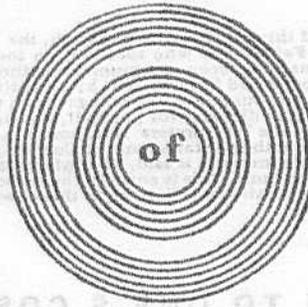


Revelations



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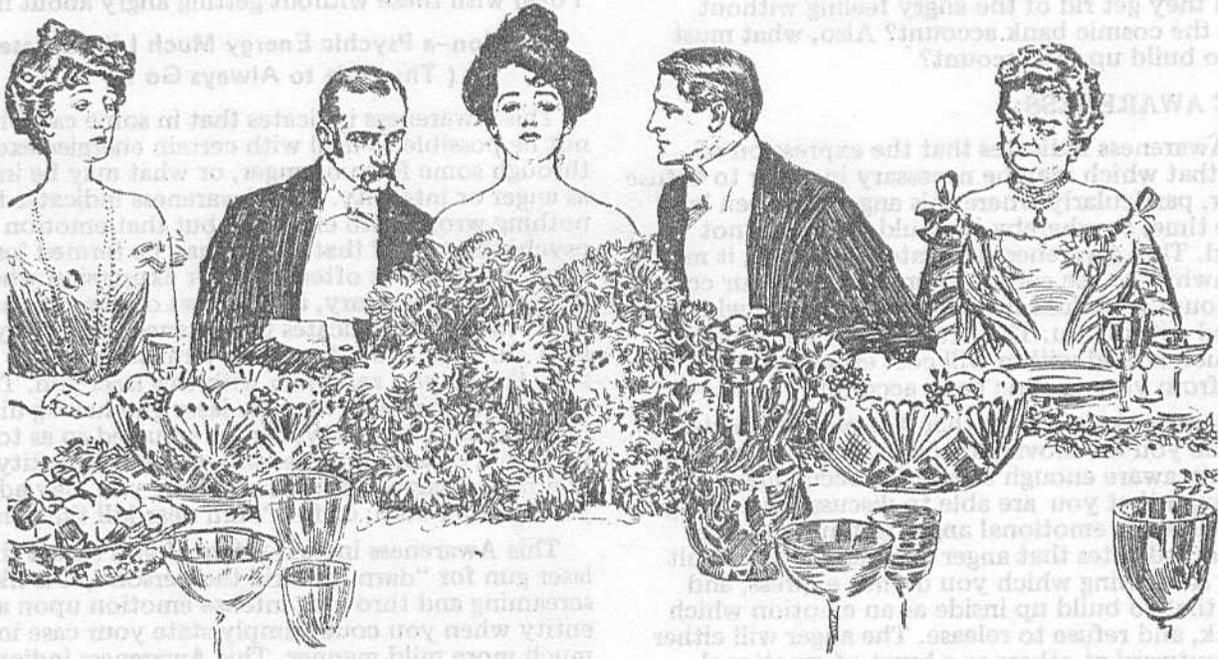
Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

Helping People Become Aware

(LIVING TOGETHER IN PEACE)

(Continued)



How to deal with anger

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COSMIC AWARENESS is the Force that expressed itself through Jesus of Nazareth, the Buddha, Krishna, Mohammed, Edgar Cayce and other great avatars who served as 'Channels' for the 'Heavenly Father' and who speaks again today as the world begins to enter the 'New Age' of spiritual consciousness and awareness. Since 1963 Cosmic Awareness has been communicating through carefully-trained channels. The information contained herein was received from deep super-conscious 'trance' levels and 'interpreted' by an entity affiliated with C.A.C. This information is for those who desire to help in bringing in the New Age. Throughout the thousands of 'Readings' given through these 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

ANGER IN RELATION TO ONE'S COSMIC BANK ACCOUNT

QUESTION:

A.F., of Issaquah, Washington, asks: "A few readings back Awareness stated that expressing anger used up the cosmic bank account. I would like to know what a person can do when they feel angry about something. How can they get rid of the angry feeling without using up the cosmic bank account? Also, what must one do to build up the account?"

COSMIC AWARENESS:

This Awareness indicates that the expression of anger as that which may be necessary in order to defuse the anger, particularly where this anger has been held for some time, or whereby it would be held if not expressed. This Awareness indicates therefore, it may be worthwhile to use certain energies from your cosmic bank account to defuse the energies or angers which are locked within you. This Awareness indicates that anger which is held within will cost even greater expense from your cosmic bank account.

This Awareness indicates that it is more important at the time you are moving through an experience, that you remain aware enough of what is occurring, and open enough that you are able to discuss these things without allowing emotional anger to build up. This Awareness indicates that anger generally is the result of seeing something which you do not express, and allowing that to build up inside as an emotion which you check, and refuse to release. The anger will either explode outward at others as a burst of emotional frustration, or at some object other than the one toward whom it may be directed, or the anger may simply lie there, building its effect within your system, causing reactions on the circulatory system, and on your inner organs.

This Awareness indicates that in either case, the anger is capable of causing some form of difficulty the more it is allowed to be blocked. This Awareness indicates it is much better, however, to allow the anger to be expressed than to continue locking it up. This Awareness suggests that other than expressing anger, one may deal with a situation without the need to build up emotion behind the expression, except in those cases wherein one fears they do not have the ability to deal with the situation unless they have great emotional energy behind it.

This Awareness indicates that in these cases, emotion becomes that which serves as a weapon to overcome, or throw the other off guard in order to express yourself in a manner which will be taken seriously, or will overcome the force of another. This Awareness indicates that in such expressions, it is sometimes necessary to express the intensity that you feel, particularly wherein others do not respect your more calm statements or reasoning. This Awareness indicates therefore, It suggests you not worry too much about checking anger in order to save your bank account, your cosmic bank

account, but rather that you ask yourself: "Am I wasting energy by continually being angry about things that I could simply solve more easily by dealing with them in a more calm and communicative way?, or, can I deal with these without getting angry about it?"

Emotion--a Psychic Energy Much Like a Laser Gun (The Rule to Always Go By)

This Awareness indicates that in some cases it may not be possible to deal with certain energies except through some form of anger, or what may be interpreted as anger or intensity. This Awareness indicates there is nothing wrong with emotion, but that emotion is a psychic energy of that which may be termed 'psychic amplitude', and is often used for expression wherein it is totally unnecessary, and throws others off guard. This Awareness indicates this likened unto carrying a laser gun, and every time you want someone to do something, you zap them with this laser gun. This Awareness indicates that the laser gun having different increments of intensity, can be adjusted so as to be very mild or very intense, and wherein an entity and you may disagree about something, you may adjust your gun for stun, or for "darn near kill the person".

This Awareness indicates that if you adjust the laser gun for "darn near kill the person", it is like screaming and throwing intense emotion upon an entity when you could simply state your case in a much more mild manner. This Awareness indicates that the rule in all things should be to use as little force as possible to protect yourself or your interests, while still getting the job done.

This Awareness indicates that this applies not only in terms of physical force, but also in terms of emotional force. This Awareness indicates also, you may wish to question whether the job you are doing requires your force and whether the motive of the job is that which is worthwhile. This Awareness indicates however, that generally speaking, using the least amount of force necessary in order to accomplish what is necessary is that which may serve as a general rule, with the realization that all rules have their exceptions.

This Awareness indicates that in some cases it may be important to use more force than is necessary. This Awareness indicates this particularly wherein there is an insidious and continuous and chronic situation that does not respond to small amounts of force, except perhaps in a temporary manner. This Awareness indicates that wherein such small force is simply presented while the chronic and insidious force continues to eat away at these small expressions of force, then it may become necessary for this small force to be set aside, while a great big powerful force comes in and deals with that insidious continuous force, and makes such a big thing about the little continuous and insidious force that the episode or incidence, or the methods

of the insidious force can never again be applied without the memory of what happened when this occurred before.

This Awareness wishes to give an example to clarify the previous message. This Awareness indicates for example, wherein an entity continues to present a situation such as for example, leaving one's socks on the table; this Awareness indicates that it obviously takes little force to remove the socks, or to mention that the socks are left on the table again, and that this is an improper action. This Awareness indicates that the use of socks in this example is only one. This Awareness indicates that *It* could also be referring to an entity who nags continually, and whereby the force involved in dealing with one's nagging could take the form of catering to the nagging, or objecting to each statement as it comes up, and using small amounts of force in dealing with such situations.

How to Deal with the Insidious Habits or Actions

This Awareness indicates however, if this is a chronic situation, wherein the entity nags continually, and you must continuously deal with such, or wherein the entity continues to leave the socks on the table, and you must continually deal with this type of slovenly habit, then if the communications of a small amount of energy or emotion have no effect on the breaking of this patter, it may become necessary to bring in the big emotions. This Awareness indicates therefore, you may simply give it a try as an experiment, if nothing else, and begin a great emotional experience about the nagging that is continually occurring in this place, so that the nagging is made into a great big issue, so big that everytime it comes up in a small way, the entity recognizes that this person may go into a tirade.

This Awareness indicates that likewise, with the socks on the table, you may wish to make such a big issue that the entity can never forget it. This Awareness suggests for example, you may wish to take all of the entity's clothes and place them on the table, while taking the dishes in and placing them in his bedroom. This Awareness indicates that this can make such an impression on the mind of the entity that to do this again would simply be out of the realm of likelihood, and would simply be an act of utter defiance. This Awareness indicates that it would be very unlikely.

This Awareness indicates that this insidious type of habit or personality expression can often only be dealt with by the use of some kind of exaggerated emotional expression. This Awareness indicates it needs not be emotional if it can be done more calmly, but it is very likely that the other entity will become emotional. This Awareness indicates that it sometimes is beneficial in dealing with such insidious behavior to actually get into using objects, such as dishes, or such as breaking a dish, in order to drive home the importance of this issue. This Awareness indicates these are extreme conditions and should not be used haphazardly, but only wherein there is an insidious action that is destroying a relationship or communication.

This Awareness wishes entities to understand the nature of insidious actions, that these can be extremely destructive, for they continue, even though they are very subtle in their expressions. This Awareness does not anticipate that entities shall start looking around at each other's insidious actions and creating civil wars at home because of these. This Awareness suggests rather, that wherein such insidious actions become intolerable and are creating blocks to the relationships which are destructive to them, then, that this is a way whereby these relationships can be altered and brought

out for consciousness to look at and then with luck and with proper motives, be clarified, balanced and reconciled.

This Awareness indicates that the use of such tactics also implies that you will need to follow through on the reconciling, after your point has been made.

USING DIPLOMACY TO DEFUSE A SITUATION

FOLLOW-UP QUESTION:

Awareness, in another kind of situation that comes up, where negotiating with the party who is making you feel angry, is it necessary or appropriate if you can look at the situation closely at the time, and look at it with wisdom and insight into what's occurring, that this will tend to dispel the emotion? In other words, a unilateral action that is sometimes helpful in dispelling the anger.

COSMIC AWARENESS:

This Awareness indicates this in the affirmative. This Awareness indicates also that wherein expressions are made, it is often very beneficial not to do these things in an accusatory manner, wherein you tell the entity: "Your nagging simply is intolerable. You are terrible.", but rather wherein you may tell the entity "I can't stand the feeling of being nagged at, and I simply must break a dish every time it happens." This Awareness indicates that in this kind of expression you are expressing your own feelings, and the entity sees the consequences of his or her actions without being told that he or she is the cause, or to blame for the entity's feelings. The entity simply sees that this person feels terribly bad when nagged at, and must break dishes when it occurs.

This Awareness indicates that this approach as less damaging to the self-esteem of the one who nags, than to accuse and blame that entity for the nagging. This Awareness indicates you cannot actually truthfully blame one who nags for your inability to accept being nagged at, for it is your own problem, and is not caused by the nagger, but rather is caused by your inability to accept being nagged at; but you do have the right to express your feelings when you are nagged at, and if it feels good to throw a dish to express this, then it may be helpful in bringing home the point, so that the other entity can see that the nagging is having its effect, and that the effect *may* be more than the nagger desires.

This Awareness indicates that this may not be a good example of this, that there are many other ways insidious actions can be expressed besides nagging and leaving socks on a table, or other types of activities. This Awareness indicates that wherein an entity is capable of analyzing a situation and allowing each other leeway, being tolerant of each other, finding one's own limitations and discovering that one can expand those limitations to become more tolerant of difficulties or conflict, and wherein one chooses not to confront another, but rather to be more tolerant; this Awareness indicates this as a personal choice, and may prevent further conflict or confrontation.

This Awareness indicates however, that entities must be careful that they don't move into so much tolerance of each other's aggressive expressions that they find themselves becoming masochistic, or moving into feelings of being martyred by the other, for this can lead to another chronic situation, whereby the entity who feels martyred may often begin striking back in other little insidious ways to create guilt, or cause the offending party to feel guilty of causing the entity to feel martyred.

The "Nice Person" Syndrome

This Awareness indicates that too much giving-in simply over-balances the relationship, and though it appears you are an extremely nice person to put up with so much, it is creating an opening for further abuse, and can lead to disrespect as well as resentment on your part at having been put down and martyred so much by this offensive person. This Awareness indicates that many times entities move into this type of expression, from childhood pats on the back for being such a nice person, thinking that being such an overly nice person should bring great rewards. This Awareness indicates that in many cases, it simply creates a victim of abuse. This Awareness indicates there is no need to be the brunt of someone else's misguided expressions and hostilities, unless you are capable of dealing with the expressions in such a manner as to help the entity see the causes and root out those causes.

This Awareness indicates that wherein you can deal with these hostilities in a manner that relieves the hostilities or allows the entity to rid himself or herself of these hostilities, then you are doing something worthwhile for the entity, but if you are simply there for the entity to kick or to abuse whenever the entity's hostilities emerge, and these hostilities are not being worked out or released in a permanent manner, then you are simply contributing to the continuance of the entity's hostilities and their expressions.

This Awareness suggests that this type of imbalance is associated with and is very closely linked to a sadomasochism relationship. This Awareness indicates that the more extreme this becomes, the more sadistic and masochistic it becomes also. This Awareness indicates of course, wherein an entity seeks to abuse you, and you can reason yourself out of such reaction, and wherein you do not expect or need to see that entity again, then it is not important that you fight back for your rights. You may simply walk off from the situation, and avoid further communication with that entity until the entity shows greater respect. This Awareness indicates however, you also have the right to reflect back to the entity the nature of the abuse and how it feels to you, which may in turn help the entity to see his or her actions from your mirror.



USING HUMOR TO DEFUSE ANGER

FOLLOW-UP QUESTION

Awareness, it's been my observation that many times when an entity explodes in anger over something that really is insignificant, that this can be traced back to something more deep that had angered the

person much more, previously, but which the person did not bring out at the time, and that as this gelled, or as this continued in the mind of the entity, little tiny things subsequently that had made the entity unhappy, would create the blow-up, and I have found that the best way to deal with this, if it is not brought out at the time, is to use humor. Like in the case of the example Awareness gave of the stocking, that it might be that the entity instead of who's stocking the wife puts on the table to show her disfavor, that the entity sometime take one of these stockings and fill it with goodies that he knows his wife likes, perhaps a little gift, and when she sees this, it would point out the absurdity (I would think) of exploding over some little incident like that. How important is humor in defusing something like that?

COSMIC AWARENESS:

This Awareness indicates that much can be done with humor wherein entities are capable of recognizing and using humor. This Awareness indicates that humor levitates, or lifts. Humor always requires that two things be seen at once: the real, the heavy, and the light, or that which is of a more elevated viewpoint. This Awareness indicates that in the case of the stockings on the table, for example, one may prepare the meal, leaving the stocking there, and may, during the preparations for the meal, simply put one of the stockings in a saucer or cup, or may share the stockings, putting one in each of the party's cups, pouring water over these, creating the appearance of two different meanings; the heaviness of the situation, along with the lightness of the 'cup of tea'.

This Awareness indicates that this too could bring home the message without creating such a heavy situation. This Awareness indicates that wherein a situation becomes extremely heavy, and entities are extremely angry at each other, often some action wherein humor is brought in can defuse the anger immediately. This Awareness indicates however, that entities must be extremely careful not to make the other entity the brunt of the humor, that wherein the other entity who is already angry becomes the brunt of one's joke, this simply adds to the fire already burning.

(Statement by energizer)

I've heard of one man, whose wife, when she starts nagging him, he doesn't say anything; he just gets up from his chair and stands on his head in the middle of the room, and just remains in that position, and after a while the wife finally just breaks up, and they embrace each other and the situation has been defused. Does Awareness have a closing message?

COSMIC AWARENESS:

This Awareness accepts your closing message as being sufficient.

ED's Note:

After the Law of Gratitude is recited, the Interpreter comes up laughing, stating that in trance he saw that image so plainly he couldn't help but being broken up by it.



INTERNAL OR EXTERNAL GUIDANCE --WHICH SHOULD ONE RELY UPON?

QUESTION:

We have a question from H.C. of Cummings, Georgia, who writes: "I do have a general question on my mind that I have been struggling to formulate for some time now. If you can make sense out of it, could you ask Awareness for me. Thanks tons. I'm not sure what I'm struggling with at this point, but here goes. It seems to me that people (we) should look and listen to that inner voice, our real self, for the answer to our problems, wait for life, God, Spirit, to bring us the necessary experiences to answer these problems. It seems too easy to turn to something like *Cosmic Awareness Communications* to find answers to unsolved mysteries, for life readings, etc. Are not the answers to all inside of us? If we are supposed to know them, wouldn't we? I know we are god. I am confused. I cannot tune in to this inner self as yet. Could Awareness comment on this please, maybe help with some techniques to help us experience our inner self?"

COSMIC AWARENESS:

This Awareness indicates this as essentially correct; that essentially, the child born without guidance does have within itself the potential for developing into the adult whose life is meaningful and valuable to himself and to others; that the child born without guidance also has the potential of developing certain aberrations which are destructive to himself or to others. This Awareness indicates that guidance is not necessarily programming entities into levels of consciousness that do not allow the natural unfolding of that consciousness, but rather tends to shut down their observation and awareness. There needs to be another form of guidance. There needs to be certain type of information from various entities who have discovered, or who have access to that information, which can be shared and given to these entities who have not quite grasped the clues necessary in opening their consciousness.

This Awareness indicates that an entity can learn to drive an automobile without any kind of guidance from others, but that entity can also find himself hospitalized and injured greatly from misjudgment because of a lack of understanding of certain principles. That while it is possible to develop oneself and ones talents without any outside guidance, it becomes more practical for entities to ask those who have the understanding for some kind of indication or suggestions as to how to proceed.

This Awareness suggests that if you do not wish such information, then you simply may learn it yourself from whatever means you desire. This Awareness indicates that there can be many shortcuts in terms of the time and energy expended by learning from the wisdom of others rather than being so independent that you cannot ask others to share what is already gleaned and understood by them.

This Awareness suggests that the nature of consciousness is such that it is capable of grasping information without moving through the usual channels; that the interpretation of that information will depend on your own background, your own programming and those situations and the application and motivation of your consciousness.

This Awareness suggests that those who struggle to discover information without observing the field of information available from others are limiting their ability, limiting their access to a great field of information.

This Awareness suggests that there is no one on earth who cannot learn something from others.

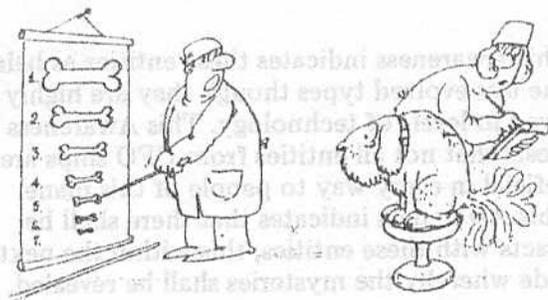
This Awareness suggests also there is no one on earth who cannot learn something from looking inward.

This Awareness suggests there is a relationship between inward motivation and external influences; that one can develop an inward guidance, and one can also look outwardly for guidance; that the entity who looks for guidance totally from outside sources tends to be somewhat of a social misfit in that the external forces will push him around as a ship without a rudder.

This Awareness indicates the entity who looks outwardly for guidance without a rudder is likened unto the ship which is blown, whose sails are full, but cannot but follow the wind.

This Awareness indicates the entity whose guidance comes entirely from within is likened unto a ship whose rudder is intact, but whose sails are not open, and cannot receive the wind for movement.

This Awareness indicates a balance between inner and external guidance is that which is most efficient in terms of entities' development and course and direction of their soul.



WHAT IS BEHIND ALL THE CATTLE MUTILATIONS?

ED'S NOTE:

The following information was given in a reading on October 28, 1977. Awareness had asked that we not publish this information at that particular time as there were other urgencies on our plane at that time which needed to be looked at, and this UFO type of information could be so fascinating to consciousness that entities could possibly stop focusing on the Beast energies. CAC kept this and similar type of information 'classified' for some time, until Awareness gave the go ahead to publish. Since Awareness did give the UFO information in early 1979, including a condensed version of the cattle mutilation information, CAC is now releasing these 'classified' bits whenever we run across them.

QUESTION:

There's been an awful lot of news stories and articles written concerning an unknown menace that is puzzling cattlemen in 22 states. This concerns the mutilation of cattle. From Oregon to Florida, these ranchers have reported cattle mutilations, but so far no one has explained the bizarre occurrences. The mutilations began in late 1974 and peaked in the summers of '75 and '76. Reports of them started in the north central states and quickly spread. Bewildered ranchers began finding their cattle dead in the fields with precise surgical cuts. Parts of the dead animals, eyes, ears, tongue, various organs including the sexual organs, patches of hide were cut out and taken. Left behind were tons of choice meat. In Colorado, the hardest hit state, about 1500 suspected mutilations were reported. In all cases there were no clues and no evidence of tracks. There have been all sorts of theories from Satanic cults to flying saucers to wild animals, but to date they still have not been able to solve this mystery. Could Awareness please enlighten us on what is occurring?

COSMIC AWARENESS:

This Awareness indicates this as related to certain forces which are referred to as UFOs. These entities being of a level whereby they seek certain information and are gathering information regarding affairs upon this plane; that these entities use these organs for certain medicinal purposes, for creating certain chemicals, and use certain parts for food.

This Awareness indicates these entities as being of the less evolved types though they are highly evolved in levels of technology. This Awareness suggests that not all entities from UFO ships are beneficial in every way to people of this plane.

This Awareness indicates that there shall be contacts with these entities, this within the next decade whereby the mysteries shall be revealed.

That the contacts with these entities shall lead to some difficulties but no greater difficulties than those which exist between nations upon this plane at this time; that they are open to communication, yet are not as benevolent as many would hope them to be. This Awareness indicates this as being of this particular type, that there are other intelligences which are more highly evolved which can bring great benefits to entities upon this plane. This Awareness suggests entities who wish more information regarding this may study the works of Allen Michael, Gabriel Green and others; that there is much validity in their channeling and many questions may be answered regarding these various types of external, or extra-terrestrial influences.

FOLLOW-UP QUESTION:

Would these entities that are mutilating the cattle be referred to as elementals?

COSMIC AWARENESS:

This Awareness indicates this as negative. These entities are highly trained in special fields, these being extremely scientific; that there are certain cold and less warm, or sensitive qualities to these entities than to most spiritual beings.

This Awareness indicates these entities have accented their scientific qualities and are now beginning to develop greater spiritual understanding. This Awareness suggests that much of this information is available through Allen Michael and his channeling.

FOLLOW-UP QUESTION:

One question in regard to these entities. Were these entities at one time high spiritual beings, or have they evolved from the lower forms of evolution on upward?

COSMIC AWARENESS:

This Awareness indicates that these entities essentially are from the core of the earth, the central core. These entities are highly evolved in terms of their scientific achievements. These entities have much power. These entities being an ancient race of people who have lived within the core of the earth for eons of time, yet these entities as not being totally clear in terms of their motivation.

This Awareness indicates there are others whose ships have been sighted upon this plane who are not associated with these entities, but who are more evolved spiritually.

This Awareness indicates that more can be given on this at a later time when the urgencies of such information become more meaningful and necessary. That at present time there are other things in consciousness that are much more urgent than this kind of information and this information is apt to become a siphon to trap consciousness into other less important or less urgent

areas of novelty and concern than that which is truly urgent at present time.

This Awareness suggests that when one's house is afire, one does not need to be told about a 12 headed elephant that is approaching from the mountains, for the energies of attending that which is urgent can be diverted into that which is not urgent, simply because of the novelty.

This Awareness suggests that when there is more time for concern about the inner earth and UFOs, this Awareness shall give more information regarding this; that at present time, there is a need to remain somewhat focused on those actions which are urgent to entities' lifestyles.

This Awareness suggests that particularly, care must be given in requesting too much information on areas that tend to trap consciousness and pull consciousness into levels of escapism, mystery, intrigue and novelty. That the UFO phenomena, while meaningful, can be energized out of proportion to the point where other things do not receive attention necessary.

ED'S NOTE: ***

Today, almost ten years since this reading was given, there has been no significant contact made with these entities (at least not reported by the controlled media), and the animal mutilations are still going on. Right here in the county where CAC operates, there have been so many mutilations of cattle and horses that the ranchers have banded together to do something about it. Although rewards have been offered, nothing to date has been uncovered, and the mutilations are attributed to Satanic 'cults' (For more information on this, please refer to 'Revelations of Awareness' No. 79-25 (The Secret of the UFOs); \$4.00 from CAC.

TIMOTHY LEARY'S "DEATH PILL"

QUESTION:

Timothy Leary predicts that a simulated "death pill", creating the neurological equivalent of death without actually killing the body, will be developed within a few decades. This will complete the work of LSD in re-imprinting old circuits, that through ritual death and rebirth in one body, this allows the entity to live many hundreds or even thousands of year in that body. He calls this 'Serial Reincarnation'. Would Awareness please comment on this?

COSMIC AWARENESS:

This Awareness indicates this as a possibility; that this also may be done through certain electronic techniques which will be developed. This Awareness indicates that the nature of life and death is that which is so compatible that this as likened unto two sides of the same coin; that wherein an entity experiences the feeling of loss of identification, as in death, there can be the resurgence of great life energy. That this, of course, does require that the physical body be kept alive while this is experienced on the psychic, or consciousness levels.



WHAT THE ALPHA STATE IS LIKE

QUESTION: (Vicki T.)

Recently, in a cloud disappearing exercise given by Awareness, part of the exercise was to hold the focus on the cloud after the eyes had reached the negating point on the image being seen. This happens to me rather often, and one of the most frequent times is when we are in attention for these trances. During that time, the whole room seems to become a negative image, like the negative of a photograph. My questions: What am I experiencing? What effect would it have if I kept that focus? What would happen to the energy for the trance and what would I be seeing at that point?

COSMIC AWARENESS:

This Awareness indicates this as essentially shifting into alpha wave lengths. That the effect being that which would create higher energy levels for the trance, yet, which also will stimulate certain energies within your own psyche to assist you in exercising those levels in yourself which can be beneficial to you. This as that which will not be detrimental to the trance level.

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**DO THE DEAD RETURN
AND CONTACT US IN DREAMS?
(MORE ON TELEPATHIC CONTACT)**

QUESTION:

A question from D.S., Miami, Florida. "I am aware that we dream constantly, whether awake or asleep. If we close our eyes for a few moments, we will find that we are dreaming while awake. My question is this: When a person who is no longer living in the flesh appears to us in a dream while we are asleep, is it likely that that entity has actually appeared, or is the entire dream a creation of the mind?"

COSMIC AWARENESS:

This Awareness indicates that it is possible that the entity has appeared in an astral vision; that it should be considered a visitation, even though it may be merely a thought in your own consciousness that is triggering such. That essentially the nature of consciousness is that energies, images and entities may be considered the same thing in varying degrees of manifestation; therefore, when you image an entity, to a lesser degree this entity exists in that image even though the entity is not physical in that image.

This Awareness indicates that the imaging of an entity calls forth a particular vibration which has a sympathetic relationship to the original or total entity, and therefore the image and the entity are one and the same, but being differentiated by the degree of shadow or substance. This Awareness indicates the total substance including the physical body, whereas the shadow substance is that which is the etheric, astral or mental bodies, and that for example, an entity who is physically asleep or in a coma, whereby you address such an entity who does not respond, the question may come to you: "Am I actually speaking to this entity, or am I simply speaking to a portion, the substance, the physical substance of this entity, and if so, where is the rest of the entity,--the shadow substance, the mental substance, the spirit substance?"

The "Final Reckoning" or Death of the Body

This Awareness indicates that looking for the personality of an entity when you see only the sleeping body of the entity allows one to realize that there is something missing. Therefore, the body and the personality are not the same. The physical and the spirit are separate entities, sometimes merging and inhabiting the same time and place; that these sometimes separate and elsewhere. That wherein an entity passes over, the body goes in one direction, and the spirit in another, and the two do not come back together.

This Awareness indicates that this is called the "final reckoning" or the death of the physical body. The spirit then, in any of its forms,--astral, mental or etheric,--moves on into its various destiny directions and wherein an entity on the physical plane, in sleep or in meditation calls forth an image of that entity, a portion of the entity through telepathic connection may return temporarily to that receiver, to that entity who is telepathically summoning the spirit or the vibration of the spirit.

Therefore, the entity in dreaming of a departed friend, may in actuality be making telepathic contact with that friend even though the entity is on a different plane or in a different dimension. That it is in this manner that entities may assume that even if the image is not an actual vibration, that it should be considered as such for the communication will be such as to have its effect on the entity, even though the entity may be in another plane.

Likewise, in communicating with any entity on any level, the attunement to the frequency or vibration of that entity establishes a communication. For example, in your radio you must tune the knob to the dial to get the frequency of the station, the transmitter; in the human biological radio, the entity simply tunes into the feeling of the other and once adjusting the feeling through proper sensitivity, the entity may assume that the channel to communicate with this entity is open.

How to Attune for Telepathic Contact

This Awareness indicates the entity may then send the message and expect the other entity to receive that message when it is sent with the attunement to the feeling of the other party. You may then ask the question: "How does one attune to another party in order to send telepathic messages?" This Awareness indicates that you attune to another person in the same way you would feel if that person were directly before you, or held closely to you. There are certain feelings you get from different individuals and wherein you wish to communicate to any particular individual, you must establish that feeling of having that individual before you, close to you, and of being in rapport with that individual.

Karmic Implications of Spirit Communication

This Awareness indicates that whether the individual is in the physical, in another place, next to you, or in spirit beyond the physical, the feeling will establish an attunement to the vibration of the soul and communications may occur. This Awareness indicates that *It* is not advocating that entities attempt to communicate with the dead. The danger is not that communications with spirits is particularly or necessarily harmful to yourself, although it can be; the danger however, is that you create interdimensional karmic relationship in which you depend on that entity for psychological support, hindering the entity's right or freedom to move on because of a sense of duty to you to come back and comfort

you, thus hindering the entity's ability to perform properly his or her duties and responsibilities and destiny on the other plane, or you may cause a dependency of the spirit, the entity on the spirit level, so that it becomes attached to you and seeks energy from you to fulfill its purposes, or to the point where it wishes to return and remain attached to you or to the general area in which you reside.

This Awareness indicates that these attachments between realms of the physical and the spirit, or those who have departed from the body, these attachments generally are not healthy, particularly if they become chronic attachments or continuous attachments. That one or two communications after one has passed over should be sufficient to satisfy the needs of both spirit and the remaining entity.

ED's Note: for more information on this subject, please refer to 'Revelations of Awareness' No. 85-3 (Spirit communication); \$3.00 from CAC. Also that series of readings called "Life After Death". (Please consult your backissues catalogs).

WHAT TO DO WHEN YOUR SPOUSE'S PHILOSOPHY DIFFERS FROM YOURS

QUESTION:

R.K. in Minnesota sent in a personal question, but I think it's close enough to a general question to ask. She writes: "This question is about the relationship between my husband and myself. It appears to me that my husband has a great deal of difficulty in moving away from levels of materialistic thinking. Whatever is not perceivable on physical levels is unreal to him; yet he does desire to become aware of the presence of God, of Christ, and have more and deeper understanding of life. However, he would not venture to find out about anything beyond the physical level. I am aware that each of us has our own path to walk upon. Are my efforts of communication detrimental to his development? Would Awareness look upon this situation and comment what caused him to feel this way, and what can I do to help him to become more aware and responsive to higher vibration?"

COSMIC AWARENESS:

This Awareness indicates that through the action of questioning when the entity is in the mood to discuss these matters, the questioning as that which can lead the entity into exploring his own ideas more deeply. This Awareness suggests that wherein the entity is in the mood to discuss this, and you show a sincere interest in trying to discover how the entity formulates his philosophy, formulates his concepts and ideas regarding the nature of God, the nature of life, wherein you can ask the entity to explain this clearly so that you may understand



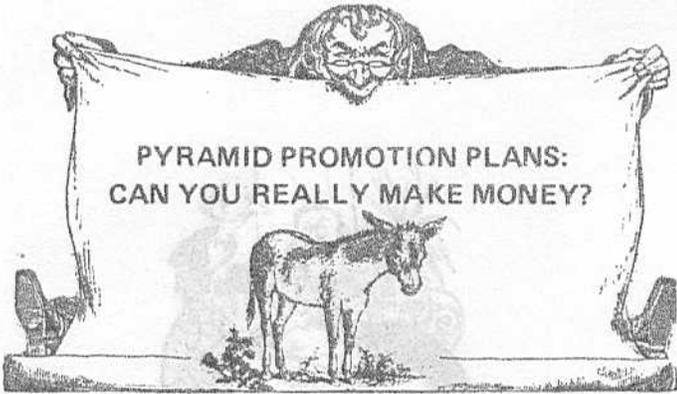
"Knowing the service in this place, he could have been dead for days."

his ideas; this will not only allow greater communication between the two of you, this will also assist this entity in looking deeper into his own ideas. This Awareness suggests that wherein an area discussed for you does not become clear and you do not understand this, this Awareness suggests that you ask for clarification regarding those points which you do not understand.

This Awareness suggests that your attitude not be that wherein you seek to find his viewpoint so that you can argue or criticize, or teach the entity, but rather that you ask his viewpoint so that you might understand more clearly and that he might look more deeply in order to answer those questions which you ask. In this manner, these questions will assist the entity in looking more deeply and in answering the questions for himself which you are asking. If this is done properly, the entity may eventually come to the same realization that you, yourself, share in regards to the philosophy of life.



"If I tell you, will you promise to help me down?"



QUESTION:

M.N. of Brantford, Ontario asks: "Recently I was introduced to a pyramid program by a friend, whereby I invest a certain amount of money, and by getting others to invest in the same program, I stand to earn at least three times my investment within a week, but I declined. Even though I am in dire need of the extra money, I didn't feel right doing it for fear of losing money that I didn't have. Also, I wouldn't feel right spending that money knowing that somewhere down the tier line someone is going to lose their investment. But I also think, "How would it be different from buying a lottery ticket and winning, knowing also that possibly someone has also lost to my gain?" Am I wrong for feeling this way? Would Awareness have anything to say about pyramid promotion plans and their operation?"

COSMIC AWARENESS:

This Awareness indicates that in most states, the pyramid games and chain letters of such type are illegal; that the lottery is in fact not much different from the pyramid game. This Awareness indicates that these actions may be considered as ethical or unethical, depending on how entities wish to view themselves. If entities wish to put their marbles into a pot, along with the marbles of their friends or associates, and play for keeps; this is no worse than if the entities simply play the game and do not keep the marbles at the end of the game. The only question in terms of ethics, is whether the entities were clearly communicated with and understood that the game was for keeps. If the participants expected that they would receive their marbles at the end of the game, and during the game were told that the game was for keeps, then this would be unethical and a violation to the participants who were misinformed or not informed at all.

This Awareness indicates that it is the same with the pyramid schemes; that those entities who participate, who are told that they will receive great winnings and all that is necessary is for them to do certain things; these entities should also be told that they may not be able to get those others involved, and that somewhere along the line, the pyramid scam will begin to fizzle out, and entities on the bottom will lose their shirts. This Awareness indicates that if each entity understands this and still wants to participate; then it is nothing more

10. than a game of chance wherein the players are informed of their odds, or can figure their odds, and therefore have not been cheated: this then would not be unethical, but may border, rather, on levels of stupidity. ***

ED's note: Over the years, well-meaning CAC members have sent at least 50 pyramid schemes to CAC headquarters, requesting that we place our name beneath the last one on the list (their's) and mail a copy of the promotion to each of our members. In this manner, we were informed, those on the levels beneath us would sell the goods being promoted and a certain percentage of those sales would flow back to CAC from the parent company which uses a computer to keep track of the sales and the various commissions. These promotions usually were selling stuff like aloe vera juice, various food substitutes, vitamins, mineral combinations, healthfood type stuff, all of which was unconscionably overpriced and usually of dubious quality. By becoming a "distributor" of any of these products, one is often assured in the promotional literature that you can buy the product for your own consumption at a 'discount', but before you can you must first purchase a case or two or more of the goods and sign up many others on the tiers beneath you as 'distributors' also. The theory being that those below, as they buy their quota and sign up new 'distributors' on the tiers below them, enables you to receive a commission from all those sales. This scheme often works for a little while for those entities on the top of the pyramid or top tier, but those on the tiers below are usually stuck with a bunch of cases of the stuff they are hawking and little or no commissions returning to them from the company. One aloe vera company's plan that we checked out some years back, even guaranteed your 'estate' would receive your commissions long after you had departed this plane. Quite a few entities who became 'distributors' on the top tier did make some money for awhile, but not their estates. The company went broke several years later and those on the lower tier were stuck with cases of aloe vera juice that simply got rancid and rotted in the bottles after so many months and ended in the garbage dump.

With the new technology available today the scams are getting more sophisticated. Your initial investment is often called a "starter kit" and instead of going door to door to snare the gullible, you now rent a room or hall and all the hard sell is done via video cassette tapes, while computers allegedly keep track of all the various commissions you have coming from those who have been bilked into being your 'distributors' further down the line. And of course, there will be many 'testimonials' as to the efficacy of the product you are hawking and the hall will be alive with those 'distributors' testifying just how easy it is to peddle the product and how they just went out and purchased their first Mercedes for cash.

Most entities drop out of these scams because they can't find anyone, other than family members perhaps, to buy the product, which is usually available in the healthfood stores or elsewhere for a tenth of the inflated price they are paying the company to distribute it.

Anyway, we appreciate the thought that those of you who solicited CAC for involvement in this type of scheme were trying to help us make some money (as well as yourself I should add), we hope that none of you will waste your time trying to get CAC involved in such schemes in the future. Here in the state of Washington it is a felony offense, a crime, to become involved in such scams that promote or sell any goods based on a pyramid type promotion plan. Washington state does have a lottery and it figures if one is stupid enough to put their money into a pyramid scam, then they might as well invest it in a lottery ticket. After all the odds are only 13 million to one that anyone will win. The rule to always go by is: 'There is no free lunch,' and if the promotion seems too good to be true, you can bet your shirt that it probably is. (Avaton)