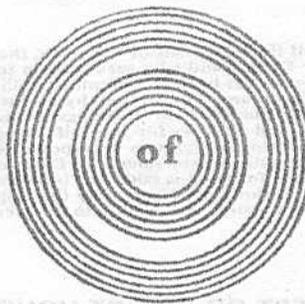


Revelations



Awareness

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Helping People Become Aware

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ISSUE NO. 297

WILL YOUR CHILDREN ACCEPT OR REJECT YOUR BEHAVIOR AND TEACHINGS?

(Understanding the Psychology of Children)

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that would be beneficial...
or should I say, "allow...
"Thank you for your...
open-minded, I am sorry...
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so I am very interested...
can to help me to be able to help...

The parent... the older children
can be... the parent... willing to help
the child... the child... to be willing to
help the younger children... parent... to some
extent... the child... the parent...
a man... help... to be a pleasure teacher
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How to raise New Age children

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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

WILL YOUR CHILDREN ACCEPT OR REJECT YOUR BEHAVIOR AND TEACHINGS?

(Understanding the Psychology of Children)

QUESTION:

Awareness, we have another question about children. Much of this has been covered in previous readings, but perhaps there is another aspect Awareness might cover in this question. This is from P.F., of Bridgeport, West Virginia. She writes:

"The way things look right now, our children will definitely be among the souls on earth when the New Age is fully ushered in, and hopefully, we will too. What would be the best way for parents and young children today, to raise them to be fully aware of man's purpose for inhabiting earthly forms? As this *IS* our only purpose, not the materialistic goals we were taught by unaware or unknowing parents. I would appreciate any information you can give me, or any book references that would be beneficial for raising aware children, or should I say, "allow" them to stay aware.

"Thank you for your time. My husband is not open-minded, I am sorry to say, and I have three small children, ages 3, 1-1/2 and four months, so I am very interested in learning as much as I can to help me to be able to help them."

COSMIC AWARENESS:

This Awareness indicates that the most important thing that children today can grow up to learn is to help each other, to serve each other, and to love each other. Also, that they understand that the universe is basically dominated by good forces, by Divine Forces, and that if they are aligned with those good forces of love and affection for others, that their lives will prosper. This cannot be easily taught to young children in terms of concepts, but can be taught in terms of examples from the parents.

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This Awareness indicates that the older children can be shown that the parents are willing to help the child, and that the child needs to be willing to help the younger children and the parent, in some areas where the child is capable; that the parents can make such help appear to be a pleasure rather than a drudgery, and the child will learn to willingly and happily give service to others.

Wherein the parent laments and complains of how difficult it is for the parent to take care of this or that child, and the child begins to feel that he or she is a burden, or that the little brother or little sister is a burden to the parents, the child begins to make distinctions between giving help willingly and giving help out of duty and obligation, with resentment toward the little brother or little sister.

This obviously begins to create a feeling of competition between the older child and the younger children; the older child seeking to help mommy because little brother or little sister is such a troublesome little kid, and seeking to help for that reason, creates a twisted motivation, one which is not beneficial to the child's value system.

This Awareness indicates that the child then will grow up perhaps being productive and helping others, but resenting the action, and feeling it to be a great drudgery, a liability, and resenting those entities who are being helped, thus creating an attitude of looking down on these entities with a kind of contempt which may or may not be expressed.

Parents are the Models for Children
('Spare the rod and spoil the child')

This Awareness indicates that parents are the models for their children, and the children tend to model their moods, attitudes and values on the behavior of the parents. By behavior, this Awareness includes not only actions, but also the words which parents use to excuse their actions, or to explain their actions. That wherein a parent acts in one manner, and uses as an excuse for that action some ideal, or some abstract concept, the child will model his or her life to some degree after that expression of the parent.

For example, a parent who claims to be a Christian, and who strikes out at his children in the old adage of: 'Spare the rod and spoil the child', this

child will grow up, will tend to grow up feeling that Christianity carries a violent streak with it, and that regardless of the peaceful life of Jesus, one who is a Christian must be violent. The entity may also see that there is a duplicity in the teachings of the Bible, wherein you can say one thing in spiritual expression, and do something entirely different in actuality. Thus you may grow up praising Jesus for turning the other cheek, while slaying your neighbor for being a heathen. This Awareness indicates that the double standard brought on by parents who excuse certain types of actions with a high-sounding philosophy do tend to serve as models for children, so that they also learn how to excuse certain behavior with the right words which sound appropriate, and get them by and allow them to express themselves in ways which are anti-social, by labeling those actions with socially acceptable excuses.

This Awareness indicates that this as a very powerful form of expression which parents tend unconsciously to teach their children, whereby they live a double standard and the child learns that double standard without being taught this words. That the words and actions of parents are not always consistent and the child does not simply learn what the parent says for the child to learn; the child also learns what the parent exemplifies in his or her behavior in general.

How the Double Standard Influences the Child

This Awareness indicates that healthy children can develop even when there are great problems, even wherein the parents are inconsistent or have double standards; much of this will depend on the child's ability to reject his or her parents, reject his or her parent's teachings, or see through the facade of his or her parent's behavior and recognize the truth in spite of the example which the parent is giving.

However, this complicates the child's efforts to discover how to live a good life. This Awareness indicates that an intelligent child, one who is capable of seeing/learning how to reject certain values of the parents and still survive; that child may in fact become more capable of clear thinking at a later time, more capable of unravelling the intrigues and deceptions, of mysteries or myths or false doctrines or false philosophies and concepts, simply because the child has learned at an early age that you can't trust authorities, for they are not clear; they are not honest, or they are confused.

This Awareness indicates that many children under such circumstances, learning to reject their parents, may grow up to be geniuses; that other children, not quite learning how to unravel the mystery of their parent's double standards, may simply grow up confused and expressing the same double standards as did their parents, only these entities may shift to other values and express these double standards in other ways, different from the parent's value system.

The 6 Most Important Things in Child Raising

This Awareness indicates that in terms of raising a child in today's age, it is important that the child feel he or she is loved, that his or her basic needs will be attended, that the child will be kept warm and fed, and will be treated with respect, and with gentle behavior, and that the child will not be threatened, have his or her life threatened, but will be required to live as responsibly as is appropriate for the child's age and ability.

This Awareness indicates obviously a child who is of the age of approximately up to 18 months or two years old, may not be able to communicate verbally, so the child will communicate through cries, through screams, through throwing tantrums, or through other physical actions of a nonverbal nature. Anyone who expects the child to behave more rationally, and who demands the child to: "stop crying!", or expects the child not to become angry because he or she could not get ahold of that particular toy, or could not keep that mirror or that jewel which the child picked up; the person who expects the child to learn not to react to these things is very likely to feel it is necessary to punish the child and teach the child to leave these things alone, perhaps in a harsh and cruel way, believing that they are teaching the child a good lesson at an early age.

How to Teach a Child to Fear & Distrust You

This Awareness indicates that a child who is unable to understand the message; for example, the child who is allowed to pick up the dominoes, but when the child picks up a brooch, the child is severely spanked or slapped, this child is unable to make a distinction between the value of a domino or the value of the brooch, and a distinction between the value of the domino or the value of the brooch, and therefore does not understand the punishment involved. This Awareness indicates no lesson is learned except that the person who slapped the child is cruel and hurts, and is dangerous to the child. The child then develops a fear of that person, a feeling of mistrust. The child learns nothing about the value of the brooch.

This Awareness indicates that parents who punish children from their own value system without tuning in to where the child is in his or her stage of development, make great errors in raising children. This Awareness indicates that *this sentence should be repeated again and again*; that such is a great error, for the child once learning not to trust the parent, rather than learning what the parent wanted the child to learn, will carry that lesson for many years, and it will be expressed in the child's future behavior in many situations.

This Awareness indicates it may even reach out past the parents, whereby the child does not have a decent relationship with authority in general, being afraid to own anything for fear that authority will come down and take that away from the child or

from the adult. That these feelings that come from childhood abuse by parents or guardians can have subconscious effects, whereby an entity can grow up feeling that it is wrong to own property, or wrong to go here or there. Some may even feel it is wrong to laugh and enjoy oneself, this depending on whether they were punished for such as a child, or the child may feel it is wrong to speak out or to talk or to express itself, because when it cried it was spanked or punished.

You Can't Spoil a Child Up to the Age of 3

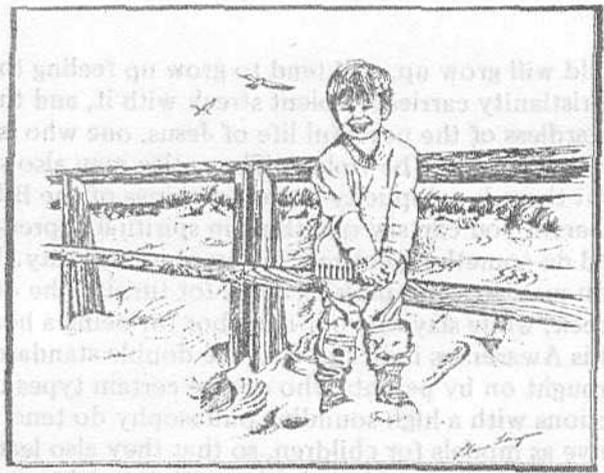
This Awareness indicates that children's crying may be their only way of expressing, and should be thought of as their language, rather than as a scream for help. That their language is: "I don't have what I wanted, I am in pain, I am deprived, I cannot say these words, therefore I must scream". This Awareness indicates that parents who cannot tolerate such energies and who then turn against the child in hostile action, as some have done, to beat the devil out of the child, are simply inserting the devils from their own consciousness into the child and driving it inward.

This Awareness indicates that this as being a great abuse, and as causing great problems for the new being who comes in and who offers that family or that parent the blessing of his or her being. That essentially you cannot spoil a child up to the age of three. That wherein the child reaches an age whereby he or she can communicate and understand the words being spoken by the parent, and whereby these words can convey the messages and values of the parent, then it is time to start educating the child according to his or her ability to understand.

This Awareness indicates that then you may move the child into the bedroom, as a kind of deprivation if the child cannot behave properly in the other areas of the home, but the child must be able to understand why he or she is thus isolated, and it must be that such isolation comes about because the child understood what you wanted, but defied you, or would refuse to follow the directions which were given.

Why Parents Should Apologize to their Child

This Awareness indicates that under absolute defiance, the parent should indeed assert some discipline, whereby the child must learn that the parent is not only in control, but quite fair in such dealings. There is absolutely nothing wrong, and everything right in a parent apologizing to a child when the child is shown to have been proper, and the parent is shown to have been improper in his or her behavior to the child. That often a child will do something, the parent will imagine the child to be guilty, and punish the child before ever holding court, or finding what the child has to say, or will not believe the child until after punishment has been inflicted.



This Awareness indicates that then, such parents refuse to apologize to the child, for they have their own face to save, and their own feeling of authority, and do not want the child to see that they have made a mistake. Such types of activity or relationship with a child develop in the child a feeling of injustice as a way of life, and the child may either turn against authority as being unjust or may adopt the ways of authority, and find that they can be unjust, so long as they do not apologize for such, nor try to make amends for such.

This Awareness indicates that to establish a good rapport with your child you must treat the child according to his or her ability to understand, to communicate on levels which the child understands, in ways which the child understands, and in all ways give the child as much respect as you would give an adult, a guest in your home. Even though the child may be small, the child should be looked at as the reincarnation of an adult, who may have been a very special person in the previous lifetime.

This Awareness indicates this does not mean that the child should rule the roost, or run your life, or make a slave of you, even though the child may act like some queen or king or special person, but it does mean that you should deal with this entity in the same manner as you would deal with an adult who was behaving like that in your home. If the adult cannot speak the language which you use to describe your feelings, then you must learn to speak and convey messages in a language which the adult could understand; therefore you may use simple words or simple actions to convey your message to this adult.

Training Your Child Like You Do Your Dog (Don't Teach a Child to be Obedient)

This Awareness indicates that you must also double-check to find out if the child, or that adult in a tiny body does in fact understand what you are saying. This Awareness suggests that it is far too easy for parents simply to order children around and in ordering children around to train them as you would train a dog, to behave in a certain manner, to sit when told to sit, to roll over when told to roll over, and to shake hands when told to shake hands.

This Awareness indicates that in training children as one would train a dog, you may have as an offspring an obedient robot who does not think for himself, but who simply follows orders from his or her parents, and after leaving the parents then begins following orders from others, so that the entity is never an individual, never creative, never thinking on his or her own, and always the obedient servant of someone.

This Awareness indicates that for New Age children, this Awareness suggests that you not teach your children to be obedient, except in those areas wherein they endanger themselves or others, or wherein they endanger properties, and that rather than obedience in these areas, this Awareness suggests that you teach them *WHY* your values should be accepted by them. This Awareness suggests that in teaching the child *WHY*, allowing the child to ask you: "Why can't I?", and instead of saying: "Because I said so", you explain *WHY*.

You may tell them: "Because if you go out there, you might get hurt. Your mother and I will worry about you and we can't feel comfortable as long as we know you are out there." This gives the child an understanding, rather than simply an order. That adults who cannot see the difference in this, who do not recognize the importance of this, will no doubt raise little robots into big robots.

This Awareness indicates that those who *can* understand this, and see the importance of this will raise children into thinking beings, beings who can look at situations, look at relationships, even enter into circumstances unfamiliar to them, reason and think and communicate and discuss in a responsible manner, in ways whereby they can reach solutions that cover all of the feelings and needs of all entities and situations involved.

This Awareness indicates that to train a child to reason, to understand and to look at the ramifications of his or her actions is far more important than to train a child to obey, although this is a very convenient way for a parent to avoid obligations of child-raising. Basically, teaching a child to obey is simply a form of avoiding the role of being a parent.

This Awareness indicates that you can of course give your directives, ask the child if the child understands why these directives were given, ask the child if the child agrees that this is proper, and if not, why not, and allow the child to express itself, and at a particular point, if the child still insists that, for example at the age of ten he or she should be allowed to get married to Mary Jo, or to Johnny, and go live in their tree house happily everafter; if after all of your explanations and all of your discussions, still no agreement and understanding is reached, and the child still insists on this action, you may then feel it is necessary to take more serious action.

This Awareness indicates that it is highly unlikely that the child would continue pressing this point, but in the event it does, you may then feel justified in depriving the child from any support if they should

decide to follow through on their action; you may find it necessary to take some direct action to show the child who has been providing the child with so much, that they may feel it is... This Awareness indicates an example of such an event occurred to this Interpreter, wherein at the age of seven he decided to run away from home, feeling that he was not getting his way. His mother did talk to him about this feeling, and he insisted that he was going to run away from home. This Awareness indicates that the mother then threw up her hands in despair and said: "Allright! I'll fix you a sandwich and send you on your way." She proceeded to put the sandwich in a sack, tied it to the broom handle, put the broom handle over his shoulder and pushed him out the door with the message: "If you ever want to come back home, you're welcome."

This Awareness indicates it took only three minutes for the child to decide to come home. This Awareness indicates such lessons can be given to children that are lasting and are much more meaningful than simply punishment or demands for obedience. However, wherein one's life is threatened, or wherein one threatens the life of others, or wherein one is endangered; the demand for obedience may serve in such extreme cases as to bring the child back into alignment.

This Awareness suggests however, that after such obedience is demanded, it is important that the situation be discussed openly and completely so that all values may be brought out for complete digestion of the parties involved, and so that the child fully understands the reason why obedience was demanded.

The Major Rules in Child-Raising

This Awareness indicates as a general rule for raising children: Keep the child warm, keep the child fed, give physical strokes, give praise for things that are done well according to the ability of the child; give suggestions of how the child's expressions can be improved, rather than giving criticism of how they are wrong; be willing to listen to the child's point of view; then, expressing your point of view, ask the child for feedback; let the child know how his or her behavior affects you, but do so in a manner



that does not heap guilt or blame on the child, but simply allows the child to see how you accept that behavior, how you react to that behavior, as though it is your own problem, but the child can help you by not behaving in that manner; let the child know the values which you hold by expressing them in an example, being a model for your values, so that the child can see these in action.

To take care of a hurt animal is far more meaningful as a message to a child than to speak of being kind to others. This Awareness indicates that: avoid conflicts in which the child is made a pawn between others in the conflict; do not do a tug-of-war over the child's affections; treat the child with the respect that a human being deserves, and to do this, or to check whether you are doing this, ask yourself: "If this child weighed 160 pounds and spoke to me the way he or she does, would I treat the child in the same way I am treating this child?"

Disrespect for a Child Simply Because It's Small

This Awareness indicates that size is often a reason for disrespect. This Awareness suggests that to avoid such an error, you imagine the entity being your own size, and ask yourself how you would relate to this argument or dispute or disagreement or confrontation if this entity were your own size. Obviously, you will find other ways of relating to the entity.

Even though the entity may have the same mentality of the child, if that child were your size, would you relate with physical abuse, or would you find some other way of communicating with that entity?

This Awareness indicates of course there will be exceptions to this, in that a child weighing a small amount may climb here or there, and the circumstances would not be the same if the child were your size. For example, the child may climb over the seats to sit on your lap. You may not wish this to occur, therefore, you cannot use this same method, saying to yourself: "How would I react to this if this child weighed the same as I?"

This Awareness indicates that wherein the size is an actual issue in the conflict, you may not be able to use this method of evaluating your behavior to the child. This Awareness suggests that it may simply require that you pick the child up and put the child back into his or her proper seat.

How to Help a Child Become Responsible

This Awareness indicates that as the child grows, you may then begin tightening up on restrictions, so that the child's energies are molded more and more toward proper behavior. This Awareness indicates there are two ways of raising children: You may raise the child to be extremely obedient, to be heavily punished in the formative years, so that the child grows up with many aberrations, fears and traumas to work through, whereby with great luck the child overcomes many of these traumas and aberrations, and then finally emerges as a creative thinker, or you may raise the child, giving the child

much leeway at home at the young and formative age, and as the child grows older and can communicate, and whereby you have a good relationship with the child, whereby the child sees you as a servant to his or her needs, and you have played this role for some time, and you decide that it is time the child learned to pick up after himself, to clean up his or her messes; then, as this child manages to adapt to the idea of taking on some of these responsibilities and you praise the child for such accomplishments and for cleaning up well, and the child recognizes this praise as being valuable, and whereby the child then grows somewhat more responsible and older, and you can give the child certain chores other than those which are directly linked to his or her own messes, and in this manner the child begins to serve not only to pick up after himself, but to pick up after others.

This Awareness indicates that gradually the child begins to become a socially concerned individual, recognizing duties, obligations or responsibilities as part of the enjoyment of having good relationships with those around. There will of course be those times wherein the child will throw all caution to the wind and break into tantrums because he or she cannot go over and spend the night with his or her friend, or because of some other desire which he or she is not permitted.

This Awareness indicates that these are all simply part of the growing up, and there is nothing that can avoid some trauma in regard to these, yet these are minor and are not important in the formation of a good character; that as the entity grows older and is able to take on more responsibility, that this should be given. This Awareness suggests that wherein the responsibility given is that which is too difficult for the child, and the child shows symptoms of becoming nervous, of becoming irritable, of becoming frustrated, of becoming pressured by parental influences or from other sources, then it is important that the parent lay back and to take off some of the pressure.

This Awareness indicates that children should be raised to feel that they have a certain amount of freedom of thought, to be expressive, and as they grow older, the tightening-up process may come so that they channel their energies into those areas of creativity which express a responsible behavior, one which is socially accepted and yet which is built upon a background of creative experimentation, whereby they have few aberrations caused by parental punishments, physical abuse, feelings of alienation from authority, suspicion of authority, fear of authority, feelings of inadequacy, and all of the other problems which tend to come from those relationships which are built on the concept of 'Spare the rod and spoil the child.'

This Awareness indicates that this concept has done more to continue violence in the world than any other concept.



This Awareness indicates so long as children love their parents they will want to please their parents, but this Awareness suggests that you not use that love as a control over your children, rather, that you give love to your children, express your desires, listen to theirs, and allow them to have equal right in discussing things with you, and from this, allow yourself the time to give these children the values which they will need as they grow toward maturity.

This Awareness indicates that an easy image, an image which allows parents to have a better understanding of raising children is the image of the pyramid-shaped or conical-shaped form wherein the child as a baby is at the bottom of the cone, and has much room to run around and express itself in, but as the child grows taller and more mature, the cone narrows, the restrictions become more defined, so that when the child reaches maturity and is ready to leave home, the child is well defined in terms of the actions which are required of the child in living in a society, and whereby the child is not rebellious to the parents or to society, but has been molded very carefully, allowing as much creativity as the child needed to develop his or her own understanding of what a good social being is.

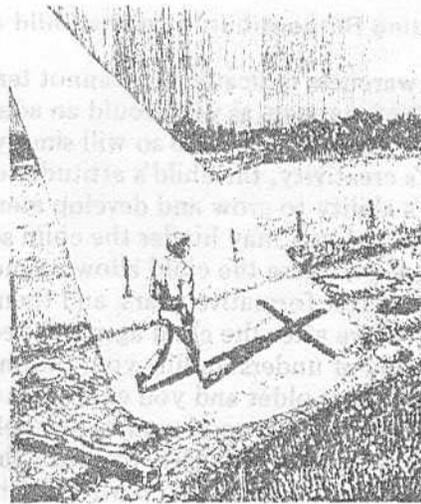
How Not to Raise a Child

This Awareness indicates the opposite image of that which this Awareness suggests entities not use, is that wherein the small child is seen at the bottom of an upsidedown cone such as an ice-cream cone that comes to a point, wherein the baby is controlled tightly, and as the baby grows, it is in constant struggle to have any freedom so that it is never freed until it leaves its home and exits from the cone at the top, whereby the child is constantly struggling to overcome the demands, controls and the tight order which the parents have placed upon the child.

This Awareness indicates such a child will spend many years after leaving home, many years after entering into other lifestyles attempting to overthrow those controls from childhood or the images of the parents telling the child: "You are no good! You can't do this! You are to do what I say and nothing else!" This Awareness indicates such a child may never ever be able to overcome those controls and restrictions which are imbedded in his or her psyche from that imprisonment known as the family relationship.

This Awareness indicates that these entities may have had great potential, may have come into this plane with the potential to be another Christ, but if raised in this manner, they may simply become a warped and twisted individual, unable to excel at anything other than stuttering and perhaps overcoming the stuttering, or having poor eyesight or some other disease based upon childhood agonies, frustrations, angers or repressed feelings.

This Awareness indicates that *It* suggests entities see these images clearly and allow the child, the younger child, the greater the freedom within those areas which it can handle; that this teaches the



child to face responsibility for its own action. Of course, this does not mean that the parent should allow the child to enter into activities which it obviously cannot handle.

This Awareness suggests that for this reason you visualize the cone around the child; the child growing up into the cone toward the point, and that cone representing the walls of restriction around the child; that the restrictions be increased as the child grows older, rather than the other way around.

Thus the child then grows, having not simply a parent controlling and demanding obedience, but having a teacher who brings the child to a point of graduation whereby the child can then emerge into society, whole and clear, and self-contained. That this of course, is more difficult for the parent, for there will be criticism from others that your children simply run wild. There will be criticism from others that you should keep your children more in line. There will be criticism from others that you are totally negligent of your children.

This Awareness indicates that these may be indications that it is time for you to talk with your children and put new restrictions on them in terms of their behavior around such entities; that you can use this social feedback according to your understanding of your child's ability to adapt without the trauma of simply forcing your child to fit into some mold. This Awareness suggests rather than forcing your child into the mold of an ideal child, you determine whether this child is now capable of taking on more responsible behavior without it hindering the child's creativity. It may be necessary for you to inform other entities that if they do not care for your children's behavior, perhaps they should not come over and visit, or perhaps you should not come and visit them with your children.

This Awareness indicates that your reaction will depend on how you evaluate the situation; whether those who are complaining have what you feel is a justified complaint, or whether they are being unreasonably demanding and critical of you and your children.

Adding Responsibilities as the Child Ages

This Awareness indicates you cannot teach a young child perfect manners as you would an adult, or near-adult, therefore efforts to do so will simply inhibit the child's creativity, the child's attitude toward you, the child's ability to grow and develop mentally and physically, and you may hinder the child socially. However, if you raise the child allowing much freedom in those younger formative years, and then become more restrictive after the child ages and becomes more capable of understanding your message, then when the child is older and you express the importance of having certain good manners or behavior in some particular circumstances, the child then can easily adopt these actions and having much trust toward you, will not be inclined to rebellion, but will be inclined to take your advice when it is seen as beneficial.

There Will Always be Problems

This Awareness indicates that regardless of what method entities use, or how well thought out their efforts may be in regard to raising children, in regard to relating to others, in regard to sharing their children with others...there are always going to be those unexpected events, those areas wherein the parent worries and experiences trauma and concern. There are always going to be those events wherein the parent makes a mistake, does something stupid, unreasonable, or utterly human, whereby the repercussions come down on the parent or the child and great sorrow or guilt or frustration or anger occurs.

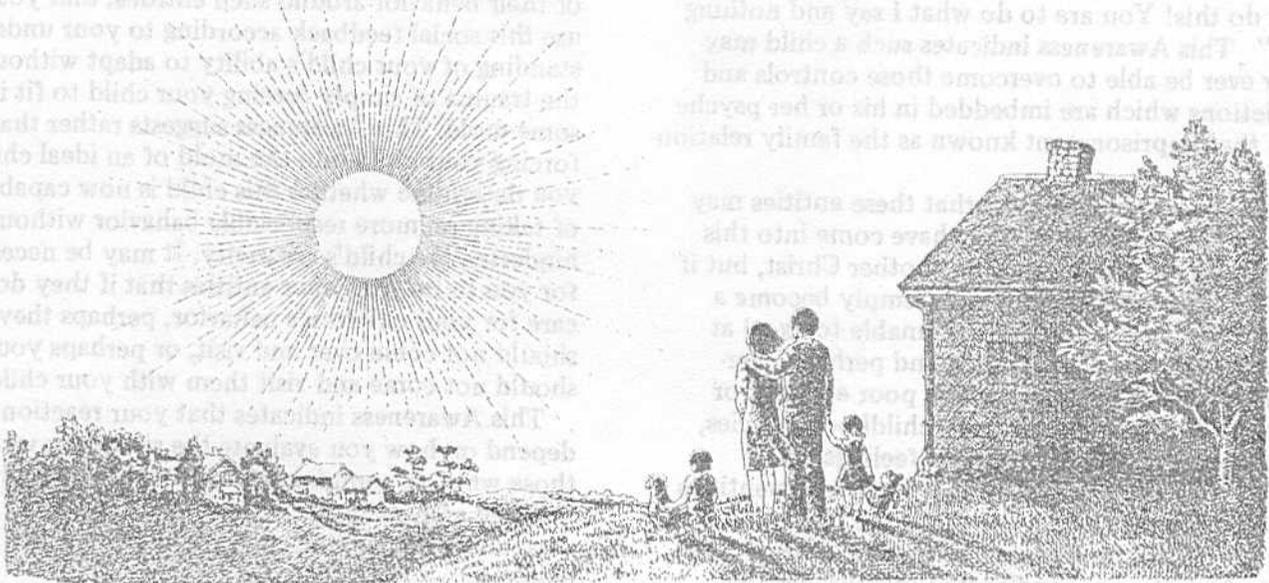
This Awareness indicates that no one can be perfect in a relationship, for there will always be some kind of event which is unforeseen, unexpected, brought on by some mood, emotion or action which was not forecast, or expected or intended. Therefore, entities must expect some problems in raising children. This Awareness indicates that the most entities can hope for is that the child will grow up having a good self-esteem, respect for others, respect for self, and love for mother and father, and for others.

Let the Child Work for Something

This Awareness indicates that such a child, if having these things, will automatically also have a love for the Divine Forces, and for life in general. This Awareness indicates also that children can learn to lose and still go on and win. That children need not be given everything. That children may have the need to struggle. Without some struggle, the child becomes greedy, thus, to earn something the child gains a sense of value of his or her own worth in the action of earning something, thus it is important that the child not be over-pampered, nor deprived when the child has made an effort to earn something, for the child who is deprived, who works for something, who does put out much energy to acquire something, yet never receives the reward may become discouraged and feel unworthy, thus the one may become overly greedy, the other may feel unworthy.

The one who feels unworthy and unloved may easily turn to theft. The one who feels greedy may turn to excessive ambition, excessive drive wherein ruthlessness occurs. This Awareness suggests therefore, that the child be taught and treated fairly so that effort expended is given a reward, and that the child be allowed the feeling of being important, whereby the child is given some gifts, simply for being who the child is, but that the child also is given opportunities to earn that which he or she desires.

ED's Note: For more information on children and related subjects, please refer to 'Revelations of Awareness' No. 81-15 (Incest); \$4.00; 81-09 (The Welfare Mother); \$3.00; 85-19 (Trials of the Single Parent); \$3.00; 86-10 (Adopted Children: the Search for roots); \$3.00 from CAC.



**DID A RED-HEADED ENTITY
WALK THE AMERICAS
BEFORE THE TIME OF JESUS?**

QUESTION:

A question from R.B., of Denver, Colorado. He is quoting from something. "About 500 years before the White race came to this land, a white red-headed prophet walked this proud land. He told the Red man, that in our time we would seek out the ultimate weapon, and should we reach it and use it, there would be no forgiveness beyond the veil." Question: Was this man who taught positive Christian teaching, a real brotherly force, 500 years before Christ, and what is this ultimate weapon? When will it be reached and if used, who will use it? Can the people stop the development of this ultimate weapon?" He also included an article from a newspaper which might be the ultimate weapon, and it's titled, "New Weapons Making Wishes Into Commands", and it concerns technology they are working on where the human voice or eye control using beams of light from a computer to track exactly where the eye is looking. That is the gist of the news story.

COSMIC AWARENESS:

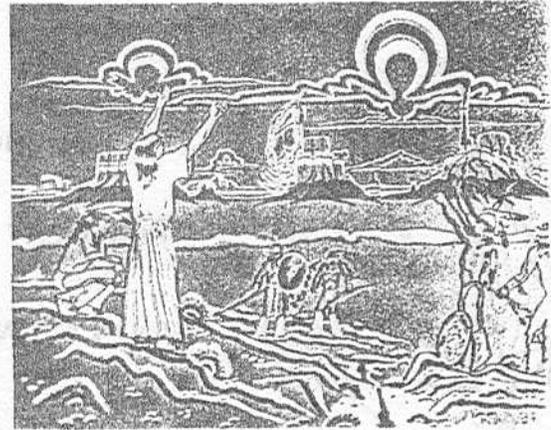
This Awareness indicates this essentially as an aiming device. This Awareness indicates that in reference to the comment by the entity regarding the ultimate weapon, this as being a misquote, and fabricated by those who have passed this story on.

This Awareness indicates that this entity did exist; that there have been other white persons in the Americas before Christopher Columbus and his crew arrived,--these as Norsemen; that there also have been entities from outer space, or extraterrestrials, who have been in the Americas. There also have been red-headed white cannibals of a giant size in the areas of New Mexico and Arizona, that these entities are from underground caverns.

This Awareness indicates that the legends referred to by this entity of the one who walked the Americas, this as an entity who received his guidance and purposes from certain forces which were involved in the evolution of the masses upon this earth, being directed from the so-called UFO or extraterrestrial types of beings. That much of this was directed from those sources in the inner earth, this not being the subterranean but those of the middle earth. This Awareness does not wish to comment further on this information at this time.

(FOLLOW-UP QUESTION):

Is it alright to publish this question and Awareness's answer?



COSMIC AWARENESS:

This Awareness indicates that this being of some slight danger in a sense due to the indications that there can be more information on this. That many of these references to middle earth and the subterraneans can create a barrage of questions which could lead to premature exposure of the information, that this also can imply to those who would prevent this kind of information from being released that there is something known that *will* be released. This Awareness indicates that the danger as being relatively slight in this particular case, but that the value of the question as also being slight in this particular case, without further elaboration on the middle earth comments. Therefore you may wish to withhold this information until the UFO material is being released.

ED's Note: this reading was given in April, 1979, and the UFO information was published some time later. This is one of many references I come across that refer to the middle earth, UFOs etc., which did not get published after the UFO information was finally released. Those interested in more should read 'Revelations of Awareness' No. 79-18 (A Cosmic History of the Illuminati): \$3.00; also 79-25 (The Secrets of the UFOs Revealed); \$4.00 from CAC.

In reference to the entity who walked the Americas, CAC permanently stocks the book: "He Walked the Americas", which has been verified by Awareness as being accurate. Please see CAC book catalog for prices.



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ELECTRIC SHOCK

TREATMENT

--ANY LASTING

DAMAGE ?

QUESTION:

This is a personal question, but the subject has been asked by several members to be discussed. It's from, she signed it, "Sincerely, a member."

She writes: "Several years ago in the midst of being a new mother and abused wife, I received four electric shock treatments. Would the Awareness please comment on lasting damage and how to overcome it, perhaps nutrition, positive visualization and so forth. I function well, but there is a fear, real or imagined, that keeps me from deep meditation, and an instinctive turning away from high points such as orgasm."

COSMIC AWARENESS:

This Awareness indicates that the action of shock treatments is such that it burns out the synopsis or connecting mechanisms between certain of the brain cells and hinders memory. The memory is still recorded within each cell, but the connecting links between experiences held in the memory is not as strong as before the electric shock, this creating a disconnected consciousness, so that the flow of concepts one to another, the association of concepts one to another, need to be rerouted.

This Awareness indicates that in terms of those which have been deeply ingrained such as the ability to speak, write and patterns developed in basic thinking and behavior, these are capable of withstanding the shock treatments, and continuing to function even though somewhat hindered by these treatments.

This Awareness indicates that those which have been built upon a relationship that is shaky, and not too deeply ingrained but of an emotional level, these often are burned away so that new associations and connections between the events, between the brain cells need to be made, this allowing entities to change their associations from one grouping to another. That the connecting links are not actually burned so much as weakened so that the consciousness does not flow through the nerve fiber, from one brain cell to another on the same path but will choose a different path.

This Awareness suggests that this creates a kind of vacuum whereby the entity upon hearing a word or conceiving a face or image, which would have previously triggered thoughts and responses, may now find that the triggering mechanism or connecting association with that face or concept and the usual response is no longer strong, or appears to be missing; therefore the entity begins creating a new association with that face or concept and a new type of reaction.

This Awareness indicates that there are strong arguments that this can assist in helping entities to overcome certain deep-seated, psychological problems based upon associations that have been detrimental, yet there are also arguments that this type of treatment is right out of the Dark Ages, similar to the action of burning witches at the stake but more subtle in the sense that they are simply burning out the entity's memories and identifications and leaving no visible physical scars.

This Awareness indicates this also not too unlike the lobotomy which leaves an entity moving around and conscious, but very zombie-like in many ways. This Awareness indicates that the promoters of these types of therapy simply are using archaic and medieval approaches, attitudes and have little real mercy in their healing methods but are somewhat cold and detached from the patient and enjoy the feeling of being a scientist or having the power over another's life.

This Awareness indicates *It* does not approve of these forms of treatment; that there are more humane ways of treating entities, there are more effective ways of treating entities, this as a topic for other discussions.

How to Heal Brain Damage

This Awareness indicates in your particular case, the use of Gotu Kola to help restore the damage which has been done in your brain fibers, this can be of great benefit. This Awareness suggests this substance takes oxygen into the brain and helps to rebuild any damages which have occurred there. This Awareness suggests this be used in teas, in capsules or in fresh leaf; that this be used daily, over a period of at least one year. This Awareness suggests there are various other approaches: that deep breathing such as is promoted in Yoga or simply the use of ten very deep breaths daily, or the use of oxygen, this can also be beneficial. This Awareness suggests that there are also certain homeopathic cell salts which can be beneficial,--this information is available in the Dr. Scheussler's Biochemistry booklet. These can be found in most health food outlets and through C.A.C.

(ED's Note: Please refer to the CAC book catalog)

This Awareness suggests that a diet using fresh fruits and vegetables can be beneficial, that lemon juice and citrus fruit as also quite beneficial, those foods which help to restore the nerves. This Awareness suggests also the following vitamins and minerals: Vitamin C, choline, the B-complex vitamins,

nucleic acid, pangamic acid, folic acid, chromium and copper, iron, zinc, manganese, potassium,-- these to be organic and chelated or in other words from natural sources rather than from petroleum sources. Also the use of bee pollen which contains many of these minerals, this as being of great benefit to you. This Awareness suggests that mental exercises such as puzzles, the reading of books and texts, studying of various forms of mathematics or specific sciences, this also can be of great benefit. This Awareness suggests also that you review those fields of study which you have already familiarized yourself with when younger; this to include the re-reading of works of fiction and other nonfiction books which you have previously enjoyed. This Awareness suggests that running back over those areas of your life, of your studies which you have enjoyed, this can be of great benefit. This Awareness suggests you avoid any of those books or studies which have not necessarily been enjoyable to you, even though you may feel that others would want you to review those areas. This Awareness suggests any of the areas which originally caused problems need not be reviewed, that these may be simply dropped and left where they are.

This Awareness indicates you may review these areas if you so desire, but that this not be done for re-energizing the areas which were detrimental to your happiness. This Awareness suggests that the Gotu Kola as that which should not be neglected.

ED's Note: Gotu Kola is the herb elephants feed on and is attributable to their incredible memory. This substance can be found in healthfood stores and through mail order.



HOW THE CIA IS USING VARIOUS STOP-MOKING, STOP-DRINKING CENTERS TO RECRUIT ITS VICTIMS

QUESTION:

Back in 1976, Dr. Beter stated in his Audio Letter number 11, the following: "I revealed in my monthly Audio Letter for October 1975, that electronic psychological programming techniques are being used by the CIA to program people like human robots to do all kinds of things they normally would not do. There is now a rising demand by the CIA for people who can be made to run involuntary errands for them this way, busy as they are with bombings, terrorisms, and other projects, to warp America's bicentennial to Rockefeller's purposes.

"But people vary considerably in their receptiveness to such programmings, and a catalog of highly receptive individuals is therefore of great interest to the CIA; therefore, the CIA has secretly aided in the establishment of a chain of centers which offers to help you quit smoking, lose weight, or stop drinking, almost overnight. What they use are psycho-

logical conditioning techniques which are related to the very much more advanced techniques used by the CIA, and if you go to such a center, and your therapy reveals a very high susceptibility rating, your name, with or without the knowledge of the particular center you visit, will end up in a special CIA file for possible future use.

"If you contemplate using such therapy, you should be warned of this hidden liability. If you have already used it, I can only suggest that you exercise due caution whenever you must receive medical care, especially if hospitalization is involved. If possible, stick with your family doctor, or others you know you can trust."

Now, this was put out in 1976, a long time ago, and my question is: Is this program by the CIA still going? I notice that there are centers like the Schick Center; all kinds of hypnosis centers and quit smoking centers using electrical probes and all sorts of various methods to stop entities from smoking and drinking; (they even have them for dope and cocaine addicts); and I'd like to ask Awareness if this program is being used by the CIA today?

COSMIC AWARENESS:

This Awareness indicates this appears to be partially in use, but not to a major extent. This Awareness indicates that it appears rather that the selection for these entities comes more through psychiatrists. This Awareness indicates however, that the message given at that time still as valid and worthy of concern.

ARE TIME-WARP WEAPONS BEING DEVELOPED BY THE PENTAGON?

QUESTION:

Some time back, Jack Anderson released information about the Pentagon's secret, which is that the U.S. military is seriously trying to develop weapons which are based on ESP. One such weapon, says Anderson, is an anti-missile system that would throw a time warp over the North Pole. Incoming Soviet missiles would fly into the time warp and explode harmlessly in the past.

I'd like to ask Awareness, if such a thing is possible, what the repercussions would be to those entities if there are any living in that particular time warp?

COSMIC AWARENESS:

This Awareness indicates that the possibility of such action is presently beyond the technology of this nation or this planet and its scientific developments. However, that is possible as a development. This Awareness indicates however, in terms of the technology of this planet, this is that which does not appear to be a threat.

This Awareness indicates there could be repercussions in terms of the entities in the area at that

time wherein those weapons were exploded; this would be likened unto having certain experiences occurring in present time which had been thrown back from future times into the present. That for example, the crash of the so-called 'meteor' in 1908 in the Soviet Union; that in one respect this could be viewed from a particular frame of reference as having been a time-warp experience, whereby entities of a different time system created an experience in the present at that time.

This Awareness indicates that essentially this is more of a hypothetical question than one of practical application, particularly considering the frame of reference in which the question is asked, and in which the present technologies are capable of achieving.

ED's Note: that 'so-called meteor' Awareness referred to was revealed to be a UFO that crashed in Russia in 1908. For more info on this, please refer to 'Revelations of Awareness' No. 85-16 (The Tungusta River Explosion -What Really Happened?); \$3.00 from CAC.

WHAT TO MEDITATE UPON

AND NOT JUST FALL ASLEEP

QUESTION:

A question from G.K. of Chicago, Ill. "Often in meditation I find myself drifting into a sleep state, and then suddenly awakening in about 20 minutes. I am interested in transcending the awakening of chakras, and seek to follow the silent mind technique of Sri Aurobindo. I have asked my subconscious for clarification and received the message to 'Concentrate'. My question is: Is there a suggestion from Cosmic Awareness upon what one may concentrate in meditation to prepare one's mind for absolute tranquility, whereby direct guidance from Cosmic Awareness might be possible?"

COSMIC AWARENESS:

This Awareness suggests that you concentrate on that which you conceive to be the highest and best as a concept, not necessarily a particular thing or object that is the highest and best in comparison to other objects, but that you concentrate on that which you consider as a concept or energy that is the absolute best, highest, most grand thing imaginable. This Awareness suggests you not try to define that highest and best, but to discover what it is by concentrating on the highest and best, searching to see, searching to discover, searching to find what is the highest and best, focusing in an effort to find out for yourself what is this highest and best. This kind of meditative action can lead to an opening that is quite beneficial. This Awareness suggests you not ever assume that you have seen or have discovered the highest and best.

This Awareness asks that you let this be a meditative endeavor, rather than as a quest to be satisfied;

that in using this technique, you always search for the highest and best, even though you may think you have experienced and seen the highest and best.

This Awareness suggests you look beyond that for the highest and best, considering this as an action rather than as a goal, needing satisfaction.

DOES EATING FISH OR MEAT CREATE BAD KARMA ?

QUESTION:

A question from K.G. "Does eating meat or fish create bad karma?"

COSMIC AWARENESS:

This Awareness indicates this *only* if the entity feels guilt, or feels that this is a great error. This Awareness indicates that entities arrange within themselves to make penance for that which they feel is in error, and this is that which is known as karma. This Awareness indicates this often is accomplished on an unconscious level and has nothing to do with the conditioning or the conscious training of an entity, for the entity may have been consciously trained into a particular act; yet on an even deeper level the entity may know, in fact, that the act was not right, was not proper, and may set up within himself a way by which repentance can occur.

The Law of Chance

The *Law of Chance* is that Law that results when the *Law of Magic* is initiated without being in harmony with the *Law of Unity*.

This Awareness indicates the *Law of Gratitude* is that Law which does bring justice and balance for those actions which occur under the *Law of Chance*.

Cosmic Awareness

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