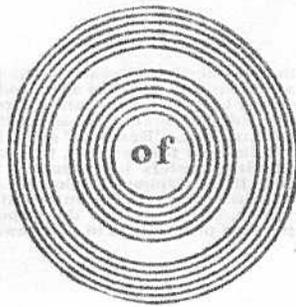


# Revelations



# Awareness

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## THE NATURE OF COMEDY

## LAUGHTER -- THE GREAT HEALER

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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 COMEDIANS REACT TO PAIN BY MAKING JOKES?

( LAUGHTER AS A METHOD OF HEALING )



### QUESTION:

A question from D.B. of Sandusky, Ohio, which I asked once before and Awareness suggested it be asked earlier in a future reading. "You've done readings on a number of rock musicians, and I'm wondering if you might do a reading on another phase of the entertainment industry--namely comedians. All my life I've had the deep down desire to be a comedian. Last year I appeared at one of those improvisational night-clubs and my experience was really bad. I got sick and I couldn't go to work the next day. I felt just shattered for a long time. It was 9 months before I could go on stage again. Anyway, could you maybe shed some light on comedians, namely, why all the agony? Why do we react to our pain by making jokes? What's our purpose? Is it Shamanic? Sincerely, D.B."

### COSMIC AWARENESS:

This Awareness indicates that many comedians have ties or roots or alliances with elemental forces and nature spirits. This Awareness indicates these nature spirits tend to desire happiness and joy, and the comedian type finds it quite difficult to strike a middle path, wherein the entity is satisfied,--but not happy, or sad. This Awareness indicates most comedians are either quite happy, or quite unhappy. This Awareness indicates that this in part may be unrelated to the nature spirits for some comedians, and may be more of a condition of the tridosha. This Awareness indicates that this as a kind of sado-masochism, or manic-depressive quality which affects an entity, whereby the entity experiences mood-swings from high to low, or low to high. This Awareness indicates that this occurs often with children and may be related to tendencies of hypoglycemia or to imbalances in the endocrine system.

This Awareness indicates that when this occurs with children, it often tends to manifest in the expression of the child as a poor self-image, or feeling of depression; and the child may learn to compensate for these mood-swings by making jokes about things which lift the child out of those depressed states. This Awareness indicates essentially, laughter is a form of elevating, or lifting one's spirits. You might consider each chuckle to be a different floor of the elevator. This Awareness indicates the chuckles release tension; therefore, laughter can cure and heal entities as tension is released from their system.

This Awareness indicates that the nature of humor is that which has certain qualities; but basically, the most common quality of humor is that of incongruity,--wherein one image is placed beside another in a manner that is incongruent, or which does not fit. This Awareness indicates that humor always carries at least two images side by side, so that both are seen at once. This may be in the form of pun, or this may be in the form of an image, or this may be in the form of a surprise, wherein what is expected as one image is suddenly replaced by another image,--such as the boat launching,--being sent into the water, and continuing to sink.

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This Awareness indicates that the nature of the incongruent generally, if not always, conveys two levels of intensity, or gravity: the one level being that which is of a serious nature, the other level being that which is light. This Awareness indicates that in slapstick humor, wherein the clown is conked upon the head with a club, turns around and steps on a rake whose handle comes up and konks the fellow again; this is seen as humorous and light because entities recognize this entity is a clown and is deliberately doing this for a laugh,--but at the same time the laughter comes, this could be quite painful. This Awareness indicates if it happened in real life to one who was not seriously attempting to be humorous, the onlooker might become concerned, rather than roaring back with laughter.

#### Slapstick Comedy & Humor of Exaggeration

This Awareness indicates humor in slapstick comedy generally is based upon the two levels of pleasure/pain; humor of the exaggeration comedy, such as that exemplified by entities such as Red Skelton, such humor of exaggeration carries two images: that which is imagined as real, and that which is exaggerated, and obviously unreal. This Awareness reminds entities of Falstaff, in the Shakespearean comedies, and the brass bragging of this entity. This Awareness indicates also, the plainmen of the United States in early days would have what they called their "say", and would stand around the campfire bragging about how rough and tough they were. This Awareness indicates these entities exaggerated beyond all comprehension, their powers. This Awareness indicates that entities listening saw the incongruity, knowing what the entity probably could do, yet hearing what the entity claimed; and this was seen as a form of humor, and entities enjoyed these gatherings.

#### Jack Benny, Bob Hope,--Puritan Humor

This Awareness indicates that the Puritans of the United States, (being such that they tended not to express emotion, due to religious prejudice against pleasure), tended rather to tell jokes with a straight face,--expressing no humor, even though their statements were quite humorous. This Awareness indicates a present-day example of this type of incongruity is seen in the entity Bob Hope, and also in the entity Jack Benny.

#### The Humor of Satire

This Awareness indicates that a third type of popular humor emerged from the deep South, in the plantations among the slaves, with the Uncle Remus stories of Brer Rabbit and the fox, and similar stories, which were told by the Blacks and others; this humor as that which was created from a sense of satire, or irony, wherein that which was being told had a second meaning,--a meaning which was slightly hidden, except from those who were looking for that hidden meaning.

This Awareness indicates that this humor of satire as that which has also developed in various present times and situations. This Awareness indicates that the entity Jonathan Swift in his satire regarding the use of children in England, used a similar type of satirical humor to point out the violations which were occurring to children, when he advised parents that rather than objecting to the children and objecting to having so many children, or to tending to the children's needs, the parent might be better off to

eat the children. This Awareness indicates this as his attempt to point up the need for parents to care more for their children, though he spoke in a manner which brought ire and anger from the parents of these children. This Awareness indicates that more recently, the humor seen through film-making and television often uses the double image or incongruity of illusions. This Awareness indicates examples of this may be found particularly with the entity Benny Hill, wherein this entity creates what appears to be one image, but is soon seen as something else entirely.

This Awareness indicates that essentially, humor helps to lift the spirits of entities by presenting two images: that which is seen as real or as serious,--even as grave,--and that which is seen as illusion, and light, or as ridicule. This Awareness reminds you of the recent film *The Loved One* in which death and dying and the burial of human beings was parodied by the accompanying story of the burial ground for animals; and wherein the owner of the great cemetery of awesome splendor decided to move his corpses into outer space with the launching rockets, so that he could use his land for condominiums--the entity with the burial ground for animals attempted to launch the body of the dog in a rocket, only to have it crash. This Awareness indicates here again, you see the double image,--that which is serious accompanied by that which is ridicule and light, and also side-by-side with still other images of a similar nature. This Awareness indicates in the use of puns and jokes, you will see these meanings and the expected, followed by the unexpected image.

#### Humor as a Consciousness Changer

This Awareness indicates that humor is a quality which can change consciousness, and lift entities from confinements of grave levels, or imprisoned attitudes, into levels of greater freedom. This Awareness indicates that entities who understand, play with humor and express humor, develop higher intelligence and greater qualities of the mind and become more creative and more free. This Awareness asks entities to learn to laugh at themselves, and at the seriousness which entraps them; to learn to enjoy switching levels with humor. This Awareness asks entities to understand there are many viewpoints, and that which is of a serious and heavy, or sacred viewpoint, can often be altered by jumping to another state of consciousness and seeing that same thing from a different point of view.

This Awareness indicates as entities learn to elevate their consciousness in this manner, they can often discover new insight and become more enlightened. This Awareness indicates also, that entities who tend to be too light, too frivolous, too uninvolved, too shallow, may wish likewise to experiment with the heavier, more serious energies.

This Awareness indicates that humor, through the use of double images, incongruent, can also be helpful in developing artistic qualities in music, in art, in drama, in dance...for in these artistic areas also, there are often double images expressed. This Awareness indicates the same qualities which teach the mind to think in double, in duplicate terms, also helps to develop the ability to think in terms of symbols as well as words, simultaneously. This Awareness indicates this creates a deeper, more metaphysical consciousness. This Awareness indicates that many entities involved in comedy and humor have approached or entered into consciousness levels that recognize metaphysical and symbolic thinking

processes, and the intelligence of these entities tend to increase considerably.

### PSYCHOLOGICAL AGONY

#### AND ITS RELATIONSHIP TO HUMOR

( THE EFFECTS OF THE CRUEL JOKE )

#### QUESTION:

This entity, D.B., evidently aspires to be a professional comedian. Would Awareness look at this question he asks, (which might be invalid in the first place): "Why all the agony, and why do we react to our pain by making jokes?"

#### COSMIC AWARENESS:

This Awareness indicates that the agony as often that which motivates the entity into humor; for there is no way in which the entity can escape the psychological agony, except with the mind, and the mind moving into lighter attitudes and levels,--this leading into the ability to laugh and make jokes of situations which normally would be quite painful and frustrating. This Awareness indicates that humor is a form of healing.

This Awareness warns entities however, that making jokes at the expense of others is not that which is funny, nor that which is humorous, but is that which is cruel. This Awareness indicates that the entity Groucho Marx as one who often made jokes at the expense of others, but this entity was able to do this in a manner whereby others expected this, and took this not seriously, but as a form of comedy. This Awareness indicates that wherein one makes jokes at the expense of others and others are hurt by these jokes, this as that which is not beneficial.

This Awareness indicates however, wherein there are actions which are damaging to the welfare of others, often these actions can be destroyed or hindered or stopped by the use of humor. This Awareness indicates there is a saying that "If you wish to destroy something without it being a direct attack, then laugh it to death." This Awareness reminds you of the time in which Lincoln and Douglas debated, and Lincoln's arguments were being outclassed by Douglas until Lincoln began ridiculing Douglas because his socks did not match, and the audience began laughing at Douglas, and Lincoln won the debate.

#### The Church of the Healing Laughter!

This Awareness indicates that *It* prefers humor to be used for healing purposes; that entities can, in fact, heal one another by helping each other to laugh. This Awareness indicates there is a church in California which has as a principle part of its essence, a program whereby the members are encouraged to laugh at the preacher's message, and the laughter increases, louder and louder. This Awareness indicates this church is having great success in healing entities who have been ill,--often for many years.

This Awareness indicates that in terms of the questioner, the agony and pain which this entity suffers compares greatly with the agony and pain which many other entities suffer; but comedians can laugh at their pain, can laugh at their situations, while others cannot,--this creates the difference between the masks of comedy and tragedy.

### PREVENTING HELL ON EARTH...

#### THE COMEDIAN AS A MAGICIAN

#### QUESTION:

Is the professional comedian then, as this entity asked, in a manner Shamanic, of the Shaman?

#### COSMIC AWARENESS:

This Awareness indicates that essentially, this is in the affirmative. This Awareness indicates that a good comedian is a magician, able to change consciousness, able to lift entities from the muck, mire, doldrums and tragedy of their lives,--lift their spirits, to allow them to feel good for a period, to recharge and to go with new energy into their lives. This Awareness indicates without comedians, without laughter, without double vision of artistic qualities, this world would be a living hell, as none have ever experienced upon this earth.

#### WHY ARE MOST COMEDIANS JEWISH?

#### QUESTION:

Would Awareness explain why most of the professional comedians are Jewish? There is only a very small handful, (at least on radio and television) that are not Jewish, and I really would like to know why this is so. \*

\*There are only 3 that I know of who are not Jewish.

#### QUESTION:

This Awareness indicates this largely because the Jewish philosophies and religion teach entities to think symbolically, to recognize double meanings and visions. This Awareness indicates this also has been instilled in the culture, whereby these entities speak with double meanings to their children, and the children often have double meanings in their replies. This Awareness indicates that this is not limited to the Jewish culture; that entities who reach a particular level of consciousness whereby they begin to understand artistic thinking, wherein thinking recognizes the combining of images in symbols or in words; any entity can then develop a sense of humor.

#### What Makes a Good Comedian?

This Awareness indicates that most entities on their path to developing this level of consciousness, first attempt to use satire. This Awareness indicates that sarcasm is often the initial movement into this kind of thinking. That wherein an entity feels trapped and cannot express clearly, the entity may begin speaking with sarcasm; the sarcasm, if allowed, may eventually turn into satire; the satire eventually may evolve into humor,--this when it is allowed to be expressed with more freedom and less hostility. This Awareness indicates essentially, sarcasm is the use of double meaning, but with hostility as an underlying emotion. This Awareness indicates that a good comedian must be able to move beyond expression of hostility, and must be able to laugh at himself, and allow others to laugh; thus being somewhat vulnerable,--even while giving of himself, that others may enjoy themselves.

This Awareness indicates that the devastation and fear which this entity,--the questioner felt, was related to the experience of being vulnerable, but not yet being ready for that potential feeling of being laughed at. This Awareness indicates that a good comedian must separate from the poor self-image and concern about self; and rather must concern

himself with helping others to laugh and to enjoy themselves rather than worrying about whether he is acceptable to them. This Awareness indicates a good comedian must be willing to give up self-glory in order to give happiness, joy, and laughter to others.

This Awareness suggests the questioner continue practicing being vulnerable, allowing others to laugh; enjoying their laughter, helping them to find something which brings to them laughter and joy. This Awareness suggests the questioner to find joy and happiness by giving joy and happiness to others.

### COSMIC AWARENESS ANALYZES JOHNNY CARSON

#### QUESTION:

One question in relation to comedians, and this is in reference to the entity Johnny Carson. This entity, probably of all the comedians, has made more people laugh for a much longer time, with more exposure on television than any other person in history. I wonder if Awareness could give a little information on this entity,--perhaps what motivates him, or something of his past lives, or anything that might be of interest to the membership?

#### COSMIC AWARENESS:

This Awareness indicates this entity as seen in a life directly prior to this present life, as an entity working in a circus in Europe; the entity as having been a clown. This Awareness indicates that this appears to have been in Hungary, but traveled into other countries; this in the latter part of the previous century and early part of this century. This Awareness indicates that this entity's approach to comedy as that wherein he allows himself to be vulnerable, yet retaining a sense and appearance of dignity. This Awareness indicates this entity as one who gives respect to others, while retaining self-respect, even though at times he may give the appearance of being put in an inferior position. This Awareness indicates when this occurs, it is accomplished with a sense of humor, so that the audience identifies with him;--rather than laughing at him for his foolishness, the audience feels compassion for him.

This Awareness indicates that in portions of his humor, he is capable of parodying different types of entities, so that the audience recognizes variations and various types of persons whom they have seen, or are familiar with. This Awareness indicates that this also allows the audience to identify with the concepts and expressions which he is conveying. This Awareness indicates that this entity is capable of using a variety of humor techniques without necessarily appearing to put forth an effort in so doing; the casualness of this entity's humor, the spontaneous approach is that which is most enduring and most endearing to the audience. This Awareness indicates that the entity, as opposed to most humorists, does not give the impression that he is working at trying to be funny, or that he is making an effort to be a comedian; the energies simply are allowed to be expressed in ways which are humorous to the onlooker and listener.

This Awareness indicates that wherein comedians appear to be working extra hard to make entities laugh; this creates tension within the audience and the feeling that the audience does not wish to accommodate the humorist by rewarding him for such efforts which do not appear to be natural, fluid, spontaneous, and effortless.



The Situation Comedy

This Awareness indicates that situation comedy, which was not discussed previously, as that which is somewhat more sophisticated in nature than the exaggeration, the puns, the various types of humor mentioned previously. This Awareness indicates that the use of situation comedy still contains the double vision, whereby the one entity involved in a situation is seeing or expressing a particular point of view, or having a particular motive or purpose in mind; and in expressing that action, the audience sees and knows what this entity is attempting; but also the other entity, or the situation in which this entity is involved, is such that a totally different expression of a different nature is also seen by the audience.

This Awareness indicates that wherein, for example, an entity is seeking to get a job in a particular organization, and is preparing and giving all of his sales pitch on why he or she should be hired for this organization, and whereas the audience realizes that the entity has walked into the wrong room, and the organization is totally different from that which the entity seeks, and whereas the pitch given by the entity for the particular job is hilariously out of place in this particular room or office,--this is an example of situation comedy.

This Awareness indicates there are many different ways whereby situation comedy may be expressed; but in all cases, situation comedy likewise creates double vision, in which the audience knows what is occurring, but the actor or actors appear to be, in part, unaware of the total situation. This Awareness suggests that the *I Love Lucy* series as examples of situation comedies; that in the French and English plays, particularly those of Moliere, there are excellent examples of situation comedies.

\*\*



## THE CAUSE AND THE CURE OF CANCER IN ANIMALS



### QUESTION:

A question from G.M., of Fleetwood, Pa. "I received your recent Awareness newsletter on cancer and it was very timely for the situation I am in. I would like to ask Awareness about cancer in animals. What advice would *It* give for curing, since changing consciousness and auto suggestion are not really practical in the situation? What is its cause in animals? Is it caused by the owner's own subconscious death wish, or is it more complex than that? I really need this information on cures if you have it."

### COSMIC AWARENESS:

This Awareness indicates that the death wish as not the exclusive cause of cancer; that the atmosphere within the body must also be such that the physical can accept the cancerous condition.

This Awareness suggests that there is the possibility whereby entities may have a strong physical body which is resistant to cancer and may have a death wish, but that death wish being unable to manifest the cancerous condition because of the body's resistance, then must express itself in a different kind of disease, or through some form of accident.

This Awareness suggests that in the case of animals, sometimes an animal may be more susceptible to cancer than others and may indeed pick up or absorb the vibrations of the master or owner or those associated with the animal, and the animal itself can be subconsciously intimidated or weakened in a manner whereby it desires to retreat into that which is death.

This Awareness suggests that it is possible for the body to be strengthened, either through ridding the body of the death wish through suggestions, or through direct work upon the physical body.

This Awareness suggests in the case of animals, attitudes can be effected by changing situations and attitudes toward the animals, giving them greater affection, and giving them a good self-image. This Awareness also suggests the use of Bach flower remedies or homeopathic medicines, the cell salts can be beneficial for animals when placed in their foods. That by changing the attitudes with these substances, animals may experience changes in their physical.

This Awareness suggests that many of the foods prepared for animals contain within them certain cancer-causing preservatives and ingredients. This in terms of food coloring and the sodium nitrite and sodium nitrate, as well as other ingredients which are often put into commercial foods for animals.

### Using the Banishing Ritual to Rid Cancer

This Awareness suggests that wherein possible, an animal with cancer can be assisted through certain types of banishing rituals, using the banishing ritual to symbolically banish the cancer from the animal. This Awareness suggests that you look over the banishing ritual; that you direct this toward the cancerous condition or illness which you wish to eliminate, and direct in your own consciousness an energy toward that animal to rid the animal of its illness.\* This Awareness suggests this as being a kind of psychic healing which you may send toward that animal. This Awareness suggests you also visualize clear, White Light flooding and filling the animal and giving this animal a new vital energy to combat those illnesses.

### Certain Foods and Fasting can Help

This Awareness suggests that certain types of foods and fasting for the animal can be effective. That vitamins given the animal can be effective, particularly Vitamin B-6, B-2, Vitamin C, Vitamin B-17 and Vitamin B-15, along with apple cider vinegar. This may be given in powder form, mixed in with their meal. This Awareness suggests that you not worry whether the animal likes or dislikes this, for if the animal becomes hungry enough, it will eat. This Awareness suggests that if the animal is not hungry, the fasting itself is beneficial. This Awareness suggests that the animal may be placed in a cage whereby it has no food or water other than grape juice,--this for one week. That the animal will benefit greatly from the use of grape juice. That certain herbs may also be added to this, such as white oak bark, chapperell, gensing and the vitamins previously mentioned. This Awareness suggests that these be powdered and put into the grape juice.

This Awareness indicates this can be greatly beneficial for the animal. That prune juice may be used on the first day for the animal, then the grape juice following for a period of seven more days. This Awareness suggests that after the 7 days, the grape juice then be changed to a watered-down milk with yogurt, and that during the latter part of the day, the animal may be given pure milk with some yogurt. Thereafter the diet may consist for several days of dairy products with some meats being added gradually.

This Awareness indicates that wherein the cancer is not completely cured by this method, that one week of the dairy products and meats feeding be continued and that the grape juice fast then be repeated. That this be repeated not more than three times.

\*\*



"You've been eating my bubble gum again, haven't you?"

\* ED's Note: The Banishing Ritual published by CAC some years ago is out of print, but members interested in this can find it in the following books, both of which are permanently stocked by CAC and listed in the CAC book catalog: *The Middle Pillar*, by Israel Regardie; *The Magician, His Training and Work*, by W.E. Butler. The Banishing Ritual is also used in the Cosmic Awareness Development classes. One can do the ritual physically, or one can do the ritual mentally and get the same results and protection.

For more information on cancer and its relation to the death wish, please refer to 'Revelations of Awareness' No. 83-21 (\$3.00). Numerous other references to cancer can be found in issue 86-12 (Will bad-fitting shoes cause cancer of the breast?) \$3.00 from CAC.

#### PREVENTING BLINDNESS...

#### HOW TO DEAL WITH GLAUCOMA

##### QUESTION:

A question from Mrs. G.L., of Darien, Conn., on the subject of glaucoma, which Awareness has given some information on, which we forwarded to this lady, but she still has questions, so I'll read both of them. "I'm taking the opportunity to write you, as suggested, about a new health problem spreading like wild-fire in our nation. Hope very much to receive an answer and maybe one in the bulletin. I have been battling glaucoma for 10 years, and now it is getting serious. However, my doctor knows no cause, and has no cure. The drops he gives cause daily nausea and other dangerous deposits of chemicals in the eyes, over long use. Also, young people in their 20's are now registering high levels of pressure in their eyes. My son is one. What exactly is causing the high eye pressure, and what can we do to relieve it by natural means? It leads to blindness if untreated. Would be eternally grateful for an answer."

Vicki sent her information on the Dr. Christopher eyewash, and suggested that research has been published that marijuana keeps the pressure down. She write back: "Your prompt answer was much appreciated. I have checked with my doctor, but all his medications disturb my hormone levels, which are off with a chronic disease anyway; so I have tried all the remedies, including Dr. Christopher's eyewash, all except marijuana. My son takes that for cancer, but I am too afraid of it, being aware of brain damage. My plea to Awareness is that you ask for new information on Vitamin C therapy,--how much to use, and what is the real cause of high pressure in eyes. This problem is so widespread that disseminating this information is vital. Sincerely, Mrs. L."

##### COSMIC AWARENESS:

This Awareness indicates that there IS an increase in glaucoma, this as partly due to the increased microwaves in use in this country. This also partly due to the increased pollution in water, air and soil, and in foods. This Awareness indicates that one can

assist in alleviating the pressure by certain dietary actions,--reducing the use of red meats, and of fats and oils which have been heated to high temperature, and of hydrogenated oils. That these are part of the problem, along with steroids and hormones added to meats, such as beef, pork, chicken and turkey. This Awareness indicates that the pollution in certain seafoods can also be hazardous: this in particular related to foods which have been canned, using lead in the canning process, or foods which have been caught in waters wherein there is mercury content within the seafood. This Awareness indicates that the use of white flour products and sugar products as also being in part contributing to the general condition of the body which allows glaucoma to occur.

This Awareness indicates that the use of vitamins and minerals can be beneficial in relieving many of these problems of the body. This Awareness indicates that selenium, lipotrates, Superoxide Dismutase (or that which is called SOD), and the B-Vitamin complex, Vitamin A, Vitamin D, calcium, manganese, copper, chromium, the riboflavinoids, Vitamin C, Vitamin E, and zinc,--that these taken daily can be beneficial in helping to bring the hormone balance and the metabolism back into balance, which in turn, can assist the relief of pressure in the eyes. This Awareness indicates that a good supplement of these vitamins and minerals, taken on a daily basis for approximately 3 months; thereafter, depending on results, this may be reduced. This Awareness suggests that the Vitamin C be used approximately 1000 units daily for the first 6 weeks; thereafter, this may be reduced to 500.

##### "Palming" the Eyes to Relieve Pressure

This Awareness indicates that by palming the eyes,--placing your palms over the eyes, pressing on the sides of your eyeballs,--this Awareness suggests the palming of the eyes for approximately five minutes, three times daily; and taking your thumbs and pressing on the outside corners of your eyes so that white lights are seen, so that the vision begins to emit light and colors, holding this to a degree that is not painful, yet which continues creating visionary light patterns; this may occur for the duration until these patterns begin to dim. The pressure may need to be increased in order to keep the patterns going. This Awareness suggests that this will assist in relieving much of the pressure.

##### How to Massage to Relieve Eye Tension

This Awareness suggests also that massage around the eyes, starting at the bridge of the nose on the upper ridge of the eye-socket, pressing and moving your thumbs in that area for approximately 30 seconds; then moving to the center of the sockets, above the pupils, pressing and moving your thumbs in that area; then moving and pressing against the outside edges of the eye-sockets, pressing and moving the thumbs in that area; following around the lower part of the eyes and sockets, pressing your fingers on that area,--so that the entire circle of the eye-sockets have been massaged and pressed, and the muscles in these areas have been touched with some pressure.

This Awareness suggests that then, you also begin massaging the area just above the eyebrows on the forehead, moving along the eyebrows with outward strokes. That this can assist in helping to relieve certain tensions in the area. This Awareness suggests that following this, you press upward on the cheekbones to the sides of your nose, just above the teeth, next to your nose, below your eyes,--pressing upward on those cheekbones. This Awareness suggests this being just above the upper lip, beside the nose, on both sides, pressing an area which is somewhat sensitive, until the energies and sensitivity subsides. This Awareness indicates that this being done for approximately 30 seconds on each of these points, 3 times daily; this will begin to relieve tensions in the areas of the eyes. This Awareness suggests that the pressures to the sides of the eyeballs in order to make light patterns to be done until the light patterns become dimmed and you can get no more light patterns from the eyeballs. That this should be followed by a cool cloth over the eyes, or the use of papaya seeds wrapped in a cool cloth, or the use of Dr. Christopher's eye-drops,--or all of these.

**MARIJUANA--AN ALTERNATIVE TO BLINDNESS**

(ALICE B. TOKLAS BROWNIES STAGE A COMEBACK)

**(FOLLOW--UP QUESTION):**

Awareness, the report's out that the natural herb marijuana, when smoked, almost instantly relieves the pressure in the eyeball in cases of glaucoma. If this natural herb marijuana was ground up and put into cookies or brownies, would it still be just as effective for entities with glaucoma?

**COSMIC AWARENESS:**

This Awareness indicates this in the affirmative. That essentially, the effect of this herb is to relieve tension in the frontal area of the brain and the focusing of the energies in this area. This Awareness indicates that wherein an entity can find ways of relieving this tension, whether through the smoking of this herb, or through the use of brownies, or through other methods such as meditation; the effect will be noticed.

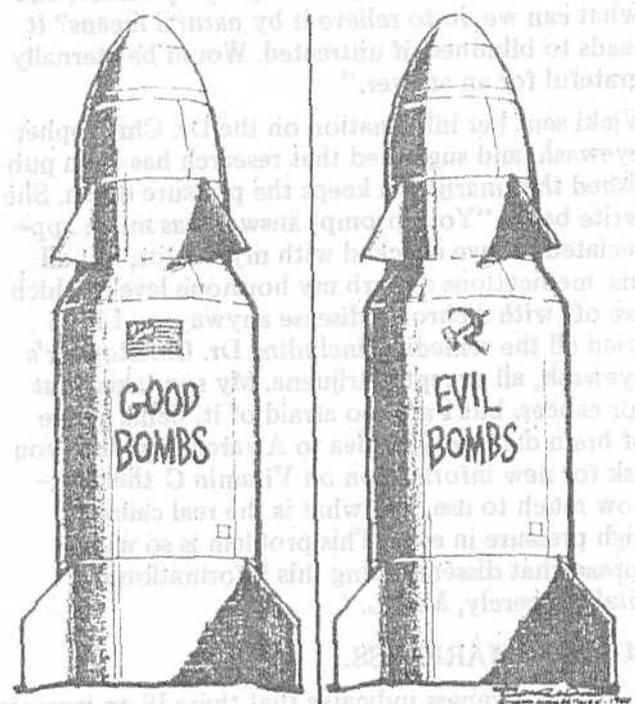
**A Meditation to Relieve Eyeball Pressure**

This Awareness suggests that in meditation, wherein an entity can close one's eyes, and rather than looking forward through the eyes with your consciousness, (as one does when one reads a book or studies a situation), allow your consciousness to look back through the back of your head, visualizing all that is behind you,--even though your eyes are closed you should be aware of what is behind you. This Awareness suggests that a 5 minute meditation on what is occurring behind you, as though you were looking backward in that direction, should allow the tension to be released from the eyeballs: To make this easier, you

may wish to pretend that in the middle of your head there is a spotlight which has been pointed forward, toward your face; but which now, you turn around and point backward toward all of the things behind you; and allow this spotlight to move back and forth as a lighthouse fixture, shining on different objects behind you.

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ED's Note: through all the various Interpreters, Awareness has suggested that the herb marijuana has many healing properties as well as properties which alter the consciousness to some degree, not necessarily in a negative manner. As a matter of fact, one of the projects Awareness tried to get off the ground back in the days of the Organization of Awareness, and later during the years of Servants of Awareness, was the Herb Hut Project for healing. Essentially, this was a tent or tee-pee made of plastic or canvas, with flaps that would cover the door. Inside, a fire would be built in a certain manner and an assortment of herbs would be burning in such a manner as to create much smoke. Around the fire would sit entities, (including little old ladies), ingesting all this herbal smoke. Essentially, everyone was getting subtly stoned as well as getting healed by these various herbs. Due to the paranoia and illegality later imposed by the authorities, this Herb Hut project was abandoned. Awareness, however, indicated that one day this type of healing would be acceptable and very prominent in our culture.



REAGATOMICS

## THE POWER OF GROUP MEDITATION

( MORE ON THE KAHUNA RING )

### QUESTION:

A question from T.O., Baltimore, Maryland. "This summer, your state of Washington, as well as Rhode Island and other territories in the world are becoming laboratory subjects in a controlled experiment examining relationship between consciousness and society. Teachers of the transcendental meditation program are flocking to these territories in order to measure the effects of a heightened level of consciousness upon such variables as crime rate, hospital admissions and weather. The theory is that small percentages of meditators in the population, and even smaller percentage practicing the TM Sidhi techniques can precipitate a phase transition in consciousness, and a tunneling effect throughout the world. Could Awareness comment on these principles, techniques and relationships?"

### COSMIC AWARENESS:

This Awareness indicates this as in the affirmative. That this as a continuation of the same type of energies which were implemented during the early days of the *Organization of Awareness*, wherein the Kahuna Ring was created around the earth.\*

This Awareness indicates that groups of meditators can have their profound effect upon consciousness, and can, through meditation, even effect weather, violence, crime rate, and can even have an effect on ending wars.

This Awareness indicates much of this information has been given previously and has been used in certain experiments in the early days of the *Organization of Awareness* and *Servants of Awareness*, during the previous decade.

\*\*\*

ED's Note: the Kahuna Ring created by Awareness in the fall of 1967, was an interesting phenomenon, and almost all the members who participated in it, experienced certain changes as well as an awareness of the Ring itself. According to Awareness at the time, *one will*, suspended and given to the Awareness for one brief second, does touch *every single soul* that has ever occurred within the cosmos; that any individual can perform this in totality for all other individuals. (This particular part of the magic had to do with resolving karma and cobwebs in relationships and in particular with assisting the late Ralph DUBY's attempt to carry the energies of Rhyee, representing the Lucifer, back to the Godhead.) Other aspects of the Kahuna Ring were variations on group meditation, that 9 entities could meditate in a similar fashion for one hour, giving special attention to areas of stress in the world, that during the meditation the meditators were open channels to Awareness, and were being used in various transmutations of energies.

More information on the Kahuna Ring has been included by this editor in the Book of Meditation available from CAC (Price \$3.00).

## GETTING STABILITY INTO YOUR LIFE

( THE LAW OF CHAOS AND THE LAW OF ORDER )

### QUESTION:

A question from J.K., of Vernon, Connecticut. "Awareness, how do I deal with the feeling that there is no real stability in my life or in the world? Everything seems to be a constant-moving, ever-changing action with so much variety and multiplicity and mobility, that there is little chance for anything to ever settle. I have gotten used to this idea, but I still have some insecure feelings about it."

### COSMIC AWARENESS:

This Awareness suggests that you visualize yourself in a whirling mass of confusion; that you may respond to this confusion in two different possible alternative ways. You may grab hold of a passing object or concept, or a fleeting moment of value, of significance, and cling and hold to these with all your might, and find yourself being spun around as these concepts, objects, or moments change. And you may grab out, reaching for other forms of security from that which you hold. That this path, or this method is that which does not bring about security but only allows you to participate in the confusion.

This Awareness indicates that you may also find yourself in the spinning mass of confusion and see yourself as a stable axis around which all these other forces spin, have their being, and express themselves in confusion.

This Awareness suggests that you may then look at all that which is in change and may look at your own life and your own being and choose to be stable yourself, regardless of that which is occurring about you. This Awareness suggests however, that to be stable yourself does not mean never to change or flow with the tide; but rather means to accept with poise and with grace whatever action is occurring to you and wherever you are moving and whatever event you participate in from moment to moment.

This Awareness suggests that stability comes from being able to accept yourself, where you are, as you are, and to be able to respond to what is happening with whatever you have to respond with. This Awareness suggests that you not seek security, for security never comes. That you accept the fact of insecurity in all living things and that you put your attention on other things, such as service, love, response to urgencies, and the purpose and direction for your being. This Awareness suggests that when you find your own purpose and direction, that you dedicate yourself in moving along that course and not concern yourself greatly with the confusions and the chaos which occurs around you.

### The Law of Chaos & the Law of Order

This Awareness suggests also that you recall the words relating to chaos,—that all may be in chaos, and yet that chaos is in order when the mind accepts *What Is*. This Awareness indicates this relating unto the *Law of Chaos*. (This Awareness suggests a pause).

This Awareness suggests the *Law of Chaos* is that Law which states that chaos exists when the observing mind cannot accept *What Is*.

This Awareness indicates the *Law of Order* exists when the observing mind can accept *What Is*, regardless of the appearance of the chaos.

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#### SEEKING THE GOD WITHIN...

#### HOW TO OVERCOME PROGRAMMING AND IDENTIFY YOURSELF WITH THE UNIVERSAL CONSCIOUSNESS

#### QUESTION:

A question from S.K. of Rolling Meadows, Ill.  
"I know intellectually that I am a part of the one God, a part of Awareness, but my materialistic programming keeps getting in the way of giving this continually into my consciousness. How can I best get this "knowing" into my guts?"

#### COSMIC AWARENESS:

This Awareness indicates that the best way is to understand yourself in a different analogy. This Awareness suggests that you know intellectually that you are your entire physical body. This Awareness suggests that you pretend that within your consciousness there is that portion of yourself which claims to be 'I', the individual. That you locate that individuality which you call yourself within your body. This Awareness asks you, "Are you located in your foot, in your kneecap, in your thigh, in your stomach, in your shoulder, in your neck, in your head; where do you locate your true self within your body?". This Awareness suggests that once you locate that portion of yourself which you call 'I', or 'myself', then you may temporarily identify that portion as yourself.

This Awareness suggests that you then look at your fingers and name other entities whom you know and use one finger to represent each of these entities. This Awareness suggests that, for example, one finger may be John, another Jane, another Anne, another Fred. This Awareness suggests that you are not John, you are not Fred, you are not Jane, you are not Anne. This Awareness indicates however, that in another sense, you are your fingers. This Awareness suggests that perhaps from this sense you are the finger known as John, the finger known as Anne, the finger known as Fred.

This Awareness indicates that it is relative to how you wish to identify yourself. Do you wish to say that you, yourself, are nothing more than the individual thought within your head which thinks of itself by name? Or do you also include as part of your identification of yourself, your body and all its parts? Do you also include your environment, your home, your room, your school, your friends, your associates? Are these also part of your identification of self?

This Awareness indicates you have a choice to identify yourself exclusively as the name of your being, locked within your head, or as the portion of yourself which says "I", which thinks "I" or "me", or you may identify yourself as the entire body or any part of the body. You may also identify yourself with your possessions, with your family, with your friends, with your community and with your society. This Awareness indicates that you may also identify yourself with the life force that flows throughout the universe. For within you is a life force, and outside of you is a life force. And the life force which you breathe in the air assists the life force which is within your body and assists the life force which others enjoy. And your life force may merge with the Universal Life Force, and therefore, from that frame of reference you may consider yourself part of the entire universe, or associated with the entire universe, or you may actually identify with the entire universe.

This Awareness indicates that when one identifies with something larger than what one previously was, the entity must disidentify with the old concept. Therefore, if one is to identify with the community, one cannot focus on one's own personal self as being more significant than any other personal self in the community. This Awareness indicates if one is to focus on and identify with one's family, one who objectively identifies with the family cannot consider that one is more significant or more important or more noteworthy than any other member of the family. This Awareness indicates therefore, when entities identify with the Universal Consciousness it becomes necessary to give up concepts of self-significance of self, the importance of self. This Awareness indicates that when one disidentifies with the Universal Consciousness the significance and importance of self can be returned as the entity identifies with the self.

This Awareness indicates it is not so much a matter of logic or of experience, yet both are part of the action; but the key is turned by the realization of the use of identifying yourself and what you consider yourself. This Awareness suggests that if you wish to identify with Universal Consciousness, then you must cease thinking in terms of your name, your possessions, your friends, your associates, your emotions, your feelings and your beliefs and ideals, and instead identify yourself as the universe and feel what a universe would feel.

This Awareness indicates that if this is more than is necessary for your purposes, -if a question is asked that does not require Universal Consciousness, then you may identify with that portion of the universe which is necessary for you to answer the question which is asked.

This Awareness suggests, for example, a question asked about your community may require, not that you identify with the entire universe, but that you identify with the community itself: What does the community feel, what does the community want, what does the community need to solve the problem? This Awareness suggests that when you identify with the community in order to answer the question, then you are capable of feeling that community; but if you are attempting to hold on to your own self and self-importance or self-significance while still identifying with the community, you will discolor the answer and the answer will reflect, not the community only, but also your own feelings.

This Awareness suggests that you may wish to begin practicing this action by identifying with a rock. This Awareness suggests you imagine yourself a rock on the side of a hill. You have existed in this manner for thousands and thousands of years, but these years had no meaning to you, other than that they caused you to contract slightly during one season, expand and feel warm during other seasons, causing you to feel active and inactive. This Awareness indicates that as a rock, sounds were vibrated against you as events occurred in the valley or on the hillside. This Awareness suggests that as a rock, animals may have stepped upon you, but this was hardly noticed.

This Awareness asks you to not rationally imagine being a rock, but to feel the essence of "rockness". This Awareness suggests that you feel the action of being a rock. This Awareness suggests that as you experience this, you may find yourself losing the identification of your own being as you



move into the identification with the rock. This as a way whereby, through practice, you may shift identifications.

This Awareness suggests you may also wish to experiment with identifying with trees. This Awareness suggests you go out, wrap your arms around a tree, put your head up to it, and imagine yourself as a growth on the tree wherein the rest of your body goes up into limbs and branches and leaves, and feel the feelings of the tree. This Awareness indicates this is much easier done than said, for the rational mind cannot describe what can easily be experienced in these identification transferrings.

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### WHY DOES THE PAIN THRESHOLD DIFFER AMONG ENTITIES ?

( THE SIGNIFICANCE OF HAVING RED HAIR )

#### QUESTION:

A question from D.D., of Monterey Park, California. She would like to know: "Is there any deeper or esoteric meaning to hair color, such as red, which was purportedly the color of Jesus's hair? Since red hair seems to be really rare, I have wondered about this oddity, its origin, and why so rare? Since the skin burns so easily, I am wondering if there is also increased sensitivity in these individuals"?

#### COSMIC AWARENESS:

This Awareness indicates this is appropriate and accurate in the sense that red haired entities, whose skin burns easily, are more sensitive in the sense of having more sensitive skin, the pain level being higher; that this in reference to comparison between those entities whose skin is more easy to burn, and whose skin is of a whiter coloration. These entities having red hair, particularly as associated with the Irish, they do tend to experience skin surface pain to a greater degree than do other entities; this particularly true with entities having blue eyes.

This Awareness indicates that this has much to do with the nerve endings and the combination of elements associated with these nerve endings which vary, according to skin coloration and the genetic background, or racial background of entities. This Awareness indicates that this does not particularly have any bearing on their sensitivity, in the sense of being psychologically sensitive or more caring; it is in reference only to the level of pain and tolerance for pain.

This Awareness indicates that this does not mean that such entities are more highly developed, but only means that their ability to experience pain is at a higher threshold than that of many others. This Awareness wishes to clarify that previous statement:

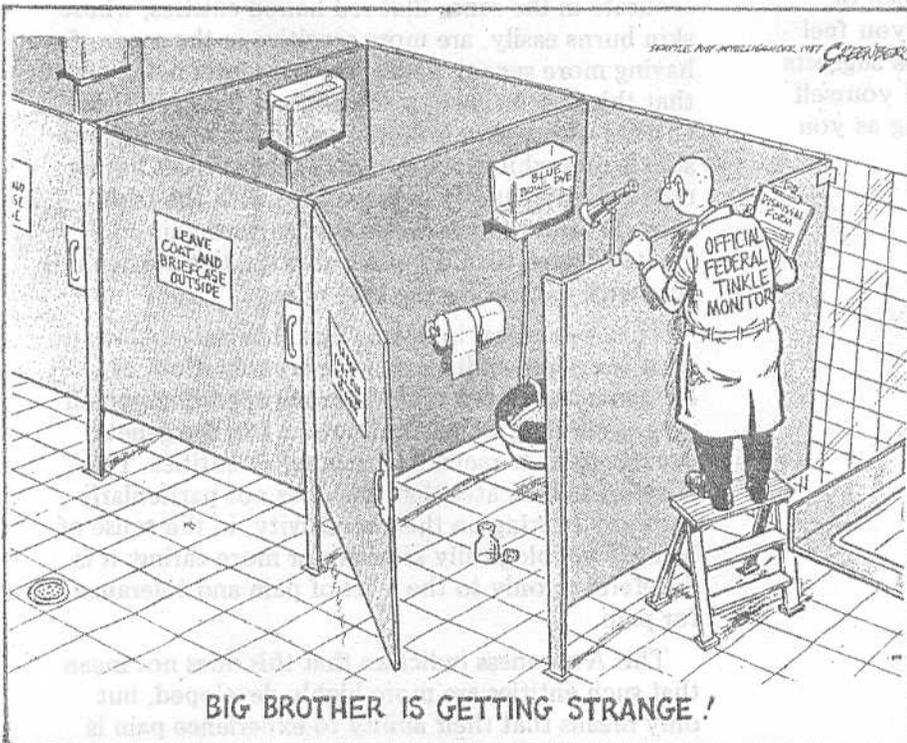
That the pain experienced is of a higher threshold. That the same pain applied to one entity or to one of this type would be felt more strongly by the entity having red hair, blue eyes and white skin, than if applied to another entity of other coloration.

This Awareness indicates however, that this is in reference *only* to the surface pain, not to emotional pain and that other entities do indeed suffer great pains, even though they may not be white skinned, or red haired, or of blue eyes. This Awareness indicates that the approximate ratio on a scale of 1 to 10 would put the blue eyed, red haired, white-skinned entity as one who suffers approximately one point higher than the other entities on the scale.

This Awareness indicates likewise, entities of different ages experience more or less pain, depending on their age and the nerve tissue as it atrophies and ages. The younger the entity, the more likely the entity is to experience greater pain, for the nerves are more alive and more sensitive. As the entities age, the nerves begin to atrophy and decay, and the entity does not feel pain in the same degree. This Awareness indicates it is thus appropriate that the child experiences greater pain and reacts more violently to that pain than an elderly person who might suffer the same experience.

The elderly person is not simply more mature or more able to stand pain, it is more that the elderly person is immune to pain; the nerves having become deadened over the years.

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BIG BROTHER IS GETTING STRANGE!

WHAT IS "EMPATHETIC DIALOGUE" ?

QUESTION:

S.C. in Arizona writes: "Please explain the term 'empathetic dialogue with the Ancients' as mentioned in readings in relation to multi-dimensional aspects, and give any techniques we could apply."

COSMIC AWARENESS:

This Awareness indicates the dialogue which occurs through transpersonative techniques, through feeling the ancient forces, through feeling those forces which stem from the sources, the source of being. This Awareness suggests that this as an image whereby the unfoldment of forms comes from a beginning and moves through the river of consciousness, the stream of consciousness, through time and space unto the present. The empathetic dialogue being that which allows entities to attune themselves to portions of that stream which are closer to the Source, to the Beginning, known as the Ancient Sources, when describing this in terms of time.

This Awareness suggests that is *all* on that question!

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When the man collapsed in the subway, an ambulance was summoned and he was rushed to nearby Mercy Hospital. It was determined that he required coronary surgery, and he was immediately wheeled into the operating room.

The procedure went well, and as the groggy patient regained consciousness, he was reassured by a Sister of Mercy waiting by his bed.

"Mr. Wells, you're going to be just fine," the nun said, patting his hand. "We do have to know, however, how you intend to pay for your stay here. Are you covered by insurance?"

"No, I'm not, Sister," the man whispered hoarsely.

"Can you pay in cash?"

"I'm afraid I can't."

"Do you have any close relatives, then?"

"Just my sister in Minneapolis," he replied, "but she's a spinster nun."

"Nuns are not spinsters, Mr. Wells," the nun admonished. "They are married to God."

"OK," he said, managing a wan smile, "then bill my brother-in-law."



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