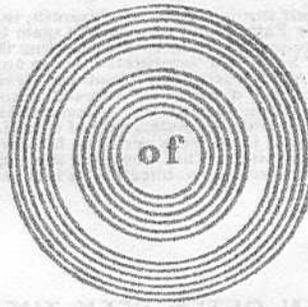


Revelations



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ADOPTED CHILDREN...

the search for origin

...the search for roots

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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

WHY DO ADOPTED CHILDREN OFTEN SEEK THEIR REAL PARENTS LATER ON?

(Should a Divorced Parent be Denied Access to the Child ?)

QUESTION:

W.A. in Ohio has a question: She writes: "Awareness, could you please tell me some of the motives behind adoptive children seeking out their natural parents? Is it sometimes a feeling of insecurity that they hope to alleviate by finding their real parents? Or is it also a deeper instinctual or biological drive?, or also in part an awareness of, in many cases, there was an unhappiness which led their natural parents to give them up for adoption, an unhappiness which they seek to lay to rest by a reunion?"

"I ask because if I am able, I wish to deny my child's father access, or at least very limited access to the child, feeling it is in her best interest, feeling she will not miss his presence or influence, and this led me to wondering about the more general problem of adoptive children seeking contact with their natural parents they never knew. Thank you."

COSMIC AWARENESS:

This Awareness indicates that those suggestions in the question as being important, but not the only reasons; that children do have an instinctual desire to know their true mother and father, even though they may have deep and abiding love for their adoptive parents. They also may have this question as to the history of their childhood, to discover what the problems were that might have led the natural parent to allow the child to be adopted, or to abandon the child.

This Awareness indicates that there are several reasons for this desire: one is to unravel any mysteries about their childhood, the other is to communicate with the parent and discover whether or not they are reflections, what qualities they might have inherited from the parent, and whether or not the parent feels regrets, and whether or not the parent wishes to have contact with them,—that these are all desires and motives which are perhaps not deep and driving, but are nevertheless nagging.

The Search for Origin—the Search for Roots

This Awareness indicates that a more deep and driving role is that which is brought about by the sense of having something in their life that is inadequate or incomplete; that even children raised by their natural parents will have this feeling that they wish to know more about their childhood, wish to know where they came from, how they got there, and anything at all possible which can explain their origin.

It is this search for origin, the search for roots which becomes a deep and driving force among every individual to some degree or another; that a child who discovers that he or she has been adopted will tend to transfer this feeling to that situation, and believe that this driving force is somehow associated with a quest for one's natural parents. That many of these children or entities, do not realize that others with natural parents may have similar desires to know more about their origins, and because of this strong quest for origin and the lack of information regarding their natural parents, the individual may believe that this is a unique and individual feeling which drives them to discover more about their natural parents.

This Awareness indicates that therefore, an entity who has been abandoned by the natural parent will confuse the quest for origin, information on one's origin, and assume that this request or this desire is a quest to discover more about one's parent. That until this is accomplished, the entity may not be able to move beyond that block and actually look deeper and search for the deeper meaning of the quest for one's source.

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The Real Reason--A Search for the Divine

This Awareness indicates that this desire to know from whence one came will not be satisfied by discovering who one's parents are, but until this is attempted, the entity may not be able to clearly look beyond that intermediary quest. Therefore, the child may have a block in terms of the natural flow of energies which must first be removed before being able to recognize that the search for one's origin is in fact the search for the Divine, from whence one came.

This Awareness indicates that it would do no good to tell an entity who is searching to discover who his natural parents were, it would do little or no good to inform them that this is not actually important to them, and that what they really wish to discover is where their True Source is. That as it stands, most entities, even in discovering who their true parents are, still feel an emptiness, even those entities who know their true parents, and have known them from childhood will feel a kind of emptiness.

This Awareness indicates that this emptiness is the longing to be one with the Divine, from whence one came, and all entities experience this emptiness, and seek to fill this emptiness with various types of relationships,--the parent, the friend, the loved one, the teacher or the one who is chosen as a guru or master. This Awareness indicates that this emptiness is *always* present. Even those who are One with the Divine will feel some degree of emptiness, seeking to be ever closer to the absolute Divine Force; that this is a condition of being in the flesh.

Should Visiting Rights Always be Allowed?

This Awareness indicates in terms of the raising of your child, it would be advisable for you to allow a certain amount of visitation, even though you may have the right to avoid such. That it will be beneficial to the child to have some relationship with the father and to become acquainted with the father, so that mystery, questions and confusion about this entity do not magnify and create blocks and concerns in the child's psyche, or feelings that the mother is keeping the child from the father, or feelings that the father does not want to see the child and does not care for the child. This Awareness indicates that rather than creating a barrier to a relationship, it would be better to allow a certain degree of relationship which the child can handle without stress, which you can handle without stress, and which the father can handle without stress. This will then benefit all entities involved and avoid creating a karmic interference in the future growth of this child.

This Awareness indicates that indeed, competition over the affections of the child between parents can create problems for the child, therefore, these conflicts between ex-married parties should be diminished as much as is possible. This Awareness suggests that

perhaps an agreement between these adult parties could be made whereby they recognize the important thing is not to involve the child in parental disputes.



SHOULD A CHILD
BE TOLD
HIS FATHER
WAS NO GOOD?

FOLLOW-UP QUESTION:

Awareness, there's probably a lot of women whose husbands have deserted them or were simply no account, and whose children later on ask about Daddy, and the mother would say something to the effect that: "You don't want to know about him; he didn't love you, he was a drunk, he beat mommy, and he wouldn't work for a living; he did drugs," and things like that. Does this type of information being laid onto a little kid, is that going to traumatize him or create psychological damage to the child?

COSMIC AWARENESS:

This Awareness indicates that this can be very damaging; that the child feels himself or herself to be the offspring of both mother and father, and an attack on one of the parents is, to the child's subconscious, an attack on part of herself or himself; that the child cannot separate himself and simply see himself as being the offspring of the mother, and alienate the father without some trauma occurring.

This Awareness indicates that the child, in such instances, in denying the father, will deny certain psychological aspects of himself, feeling that those qualities inherited from the parent are inherently evil, and the child can prove this because the mother said so, and the mother is to be trusted. That at a later time, this may reverse, whereby the child growing tired of hating the father-parts of himself may become angry with the mother, and then reverse the energies and become hostile to the mother, and slip into that identification with everything the mother has said about the father.

This Awareness indicates that it is far better for a parent in such a situation, simply to state that: "Your father and I did not get along well. I apparently was not good for him, and he was not good for me. We just couldn't make it together, so we separated." This Awareness indicates that it is important not to let the child feel that it was because of the children's welfare that the mother separated from the father. It is important that the child not feel any responsibility for the parents separating.

This Awareness indicates that children in the midst of parental disputes, always tend to take on the feeling that they are responsible for the dispute, or are responsible to bring mommy and daddy together again, and this create great trauma for the child, particularly when it cannot occur, or does not occur. This Awareness indicates that when it does occur, that the child bring the parents together again, then it gives the child a sense of worth, a sense of value and a strong sense of responsibility; the feeling that he or she must continue to keep these large entities from splitting up, or tearing each other apart emotionally.

The Trauma of Split Loyalties

This Awareness indicates that this can also be somewhat traumatic, but to some degree it can be quite beneficial to the child, if the parents remain together. If however, the parents separate, it can create a great problem for the child; the feeling of being helpless, particularly if the child has worked very hard at trying to keep the parents together. That wherein a child goes from one parent to another, and the parents talk about the other in derogatory terms, this creates with the child a sense of split loyalties.

The loyalties then, being split, carry over into other areas of the child's life, whereby the entity has a difficulty in being loyal to any one side, to any one cause, to any one action, or to any one person. That split loyalties tend to have an influence that may lead to split value systems, whereby the entity could easily develop a sense of double standard, or an action of relating to one group with one hat or mask, and turning to another group and relating to that group with still another hat or mask, whereby the entity speaks from both sides of his face, or speaks in different commitments or different positions.

This Awareness indicates that this as often called two-faced, or speaking with forked tongue. That this can very easily occur when a child feels a dispute between the parents, and wants the affection of both parents, and is willing to side with the one present against the other parent who is not present. This Awareness indicates that parents are largely responsible for these experiences of children.

This Awareness indicates that wherein a child is isolated with one parent and never sees the other parent to evaluate the parent, and the one parent talks in a derogatory manner about the behavior of the other parent, attempting to win the child's favor by telling the child how awful the other parent was; this can in time lead the child to have a totally distorted view about the other parent, and if this view ever comes in contact with reality, wherein the child sees that the other parent is not nearly so bad as the first parent indicated, it can create a feeling that the first parent is deceptive and false, and can break much trust and belief in this parent.

This Awareness indicates that parents should be most cautious about playing with the child's affections in regard to their own personal hostility for the

other parent. It is much safer and more practical and realistic to allow the child to develop his or her own personal relationship with the other parent. The child will soon evaluate the other parent, according to the behavior and relationship of that other parent toward the child.

Reasons Why Some Hold On to a Child

This Awareness indicates that in some instances a parent will attempt to hold onto a child, to possess a child for fear that the other parent might collect, or gain custody of the child. That in most cases, the mother will have custody of the child except wherein the mother is seen to be totally inadequate as a mother; that most courts will favor the mother over the father.

This Awareness indicates that in some cases, wherein the mother has this advantage, but wherein she does not particularly care for the child, but sees the child simply as a means of having a source of income, from payments for the child's welfare, either from the husband, or from the ex-husband or from the state, or wherein the child in some way serves to benefit the mother financially through welfare or other programs; often a mother who cares little for the child will cling to the child more for her own financial security than for the child's welfare or for her love for the child.

This Awareness indicates that this can work in reverse also for the man, who seeks to have the child simply so that he will not need to make payments for the child's welfare. This Awareness indicates that these motives are less than ideal and the child may sense this as the child becomes more aware of the mechanism of society and the economics involved, and this can be very damaging to the child also, for the child may tend to feel unwanted except for his or her personal monetary value to the parent in custody.

The Most Meaningful Thing to a Child

This Awareness indicates there is nothing more meaningful to a child than to know without any doubt that he or she is truly loved by the parent. This Awareness indicates that wherein a child is loved by both parents and by others, this of course is even more meaningful and beneficial to the child.





HOW TO DEAL WITH THE FEAR OF KIDNAPPING BY A PARENT

(FOLLOW-UP QUESTION):

Awareness has suggested the situation where the child is allowed access to whichever parent he or she is not living with if it can be arranged with a minimum of stress. What about the situation where the custodial parent has serious fears in relation to letting her child go to the father. For instance, if she is afraid that he might be violent, or maybe has a drinking or drug problem, or he might kidnap the kid and take off with it? What about a situation like this when there are real serious questions like that?

COSMIC AWARENESS:

This Awareness indicates that these being mitigating circumstances. These as in every situation from one degree to another. That generally, parents who have separated do have exaggerated fears of the other when it comes to the child's welfare. That no doubt the one will feel that the other parent is too permissive, or too out of the mainstream of behavior in the radical or unpredictable, emotional or insane areas. The other parent may see the other one as being too conservative, too strict, too demanding and too hostile for the child to be around, feeling that perhaps the child will take on these judgmental and hostile characteristics.

One may exaggerate the qualities of the other parent to such a degree as to see the other one as being totally evil, and incompetent to raise the child. This Awareness indicates that these are generally exaggerated to a great degree, depending on how much hostility the parents still hold for each other from their own personal relationship with the other party. They may be justified to some degree, yet they are generally greatly exaggerated, and even though one party may have been highly violent or cruel to the other party, and this feeling is felt very strongly by the one parent or the other, this does not always mean that the child's relationship with either of the parents is going to be that way.

This Awareness indicates that in some cases, wherein a parent is unable or totally incompetent

of normal living, such as one who is heavy into alcohol or drugs, or has some taint of insanity, and cannot be predicted to be reasonably normal in behavior, but more into strange, bizarre or violent activities, such as the alcoholic or the drug addict or the mentally insane person, this then can supply good reason for the one parent not to wish the child to be with the other parent.

This Awareness indicates that also, when there is a threat that the other parent may attempt to kidnap the child; this also can be a very good reason for the one parent not to want the child to visit. However, wherein the parent not wishing the child to visit with the other is simply creating paranoia, and imagining this to be true without any substance, this is a faulty excuse.

This Awareness suggests that in evaluating the reality of your fears, you might ask yourself: "Is the other parent stable in other areas of his or her life? Is the entity stable in a home, in occupation? Is the entity stable in the community? Does the entity have friends?" If so, it would appear that it is unlikely the entity would give up all of his or her roots in a community to kidnap the child when the entity could in fact have visitation rights with the child.

This Awareness indicates that wherein the entity is totally unstable, has few friends, has no job, no occupation, is not attached to the community, and the home is not stable in nature, then it is reasonable to assume that it would be possible, and perhaps probable, depending on other circumstances, that the entity *might* kidnap the child and go to another place in an effort to start over.

This Awareness indicates in such instances, the parent might have good grounds not to allow the child to visit with the other parent. Also, of course, peculiarities, such as wherein one entity knows that the other has some kind of mental aberration or peculiarity, and is not trustworthy with the child; this too can be a mitigating circumstance.

This Awareness indicates that wherein it is simply a matter of getting back at the other person by using the child and depriving the other person of the right to visit the child or to have access, or to meet with the child; to hold on to the child while depriving the other of the child's affection, and in this manner getting revenge for all of the abuse which the entity feels the other has placed upon him or her...wherein the child in this manner becomes a pawn in the game or in the karmic relationship of the parents, using the child as a weapon to strike back at the other, by denying the child's affections from the other; this of course is inappropriate, regardless of whether it is admitted, or seen as the motive behind the actions, regardless of whether one attributes other reasons for one's denial of the child's affections to the other parent.

ED's Note: For more information on this and related subjects, please refer to 'Revelations of Awareness' No. 81-15 (Incest); \$4.00; 81-09 (The Welfare Mother); \$3.00; Also 85-19 (Trials of the Single Parent); \$3.00 from CAC.



MA EVANS
AMAZING SHAMPOO:
WILL IT REALLY
CURE BALDNESS?

QUESTION:

Some time ago I clipped an article from *Chimo*, a Canadian holistic health magazine, entitled: *Ma Evans Baldness Cure,--Does it Really Work?* The article was written by Zoltan Rolna, a medical doctor. She said: "A few months ago one of my patients reported that she had achieved spectacular results using an herbal concoction called Ma Evans Herbal Hair Lotion which I'd never seen or heard of prior to this time. This lady, who had been treated for arthritis with Cortisone for many years, suddenly started losing her hair by the handful about a year ago and had become bald. Her son had come upon the Ma Evans product and she had tried it for three months. After this time, when she visited my office, there had indeed been a remarkable degree of new hair growth. She had not changed her dosage of Cortisone and was taking no other treatments other than the diet modification, and vitamins and mineral supplements which I had prescribed for her over a year previously. Needless to say I was impressed by the results she had achieved using Ma Evans cure, and decided to investigate it further.

"Ma Evans lotion and shampoo originated in Australia about two years ago. The story goes that an Australian lady by the native name of Ma Evana patented a old gypsy formula containing 15 special herbs and began selling it in her home town. So successful were her initial sales that Mrs. Evana sold the recipe for a reputed one million dollars to Bountiful Products Ltd., Adelaide Australia. In the first year this company has said to have shown nearly four million dollars in sales. The product has only recently been made available through distributors here in Canada. The only reported independent research study carried out on this product to date, was done by Dr. Peter Stydal at the University of Adelaide in August 1979. In this study, questionnaires were mailed randomly to 500 to 608 past customers who had bought three or more bottles of Ma Evans hair tonic.

"Exactly 186 completed questionnaires were returned and analyzed. The study concluded that between 54% and 68% of these people surveyed experienced hair growth. The 14% variation was allowed because of the statistical reliability of the sample group size."

I'd like to ask Awareness if this Ma Evans lotion and shampoo will actually restore hair to most entities who are now bald?

COSMIC AWARENESS:

This Awareness indicates that this as effective for many entities; this not in every case. That in some instances, the hair growth will be minimal; in other instances, this will be sufficient and quite acceptable to some. That this does also need to be supplemented with proper dietary supplements, minerals and vitamins. This Awareness suggests the further communication with this source to make such available to those who are desirous of this substance, that these entities may test this at their own risk.

This Awareness indicates that for many entities, that oil of Jojoba, that this also as beneficial. That aloe vera juice as also beneficial, that Vitamin A and Biotin, Vitamin K and Vitamin E are also beneficial; that massage can be beneficial, that niacin can be beneficial. There are many things which can be done to assist entities, but not all entities respond to the hair supplements in the same way. This Awareness indicates celery juice and cucumber juice taken daily is beneficial for many entities. This Awareness suggests however that still, there is no absolute guaranteed way of regrowing hair which has been lost.

This Awareness indicates that in some instances the hair will regrow on its own without any of these substances. This often occurs after an illness or a deficiency which has caused the loss of hair, then the hair will regrow naturally. However, when certain aging processes set in for certain types of entities with various metabolism and hormonal imbalances, these loss-of-hair experiences may be irreversible.

(Closing Message)

This Awareness indicates that oftentimes entities wishing to bring a system or troubled area back into balance,--whether this be hair-loss or illness or something in society,--will find themselves becoming so engrossed and wrapped-up with the problem that the more they work on the problem, the worse it becomes; this likened unto picking at a pimple, whereby the more one digs, the worse the problem becomes.

This Awareness indicates that sometimes it is best to take the energy off the problem and place the energy on something which is more of a solution, or something which allows the problem to fade away from lack of interest.

ED's Note: *Chimo* the magazine of holistic health, is published by Chimo Publications, 18 Duncan Street, Toronto, Ontario, Canada M5H 3G8..

Ma Evans herbal hair lotion is available from MaEv Distributors 85 Shuter St. Toronto, Ont.

HOW TO USE COLORED LIGHTS IN MEDITATION AND FOR SPIRITUAL HEALING

QUESTION:

A question from D.L. "Has Awareness ever mentioned surrounding yourself with blue light? I'm in a spiritual healing class, and the instructor was giving us instructions on using it. It is my understanding that if you become adept at this, you can disappear, maybe what Christ used on Palm Sunday. Could Awareness comment on this technique?"

COSMIC AWARENESS:

This Awareness indicates that blue light can be of benefit for certain effects; that pink light also can have certain values and effects. That generally speaking the white light as being that which is all encompassing of that energy that protects and recharges and gives vitality, that the pink light assists in dispersing negative forces; the blue light assists in dispersing astral energies but can bring in a weakening of one's efforts, will or energy levels. The green light can be of assistance in healing a body, this in terms of health; the violet light can be of assistance in the odic force, the sexual energies and that which is of rejuvenating nature; the red light gives physical energy, but stimulating the adrenalin can create competitive, intense and irritable attitudes and also can draw in astral beings to upset the emotions. The yellow light stimulates the mental energies and drives out any astral beings, drawing in mental beings into a room. This can also cause certain hyper-nervous feelings, the nerves becoming somewhat sharpened and intense under too much yellow light,--this as having an effect similar to the use of amphetamines. This Awareness indicates that orange light tends to assist in balancing the emotions, and stabilizing emotions between the mental levels and the emotional levels. This Awareness suggests that indigo light, the dark blue, as that which can have a calming effect, but also can lead to depression and dark moods, melancholy feelings, this particularly if overdone.

This Awareness suggests that each of these can have beneficial results for certain purposes, but wherein entities overdo any of these, these results can become detrimental because of the intensity of these energies in focusing on one aspect of being, and shutting out the others, so that a balance is lost.

This Awareness suggests that these lights, these colors be used for the purpose of balancing and utility rather than as a specializing action. That wherein, for example, one wishes to use the yellow light in order to work on a paper which

requires much mental energy, that this can be of great benefit; but wherein this yellow light begins to affect one's nerves, this is an indication that the entity has overindulged in this yellow light and needs to rebalance the entire aura with other colors or with the white light. This Awareness indicates that entities under a red light for a brief period, can feel warm and may recharge areas of the adrenalin and energy levels. This can be beneficial, but if indulged in too long, the entity will begin to draw in those forces associated with red,--astral beings and the lower types of energies associated with the adrenalin glands,--these relating unto competitive and hostile types of energies. This Awareness suggests that wherein an entity experiences cold, and having chills, that a red light can be beneficial.

This Awareness indicates this in reference to the imaging of these lights, but this also can be applied to the actual use of bulbs of different colors in the incandescent or other electrical outlet. This Awareness indicates this has been given in the Type No. 7 Healing, that this needs no further elaboration. This Awareness indicates the Type No. 7 Healing as restricted to, for use by ministers of this Awareness.

ED's Note: The Type 7 color healing manual has been out of print for many years. CAC intends to reprint this manual, which has about 100 pages, when there are enough ministers available to practice this healing method on others. Sam Millar, however, at our request is working on a color healing device that we hope to be able to offer to the CAC membership before too long. A condensed version of the Type 7 information will accompany this device which can be used in the home for healing uses confined to the entity and his family by non-ministers of Awareness.

HOW TO DISAPPEAR

FOLLOW-UP QUESTION:

Her question brought up the question of the adepts who can disappear. She understands that this may be possible during meditation and is possibly what Jesus did on Palm Sunday. Would Awareness...

COSMIC AWARENESS: (Interrupting)

This Awareness indicates that it is not simply the color that brings about that level of meditation or adaptation, there are other factors involved in the action of disappearing. This Awareness does not wish to enter into this complex area explaining to entities how to disappear. This Awareness suggests there is a Meditation of Disappearance which has been given previously by this Awareness.

ED's Note: Awareness has, in fact, given two Meditations of Disappearance. These may be found in the Meditation Manual published by CAC. (\$3.00). See backissues catalogs).

ARTHRITIS, HYPOGLYCEMIA, RHEUMATISM: HOW TO REVERSE THESE OUT OF THE BODY

QUESTION:

A health question from N.A. "I have had rheumatoid arthritis since I was 27 years old. It is all through my body. My knees and arms are very crooked; chronic stomach digestive problems, both with digestion and elimination. Chronic bronchitis and sinus, hypoglycemia. Kidneys,--too frequent urination with irritation and pressure.

"When I look at all of this it seems quite formidable, but I know nothing is impossible with God. Please tell me anything else you see. I was told that I would die when I reach 72. I don't want to go until I learn more and give more. Please tell me what you see, it is so important that I know. Thank you with all my heart."

COSMIC AWARENESS:

This Awareness indicates that a healing shall be given. That there will first be given certain information relating unto this situation. This Awareness suggests that the seven-day fast is that which would be appropriate for you. That large doses of Vitamin C, over a period of one year, this as approximately 1000 mg. daily (this may be 500 to 1000 mg.). This Awareness suggests that you also use lemon juice daily for one year, this approximately two lemons a day. This Awareness suggests that you also use large doses of Pantothenic Acid. This may be purchased through a pharmacy or health food store; that this as very effective in dealing with the arthritis. This Awareness suggests you also use lecithin and Vitamin E.

In relation to the hypoglycemia, that information relating to this has been given, that there is also information available on this through homeopathic and naturopathic doctors wherein this may become beneficial to you. This Awareness suggests that there is also a book: *Mega Vitamins*, which deals with hypoglycemia and the use of large doses of vitamins; that this as that which is important to you in this regard.

This Awareness indicates that you refrain from the use of caffeine and you refrain from those foods which are over-cooked, particularly in terms of animal fats and saturated oils, those fried foods that may be difficult to digest. This Awareness suggests you use acidophilus culture, preferably pure, or in yogurt if this as more desirable, that at least one bottle of acidophilus culture be taken over a period of approximately three weeks. After this, yogurt may be used, this as yogurt made from the acidophilus culture or some other form of food made from the acidophilus culture; that this be used for approximately three months or added as an occasional part of your diet.

This Awareness suggests that in terms of the rheumatism that after you have taken the seven-day fast that you continue using lemon and also that you use apple cider vinegar as a continuous part of your diet. This may be added to certain sauces, to certain

drinks, to certain dressings, or may be taken daily with lemon juice and honey in a glass of water for a period of one year. This Awareness suggests that this being as much as two tablespoons of apple cider vinegar daily, for at least one year.

This Awareness suggests that wherein you do these things, that within a short time you will find yourself growing toward greater health. This Awareness suggests that as your health begins improving you will find yourself moving more and more into an action of social involvement relating to entities in certain group gatherings,--this relating unto meetings in homes and moving to various places to attend lectures and talks. In time you will find yourself being the center of attention for such lectures and talks,--this relating unto the actions of healing oneself.

This Awareness suggests that you shall find yourself moving more and more into this direction of exploring nutrition and other avenues for the sake of total health. That as one who understands and has been able to recover, you will indeed be one who knows what you are talking about..

HIGH INTEREST--A NEW BANK SCAM?

QUESTION:

D.C. of Salem, Oregon, writes: "I've been wondering if it isn't true that the new tax-free high interest accounts aren't a scam to get the available money into the banks before moving into a cashless system; thus trapping many individuals into the system. Would Awareness expound a bit on this?"

COSMIC AWARENESS:

This Awareness indicates this as in the affirmative. That the more immediate and significant purpose is to assist the banks to have more money on hand. That essentially, the banks as having been somewhat suffering from a lack of cash from which to loan and conduct their business. This Awareness indicates this as a kind of action whereby the government subsidizes the banks with tax money, giving incentive to allow entities a cut in taxes for letting the banks borrow their money by putting the money in savings accounts: this stabilizes the banks and allows the banks to have more funds to conduct business with.



"They took everything of value
and left the money."



SOME HINTS TO THOSE WHO GO INTO TRANCE

QUESTION:

A question from C.R. "I spontaneously began doing trance channeling recently. Any information or help Awareness could give on this would be appreciated, for at present it is wearing for me and I would like to be a better, clearer channel for love and Light."

COSMIC AWARENESS:

This Awareness suggests that the use of a strong magnet at your head with your head facing north and the magnet of a north pole nature, this as beneficial. This Awareness suggests also the use of candles at head and feet, the purpose in general to burn up any thought-forms of a magnetic nature which may be floating in the room or cast off from any of the energizing processes or from the questions and concepts which are being brought through during your readings.

This Awareness suggests that also having energizers available who focus intensely to your channel in such a manner as to give forth their energy as batteries.

This Awareness indicates that the Scorpio Correspondence Lessons released through *Cosmic Awareness Communications* which discuss the mana, both low mana and middle mana; these can contain many hints and clues to the energizing process.

This Awareness indicates however, that briefly, the food which is eaten along with the breath is that which creates the greater portion of low mana or that which is the aura and energy around an entity. That this energy, when directed by the conscious will or the mind in directing energy is that which is the middle mana. This Awareness indicates that it is this middle mana which allows the higher forces to operate, this being likened unto food for the gods. This Awareness indicates that the High Self uses this middle mana, steps it up to higher frequency, and this becomes the energies which allow for greater magic.

This Awareness indicates that in your readings whereby those who are energizing have sufficient nutrients, such as proper food and sufficient oxygen to mix with that nutrients so that the blood sugar and oxygen working together create the mana, then this being directed toward you while you are in trance will enhance your capability to perceive more clearly and to tap into those energies which are somewhat elusive. This Awareness indicates that therefore it could be beneficial for those assisting you to eat something lightly prior to trance. This Awareness suggests this approximately 30 minutes before the trance begins. That this should be sufficient to raise the blood-sugar of the energizers that sufficient oxygen be brought in.

This Awareness suggests that the Kahunas often pace the floor, breathing deeply, to bring up the charge of mana. That this may also be of value to your energizers. This Awareness suggests that you, yourself, may also find this beneficial in giving yourself greater energy for these purposes. This Awareness suggests however, that you not over-eat prior to trance, for this can dull your sensitivity. This Awareness suggests that just enough to raise the blood-sugar for establishing and creating the mana.

ED's Note: The staff of CAC has been assisting a local lady in trance work, who is channeling another book by Seth, the entity who spoke through the late Jane Roberts. The instructions from Seth to this channel and to all energizers was to eat Spirulina before and during the trance, preferably Spirulina in capsule form. This does seem to create mana and subsequent high energy levels for serious trance work.

SOME SECRETS FOR GROWING FOODS FASTER

QUESTION:

A question from S.C. in Arizona: "Here at Witches Wells, Arizona, at nearly 1000 foot elevation, many native plants seem to grow very slowly and are very long-lived. In growing our foods, will Awareness indicate any methods we could employ to get a faster production or rotation, like perhaps using the S-Cell along with the D-Cell?"

COSMIC AWARENESS:

This Awareness indicates the use of S-Cell and D-Cell water as beneficial. That the use of diatomaceous earth as beneficial. That the use of imagery just prior to falling asleep whereby you visualize life force going into the plants to help them grow more quickly,—this being done each night; that the use of speaking with plants, telling them how happy you are that they are growing well; that the use of entities encircling the plants and chanting OHM; the use of harmonious music, particularly chords based on triads and such harmonious and pleasant, soothing music as beneficial; the use of ultra-sonics, wherein vibrations are sent out toward the plants, this requiring some experimentation and scientific record-keeping to determine the proper vibrations.

This Awareness indicates the use of copper rods, or foil near the plants, that all of these as being beneficial; the use of blue light upon the plants also as benefitting and speeding their growth.

DOES THE "ELECT 666" REALLY EXIST?

MORE ON ST. TWINKLE
& THE POWER OF SUGGESTION

QUESTION:

E.H. in Ohio sent in ad ad for a book called *The Elect*, written by William J. McDonald, and published by the Exposition Press. The blurb on this says: "Of all the people created since the beginning of time, 666 were created and elected to be the foundation of the universe. They are called the Elect. The Elect are the wellspring of all knowledge and emotion, the spirit behind every living thing on earth, says William J McDonald. Through the pages of this extraordinary book Mr. McDonald reveals how to properly attune yourself to see the Elect and draw upon their cosmic source of truth and inspiration."

I'd like to ask Awareness, if this book, *The Elect*, is valid; and if so, would *It* expound on the six hundred and sixty six entities it refers to as the Elect?

COSMIC AWARENESS:

This Awareness indicates that this appears to be but a book written for commercial sales, to make money. This Awareness indicates that wherein an entity can, with suggestions, give information that allows others to believe in some form of energy; the energy which the entities believe in serves as a form of self-hypnosis which, in effect, leads the subconscious of that entity to expect the reactions from those forces, and therefore can help to bring about certain end results. This Awareness indicates that this much like the example this Awareness gave previously of creating an entity known as Saint Twinkle.

This Awareness indicates that wherein you create an imaginary group of elect entities, these entities are in fact created in the imagination of whoever believes in them. That when entities fully understand that the universe is, in reality, a creation of imagination, and that consciousness and images are in fact being created continually by thoughts, by images, by consciousness,--the consciousness creating itself, images creating more images, consciousness creating images; and that these patterns of an elect number, or of any other title given; these images created by the mind and energized by the mind, begin to absorb that energy, and the energy can be drawn on for the manifestation of certain effects.

This Awareness indicates that it is no different from digging a stone out of the driveway and taking this stone down and having it mounted in a golden case, then telling others that it is a magical stone which can, in proper ceremony, bring them riches. This Awareness indicates that in almost every case, such manipulation would bring forth some entities who would believe in the stone, purchase the stone; and whatever benefits come to the entity may be

attributed to the stone, even though the benefits in reality, might have come anyway.

This Awareness indicates that the more entities who testify that they received a certain amount of prosperity after rubbing the stone, the more other entities will wish to purchase that stone; and the more entities energize and believe in the stone, the more faith they have in that stone. This Awareness indicates that the more entities believe in the stone, and have faith in the stone, the more likely their subconscious is in its efforts to bring about the requested benefits that the entity expects from rubbing the stone. (Particularly when the subconscious is in harmony with the conscious mind).

This Awareness indicates that the Elect of 666 as that which is as salable and commercial in value as would be any other type of hierarchy; that it is a relatively good scam, and should bring about profits for the entity and publisher. This Awareness indicates that many readers may also profit. However, it is not based on any actual fact in terms of the creation of the universe.

ALL ARE ONE

This Awareness indicates that there are often seen forces with sharp fearsome looks, jagged teeth, cruel eyes and snarling lips. There are often seen forces which are soft, warm, loving and kind, nurturing, receptive and giving. This Awareness indicates that there are forces large and forces small; these forces take on many shapes, many features, many faces, and enter into many situations, many relationships and many efforts. These forces each appearing to be individual, each having its own appearance, each having its own name, each claiming to be unique. These forces in reality are composed of energy, and consciousness, which is the basis of all creation, and are all one.



CHOOSING THE SEX OF YOUR BABY: IS THIS A VIOLATION TO THE ENTITY?

QUESTION:

G.M. of Evilis, Minn., would like to ask Awareness: "What about the new procedures they have developed for choosing a baby's sex. I thought an entity chose his own sex before he entered this plane. What happens if people try to interfere by producing say, more male babies, or is this possible?"

COSMIC AWARENESS:

This Awareness indicates that the so-called action of choosing an entity's sex, this can interfere with the natural spontaneous flow of energies, yet this is not necessarily a violation; that this relates to the types of diet used by the mother prior to pregnancy. This Awareness indicates that during pregnancy this diet has little effect other than to deprive or give nutrients to the fetus which will assist or hinder the sexual directions of the development. This Awareness indicates that the diet used prior to the conception in determining the sex of the child, does not necessarily interfere with the entity coming into this plane, other than to make available a passageway for one sex or the other.

This Awareness indicates if an entity has moved through various experiences and is preparing to enter as a female, the female simply will not find the proper entrance through a mother who has been conditioned through diet to produce the male child. That the method of balancing certain chemicals in the body in order to produce one sex or the other is not entirely infallible, but does create a kind of likelihood or probability for increasing the chances of one sex or the other. That this does not force an entity who is determined to be masculine to select a mother who is inclined to produce a female child, and this does not force this entity determined to be masculine to become female instead.

This Awareness indicates any entity determined to be one sex or the other will simply select the proper channel through which that entity may manifest his or her needs and expressions.

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DISCOMFORT IN SERVING OTHERS --- HOW FAR DO YOU TAKE 'THE LAW OF LOVE'?

QUESTION:

A question from S.K. concerning honesty and sincerity: "I would like to know the value of action taken because one knows it is the right thing to do, the good thing to do, what one *should* do; an action what someone else may need or expect, but is not necessarily what one *wishes* to do or feels like doing. On the one hand, it may be fulfilling the Law of Love in that someone else's welfare is put above self, but if this is not done with full emotional willingness, is not the insincerity of it wrong? Is there value in doing good even though one is not whole-hearted in doing it?"

COSMIC AWARENESS:

This Awareness indicates that essentially the action of doing good for others, or doing good, is an action which recognizes that all entities involved in the action receiving any repercussion from the action, will in some way benefit, according to their needs. That wherein an entity sees that which is necessary for another, and sees that this will help the entity benefit, but may feel disinclined to the action, the entity may wish to look deeper and ask: "Would I benefit in some way by going ahead with this, even though I am disinclined to do so?"

This Awareness indicates that often an entity would prefer to be aware of someone else's problem and do nothing simply because it would require effort or might bring resistance or potential threat of rejection. That in such cases, an entity might wish to look carefully to see if these reasons for avoidance are simply personal discomfort rather than concern for the other entity's welfare. This Awareness indicates that if one recognizes that the other would benefit from the action, but that one would be discomforted in assisting or taking the action, then the entity may wish to look closer and ask: "Am I willing to sacrifice myself to assist this entity, knowing that it will be uncomfortable to me?"

This Awareness indicates that if an entity looks carefully at this and decides that the discomfort is more than the entity is willing to give in order to assist the other, then the entity will simply decide to drop the whole project and put energies elsewhere. Obviously, you cannot be all things to all entities. An entity who may need help, and help which you may possibly be able to give to that entity; you must however, evaluate whether your ability to give energy to that entity would cost you too much for your own capacity to serve yourself and others. This Awareness indicates obviously, there are some entities somewhere who need someone to be their full-time servant, but just because you are aware of such a need, doesn't imply that you are obligated to give up your life and your ability to serve others in order to serve this entity who has a full-time need for a servant.

This Awareness indicates therefore, the energies which some demand may be more than you are capable of giving; and if the discomfort to you would be too great, then you are not obligated to give so much to that entity. This Awareness indicates the question at passing over is "How many have you served, and how well?" This Awareness indicates that obviously, if you serve more than you can, then you will not be able to serve others; therefore, you must understand how much you *can* serve others without destroying or harming your own self, without hindering your own capacity to continue being of service.

MAGNETICS FOR HEALTH AND A LONGER LIFE SPAN

(MORE ON THE POLARIZER)

QUESTION:

A question from J.R. of Buenos Aires, Argentina. "The entity Sam Millar has built a magnetic Polarizer that works with the different polarities of the body,—the positive polarity of the upper part, and the negative polarity of the underpart. By reading the works of Walter Russell, I noticed the fact that our world, and every sun and planet for that matter, has an electric belt around its equator. As the planet, the atoms and the man are inter-related and the three of them have the same features, though in different shapes, I believe that by placing the stator of an AC motor as a belt around the solar plexus of the body and the current turned on, the induction of the electrical current could introduce prana into our etheric system, and in this way our health could be improved; and working in combination with the magnetic Polarizer, the belt could make us live longer. Would Awareness comment on this subject?"

COSMIC AWARENESS:

This Awareness indicates that this as a clear and valid concept. This Awareness indicates that the belt surrounding the body, as that which does also need to be magnetic, and this being either of an alternating current or of a permanent magnet; that either of these would be sufficient. This Awareness indicates that this action would be beneficial in assisting to revitalize the physical body.

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ED's Note: Sam Millar is still manufacturing his Polarizer for CAC members who are interested in experimenting with magnetics. These are custom-made to order so please contact CAC for information and time schedule. According to Awareness, the Polarizer does extend the lifespan of entities, help keeps the body in balance and many other positive things. (Please consult your back-issues catalogs for much information given on this invention of Sam's.) At the moment, Sam is experimenting with an optional attachment which utilizes crystals, which somehow amplify the magnetic waves and assists in the healing of entities. (More on this will be released by CAC in the future).

Happy Mother's Day

I dream
of giving birth
to a child
who will ask,
"Mother,
what was war?"

*Eve Merriam



Mothers' Day began with a woman named Julia Ward Howe, who nursed the wounded during the American Civil War.

In 1870 she started a crusade to institute a Mothers' Day as a Day for peace. She said...

Mother's Day Proclamation

Arise all women who have hearts, say firmly:

Our sons shall not be taken from us to unlearn all that we have been able to teach them of charity, mercy and patience.

We women of one country will be too tender of those of another country to allow our sons to be trained to injure theirs. Disarm, Disarm!

In the name of womanhood and of humanity; take counsel with each other as to the means whereby the great human family can live in peace; promote the alliance of the different nationalities, amicable settlement of international questions, and the great and general interests of peace.

Julia Ward Howe
1870