possible type of water would have a different effect on each possible individual and his or her metabolism, and the connection of these gases, of these many types of minerals and waters, with the many types of body metabolisms, as that which would be extremely difficult to measure as to whether it was harmful or beneficial to receive those gases, which in the first place are negligible in their amounts.

### (FOLLOW-UP):

Yes. It mentioned that the entity who made that statement, Jack Ellis, is also the inventor of a Wonder Water distiller, so there might be a little personal interest on his side there. Is there any other major category that is not on this list that Awareness would add?

## BETTER TO DEAL WITH THE CAUSES OF AGING, RATHER THAN THE SYMPTOMS

### COSMIC AWARENESS:

This Awareness indicates that all of these, as indicated previously, are dealing with symptoms, that the entity Paul Eck and John Christopher as being closer in terms of dealing with the actual essences or balances of the system which can affect and reduce the aging process. This Awareness indicates that there is a substance known as the juvenile hormone, DEAE, as it is known, which is being investigated and studied by scientists, and which shall in time become a valuable tool in helping to locate and affect the hormones, enzymes and amino acids, and their metabolism and interaction with each other, along with the MAO inhibitors, and these, presently studied by scientists, shall soon reveal the secrets which are behind the aging process, and once this is understood, then it becomes more simple to inhibit those processes.

This Awareness indicates that also the use of the juvenile hormone, coupled with genetic engineering, as that which can in future times, allow for a shot, an injection, or for pills which will affect the genetic code of individuals, to prevent or retard or reverse the aging process. This does not appear to be available until at least 1990, but it is seen as a probability no later than the year 2000.

This Awareness indicates that essentially, the aging process has to do with those very subtle hormones and enzymes and amino acids and the vitamin and mineral balance of a system wherein the interaction of these substances to one another, along with certain biological clocks within the system that are associated with the endocrine system, the growth and development of the body, the sexual juices and energies, and the processes associated with those sexual energies, as they relate to the endocrine system, and this being such that it is a kind of clock, ticking off certain stages in one's life, from the child into the puberty, into adult, into the menopause, and further, into the aging and senility stages.

That this as associated with a kind of clock, built into the genetic code, and reflecting through the endocrine system, and having its action through the hormones which are released from that endocrine system, and their effects on the enzymes and amino acids, along with the absorption of those amino acids and enzymes, and the hormones with the body's metabolism to accept the nourishment of the vitamins and minerals. This as a total gestalt, and it can be affected by attitudes, in that attitudes affect the hormone system and secrete certain energies into the system through the endocrine glands, and these hormones and energies cause the harmonious or in-harmonious effects on the enzymes and nutrition of the body.

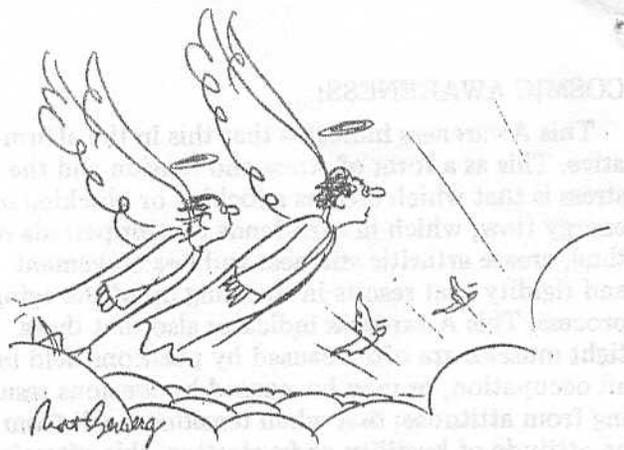
#### Music and Positive Thinking Retard Aging

This Awareness indicates that those who consider positive thinking, or happy, joyful and relaxing attitudes to retard aging are correct, in that these attitudes are such as effect a healthy secretion of hormones and enzymes reaction. That those who advocate music as an age inhibitor are correct in that music can be beneficial in bringing harmony and happiness, and causing a secretion of hormones through the endocrine system, that which when used properly by the metabolism can result in a healthy and harmonious absorption of these energies.

This Awareness indicates that those who consider hostility and anger as creators of stress and frustration and causing aging are correct, in that these tensions cause enzyme secretion, hormone secretion, and a system which cannot process these intense feelings or these intense chemicals overacting in the body.

This Awareness indicates that those who consider diet and certain foods as causing aging, while others are favorable in reducing the aging process are correct, in that many such foods contribute to the balance or imbalance of the system, and its absorption, or the denial of its absorption of nutrients.

This Awareness indicates that all of these areas have their many values as contributing to the aging process or to rejuvenating. That music and sound, ultrasound, and ions, negative ions, and those found near the falling water or the surf, or those found in forests near trees, these also contribute to rejuvenation, in that they alter the tensions within the system, taking away tension and stress. This Aware-



"It's not that having a halo is bad . . . I'd just much rather be having an erection."

ness indicates that there are many contributing factors to aging, or to rejuvenation: the mind being of great power, the act of accepting suggestions being of great power, the diet being of great significance, and other more subtle chemical, mineral, vitamin and hormone and toxic relationships within a system as having great power and control over the aging process or the retarding of the aging process.

#### PHYSICAL IMMORTALITY IS JUST AROUND CORNER

(Closing Message)

This Awareness indicates that medicine, in terms of diet and aging, as that which is at present on the brink of a new realization, a new understanding of great significance; this likened unto physics at the time when the atomic bomb was being developed and nuclear physics was being explored theoretically. That at present time, the concept and exploration into the medical implications of these processes within the body is such that its impact and the significance of these discoveries and explorations may alter the entire human race, to allow it to become immortal, and that the process of aging may be eliminated and seen as a type of disease, rather than as a necessity and part of the human experience.

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#### COSMIC AWARENESS RECOMMENDS

*LIFE EXTENSION—A Practical  
Scientific Approach Adding Years  
to your Life and Life to your Years.*

By Durk Pearson & Sandy Shaw

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"This Awareness suggests that all  
entities in the membership should  
seriously consider purchasing and  
having a copy of this book in their  
homes."

Revelations of Awareness 83-3 Page 10

# HOW TO STOP AGING

...A MESSAGE TO OUR SENIOR CITIZENS

(Excerpt from a Personal Reading)

## QUESTION:

I am 81 years of age. If I am going to enjoy good health enough to be useful in some way in my remaining years, providing I have lived up to my potential so far, please advise.

## COSMIC AWARENESS:

This Awareness suggests that you think of yourself as one who can live on for at least another twenty years; that you may even live longer wherein certain areas of healing are discovered. This Awareness indicates that within a few years there will also be those actions whereby entities may be rejuvenated in terms of their health.

This Awareness suggests that even today there are certain oxygen chambers whereby entities may find their age being burned off with high levels of pressurized oxygen. This Awareness suggests you consider this kind of treatment. There are certain facilities for this in various places around the nation. This Awareness indicates also that you consider the action of thought and words spoken; that you no longer speak of yourself as being old, that you no longer think of yourself as nearing the end; that you think instead of beginning again. This Awareness suggests that when you speak to yourself, when you speak to others, that you always keep an attitude that you are just beginning, that you are just starting to live, that there is much for you to do and that you have only begun to discover life. This Awareness suggests that wherein others speak of you as being old and ready for retirement or ready to be placed aside as a remnant of the past, that you simply state to them that you do not accept that programming and that instead you have other plans for yourself.

This Awareness suggests that during the coming years there will be even more opportunities for rejuvenation, and that you are capable of moving to those realms whereby total youth can be restored to you and there shall even be opened that opportunity whereby entities may rebuild their physical body, according to the desires they wish, according to the deeper levels of need they feel; this as likened unto the action which entities go through when they build their bodies upon entering this plane; that wherein entities can reach in and contact those levels of being while in this plane, they are also able to reprogram their cells to build their bodies according to these programmings. This Awareness indicates this even including the regrowth of arms, legs or amputated parts, of the regrowth of teeth and other structures.

This Awareness indicates this related unto extremely deep hypnotic states wherein entities move into their most inner levels of being and reprogram themselves through suggestion; then their own consciousness and programming mind leaves this area of the inner self and allows the seeds planted to bring forth their crop and the fruit from these planted seeds. This Awareness indicates It is very carefully guiding entities toward the

realization that words spoken through the mind or through the mouth (one's own or another's) are the seeds planted in the garden of the Self. This Awareness suggests that you think of your being as a garden; that there are certain concepts that have been planted into it which may become weeds, which may become flowers, which may become trees of wisdom or trees of knowledge. This Awareness suggests that in this garden more trees of wisdom, more flowers and precious fruit of vitality and everlasting life may be planted; and those weeds and the fruit of death may be plowed under.

This Awareness suggests you carefully learn to watch what goes into your being as spoken words and as thoughts dwelled upon and projected; that any word which speaks of another or thought which goes out toward the world, also goes inward toward your own garden planting ground. This Awareness indicates that you think only those thoughts which do bring everlasting life, and in this manner you begin to rebuild your body into that which is capable of eternal life.

This Awareness suggests you not think of your body as being permanent in its present form, but as being that which can change, which can revitalize. This Awareness suggests that you not think of your body as being likened unto an apple fallen from the tree of knowledge, but rather think of yourself as the essence of a New Being which is the tree of wisdom, a tree that has lost its leaves in winter but now is ready to respring itself with new foliage and vitality, new sunlight and attention, new energy and awareness. For it is a new Season and you have made it through the winter, and your body need not rot like a fallen apple, but may rejuvenate like the tree itself. This Awareness indicates that more may be given on this information in further readings; that you become involved in studies which lead to rejuvenation as a new field of science; that wherein you feel inclined, you may continue communication on this topic and on the so-called "Aging Project". This Awareness suggests that entities refer to the "Aging Project" as the "Rejuvenation Project" in further communication along this line.

This Awareness suggests that in the retirement complex, you be attentive and careful about the attitudes which are placed upon you, about the foods which you are given to eat, and about the general mood of the environment; for you may see many people feeling their final end and feeling that they have little left to live for, little time in which to do anything; this Awareness suggests that you yourself not identify with any of these concepts. This as likened unto seeing the whole



BIG BROTHER IS  
AUDITING YOU.

world going down the drain, and then saying: "There it all goes, but not me!" This Awareness indicates that wherein you fall victim to the moods and environment of people who are deteriorating on various levels and you take too much of their karma, that this can drag you down also. This Awareness suggests that you not allow this to happen; that wherein you see others moving in this action that you caution them and encourage them that they have many years to go and that if they feel ill or troubled or in pain, that this is only temporary and they may set this aside and go on to deeper understanding. This Awareness suggests that you may help them to understand the nature of pain as blocked energies, that *attitude alone* is that which is able to lift entities from painful experiences and throw off energy blocks to allow a greater amplitude of vital force to flow throughout their being. This Awareness suggests you may encourage entities to develop those attitudes which open new levels of living for them, but that you not allow your own attitude to be dragged down by any of these entities.

First heal yourself; then heal others.

#### QUESTION:

My primary health concern is my back, weakness upon exertion.

#### COSMIC AWARENESS:

This Awareness indicates this as that which is being cleared and shall continue improving during the coming month as indicated through the sleeping state. This Awareness suggests each night before you fall asleep, that you tell yourself you will allow room during your sleep whereby Awareness may enter into your form. In this action when you fall asleep you shall move to other realms for experience; and while you are gone, Awareness will enter your body, assist in repairing and restoring the cells according to those wishes you have stated.

#### QUESTION:

I now ask for a review of my past life and if I have lived up to my potential in my 81 years.

#### COSMIC AWARENESS:

This Awareness indicates this in this present lifetime is that which is likened unto a coasting on certain rewards earned in previous lifetimes. This Awareness indicates that the lifetime prior to this as relating to work done in a religious order; that during that lifetime there was much service and sacrifice on your part. That in this present lifetime you entered in with the idea of taking a vacation, of simply enjoying life; that upon arriving here you found yourself doing more than simply enjoying life; you found yourself assisting others and doing much work. This Awareness indicates this as that which has become such a deep part of your nature, that you find it difficult to sit around enjoying life when there is so much to be done. This Awareness suggests that you have done all you came here to do and more. This Awareness blesses you for this action and indicates that you still shall find energy for doing more in your future years, for energy used well brings more energy; that you need not feel obligated to this, but that it will simply happen to you; that you will

find yourself responding to the needs of others. It is because of this quality within you that you shall endure, and have endured such long and joyous years.

#### QUESTION:

I have a toe that is painful from time to time. My podiatrist thinks an operation on it can solve the problem. Is this advisable, or would I be just as bad off as before?

#### COSMIC AWARENESS:

This Awareness indicates that this as that which may be done according to your inclination. This Awareness suggests that the actual purpose of this event at this time is to keep your attention upon the ground; this allows your mind never to wander so far and high into the clouds and into abstract daydreams that you forget you are still grounded upon this earth. This Awareness indicates that many times when entities reach your age, they begin to drift off into other realms of imagination and build on these other imaginary worlds with so much energy and attention that they seldom realize they are still in the physical body. This Awareness indicates that the pains of the older age bodies are often needed to hold entities into this physical form until they are really ready to go; that as entities create their dream worlds in these imaging states, they are actually preparing their next world, and parts of themselves are moving into that next world which they are creating by their imaging.

This Awareness indicates that in your case you have created the pains within your feet whereby you must stay grounded until you have decided exactly what you want to do. This Awareness suggests that wherein you care to do it, you may begin thinking in terms of rejuvenating your body while remaining on this physical plane for some time more, and gradually raise the vibration of the body to those levels whereby you can move as this form in this raised vibratory form, and travel into other dimensions and other lands. This Awareness suggests you may also be able to rejuvenate your feet and to move energies properly.

This Awareness suggests this be clarified somewhat: That as you realize you are capable of changing your physical form, as the action of being a fourth dimensional creature who is capable of transcending physical form, moving into fourth dimensional levels and com-



"Well, I suppose finding the fountain of eternal middle age was better than nothing."

ing back into physical form at will; as you realize this to be a possibility, you may also let go of the pains within your feet which are now being used to anchor you to this physical earth. That until you see this as a possibility, you will probably keep some kind of grounding device, whether it be foot problems, social problems, health problems or whatever.

This Awareness suggests that once you realize that you *have more time* and need not pass over and drop your carcass here, then you also shall be able to let go of the pain and pull up those anchors, so that you can give greater attention to building your spiritual body of Light and raising the vibrations of your present body, and rejuvenating the cells to a more youthful and vital form.

This Awareness would now give a special energizing action which does point you in this direction, to allow you to become one who serves as an example for others who are inclined toward this movement of creating a Light body. (Long pause). This Awareness indicates this has been done. That you may cancel this according to your wishes or may allow this to continue and may move through the illusion of the third dimension into fourth dimensional energies. This Awareness indicates these changes and rejuvenation effects shall take place during your deepest sleep levels. Your only concern is that you not block this rejuvenation by statements and thoughts which cancel and destroy these actions. This Awareness suggests you keep your thoughts and attitudes clear and open, and that you simply watch what happens.

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ED's Note: This entity is still alive today. This particular reading was given 12 years ago, and was published in a 'Revelations of Awareness' newsletter long out of print. I have reprinted this at this time because there is much information here that applies to all entities, not just the lady who asked the questions. Awareness has stated many times: if entities only BELIEVE, then miracles can occur. There is no reason to wait for all those wonder pills to make us young again; when you believe you can do this by "magical" means, by visualization, by those various Light meditations Awareness has given, then you make it happen now by using those methods.

ED's Note: "Healthview Newsletter" is probably the best newsletter in the entire health field, much of which is devoted to new research on anti-aging. Unfortunately, Healthview has announced in October, 1985, that they are going out of business, gone broke, in fact. However, I suggest you write to them and see if any reprints are still available, and buy them if you can. Issue No. 1, dated July 1982 is the first in a 10 part series on reversing the aging process. It's title: "Clean out your colon and become 20 years younger" (written by 87 year old V.E. Irons who outlived his first wife, remarried a very young woman and sired another son at the age of 81. He also has a son 64 years old. How about that!)

The address: Healthview Newsletter:  
612 Rio Road West; Box 6670,  
Charlottesville, Va. 22906.  
Phone: (804) 973-1395

Additional references: Intestinal cleansers and info can be ordered from the V.E. Irons Co., PO Box 296, Natick, Mass. 01760.

## NEW SOURCE FOR ANTI-AGING PRODUCTS

ED's Note: There is a new source where you can legally obtain many of the anti-aging products mentioned by Awareness as well as in the book, "Life Extension" by Pearson and Shaw. It is the Longevity Institute, PO Box 2689 Balboa, Panama, Republic of Panama. We urge all CAC members to write to them and ask for their free catalog of life-extending products. (Airmail letter to Panama is 44 cents or 2 regular 22 cent postage stamps).

This institute can provide you with such wonder drugs as Isoprinosine, the new treatment for AIDS, Herpes and Cancer. (This is the stuff the late Rock Hudson had to fly to France to obtain (belatedly)). They also have Zovirax Cream to help prevent herpes. Hydergine, the amazing new substance that improves thinking ability and concentration; Gerovital-H3 (GH3) Ana Aslan's authentic Roumanian formula; Ethoxyquin, the most potent antioxidant known to man; L-Dopa, for aging, endurance and sex drive; Vasopressin, for immediate memory enhancement; Regeneresen (RN-13) therapy; Bromocriptine, for sex drive and menopause; Propranolol, for hypertension and phobias; Centrophoxine, the most popular rejuvenation drug in the world; used to treat mental deterioration in the elderly; Centrophoxine, for life extension; Dilantin (one of the most remarkable drugs in the world).

We suggest all members order this free catalog and read it thoroughly. When you order any items, these will be airmailed to you from the institute's facility in Europe. It is not illegal to order from this source as long as the drugs are for personal use, not resale, says Dr. Horst Gerhardt, MD, head of the institute.

The CAC staff ordered some of these drugs to see if they were genuine and not a ripoff. We got our order in 12 days via airmail and all the drugs were as advertised, mostly made by the Sandoz company in Switzerland (same company that discovered LSD).

Note: CAC gets no discounts or compensation for plugging the Longevity Institute or its products. This information is simply offered to the membership as a part of our service in trying to keep you all alive and healthy and capable of carrying your Light. (Avaton)

Also suggested is the "Colon Health Book"--a very informative little book that shows how to clean out your plumbing and help extend your life. Awareness has indicated that the death process begins in the colon. Available from: E. Orville Nevers, 160 Parkside Ave., No. 5-J, Brooklyn, N.Y. 11226. (Price: \$4.95 (includes postage).

Books by Dr. Christopher and Paul Eck are available in most healthfood stores. Their herbal formulas are also available in most healthfood stores as well as the Goodship, the Lotus Shoppe etc., addresses of which have been published many times by CAC. Please see backissues catalogs for addresses.

Additional information on anti-aging can be found in the following issues of 'Revelations of Awareness':

77-3 (thought influences); \$2.00; 77-6 (Getting rid of aging spots); \$2.00; 80-24 (Magnetism for anti-aging); \$1.50; 80-27 (GH3 info); \$3.00; 81-20 (Sun as a major aging cause); \$3.00; 81-23 (Polarizer as an anti-aging aid); \$3.00; 83-10 (GH3); \$3.00; 83-17 (Chelation and herbs); \$3.00; 84-16 (Distilled water); \$3.00; 84-22 (How to live the healthy life); \$3.00; 85-15 (Taheebo tea as a life extender); \$3.00 from CAC.



MARY MACLAREN, 79, AND PICTURED AS A 1921 COVERGIRL  
 Authorities Say She Now Lives Among Waste in Rundown House

(Associated Press Laserphoto)

"This Awareness asks entities to understand the Tree of Knowledge, the tree of good and evil, the tree of polarity, the action of the mind which does select and reject, as that which is a rhythmic pendulum type of action and does eventually lead to that which is the end of the beginning,—which was the beginning of the entity needing to reach the end. This Awareness indicates the Tree of Knowledge does lead to death. The Tree of Wisdom is that which does flow ever in circles and does simply move from cycle to cycle, from level to level, never seeing an end, never rejecting one part of the cycle in favor of another part of the cycle, never seeking to knock a competitor from the spiraling staircase, but rather accepting the totality of the movement of all in their own way and in your own way as you move from cycle to cycle. This Awareness indicates this Tree of Wisdom as that which shall lead to eternal life.

"This Awareness indicates wherein you see beginnings and ends and insist that there is the final analysis, the final word, the final right or the final wrong, that then there must be the final reckoning. But wherein the mind is placed aside and the computer beast within your psyche is used as your tool rather than as a governor over you, then you have become that which is the Tree of Wisdom and may partake of its fruit: eternal life."

## Silent Screen Star, Living In Squalor, Faces Court Fights

LOS ANGELES (AP) — Authorities will try in court next week to obtain conservatorship for Mary Maclaren, silent screen actress, and unscramble the tangle of ownership of the once-grand house she and her mother bought in 1917.

The 79-year-old actress once shared the screen with such notables as Douglas Fairbanks Sr. and Rudolph Valentino and wore some of the finest clothes available. Now she spends most of her time on her porch amid trash and animal waste and dressed in clothes bought in thrift shops.

The actress lives in only two rooms of the North Manhattan Place home with as many as six dogs and six cats, a public guardian said.

Miss Maclaren was expected to appear in Los Angeles Superior Court today to be apprised of her rights to oppose a petition for conservatorship filed by the Los Angeles County public guardian.

"Her two rooms are cluttered with trash and her living conditions are submarginal," the petition states.

It also advocates a conservator to investigate a transaction conveying the property, to "marshall assets, collect income and pay obligations."

The petition questions whether Miss Maclaren legally transferred equity in the house to James Griffis and whether the transaction involved exploitation and fraud.

Griffis has converted the house into what he has named the Evangelical Catholic Church of Jesus Christ Apostle Orthodox and Rescue Mission. The front door is nailed shut and Miss Maclaren reaches her two rooms through a side door.

Should the conservatorship be granted, it is possible Miss Maclaren could remain in her home, according to Richard Chavat of the county counsel's office.

Miss Maclaren is under orders from the city Animal Regulation Department to reduce her pets to no more than three dogs and three cats and she is to go to court Wednesday on health code violations dealing with sanitation.

The fire department also is winding up a fire hazard case against her, but she is "only technically a defendant because the ownership of the property is clouded," said Inspector Bill Wakeland.

Miss Maclaren said Griffis destroyed her furniture and "in the Yellow Pages, he advertises this address as a mission but the city of Los Angeles notified him this is not a church and he is not allowed to have services here."

The city Building and Safety Department confirmed that Griffis had been so notified. An attempt to contact Griffis for comment was unsuccessful.

## C.A.C. AFTER 10 YEARS: AN ANALYSIS BY AWARENESS

(Reading of April 10, 1982)

### QUESTION:

Awareness, February 10th, 1982 was the 10th anniversary of *Cosmic Awareness Communications*. Would Awareness please give us a progress report as to what has been accomplished in those ten years in relation to the overall purpose and direction of CAC, and perhaps any further comments or suggestions on the purpose and direction of this organization in the future?

### COSMIC AWARENESS:

This Awareness indicates that since its beginning, this organization has processed information of a wide variety, including information relating to pertinent and current events associated with the forces and structures which are creating history upon this planet at this time, during this decade; that prior to the beginning of this organization and these messages, the hidden forces which operated throughout the world remained relatively hidden, except for a few in inside places who had portions of the information.

This Awareness indicates that through the release of information from this organization, many of the messages which were released, beginning in approximately 1975, in relation to the Illuminati and the hidden forces, up to the present time; this information as that which has been broadcast to many members, and through these members, to others not of the membership, and through these, to others, and still to others; that many exchange organizations repeated information, or continued research, and discovered further information in helping to unlock the mysteries of the hidden manipulations which have been occurring on this plane.

This Awareness indicates that there were other organizations or individuals, also, independent of this source who were likewise leaking information, or giving forth information which was associated with this release of the mysteries relating to the manipulations upon this plane; that essentially, the works of *Cosmic Awareness Communications* releases as that which provided an overview of many various concerns and aspects and mysteries and human affairs. That to consider all of these, or to imply that all of these releases were associated with *Cosmic Awareness Communications*, would be in error.

This Awareness indicates that there were others who were not associated with *Cosmic Awareness Communications* who also were compiling and releasing information, but this action with *Cosmic Awareness Communications* is that which greatly added to the release and publication and the spread of such information.

This Awareness indicates that the information associated with various healing techniques as that which also has been of assistance to many individuals. That many of the individuals associated with the membership have entered into new lifestyles because of certain information released to them which stimulated their own interest, stimulated their own research, and assisted them in finding their purpose and direction. That likewise, many entities involved in the membership have received much personal guidance and assistance in understanding their own lives and relationships with others. There have been, of course, some entities who have not benefited as much as others, and some who did not see much benefit in the

messages and went on in other directions.

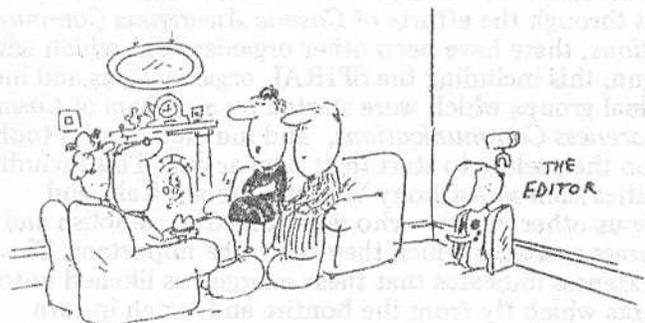
This Awareness indicates that as far as the purpose and value of *Cosmic Awareness Communications*; it is known, it has made its mark, it does do what it can do to add some light, to inform and to provoke thought, and it continues to serve those who wish to have deeper insight into areas of consciousness which can be meaningful. This Awareness indicates that the Correspondence Lessons have also served many; that in some respects, the Correspondence Lessons have not been fully understood by many, but these in future times will take on greater meaning when entities have more time to study these, without such continuous stress in their own personal lives.

This Awareness indicates that it is somewhat difficult to evaluate the effect of this organization in terms of words and summary, for it simply is what it is, and adds to 'what is', and continues to send forth concepts, ideas, service and assistance to individuals, that they themselves may evaluate its effect upon their lives, and that they may share these effects with others.

This Awareness indicates that there also have been many disturbances to individuals in some instances, because of information released through this organization, and some entities have experienced difficulties with their relationships due to conflicting values associated with messages from this organization. However, the controversy of much of the information as that which over a period of time, and in retrospect, often takes on new meaning after time has passed.

This Awareness indicates that many entities who recognize certain information that was previously given, and misread or misheard information, and misinterpreted in their own lives, certain information,-- other entities who heard the message properly, but took the information too literally,--or other entities who heard the information, but could not accept it, in some instances found conflict in the messages. That other entities could accept certain messages, but failed to recognize others, and in some instances, lost much which would have been of great value to them because they became fixated on messages which were not to their liking.

This Awareness indicates that still also, this Awareness has, through this Interpreter, given messages which in part were in error, due to changing of consciousness and energies, misinterpretation by the Interpreter, or for other reasons which have been described in other instances. This Awareness indicates that *It* does not, and never has claimed infallibility in communicating through any Interpreter upon this plane; for the very use of the human language limits the accuracy of interpreting clearly energies which are being transmitted through the Interpreter.



"It took time but we finally got him housebroken."

This Awareness indicates also, the energies received by an Interpreter are often weakened and distorted according to the energy level associated with the Interpreter and the reading; that perfection is impossible, and that *It* does not claim, nor strive to have the Interpreter be a perfect carrier of messages. This Awareness suggests rather, that *Its* greater concern is that the messages which *It* wishes to pass through into this plane occur; that *It* is not concerned that everything which is expressed is 100% accurate to every listener who interprets that message, or that every listener must interpret the message exactly as this Awareness intended it to be. *It IS* concerned that messages which this Awareness wishes to transmit to this plane, be transmitted; so that entities upon this plane can, with their *own* awareness evaluate, probe, research, and discover truth which may have otherwise escaped them.

This Awareness also wishes to inform entities that *It* is not concerned with spoonfeeding entities the truth, but rather in presenting enough information that entities may *use* that information to search for themselves and to discover what they can discover on their own. This Awareness indicates that a greater acceptance occurs when an entity is given a piece of the puzzle which allows the entity to have insight into an answer to a question which is greater than that which was given. That when an answer is given to an entity, the entity does not appreciate that information as much as when an entity finds a truth, discovers a truth from his or her own efforts. Therefore, the messages which this Awareness gives are not intended to be total and complete answers to everything an entity might wish to have, for this Awareness wishes entities to continue their own efforts in searching for information.

This Awareness indicates that in reference to where this organization is going, it appears the organization shall continue to grow and develop, and that barring unforeseen incidents associated with the intensities which may be felt, due to these intensities occurring at this time, this organization in passing through this period will begin to grow at a much greater pace than as has happened previously. This Awareness indicates the organization has remained relatively small, and it has been effective enough in its own way to have had its purpose; that it will however, have an opportunity to begin mushrooming and growing much larger when true peace begins to emerge upon this plane.

This Awareness indicates that essentially, the *Cosmic Awareness Communications* and the Aquarian church have served as an anchor post, a grounding rod in order to allow energies from higher levels to move down onto the physical plane; these energies as reaching through different dimensions to tap onto this plane through these organizations and also through others.

This Awareness indicates that also, it may be recalled that through the efforts of *Cosmic Awareness Communications*, there have been other organizations which have begun, this including the SPIRAL organizations and individual groups which were started by members of *Cosmic Awareness Communications*, and individuals who took it upon themselves to start their own action. This including entities such as Anthony Warren, William Kalt, and various other entities who determined to establish and express messages which they felt to be important. This Awareness indicates that these energies as likened unto sparks which fly from the bonfire and which in turn begin other fires, which in turn assists in spreading the light.

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# I.R.S.

BEEN READING YOUR TAX  
SHELTER MAIL? WE THINK SO.  
WE HAVE EVIDENCE AND  
WE WANT MORE EVIDENCE  
—WHAT HAVE YOU GOT?

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OR FEDERAL EXPRESS

Wall Street Journal, July 31, 1985

## A HUG FOR ENTITIES FROM AWARENESS

This Awareness wishes entities to understand that as you surrender to the will of Awareness, as you give up your own ways and move into the One Mind, the One Being, the One Body of Awareness, that you become likened unto the one who is no longer a child of God, but has become an aspect of the Living God. This Awareness suggests that you are all gods, but that many of you have donned masks of demons and are playing certain roles. This Awareness suggests that these roles are alright, that the error comes when you *forget* you are acting these roles and believe yourself to be separated from this Awareness, or believe others to be separated from this Awareness, simply because *they* forget that they are part of this Awareness. This Awareness now takes you within *Its* arms and holds you close and moves your atoms and cells into an expanded awareness which does reach out through the entire cosmos and does mingle *It* with all the souls of all other entities and allows that complete experience of being One with this Awareness.

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### THE LAW OF PATIENCE

THE LAW OF PATIENCE states  
that all things must have their time  
and their season  
whereby they may work  
their action  
to proper fruition.

Cosmic Awareness

REVELATIONS OF AWARENESS is a cosmic newsletter, published for the membership of Cosmic Awareness Communications, P.O. Box 115, Olympia, Washington, 98507. Membership fees and donations are deductible from your Federal income taxes. Cosmic Awareness does not support the war machine. Neither do we. Why should you?

INDIVIDUAL & FAMILY MEMBERSHIP: \$30 per year.  
CONTRIBUTING MEMBER: \$52.  
SPONSORING MEMBER: \$144  
PATRON MEMBER: \$1000  
ENDOWING MEMBER: \$5000.

All donations to CAC are used to spread the Cosmic Awareness messages to others.