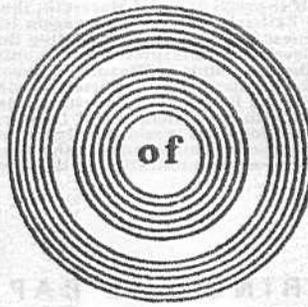


Revelations



Awareness

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The New-Age Cosmic Newsletter

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Helping People Become Aware

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The Programmers of Separateness

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

WHAT HAPPENS DURING THE BAPTISM OF THE SPIRIT?

PROGRAMMED INTO BELIEVING YOU ARE ALIENATED FROM GOD...

QUESTION:

S.O. of Miller Place, New York, asks: "Please direct this question to Awareness: Jesus spoke of the Holy Spirit and asked that we receive the Spirit. Would Awareness please explain what takes place physically, mentally and spiritually when we receive the Baptism of the Holy Spirit? Does this happen only once or every time we open up to God in meditation? How can we become more responsive and allow the love of God to fill us to overflowing?"

COSMIC AWARENESS:

This Awareness indicates that this relates unto the *Law of the Vacuum*; that wherein you create a vacuum, an opening, a receptacle, wherein you become receptive to receive, you open yourself to this receiving action; whereby you seek the Spirit, and allow this to enter, the greater the vacuum, the greater the desire, the greater the want, the greater the receptivity and need for that Spirit, the stronger will be its impact when it enters.

This Awareness indicates this is that which relates to the Christian conversion technique whereby entities are told that they have erred, that they are in trouble, that they are in danger of great punishment or suffering in the future, that they are alienated and deprived from their potential rewards and salvations, that they are damned to eternal suffering. Once the entity accepts this feeling of being alienated from God, of being alienated from the Spirit, of being alienated from all that is good, the entity also accepts the need to be fulfilled and redeemed. Once the entity recognizes this need for redemption, the entity has created the vacuum within his or her psyche, within his or her soul, and will call out for that redemption. This Awareness indicates that the greater the recognition of the need to be redeemed, the greater the vacuum which is being created within the entity and the more the effect of the spirit of faith and redemption when the entity changes his or her consciousness from the mood of being deprived to the mood of being saved. It is but a matter of switching one's attitude from the belief of being rejected and lost to the belief of being accepted and found and redeemed.

This Awareness indicates when entities experience that vacuum, that need for redemption, this is the openness and the magnetic drawing or pull toward which the Spirit might move. Once the entity accepts by faith or belief that this vacuum can be fulfilled, that he or she can be redeemed, and is in fact being redeemed by the Spirit, then that vacuum which was created is suddenly filled with Spirit to the same degree that the vacuum existed, thus an intense negative feeling, great sense of guilt, great sense of alienation will result in great transmutation, a great sense of salvation, a great conversion.

This Awareness indicates this as an effective way of eliminating feelings of guilt and alienation, this as an effective method whereby an entity is chronically guilty in attitudes, whereby an entity sustains over a long period of time the feeling of being alienated from God, from the Universe or from loved ones. Whereby an entity feels low self-esteem, those forces which can push that entity into deeper levels of despair by heaping more guilt, by heaping more feelings of rejection, by causing greater despair and then offering a way out, a salvation from that despair,—this is one method whereby the entity being driven into greater polarity of separation may flip back into a positive attunement with spiritual values and the belief of being integrated and loved and accepted. That this appears as magic, and many entities are benefitted from such magic.

This Awareness indicates that it is not the only way whereby entities can find their unity with all things, their oneness with God, their self-esteem and their holy alliance with others in their universe. This Awareness indicates that if the question was not completely answered that this may be repeated.

HOW IMPORTANT IS THE SUGGESTIVE FORCE IN CONVERSIONS?

(FOLLOW-UP QUESTION):

Well, for a lot of entities, probably the majority of entities who go forward and accept this Baptism of the Holy Spirit, one would assume it is the suggestive force on them that is creating this feeling within them that the Spirit has taken them over. Is that correct?

COSMIC AWARENESS:

This Awareness indicates that not only the suggestion that they have been redeemed but they are also releasing themselves from the suggestion that they have been lost and separated previously. This Awareness indicates that this suggestion of being separated from God is that which is promoted by churches along with the suggestion that they can be moved back to unity or at-one-ment with God. That in this kind of method, it not only has an effect on the entity's spiritual body, but also it affects the entity's psychological and social aspects, whereby the entity is socially rejected, feeling separate, being programmed to think that he or she is separated from others, unwanted, uncared for by friends, this entity in accepting this spiritual salvation system will also reflect this system, or this method will also reflect on the entity's personal relationships with others. This because it has to do with the entity's attitudes about himself, about herself, as being lovable and accepted, or being hated and rejected.

This Awareness indicates that wherein the entity can believe that a divine being can accept this entity regardless of all the terrible things which the entity has done, regardless of all the low self-esteem which the entity holds for himself,--if the divine entity can accept and redeem this entity, then naturally all other relationships with other entities can also be redeemable; therefore the entity's relationships also tend to improve. Since the entity *expects* this, has this attitude toward others that they will accept him, that he is acceptable and lovable, the entity therefore begins to move into a more harmonious lifestyle, often simply from the change in attitude toward himself, which he or she attributes to the conversion toward whatever religion or method was used to help the entity.

The Redeemer Comes in Many Forms

This Awareness indicates in many cases it is the psychologist who creates the concept that the entity is lovable. Very often it is the parent or parents or peers of the entity who cause the entity, or who suggest to the entity that the entity is unlovable. That when this suggestion becomes dominant in the entity's consciousness and the entity develops a low self-esteem, the entity has many choices for searching out a redeemer. The redeemer can be a member of a gang who helps the entity overcome the feelings of low self-esteem, the entity can be a member of a club, the entity can be a member of the opposite sex, the entity can be a professional counselor, the entity can be a minister of a religion, the entity can be a minister of a cult, the entity can be a member of society who is involved in some form of business, the entity can be an imaginary or real entity from another plane. The entity can also be simply a legend or movie or musical entertainer. Whatever source helps this entity to overcome the feeling of low self-esteem, this is the entity which will be

playing the role of the rescuer, the redeemer. This Awareness suggests that this relates to the situation whereby one plays the role of the victim, another the rescuer.

How Redemption Works in Christian Religions

This Awareness indicates that in terms of the Christian religion, particularly the Protestant religion, the mediators, the ministers and parishioners of a church often help the victim or the entity who feels neglected, separated and unwanted, often help this entity to find his or her way back to the Christ, back to the faith of redemption, through the concept of the redeeming Christ.

This Awareness indicates that in terms of the Catholic religion, these energies are much the same, but moving through the priest who absolves the sins and errors and allows the entity to believe that he or she has been cleansed and redeemed, again through the concept of the redeeming Christ.

Psychiatrists, Psychologists and Counselors

This Awareness indicates that in terms of the psychiatrist or psychologist or counselor, this occurs in a similar manner whereby the counselor works with the entity, listening to the confessions of sins, hatreds, hostilities, frustrations from the past, and then gives this entity the assurance that there is nothing wrong with the entity, that the entity is loved, lovable and capable of being accepted.

This Awareness indicates that this is basically the same method, that the names of the mediator, the redeemer and the victim can be changed to accommodate different systems. This Awareness suggests that this does not imply that these are systems which are false, or that the characters involved are not real, and that this is simply a trick in consciousness; but this does imply that there is a particular method whereby entities can through use of this method, improve their lives, and whereby entities can understand more clearly their own consciousness.

The Programmers of Separateness

This Awareness indicates there also is that other force which first caused the fall of consciousness, which first indicated to the entity that he or she was separated, was evil, was sinful, was unworthy, was not loved, was worthy of damnation and should have a low self-esteem. This entity,--whether a devil, a parent, a minister, a teaching of whatever form of religion, or whether this was the entity's peers, brothers or sisters,--this entity is the force which plummeted and caused the entity to feel separated and lost and away from the Divine forces of the Universe, from the divine love of friends and society, from the integration of one's life and purposes and place in that society.

The Four Elements Involved in the Programming

(How it Works in the Judicial System)

This Awareness indicates that these four elements, --the separator, the victim of the separation, the mediator or medium, or way by which the victim may be redeemed or re-established, and the rescuer,--these are the four elements in moving entities' consciousnesses from place to place.

This Awareness indicates this also is seen in your judicial system where the law separates, arrests or segregates the entity, the attorney serves as a medium to assist the entity in being redeemed, and the judge serves as a rescuer or as further separator. That the entity in each case throws himself on the mercy of the rescuer, hoping that the rescuer will have mercy on his miserable soul. That in each case when the rescuer shows the mercy, the victim is eternally grateful, or at least for that moment feels eternally grateful, and experiences joy unspeakable, depending on the degree of difficulty which the entity has experienced, and the stakes involved.

This Awareness indicates wherein an entity's stakes are his eternal soul, and whereby the entity believes that he or she may have lost his eternal soul and would burn forever in flaming hells, the entity is extremely grateful in being redeemed from that threat. That wherein an entity is threatened with imprisonment for a crime, and is rescued by a jury or attorney and judge, the entity is extremely grateful and happy at his or her release from that threat. That these experiences are ways by which entities can learn.

How the Child is Manipulated

(The Power of Negative Attention)

This Awareness indicates that when a child recognizes that he or she has acted in a manner which could lead to great punishment, and feels fearful of rejection and punishment by a parent, and the parent shows mercy, the child then is grateful to the parent for that mercy. That this has also been applied in other areas such as was mentioned in a previous reading regarding the use of B.F. Skinner's technique in conditioning rats through the reward and punishment techniques in conditioning rats through the reward and punishment techniques.*

*'Revelations of Awareness' 78-35 (How Jehovah and the Hierarchy control their followers); also 80-2 (Healing the Vietnam Veterans of War Horror and Guilt); also 82-17 (Introducing that Wicked Character Known as Satan); each \$3.00 from CAC.



This Awareness suggests that many entities have been manipulated into value systems which are totally alien to humanitarian purposes, to good common sense and to decency. Wherein an entity should punish another for being of a good behavior, wherein one should punish a child for being timid, for being shy, for being quiet, for being a normal child, for asking questions, or for any of a number of other actions which are essentially harmless, and wherein the entity would reward the child for harming another, for being obnoxious, crude or disrespectful and for violating another: -- the entity is encouraging the child to move in improper directions. This Awareness indicates that this child will learn these anti-social behaviors. This Awareness suggests that this may sound quite unreasonable, but there are many parents who *do allow* this kind of action to occur: They ignore their child when the child acts in a normal manner, in an unoffensive manner, when the child behaves in a quiet way, where the child does not create disturbances; but when the child begins to create disturbances with neighbors or with other children, or even with the parent, often the parent gives the attention which the child could not receive in any other way, giving this attention in such a manner that the child receives recognition for the negative behavior, and is willing to accept that negative attention and is happy to receive that negative attention rather than being ignored.

This Awareness indicates that in other cases, parents will simply laugh when their child beats up a neighbor child or when their child steals something from the store; some parents will even compliment the child on their initiative. There are also parents who laugh when their child flies into a rage or uses foul language; many parents think this is cute. This Awareness indicates that many mothers are so protective of their child that when the child becomes negative in such behavior, rather than deal with the issues, the mother simply tries to appease the child by giving something which will make the child happier and therefore stop making the noise by being rewarded for the tantrum which was thrown.

This Awareness indicates this occurs not only with children, it occurs also with adults,--the squeaky wheel gets the grease; wherein an entity complains and shouts and causes trouble, many times adults will do whatever they can to bring peace by appeasing that troublemaker, while at the same time, the adult who laboriously follows through on his or her chores, receives no notice and no reward. This Awareness indicates this entire process needs to be looked at carefully for it affects all areas of life.

This Awareness indicates that *It* is not suggesting that entities should be punished for negative behavior, or rewarded for every positive action, but rather that this be understood and looked at, and that entities communicate with each other to discuss what they see in these forms of behavior.

This Awareness indicates *It* also is not suggesting that you ridicule any method as being a trick, but rather that you understand the nature of consciousness and its effect and its manipulations, and the ways by which it responds to different situations. This Awareness simply wishes that entities become aware of the movement of energies, so that you are not easily fooled by various experiences which appear as magic, or appear as being of an evil nature, for many of these forces which entities think are magic for good or evil, are simply the manipulations of the method for changing consciousness which has just been described as the programmer of separateness, the separated victim, the redeemer and the medium of redemption, and the unification, gratitude and happiness which by right should have been present from the beginning.

This Awareness indicates this is likened unto a tool, the tool can be used for good or ill, to harm, to cheat, to manipulate or to assist; --it is the understanding of the tool and the proper use of the tool which this Awareness advocates.

CANCER OF THE COLON -- ITS PREVENTION AND TREATMENT

QUESTION:

Awareness, they're putting out information all of a sudden that the fastest growing cancer in the United States is now cancer of the colon. (Probably because of President Reagan's well-documented and clinical presentation to America of his colon, and the cancer which required its surgical removal). Is this type cancer caused by excessive eating of meat through one's lifetime, and/or would occasional enemas by entities erase this condition or prevent it from occurring?

COSMIC AWARENESS:

This Awareness indicates this being in part the excessive use of meat, particularly those meats which have been prepared and which use food additives such as the nitrates, and those beef and pork foods which are raised using high-growth compounds within the foods to affect the hormones and to increase the yield for the grower. This also relating to fowl, such as turkeys and chicken, which are similarly raised using hormones to increase the size and growth rate. Likewise, the prepared canned foods using nitrates can also be associated with this problem.

This Awareness suggests that also, the cellulose which is often included in breads for fiber when the fiber is not pure wheat, but contains cellulose, --this also as contributing to poor digestion and to problems in this colon; this relating to a stagnating condition which can contribute to the problem.

FASTING AS A CURE FOR COLON CANCER

**CAN YOU NAME A SURROGATE
MOTHER THE POPE
DOESN'T OPPOSE?**



SEARCHED
NYPLATS

This Awareness indicates that white flours and sugar products as being one of the major villains in this, along with the additives in meat, and also the general effect of excessive use of meat, particularly pork and, to a somewhat less degree, beef, and to a similar degree the hormone-fed fowl, such as turkey and chickens.

This Awareness indicates the moderation in the use of meats and the care to avoid those which have been doctored with the nitrate additives and avoidance, to a great degree, of pork, as that which will assist entities in avoiding the problem. This Awareness suggests also, the avoidance of sugar and white flour products in excess.

This Awareness suggests that generally, a diet of vegetables, fruit with a small and moderate amount of meats would not lead to this condition, providing the use of meat and white flour, sugar products is limited and carefully watched, in so far as the sources and additives within these products is concerned.

This Awareness indicates that for those who have problems in this area, that a good fast whereby the entity shifts to fruits or fruit juices, particularly the grape juice fast, or to vegetables with some roughage, and whereby the entity remains on such a diet for some time, --this depending on the degree of the problem,--can assist in clearing the problem. This Awareness suggests also, the use of aloe vera as a liquid; that wherein the problem as being of extreme proportion, that this be used in large amounts, such as a pint daily, if possible. This Awareness suggests however, that the entity experiment and work up to this amount if deciding to use that amount. This Awareness indicates that the use of the stabilized aloe vera as a liquid taken internally over a period of time can be very beneficial in assisting to clear up the problem,--this depending on its degree of intensity. This Awareness suggests that prevention as being the greater protection.

FASTING AS A CURE FOR COLON CANCER

(FOLLOW-UP QUESTION):

Awareness, there are a lot of entities, middle-aged and older, whose programming and lifestyle had them eating heavy meats and these things most of their life, and they were unaware that these would cause problems in their later years. Perhaps that is one reason there is an outbreak right now of cancer of the colon. My question is, if these entities, every year or so, would follow the cleansing diet given in the Development Classes, would this seven-day diet move these substances through the systems sufficiently?

COSMIC AWARENESS:

This Awareness indicates that this can be very beneficial in helping to cleanse the system, and in many cases would prevent such disease. That this, of course, depends on the condition of each individual and how well the body is cleansed by the diet. This Awareness suggests also that entities may change that diet and avoid, or at least cut down on the use of those substances which are villains in this respect. Also that entities may fast on a kind of daily basis, such as no food between 9:00 PM and 12:00 noon the next day. That likewise, entities may fast once a week or once a month, or possibly 3 days a month; that generally, the action of fasting is that which allows the body to have time to clean out any toxins which have been taken in, or to clean out some of the toxins which have been taken in which are harmful to the body.

The Subconscious Mind Can Still Kill You

This Awareness indicates that likewise, the mind of the entity must also be able to clean out certain fixations, pains, traumas and problems within the deeper levels of consciousness, for these can also be root causes of poor health. For as the subconscious, or the deeper levels of conscious beings, rebel in their frustrations or fixations or obsessions, to experiences which they have endured, they often cause the conscious mind to lose its control and do what it knows it should not do; and in so doing, to move on a path of self-destruction, or a path which is not beneficial to the entity. Therefore, even though an entity may know that he or she should not eat this certain substance or should go on a fast for a certain time to rid himself or herself of any poisons, the entity may still not be able to stick with the action because the subconscious or deeper levels of the entity's being may rebel against this fast or against giving up this little pleasure. That this as related to the subconscious death wish which entities may sometimes experience. That in such a case, the entity not only needs to understand the proper foods and proper diets, but needs also to understand and discover proper attitudes and may need to have some kind of therapy, either

from one's own probing or with the help of others, in order to bring up those fixations which cause the blocks in the attitude which is desirable for good health.

HOW TO USE HONEY AND LEMON JUICE IN THE 3 DAY AND THE 7 DAY FAST

(FOLLOW-UP QUESTION):

One final question. There are two versions of the cleansing diet or cleansing fast that Awareness gave for the Development Classes. The difference being in the sequence in which one takes the honey and lemon water. The original reading, I believe, indicated the honey and lemon would be taken at the beginning, and the second version is that they take it at the very end of the fast. Would Awareness clarify if it makes any difference at all which a person uses?

COSMIC AWARENESS:

This Awareness indicates that the use of honey and lemon as a kind of lemonade, whereby approximately one to two tablespoons of honey and one to two lemons squeezed into a gallon of water. This Awareness indicates that the use of this at the end of the fast whereby the first four days of the fast are centered around the use of fruits, vegetables, nuts and juices, with the last three days of lemon juice and honey as a lemonade and accompanied with the use of similar liquids made from lemon juice and honey to be used for purposes of the enema as cleansing the bowels. This Awareness indicates this as part of the seven-day fast.



"But enough about my career... let's talk about my all-bean diet."

The 3 Day Fast

This Awareness indicates also that there can be the three-day fast which entities may participate in monthly, whereby they switch to the use of lemon juice and honey for approximately three days per month,—this preferably in sequence. That this fast starts with the lemon juice and honey and then, when this is completed after three days, the entities may then move back to their normal diet. This Awareness suggests however, that in moving back to a normal diet, that you break the three-day fast with fruits and vegetables. These may be done so that you eat fruits and vegetables on the same day following the three-day fast, or you may choose to eat fruits the first day, followed by vegetables the next day. That in this respect, the three-day fast and the seven-day fast may appear to be almost as opposites in their approach. This Awareness indicates however, that essentially the seven-day fast ends with three days of lemon juice and honey, and the three-day fast begins with the three days of lemon juice and honey and may be broken according to your discernment; but this Awareness suggests that it be broken carefully, not using heavy foods, but preferably fruits and vegetables or other juices.

ED's Note: for more information on fasting, please refer to the booklet, "Fasting and Nature Cure"; \$3.00 from CAC.

For more information on cancer and the death wish, please refer to 'Revelations of Awareness' issue 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.

HOW 4000 ENTITIES CAN PREVENT NUCLEAR WAR

QUESTION: (April 14, 1979)

Dr. Beter told the Interpreter during a recent phone conversation that 4000 entities aware of what is happening in this country could turn this nation around and prevent this incipient nuclear war from happening, which is now being planned by the Bolsheviks in Washington who have taken control of this country through a bloodless coup d'etat. Would Awareness comment on those figures, please?

COSMIC AWARENESS:

This Awareness indicates that this is correct; this of course, depending on the action of the 4000 persons; this as not considering any form of subversive or violent action, but rather of dedicated and energetic concern through communication, attention and the alerting of others. That these 4000 persons in this nation who are truly dedicated to doing something, who understand what is occurring, —this number as appropriate and accurate,—for that number can awaken 40,000 in but a short time; this

being ten more persons each. And that 40,000 within a brief time, can increase that number ten times, to 400,000. This Awareness indicates that a brief time further, and this 4 million, then the entire nation can be awakened. This can occur in a matter of but a few brief months.

That in another sense, the 4000 can awaken certain key entities who have responsibilities in this nation, by communicating with those entities in such an intense and such a high quantity of letters or phone calls or other forms of communication, that those entities having that responsibility, themselves, turn around and begin to think in a different manner, and in that change of consciousness, they begin to awaken others and begin to turn the course of the nation.

This Awareness indicates there are in actuality, very few persons guiding this nation's direction at this time; that the majority are simply going along with the leaders, and those in positions of power. This Awareness suggests that wherein an entire crew turns against the captain, this may be called mutiny, but in fact the entire crew is also the director of the ship, and the captain has no choice but to agree, and go along with the crew.

This Awareness indicates when an entire nation insists that something be done, those in power no longer have their power; that wherein a few can change the minds of those at the top, the masses tend to follow. This Awareness indicates that 98% of the populace of a nation, generally are satisfied with reading the news, rather than making the news,—generally are satisfied with following whatever occurs, rather than determining or assisting in the determining factors of an occurrence.

This Awareness suggests that 4000, even 1000 persons,—even 144 persons,—even one person,—any number of persons can have an influence, and that influence can influence more; and that greater influence can create an even greater influence on others, and then there can be a great influence moving, and that great influence can change things on a massive scale.

This Awareness indicates there are enough people in this single organization, if each wants to put forth even 2% of their personal energies toward bringing about a change in the direction of this nation. That 2% of dedicated and focused and clearly directed energy; this can bring about the turning of this nation toward its proper course. This Awareness indicates that this in terms of 2% energy for this time in one's life, this not even requiring 2% of an entity's energy for their lifetime, but simply 2% of their time and money and energies properly directed at this time in history, can bring about the necessary changes to prevent World War III, and to allow the freedoms of entities throughout the world for future times.

This Awareness indicates that this may be accomplished by aiming your letters, your concerns, toward those who claim themselves to be the leaders, and letting them know that they are steering the ship in the wrong direction, and that you are not in approval,

nor care to go along with this action. That you are one who would see them ousted. This Awareness suggests that you are one who would see them removed unless they turn quickly in the right direction. That if they are to remain on board, they must become concerned and aware of the rights of the masses, and serve the masses rather than serving their own interests at the expense of the masses.

This Awareness suggests that in your directed communications to these entities, one day of letter writing by 1000 persons can have a profound effect that can prevent all of those great dangers which this Awareness has indicated are probable. This Awareness suggests that there is a chance, even though there appear to be heavy and dark and sinister forces everywhere. This Awareness indicates that those who wish to take this action can work magic. Meanwhile, there are individuals or small groups of entities, who are also preparing and working, and doing what they can do and are giving more than 2%,--some giving their entire lives for this action; that these also can have profound effect.

This Awareness wishes entities to ask themselves, "What can I do? How much can I give of myself to assist the future generations, to assist the present generation, to pay for liberty upon this earth?"

This Awareness asks that you not participate in violence, that you not threaten violence, but that you express your indignation, your anger, and your concern to those who are threatening your life, --threatening the lives of your loved ones, --threatening the life of this nation,--and threatening the future generations and future experiences of all entities.

This Awareness indicates that you may also awaken your sleeping neighbors and friends and fellow citizens of the earth; this also as contributing to the future harmony upon this plane.

ED's Note: this reading was given April 14, 1979, during that time, under President Carter, when the Bolsheviks were about to launch a nuclear attack against the Soviet Union. Similar messages were published by CAC and hundreds of members did write those letters, did tell their neighbors, did write their newspapers, did give that 2% of their energies, and that particular nuclear threat was aborted. There were also a lot of other entities who never heard of the Awareness messages, who were getting the messages out to the masses. Today, 7 years later, this same information seems rather timely, and hopefully entities are still writing letters, protesting among other things, the nuclear build-up and war consciousness that seems to have taken away the common sense of many entities in this country today.

Since there were many messages during those urgent times 7 years ago that CAC was not able to publish, this editor will from time to time print these in this newsletter, so that one day historians can piece together the entire story.

There is an old story about God discussing with his angels where He should place the secret of life so that it would be the most difficult to find. One suggested the bowels of the earth, another the bottom of the sea, a third the highest mountain.

A fourth angel objected. "Men will eventually search out all those places," he said. "The only place is within man himself. He will never dream of looking there."



"Damn it, man! That's classified information!"

WHERE DOES A THOUGHT COME FROM

(AWARENESS ANSWERS THE "QUESTION OF QUESTIONS")

QUESTION:

In the reading on mind control some time ago, Awareness indicated that the freedom to think is the most important of all freedoms. There are those who consider the question of "Where does a thought come from?" as the question of questions. I'd like to ask Awareness: Where *does* a thought come from?

COSMIC AWARENESS:

The Freedom to Experience

This Awareness indicates that in reference to that statement: "Freedom to think as being the most important of freedoms", this was in reference to thought in the sense of the frame of reference of human freedom,--the frame being limited to a certain point of view. This Awareness indicates that even more important than freedom to think, is freedom to experience, for entities may also experience without thought, may meditate on stilling the mind, stilling thoughts, coming into the silence and experiencing beyond thought. That in this sense, there are other freedoms which are also essential.

It is necessary that entities recognize freedoms imposed from outside, freedoms whose curtailment is imposed from outside, do have some effect, but that also, entities may be standing in their own way and limiting themselves to a denial of certain freedoms. That often an entity's insistence on having freedom to think may inhibit the entity's ability to experience; that in this sense the freedom to think may become an oppressor for the entity and his experiences.

This Awareness indicates your question be restated.

QUESTION:

Okay. The brain is the house of thought, but it is not the thought itself. The question is: Where exactly do thoughts come from?

COSMIC AWARENESS:

This Awareness indicates that essentially, these are energies of vibrations, just as sounds come from sources which are picked up by the ears, so likewise, thoughts come from sources which are picked up by the intuition, by the electrical-magnetic fields surrounding the brain. That these are often picked up from nerve centers within the body, carried from place to place, such as the thought: "My toe itches", or "There is a pain in my knee", or "This feels very interesting". These thoughts, which are conveyed by the nerves within the system, triggered through the energy fields, picked up by the senses, by the nerves, by sight or by sound, these may be stored in memories, recorded on the brain in magnetic loops, but there are also other sources which come not from stored memory, nor from random data of present experience, but comes rather from a sense, a sort of insight such as might be picked up by a transmitter through space.

This Awareness indicates these are thoughts which come out of the blue, or which come as a channeling, or which come as ESP, or which come to an entity from somewhere outside the entity's own resources. That this entity who is capable of receiving thoughts from external sources, may be similar to the individual who has the opportunity in a society to have a radio or to have a television, or some other mechanism that allows the entity to receive broadcasts from elsewhere. The entity who has these mechanisms is somewhat at a greater advantage than those who have not yet acquired the use of the mechanism, and are limited strictly to word-of-mouth message conveyed by ear and eye and touch.

This Awareness indicates that even these entities who have the sense messages delivered,--sights and sounds, word-of-mouth, may have tools which are not available to others, such as those whose eyes do not function, whose ears do not hear, and therefore may feel themselves at an advantage. While some entities may not have eyes or ears, they may have other senses which perceive things that those who see and hear cannot perceive. Therefore, these thoughts this entity may have will come from other sources.

This Awareness asks you to consider: What is a thought? Is the thought the word associated with the concept or image that comes to mind when the thought occurs? Or is the thought the image itself, the concept, the pattern that has no word, stripped of its words...Is that the thought? This Awareness suggests you look carefully at that concept of the thought. This Awareness asks you to

imagine yourself never having learned words, never having learned names, knowing only images and experiences, patterns and energies. These are nameless images, nameless patterns, nameless concepts or associations.

This Awareness indicates you look at these nameless energies and ask yourself: 'Are these thoughts, or are thoughts the names for these energies? Are thoughts the names of the images which are brought forth when the image of your mother appears to you; is that a thought? or is the name "Mother" the thought?' This Awareness indicates that essentially, depending on how entities wish to define thoughts; thoughts are generally considered to be the names associated with energies and patterns, and energies and patterns and images are seen as images, patterns and energies. These are pictures.

This Awareness indicates thoughts are the names for these pictures. The question as to where thoughts come from; thoughts come from your own conditioning in naming pictures and images which you see, but the pictures and images which come to you are broadcast through the etheric realms of consciousness, picked up by your sensitivities and intuitional levels, placed in your mind's eyes, in your screen of consciousness, to await your labeling with thoughts and names, and words.

(Follow-Up): Vicki:

Could it be said then, that thoughts are mental verbalizations?

COSMIC AWARENESS:

This Awareness indicates this in the affirmative. Thoughts being the dressing, or attire for the images, the energies and patterns which come to entities' consciousness.

WHY 4 PEOPLE INVENTED THE TELEPHONE SIMULTANEOUSLY

(FOLLOW-UP QUESTION):

It has been said that there have been times when great inventions, for example the telephone, have been simultaneously invented by different entities in different places around the world, who were not in contact with each other, lending credence to the notion that all thoughts are originated by God, and are just going around in consciousness, and when its time has come for a certain thought to manifest, that certain entities that are open are attracted to such thoughts. Is there any truth to that?

COSMIC AWARENESS:

This Awareness indicates that this in the affirmative, with certain clarifications needed. This Awareness indicates that wherein it is said all thoughts originate with God, it needs to be clarified somewhat, in that God creates energy movements which

in turn create energy movements, which in turn create energy movements, which in turn create energy movements. Whereas God is the creator of the original energy movements, each energy movement becomes the creator for the next, thus a thought may be created somewhere along the line which is unique in itself, but whose cause was created by the Divine Original Energy Movement, and this new thought which is unique, and an individual, may in turn create a unique and individual thought or invention which in turn may again create something unique and individual, so that all thoughts originate from God, but take on individual characteristics as they move and react to one another, and to the forces which they come in contact with.

This Awareness indicates this likened unto the chord of music, which is struck and whereby the original chord plays, and thousands and millions and billions and trillions of echoes and overtones follow, each being unique and individual and different from the other.

TUBAL LIGATION AS A FORM OF BIRTH CONTROL

COMING SOON: A WATCH FOR VATICAN ROULETTE PLAYERS

QUESTION:

A question from A.F., Issaquah, Washington. "I'm going to have my third child in June and am considering getting a tubal ligation, where they block the fallopian tubes so the egg and sperm can no longer meet, and would like to know if this is a safe method of birth control on all levels: physical, emotional, mental and spiritual. Has Awareness ever commented on this? I haven't seen it if It has, and if not, would you comment on this, please?"

COSMIC AWARENESS:

This Awareness indicates that this as a suitable method for birth control. Also, there as being presently prepared for marketing a watch which indicates from the temperature of the female, certain changes occurring in temperature and using the rhythm method. This watch indicates times which are favorable for pregnancies or which should be avoided by those who do not wish pregnancy; this indicated by a red or green light, according to the time and temperature changes of the individual wearer.

(FOLLOW-UP QUESTION):

Awareness, isn't there a danger in methods like that even though they can pinpoint when the egg will fall or won't fall, in that a sperm can live for 24 hours, if not longer, inside the woman and therefore the egg could drop and get fertilized anyway?

COSMIC AWARENESS:

This in the affirmative. That there is always some danger or chance of pregnancy in the rhythm method; there are also chances involved in other methods; that some are more chancy than others.

A MEMBER ASKS: "HOW COME AWARENESS DOESN'T DISCUSS COSMIC PRINCIPLES?"

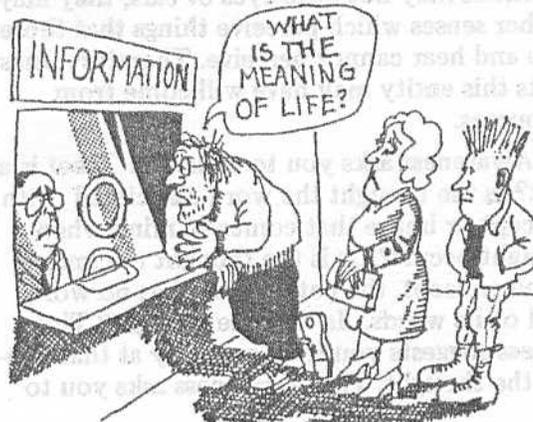
QUESTION:

This isn't a question, but it's a note sent in by J.S. of Arcadia, California, and I'd like to ask Awareness to see if this would be feasible sometime.

"My main complaint is that your newsletter brings up some really interesting cosmic principles in passing, but it does not treat them in depth. If you could devote at least one issue to a condensed, unified essay on the basic structure of the universe, I would be ecstatic. Awareness could discuss creation, the laws of manifestation and evolution, Yin-Yang, the trinity, the four elements of air, earth, fire and water; the four forces,—electro-static, electromagnetic, magnetic, and resonating electromagnetic and so forth,—and how they correspond to the spiritual and material world. It would be great to be able to reconcile the Tarot, Kaballah, astrology, alchemy, numerology and so forth with one another, by recognizing their basic underlying principles."

COSMIC AWARENESS:

This Awareness indicates that this would take more than one reading. That this also would take certain diagrams in order for it to become comprehensible. This Awareness suggests that essentially, over the years this Awareness has given this information here and there in various works, in various readings. This Awareness suggests that perhaps the Interpreter could best perform the action of bringing all this together in a book from the information that has been brought through his channel during the past several years, along with images which he has been given during these trances.



This Awareness indicates that this as one possibility of presenting this information, along with the diagrams, which would simplify the understanding of the information. This Awareness indicates that the other option would be whereby a series of readings could be given whereby this information could be released and the Interpreter could give diagrams to fit the readings. This Awareness suggests however, that it appears this will not be a priority at this time, but may become a priority at a later time.

This Awareness indicates that as the churches grow, (Cosmic Awareness Communications and the Aquarian Church of Universal Service), as these grow and develop and more energy can be put into researching the hundreds of readings which have been given, categorizing these into various topics, that much of this information can then be compiled into booklets which will simplify and explain the many topics which are of interest to entities. This Awareness indicates that this however, appears to be an action which could take as long as 50 years to complete, depending on how much energy can be made available to these organizations and how soon this can occur.

ED's Note:

We hope it won't take that long. Our hope is that we will soon be able to start our computerization project at least. For six years we have been working on indexing the Awareness material and to date have at least 8000 index cards with over 50,000 individual references to subject matter referred to by Awareness in published readings. Getting this data into a computer bank will at least be a start, that printouts can be readily made when a particular subject is called forth. Later on when the proper equipment can be obtained, we expect to feed the readings through an optical scanner,-- these in printed form, whereby everything on the page will be locked into the computer banks for later access by members and others who wish to know what Awareness had to say about any particular subject. At this point, booklets on any subject will be possible.



"Martha, I'm toying with the idea of converting."

HOW TO PROTECT YOURSELF FROM ASTRAL AND MENTAL BODIES (HOW THE MENTAL BODIES WORK)

QUESTION:

A question from J.H., Vancouver, British Columbia. "I go into a light trance for a lady friend, who puts mental bodies at rest who bother individuals. These mental bodies are around individuals for revenge, for love, etc., and apparently, some of these bodies have been around for many lifetimes, disturbing people with thoughts and feelings that are not their own. My friend studied with Francisco Coll, who apparently developed this method, and it has helped many people. Would Cosmic Awareness please explain what happens at these sessions as far as the mental body is concerned, and is it possible we also contact the complete entity that has passed on before the mental body separates?"

COSMIC AWARENESS:

This Awareness indicates that the individual is a composite of many levels of energy, including the astral or emotional body, the mental body, and that of the causal body; that these energies progress only so far in their movement toward higher spiritual realms, according to their own development and their own nature. The mental body does not pass as far into the spiritual realms as does the causal, or spiritual or etheric body.

This Awareness indicates that likewise, the astral body, or that which is based on the emotional aspects of an entity, does not pass to the level of the mental body. That many entities are disturbed and influenced by astral forms, by astral bodies of those who have passed on; these are often the cause of moods and of possession, or of influences of various types.

This Awareness indicates that the mental bodies generally affect entities in terms of thoughts, ideas, and many of these mental bodies, much like the astral body, influence entities with thoughts and ideas, as opposed to emotions, which are detrimental to the entity. Some of these mental bodies influence the entity's thoughts and ideas in a manner which is beneficial, giving the entity ideas of a creative nature, or assisting the entity in some manner in his or her profession, or giving insight and information as needed. Much of this is that which entities may pick up on a kind of sudden insight; this having come from an entity of the mental type.

This Awareness indicates that these have often been called Thought-forms, and they can be both beneficial or detrimental, depending on their own individuality. That the astral bodies which linger in various areas generally are more unevolved than the mental bodies, and these astral bodies do enjoy attaching themselves to entities who have similar emotions, or who are open to such emotions; and many of these astral bodies will merge with the emotions of an entity and the entity may experience a sense of strong emotional

urge, which is almost uncontrollable. This may be anything from a negative mood to a strong sense of hostility, or it may be a feeling of great passion.

Poor Nutrition Invites Possession

This Awareness indicates that some of these emotional or astral energies are less harmful, or even somewhat beneficial. That as a general rule however, it is best to avoid the indulgence of merging with astral forms, or allowing them to influence one. This Awareness indicates that to a great degree, these astral energies can influence an entity most easily when the entity is experiencing some form of physical or nutritional deprivation; that wherein an entity is under the influence of alcohol or drugs, the entity may be open to such possession. That also, certain nutritional deficiencies can lead to such possession, whereby these influences may enter more easily.

This Awareness indicates particularly the B vitamins, when depleted, can lead an entity into being open for possession; that low protein in one's diet also can lead the entity into a greater chance of being possessed. That the lack of Vitamin A, Vitamin D, and the B vitamins, calcium; these are the main vitamins which can be beneficial in helping to counter the susceptibility to possession by these forces. That along with the calcium, entities also need magnesium.

This Awareness suggests that in reference to the movement of mind, or the control of Thought-forms, or those mental bodies, that a fire or candle as that which can draw these entities and the energies in to, and away from the individual; that fire draws Thought-forms much like a magnet draws metal. That in this manner, Thought-forms may be burnt away, and it is these Thought-forms which essentially energize those mental bodies which give them the energy to have influence and effect over an entity.

This Awareness indicates there are of course, some mental bodies which assist as guides and are beneficial to an entity, and those you may wish to keep in your presence rather than having them leave. That most Thought-forms, most mental bodies and astral bodies will respond to commands which you give in ordering or directing them to leave your area. This particularly when an action is taken on their level, such as a ritual involving a certain degree of emotion in order to rid yourself of the astral body; the emotion being that which is stronger than the energies of the astral being.

This Awareness indicates that in terms of dealing with a mental body, to remove such an entity requires that the message be given in a manner which is rational, which is understood, and which the mental body will respond to, whereby the mental body accepts the message as coming from a trustworthy authority, and responds and acts upon that order. Such a message, for example, might be that: "You are to leave and go elsewhere, for you have other actions and experiences which are important to you."

This Awareness indicates that it appears that the group of entities you are working with have a relatively clear understanding of these forces and energies.

A MEDITATION ON THE NATURE OF SOFT SUBTLITIES

This Awareness suggests entities may wish to meditate on the nature of soft subtleties. This Awareness suggests that you may close your eyes, lie upon your back, place your hands in front of you, visualizing with one part of your consciousness, *harshness* of metal; swords, sharp edges and penetrating and cutting devices. That this meditation continue for one minute as you visualize your hands being cut by these pieces of metal as you reach out above you and move your hands about.

This Awareness suggests that you then visualize the pieces of metal moving away, with nothing left to remind you of these pieces of sharp metal. This Awareness suggests that you feel carefully the nature of that which is before you,—the space, the energies that lie before you in that space. That you observe the light and the darkness. That you, with your eyes closed, look to see those subtle relationships in the shades of gray. That you visualize your hands moving about, touching these various shades of gray.

This Awareness suggests that as you move your hands about, you may feel areas in the space which appear to be more dense than others. This Awareness suggests you continue this action for approximately two minutes, feeling the subtleties of space. This as an action which develops great sensitivity of the fingertips and of the consciousness.



"Congratulations, you are our hundred-thousandth homeless person."

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