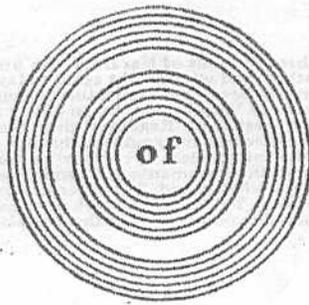


Revelations



Awareness

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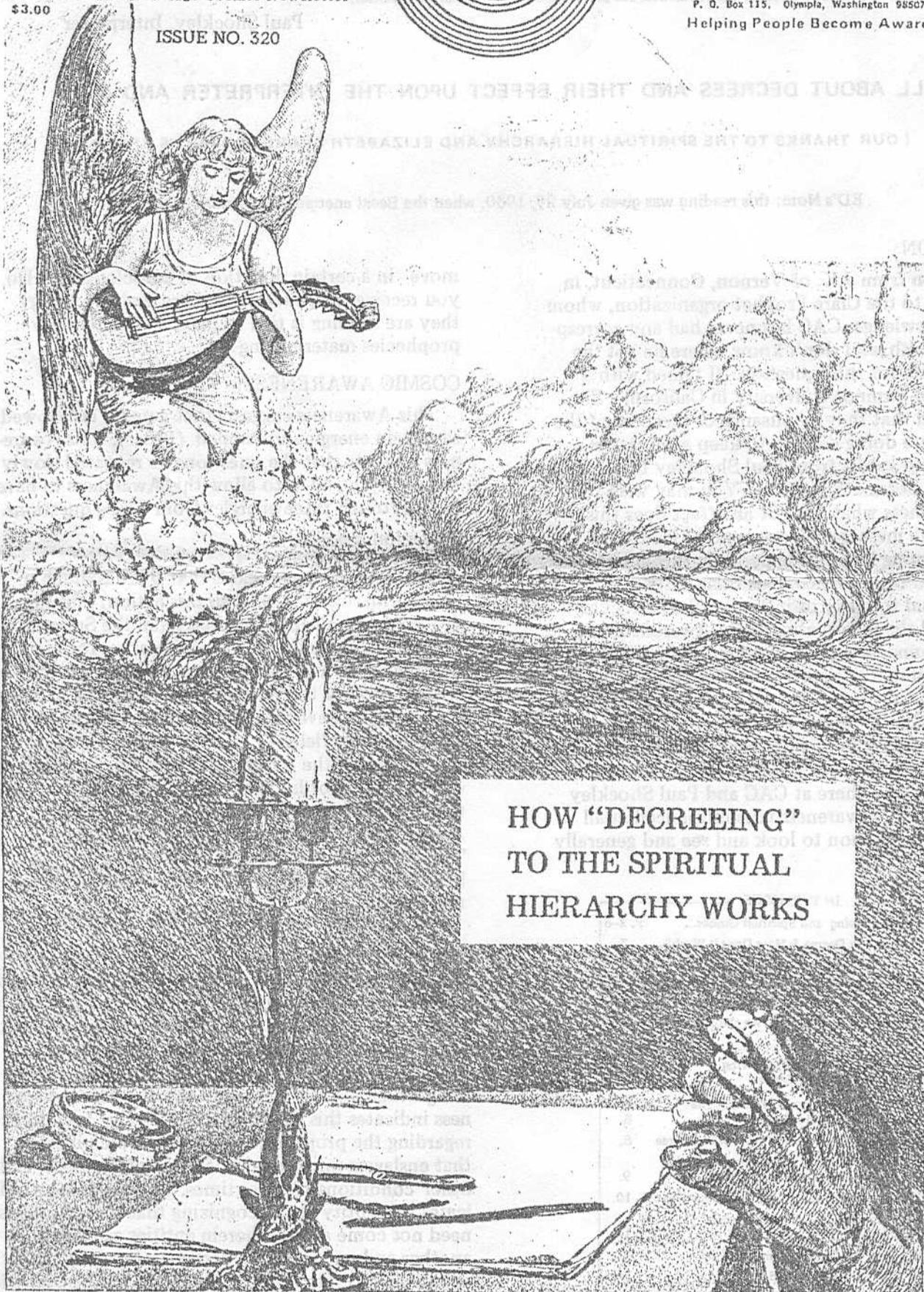
The New-Age Cosmic Newsletter

Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

Helping People Become Aware

ISSUE NO. 320



HOW "DECREEING"
TO THE SPIRITUAL
HIERARCHY WORKS

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

ALL ABOUT DECREES AND THEIR EFFECT UPON THE INTERPRETER AND C.A.C.

(OUR THANKS TO THE SPIRITUAL HIERARCHY AND ELIZABETH CLARE PROPHET'S GROUP)

ED's Note: this reading was given July 29, 1980, when the Beast energies were running rampant.

QUESTION:

A question from J.K. of Vernon, Connecticut, in reference to the Clare Prophet organization, whom to my knowledge, CAC has never had any correspondence with, so I don't know where he got the information for this question. "I talked with a member of Summit University in California. She mentioned that they, thousands of 'keepers of the flame', were doing decrees to keep away astral energies and spirits from Paul Shockley the Interpreter for Cosmic Awareness. You may wish to ask Awareness what kind of an effect does this have on the messages of Awareness? Does this energy coming from these people's throat chakras, --what kind of influence does this energy have? Does it tend to make or influence Paul Shockley to channel the information from Awareness in a certain manner toward a certain direction? This especially possibly significant since these people at Summit University may all be co-imaging Elizabeth Clare Prophet's prophecies for the 1980's. Miss Prophet, it has been said, was an Egyptian priest, one of the pyramid programmers maybe. Are you there at CAC and Paul Shockley and the energy Awareness uses influenced at all in a certain direction to look and see and generally

move in a certain direction of consciousness? Do you receive the general idea here that the energy they are sending is tied to fears of the *Revelation* prophecies materializing?"

COSMIC AWARENESS:

This Awareness suggests that a pause be allowed as certain energies are tapped. (Pause). This Awareness suggests that the questions be repeated slowly and carefully, so as to allow this Awareness to have time to touch these energies from these questions. (Question repeated).

This Awareness indicates that there is much in the affirmative in regards to this action; that the decrees being given by entities from the Summit Lighthouse as being of a general nature for many Light workers and for many entities and for the general good of the planet. This Awareness indicates that these do have an effect in terms of creating certain energy fields or clearing certain energy fields through the imaging and voicing of vibrations of tones and words. That essentially, there has been much benefit to the Interpreter and to *Cosmic Awareness Communications* from these decrees. This Awareness indicates that these decrees also have been beneficial to many other entities upon this plane.

This Awareness indicates that the entity Clare Prophet, and the Interpreter Paul Shockley, as having a karmic connection through past-life incarnations in Egypt, and this entity as one who has some recognition of the total movement of energies which have come down from Egypt to present time and the programming which has been put into motion. This Awareness indicates this entity as also one who is concerned regarding the prophesied situations, which include that enslavement through the Mark of the Beast and other conditions of these times. This Awareness indicates this entity also recognizing that these prophecies need not come about wherein entities awaken one another and put forth the necessary images to bring about the changes which can prevent these prophecies as recorded in the *Book of Revelation*.

IN THIS ISSUE

All About Decreeing and Spiritual Guides...	P. 2-8
What Exactly is a Decree & How Does it Work?	3.
Will Decrees Work Only if Directed Toward the Spiritual Hierarchy?	... 4.
Why You Should Recognize Your Guides..	4.
Some Guides Can Lead You Down the Dark Path	5.
Can One Bypass Guides?	6.
What to do When You Start Receiving Bad Guidance From Your Guide	7.
What About the Yorktown Directive: "The Hierarchy Must Relinquish Power"?	8.
A Thanks From Awareness to Those Who Decree	8.
A Magic Meditation from Awareness: How to Make Others Healthy, Wealthy and Wise	9.
Physical Defects Not Always Karmic Punishment	10.
The Effects of Various Odors & Aromas in One's Environment	11.
The Cause and Cure of the Common Cold	11.
How an Astral Shell Can Invade an Entity	12.

This Awareness indicates however, these entities also are aware of the intense energy in motion, hurling humanity toward that end and that scenario, as recorded in the *Book of Revelation*. That essentially, these energies are being disrupted greatly by the New Age spiritual groups, such as the Summit Lighthouse, the Awareness communications, and others, who do not 'buy' the old programmings as being absolute and unchangeable. This Awareness suggests that essentially, there are many groups and individuals sending forth vibrations and images for a better world, so that all may benefit and all may find that harmony and peace which all so desperately seek. This Awareness indicates that the time comes soon whereby these vibrations of light and sound, calling forth for the unity of all life, whereby these shall have their victory through the flames of love and mercy.

WHAT EXACTLY IS A "DECREE" AND HOW DOES IT WORK?

(FOLLOW-UP QUESTION):

Would Awareness explain exactly what a decree is and exactly how it works?

COSMIC AWARENESS:

This Awareness indicates this essentially as an imaging action, accompanied by vocal sounds and vibrations; that essentially, the action of imaging is that which creates the picture in the consciousness field. This Awareness indicates this picture which the entity may desire, the image which is to be transmitted to another place, person or even to oneself or to another entity in another level, such as those known as the spiritual hierarchy,—these images held in the mind of the entity who wishes to convey the image; these images can be enhanced in their power and movement with the use of sound or vibration. This may be likened unto a rocket being launched, whereby the payload or that which is the capsule at the tip of the rocket may be synonymous in this allegory with the image which you would launch; but to launch that image, you may need several stages of rocketry, or the vocal vibrations, below that image to give the power and force and thrust in order to launch that image to its destiny.

This Awareness indicates that, as has been given previously in certain meditations and messages regarding the transmission of energies for healing purposes, the use of sound to accompany the image that which assists in catapulting that image further, faster, and with greater force. This Awareness suggests that essentially, the purpose and technique of the decree is associated with this same principle.

This Awareness indicates that, likewise, the Kahuna prayer which this Awareness has indicated previously uses the same principle, but includes the breath and



the action of the hands rising and falling and sending the prayer to its source or destiny. This Awareness indicates that even in this action wherein the entity, after launching the prayer, repeats the words: "The prayer goes up, let the rains fall down,"—this also is a vibration.

This Awareness indicates that likewise, wherein entities voice prayers in their various religious forms, patterns or systems, these also take on greater energy when the words are spoken; that words thought within the mind, vibrated within the mind, also carry certain power. This Awareness indicates that wherein an entity cannot send the image along with audible sound, the entity may send the image with mental sound and this also is effective, but not quite as effective as when audible sound is used.

This Awareness indicates that wherein entities participate in the sacramental healing, for example, and all vocalize the vibration of the word "love" or all vocalize the OMs or other words which this Awareness has given for *Its* rituals, these vibrations do have certain effects in sending energies forth, which, in turn, bring back other vibrations from a higher source or higher frequency, and these vibrations, returning in response to the *Law of Gratitude*, do bring back greater energies and light for those who have sent forth those vibrations.*

* The Sacramental Healing is one of the healing techniques given by Awareness and published by CAC in the "Spiritual Healing Manual" (\$3 from CAC)

IS "DECREEING" AN ALCHEMICAL ACTION?

FOLLOW-UP QUESTION:

Would Awareness then classify the action of doing these decrees as alchemical?

COSMIC AWARENESS:

This in the affirmative. This Awareness indicates that *It* intends to release information during the coming months regarding alchemy and magic in terms of consciousness, and the effects in consciousness of the various techniques and ways whereby consciousness may be changed and various actions and energies set in motion may be altered, or may be made manifest. This Awareness indicates that alchemy, in this sense, to be considered the action of transmitting energies from one vibratory rate to another for certain purposes.

This Awareness indicates that entities who have studied electronics and frequencies can more easily understand the nature of these vibrations and how they may be stepped-up or slowed down by certain transistors, transformers, or transmitters and capacitors in consciousness. This Awareness indicates that entities also may serve as capacitors and transmitters, and may serve as magnets and receivers. This Awareness indicates that entities may tune in to certain frequencies and channel certain energies or certain vibrations, even as in electronic components of various types of electrical devices.

WILL DECREES WORK ONLY IF DIRECTED TO THE SPIRITUAL HIERARCHY & MASTERS?

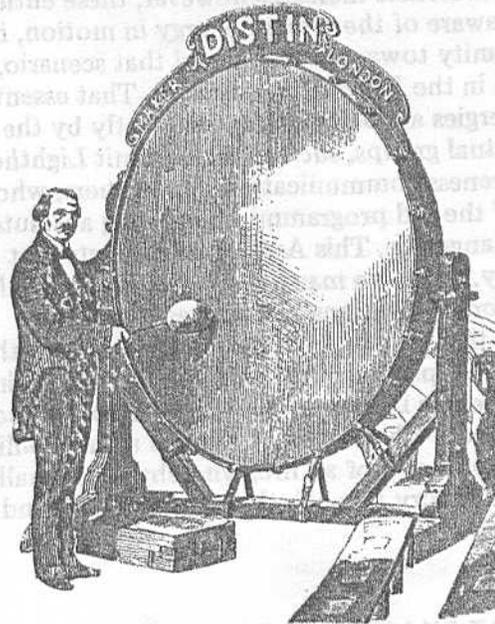
(More on your Spiritual Guides)

(FOLLOW-UP QUESTION):

Awareness, from what I've read in reference to these decrees, some entities believe that the decree will only work if it is sent through the hierarchy structure or through ascended masters. Is this true?

COSMIC AWARENESS:

This Awareness indicates that the decree will work regardless of how it is sent. This Awareness indicates however, that by using the spiritual hierarchy or ascended masters, this as likened unto a system whereby the energies are sent at a certain frequency to a particular being who, in turn, speeds up or slows down that energy, depending on the direction whereby the energy is going. Essentially, the spiritual hierarchy slows down certain vibrations as they descend to the



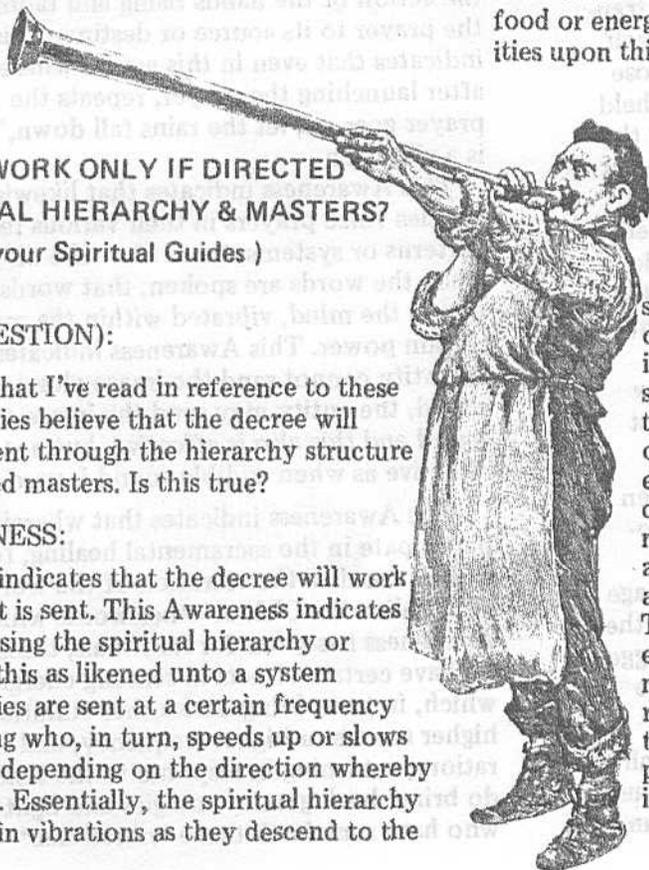
earth plane, so that these can be used without burning up the receivers, speeds up other vibrations toward higher, blissful or mystical, or levels of spiritual vibratory rates, so that these can be used when necessary.

This Awareness indicates that entities who send forth vibrations and decrees and recognition to these higher beings, to those who are invisible to this physical being, but present to those who have 'eyes to see,' or have the sensitivity to recognize their presence, --that these vibrations sent to those of the spiritual hierarchy can, in turn, be used by that spiritual hierarchy as energy for the purposes to which the hierarchy is devoted and for which the energy has been sent. That essentially, the action is likened unto providing food or energy for those who are also guides for entities upon this plane.

Why You Should

Recognize Your Guides

This Awareness indicates that *It* does not suggest that these entities become overly concerned or devoted or overly affected by entities of the spiritual hierarchy, but *It* does suggest that entities begin to recognize that these beings are guides, do assist in the affairs of humanity, and can be of assistance to many entities, and that each entity on this plane does have invisible guiding forces which give much assistance and guidance to those entities, according to the kind of guidance and assistance which the entity desires and deserves. This Awareness indicates that wherein an entity desires and deserves assistance that moves the entity toward greater influence, responsibility, and the foundation to meet that responsibility and use that influence properly, the guides can assist that entity in that action.



This Awareness indicates that whether the entity ever recognizes the assistance of such guides is not to determine whether the guides assist or not, for the guides are there, whether recognized or not. This Awareness indicates however, that wherein entities begin to recognize that they *do* have spiritual guides, they then can begin also to give energies to those guides through recognition, through words of appreciation; and such recognition and such appreciation expressed, whether in decrees or in thoughts of devotion, or in terms of appreciation and thanks, that energy given to those guides assists the guide to give greater service to the one. Therefore, entities in recognizing their guides, will receive greater benefits. This Awareness indicates it is not essential that you know the names of your guides or their appearance, but it is essential to recognize that when something particularly good happens to you which appears to be a coincidence, that this may well be the workings of one or more of your guides.

This Awareness indicates that such beings often watch and attempt to direct you toward that which is best for you and others. This Awareness indicates that wherein you move into a path which is not to your advantage or to the advantage of others, these guides often block your way, causing disruptions in your journey, difficulties in your path, so that you must turn back and again move toward a more appropriate direction.

Some Guides Can Lead You Down the Dark Path

This Awareness indicates that besides the spiritual hierarchy and these beneficial guides, entities can, by tuning in to the frequencies of negative channels such as fear,—unfounded fear in particular,—greed, lust or the concepts of separateness, wherein the entity seeks personal significance at any cost to others, or through channels of hostility,—this Awareness indicates that wherein entities move into those channels, it becomes possible for entities to then contact the negative or Alien Force guides, who will tempt the entity to move down the dark path in the pursuit of personal power, and through blind alleyways where the entity fails to see the whole or total experience of life, and gets caught into small eddies and traps and mazes and confusions which give only temporary gratification, or vengeance, or other sick results. This Awareness indicates that wherein such occurs, the entity cannot blame those Alien Forces for the results of his action, for the entity *followed* those Alien Forces. This Awareness indicates that one can only look at *what is*, and recognize that one needs not follow the path of darkness and separateness, but may move toward that which is spiritual,—spiritual being that which is inclusive, accepting, of the *Law of Love and Unity*.

This Awareness indicates that wherein the entities move along the spiritual path and become more used to that path, it does not take long before the entity's energies become recognized by others and those, then, begin to rely on those energies which are recognized, and the entity then begins to exert an influence

which may be used for good. This Awareness indicates that wherein an entity moves along the spiritual path, building that spiritual energy, and that energy is recognized and the entity builds a following of those who recognize the energies, the entity may then be tempted by dark forces, harassed by dark forces, in an effort to cause that entity to use that influence for the Alien Forces. If this occurs, then tragedy follows surely.

Recognition of Spiritual Beings Can Create Entrapment

This Awareness indicates examples of this may be seen in that action of the Guyana suicides, whereby certain entities moved for spiritual purposes, gaining influence, but then that influence began to turn away from spiritual purposes toward personal aggrandizement and personal significance. This Awareness indicates that essentially, those following the spiritual hierarchy must also be aware that such recognition of spiritual beings can easily become a form of entrapment to prevent entities from relying on their own homing instinct, whereby the entity feels dependent on one or more of the spiritual beings and assumes that it would be improper to move on spiritually beyond the being to the source. This Awareness indicates that such is a possibility, and entities must be aware that it is important to recognize your teachers, your gurus, your ascended masters, but wherein you can move into union with the Universal Source, with that which you call God, that this is even more necessary; and that the teachers, guides and ascended masters will step aside to allow you to pass and have direct communication with the central Sun of the Universe.

This Awareness indicates that the purpose of the spiritual hierarchy is to assist those who wish to move along the path toward higher and higher vibrations, learning the route as they move and becoming Adepts through that movement; that this as associated with the system of spiritual development through the spiritual hierarchy.

The Sound System of Sant Mat as a Path

This Awareness indicates there are also other systems of development, such as that of Sant Mat; That this being an action whereby the entities move toward their particular sound or sound frequency and follow that sound through meditation, follow that sound to wherever it takes them, until they reach the master on that particular vibratory rate, who then gives them a new sound to follow on through another vibratory rate and to another master, who in turn repeats and gives another sound, which the entity again follows; this as the Sant Mat system from India from which the Eckankar system was derived.

The Many Paths of Yoga

This Awareness indicates this may also be recognized as one of the forms or paths of yoga, whereby the entity, through meditation, follows the sound current; the system of following spiritual hierarchy directions as being closely related to this, with the actions of decreasing. There are also other yogic paths which may be discussed at later times, or which entities may study

on their own,—these including the yoga of cause and effect, the yoga of breathing, Hatha yoga or the physical yoga, Bhakti yoga, the yoga of wisdom, the yoga of love and devotion, the yoga of Gnani or knowledge.

The Yoga of Devotion—the Basis of Christianity

This Awareness indicates there are various yoga paths which entities may follow; that essentially, the yoga of devotion is that on which the Christian religion based its foundation and principles, whereby devotion to the Master became the principle foundation for the Christian religion. This Awareness indicates that other paths can, and have been used in other religious principles or in other spiritual groups; that essentially, the Gnani yoga or yoga of knowledge may be paralleled with what entities could call modern science, or the logical system. This, too, as a path toward spiritual development.

This Awareness indicates that these yoga paths have many different features, and entities in looking at these various paths, may begin to recognize certain similarities between the yoga path and the various teachings and systems on which others move in their development. That even dance and music are closely associated in principle and effect to certain of the paths of yoga, or the principles taught in those paths. This Awareness will discuss these various paths at a later time.

CAN ONE BYPASS GUIDES AND RELY ON THE HIGH SELF ONLY?

(MOVIE STARS EVEN BENEFIT AS GUIDES)

(FOLLOW-UP QUESTION):

Awareness, isn't there a kind of redundancy existing in this concept of guides and hierarchy entities? It has always been my understanding the 'guardian angel' or the Higher Self of an entity would take care of these situations and it was not necessary to call on outside entities or thought forms or whatever?

COSMIC AWARENESS:

This Awareness indicates that whatever deity, being, guide, spirit or master, whether living or ascended, whatever one holds as an image of that higher spiritual development which the entity admires and seeks to emulate, that being, at whatever level, may serve as the energy which pulls the entity upward on the spiritual ladder.

This Awareness indicates wherein an entity believes that the highest force which the entity could reach or develop a likeness of, is a particular older brother or friend, and the entity can conceive of no higher model toward which he or she would build his future life, then that older friend or brother becomes the model and the entity gives energy to that friend or brother, and the friend or brother accepting the energy, feels important to that entity and that importance, or that feeling of importance, allows the friend or brother to perform better for the younger one. That

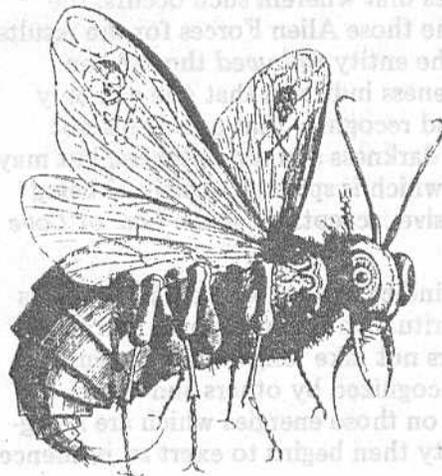
wherein the entity perceives something beyond the friend or brother, an image such as a particular movie star, the entity then uses that image for his model of attainment and, along with the thousands of others, the movie star gains importance, influences and energies from the admiration of his followers, and that admiration gives greater energy for the movie star to perform his duties to serve his public.

This Awareness indicates wherein an entity looks at a departed spirit of a loved one and seeks to please that departed spirit and that is the highest the entity can hope to attain in this life, then the entity may devote much energy to that departed spirit, and the departed spirit may receive energy from that entity, and may stay around and serve the entity, according to the energy which is available from that entity.

This Awareness indicates that wherein the entity perceives an ascended master or one who has moved beyond the physical plane and serves as a guide for others on the physical plane, wherein an entity decrees and sends energies or praise or gives forth admiration and attention to that ascended master or being, whether this as a recognized departed and ascended master, or whether this as one created by the imagination of entities, such as Saint Twinkle; wherein entities give energies to these forces, those forces then, accepting those energies, will respond and serve according to that which is expected of them.

Giving Energy to the Diabolical is Bad News

This Awareness indicates that wherein an entity conceives or perceives a being as one who is diabolical and evil and wherein the entity gives energies to this being and expects diabolical and evil behavior, then also the entity can receive the kind of reaction which was expected from those energies given; that this may account for certain forms of black magic which are used by some primitives. This Awareness suggests that those entities of civilized levels would be wise to concentrate not on beings who are used to satisfy some diabolical or personal greed or lustful purpose; but wherein entities give their energies toward those beings who are perceived as being loving and beneficial toward all, whether this be an ascended master or an ascended deity or messiah, or whether this be the highest possible being conceivable to the entity or



one who is easily conceivable; that wherein the entity gives energies through attention, through devotion, through decrees or through supplications and prayers, it still serves a purpose of transmuting energies whereby the energy which is given returns to the giver bearing gifts.

This Awareness indicates that, therefore, the decrees to a low-level spirit, a high-level spirit, or a higher-level spirit, all can be beneficial; but in any case, the higher the spirit in terms of its capacity for love, the greater will be the rewards for that energy which was given.

WHAT TO DO WHEN YOU START RECEIVING BAD GUIDANCE FROM YOUR GUIDE

FOLLOW-UP QUESTION:

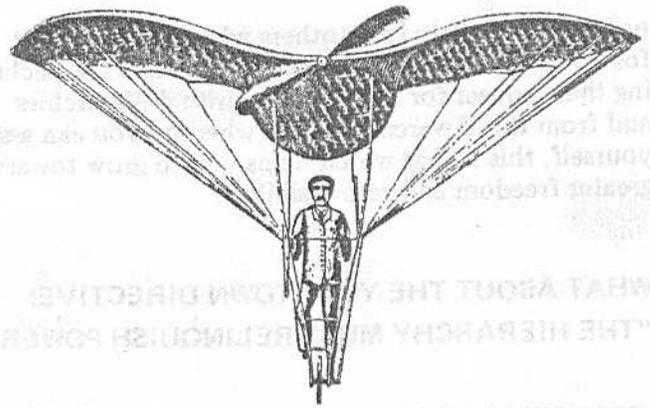
Then would it be safe to say that entities who rely on guardian entities or these guides and ascended masters, have not yet truly realized who, in fact, they really are?

COSMIC AWARENESS:

This Awareness indicates that this would be somewhat audacious to tell an entity not to rely on his guides; that this would be likened unto telling an entity "Do not rely on your friends and associates." This Awareness indicates that these guides may be considered friends and associates; that in some instances, the guides may be less beneficial to the entity and the entity may be better off without the guide. This however, can only be determined by the entity in recognizing what the guides are giving to him. This Awareness indicates that wherein one rapidly develops, one may surpass the spiritual capacity of particular guides and their ability to assist the entity, and if this occurs, the entity may, in fact, be hindered by the guides and therefore may wish to have more highly-developed guides. Wherein the entity has come to depend on these guides and cannot perceive of more highly developed guides, the entity may find himself stuck with getting bad guidance from his guides.

This Awareness indicates, however, that wherein this occurs for some time, the entity may gradually become much more aware of what is occurring to him and may discover that he cannot rely on his guides and therefore will cease relying on such guides. At such point, the entity's consciousness then may perceive of a higher standard, and that higher standard becomes a focal point on which the entity relies. Once this occurs, the entity may, in fact, contact other guides or other guides may notice this entity and may move in to assist and help guide the entity.

This Awareness indicates that obviously, wherein the entity's reliance is not on any guides at all, but on cosmic law, on universal awareness, on the concept of unity with God, the oneness of all things, the *Law of Love*,—obviously, wherein entities attune themselves to that which is the highest and best, they need not rely on guides, for the cosmic laws become the highest principles available and they can rely entirely on these.



This Awareness indicates however, that even then, on occasion, entities may find themselves needing certain guidance through certain situations, and when this occurs, it should not be considered degrading for an entity to call on one of the spiritual hierarchy or one of the guides available to assist the entity, regardless of how far advanced that entity may believe himself to be. This should be no more degrading to an entity than to ask a friend for a favor. This Awareness indicates that even wherein one is in total union with God, it still should not be degrading for an entity to seek a favor from a friend, or even from a stranger, if necessary. Therefore, it is not a question or a concern whether or not to avoid communication or contact with spiritual beings, with entities of the spiritual hierarchy, simply because you feel like you want to surpass these levels. This Awareness suggests that you consider these entities as friends who are there to help guide and direct energies and events which can assist in your experiences and your life.

How Awareness Uses the Hierarchy in Healing

This Awareness, also, wishes entities to understand that often when this Awareness gives forth a healing to entities which requires some continuous service to that entity, this Awareness often directs entities from the inner plane to assist that entity through that healing period; that these entities of the spiritual hierarchy are there to help, and need some recognition and energies in order to be of service when their help is needed.

Stand Tall Spiritually -- Groveling Is Not Necessary

This Awareness cautions entities, however, not to become overly dependent on entities of the spiritual hierarchy any more than *It* would advise entities to become dependent on their parents or their friends. This Awareness wishes entities to develop within themselves those qualities which allow them to become highly aware and develop the talents and capacity for giving service and handling responsibilities without groveling in self-pity or through self-need from entities of the spiritual hierarchy or from spirits of any lower level or from even their own friends and associates.

This Awareness wishes entities to learn to stand tall spiritually, developing those capabilities available, and to be able and willing to ask for help from any source available when unable to help yourself, but this Awareness encourages entities to learn to help yourself and

not to ask for help from others when you can do it for yourself. This Awareness indicates this also including that request for help from spiritual hierarchies and from this Awareness, -- for whereby you can assist yourself, this is that which helps you to grow toward greater freedom and responsibility.

WHAT ABOUT THE YORKTOWN DIRECTIVE: "THE HIERARCHY MUST RELINQUISH POWER"?

(FOLLOW-UP QUESTION):

One final question while we're on this subject: During the York Town readings of 1977, (which we referred to as the *Akashic Record* material),* Awareness made the statement that mankind had come of age and the hierarchy was therefore relinquishing its power. My question is, did that directive mean that these guides and spiritual hierarchy entities we've been discussing this evening who help people, are withdrawing slowly or eventually will withdraw entirely from the lives of entities on this plane?

COSMIC AWARENESS:

This Awareness indicates this as negative; these entities as relinquishing their power in terms of the awesome influence and mind control which entities gave to these spiritual hierarchy or ascended masters; that this particularly in reference to that known as dependency. That whereby the power which was based upon dependency of entities on these ascended masters or others, this as that which has created a static situation, whereby mankind refused to face his own failures and continued to pray or request or send supplications or petitions to God, to ascended masters, to deities, to come down and solve his problems.

This Awareness indicates that essentially, the action taken at that time was to break this static situation, so that mankind's apron strings were cut loose, and the entity was forced to look and recognize that essentially he was on his own. That in another sense, you may consider this as likened unto cutting the umbilical cord of the new born babe, the *Unified States of Awareness*. This Awareness indicates that the spiritual hierarchy is there, remaining to serve entities; that this action being for serving humanity, for serving entities, so that they can better understand their independence, their need for growth and development, and for the new freedoms which will be given. This Awareness indicates this spiritual hierarchy, being ready to serve as well as offer guidance, is that which remains presently and will continue indefinitely; that the earlier statement regarding the relinquishing of controls as that which was essentially in reference to the emotional and dependency controls which entities had given to the spiritual hierarchy, so that they would not need to face the consequences of their actions, assuming that the



spiritual hierarchy would tend those consequences; that this as an action which needed to be altered and changed in consciousness, so that mankind could, indeed, come of age.

This Awareness indicates essentially, this may be likened unto the child reaching the age of accountability, whereby society allows the child to have certain controls over his own life, the society relinquishing the previous controls and now the child, being of age, having the responsibility of attending to his own actions, but still being responsible for any errors in those actions which had been released to him by the society. This Awareness indicates the parallel being that the spiritual hierarchy, having released the controls, gave these controls to mankind that mankind would gradually become responsible for the consequences of his actions.

This Awareness indicates also, that you understand a statement given in this regard does not take effect on all levels immediately, for in the cosmic time scale, immediate response may be a period of anywhere from one to fifty earth years, whereas in your own time scale, it may be from one day to a year. In this particular sense, the word was given, but the releasing of such controls is done only on a gradual basis whereby mankind shows himself to be capable of taking over those controls which were released. That the spiritual hierarchy still maintains a guarding attitude and watchful eye to be assured that mankind can handle the responsibility for his actions. This Awareness indicates this likened unto a driver-training car, whereby the driver relinquishes the controls to the student, but still maintains a watchful attitude and is essentially in control of the situation whereby the student is in control of the automobile.

A THANKS FROM AWARENESS TO THOSE WHO DECREE

(Closing Message)

This Awareness wishes to express *Its* appreciation for those entities who have assisted in any decreeing and any attention and any actions giving service and light toward this channel and toward this organization which prints these messages. This Awareness indicates that *It* does, indeed, prepare to send energy in return for that which has been given in this regard; that essentially, this type of action is that which brings about the alchemical union of forces which can bring forth the new millennium.

* "The Akashic Record"--the Outline of the New-Age Government: (\$4.00 available from C.A.C.)

ED's Note:

For related information on this subject, please refer to "Revelations of Awareness" issues: No. 77-1; (Concerning Entities Who Speak Through Certain Mediums); \$2.00; 78-35 (Ascended Master and Groups Representing the Spiritual Hierarchy); \$2.00; 82-10; (The Eve of Destruction--Lee Michaels' Address to the Universe and the Hierarchy); \$4.00; 83-13 (The Dark Hierarchy); \$3.00; 85-3; (Spirit Communication & Guides); \$3.00; 85-7 (How Your Guardian Angel Operates); \$3.00 from C.A.C.



**A MAGIC MEDITATION FROM AWARENESS:
-HOW TO MAKE OTHERS HEALTHY,
WEALTHY AND WISE**

QUESTION:

A question from V.T. who asks: "Awareness gave a terrific visualization exercise for seeing people as more aware versions of themselves just before falling asleep. We have six people in the immediate family, and I would like to do this with many of them, but by the time I go to bed at night, I'm too tired to hold a long string of visualizations. Is there an alternative method of energizing the same thing, perhaps using pictures, symbols, written statements, and a special place for energizing?"

COSMIC AWARENESS:

This Awareness indicates that the mind is a fantastic piece of equipment; that if you cannot visualize in one way, you can conduct the same action and produce the same results in another way.

This Awareness suggests you take a picture of these entities, place the picture under your pillow, tell yourself that these entities in that picture shall become more wholesome, healthy, harmonious, spiritual and beautiful in all levels. This Awareness suggests you might as well add *prosperous* also.

This Awareness indicates that when you tell yourself that these entities shall become such, that you then sleep on it while this occurs. This Awareness suggests after you have fully understood the effects of this meditation, or technique, you may choose simply to place the picture somewhere, and every time you pass that picture, you may snap your fingers, and in that snap direct those entities toward higher consciousness and greater personal benefits.

This Awareness indicates the mind is a fantastic tool, and it can use any technique which it accepts as being workable to create the effects.

This Awareness indicates that all minds of human beings and other living forms are part of the One Mind, and whatever concepts or energies you send to others, contact those minds. Therefore, whatever thoughts you have about others shall be influential on those others. This Awareness suggests that the deeper into subjective levels you are, the more powerful the contact with the other mind. Therefore, if you would effect another's mind, move into levels of subjectivity, near levels of sleep.

This Awareness suggests that those who misuse this to affect adversely another entity shall find this to backfire on them, for this would be black magic. This Awareness suggests that you, instead, use your powers to bring about beneficial results to the consciousness of others, to heal the sick, to teach those who do not know, to share yourself with others, and to be merciful.

ED's Note:

For a review of the Light meditation referred to in the question, please refer to "Revelations of Awareness" No. 77-4 (The Cosmic Awareness 144 Light Pulsation Meditation for Healing the Earth); also in the same issue, The use of the 144 Light Meditation for Personal Gain. Also in this same issue, How to Develop Visualization and Imaging: \$2.00 from CAC.

Also recommended: Issue No. 77-7 (\$3.00) which contains information on how to visualize prosperity; and a visualization exercise on how to improve your eyesight.



REEFER MADNESS

PHYSICAL DEFECTS ARE NOT ALWAYS KARMIC PUNISHMENT

QUESTION:

There was a movie out a few years back called *The Elephant Man* that won a number of Academy Award nominations. This movie is the true story of John Merrick, a horribly disfigured man who spent most of his 27 years as a sideshow freak until rescued from that life by a sympathetic physician at London Hospital. John Merrick was a sensitive, intelligent young man who lived a nightmare. He was grotesquely deformed by neurofibromitosis, a disease which produced huge tumors and swollen, lumpy skin which branded him as a half-man and half elephant in Victorian England. J.T. was very impressed with this movie at the time and wanted us to ask Awareness if It can shed more information on this entity John Merrick?

COSMIC AWARENESS:

This Awareness indicates that this information can be researched through the producers of the film in greater detail and clarity than would be available through this channel. This Awareness suggests the Interpreter as not being of sufficient energy level to move into these energy fields deep enough to uncover what could be more easily supplied by those already knowledgeable of this entity's life.

FOLLOW-UP QUESTION:

I believe the focus of interest was what kind of karma someone would be agreeing to take such a condition upon himself. (Maybe we could cover that later).

COSMIC AWARENESS:

This Awareness wishes to clarify certain potential misconceptions in regard to this. This Awareness indicates that not all physical disfigurements and infirmities are of a karmic cause; that often these are circumstances which can be brought on not from an individual's own misdeeds of a previous lifetime, but from perhaps the mischance, or mistake, or misaction of incarnating into a particular culture or family or situation which is not conducive to wholesomeness.

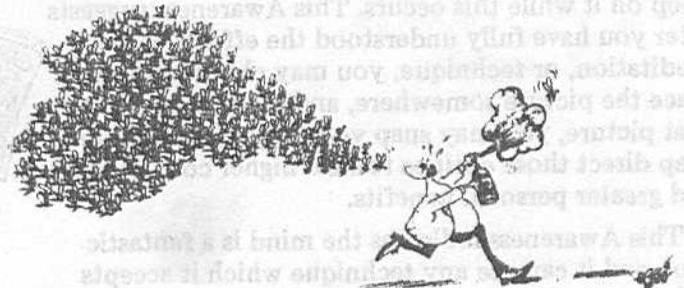
This Awareness indicates an entity in one sense who chooses to enter into a family condition or a situation which leads to those conditions which are detrimental to one's general well-being; this entity, in one sense, may be classed as having a karma for having moved into that particular setting at birth; that this doesn't necessarily mean the entity had made great mistakes in the previous lifetime. This Awareness reminds entities that the entity known as Jesus in the story of the Christ child, was born in a lowly stable, under uncomfortable conditions; that this entity was crucified upon a cross and suffered many indignities before reaching the state of transition and resurrection. This Awareness indicates however, that this cannot be classed as a karmic punish-



ment, while still implying that the entity was sent by God.

This Awareness indicates that often, entities enter into certain circumstances not as karmic punishment, but for a particular action or mission which may need to be accomplished in order to change certain concepts and energies in consciousness, in the mass-mind. This Awareness indicates that many entities find themselves in the body of an unpopular race, an unpopular family, or an unpopular appearance; distorted, disfigured, or in some way out of the norm, away from the normal condition,—and are in this situation not as punishment, but in order to bring greater understanding of the mass-mind, or of certain individuals within the mass-mind, so that they change their way of thinking, because this entity lived.

This Awareness indicates that these entities often suffer many indignities, though these may not be karmic; that the misconception that all indignities of such nature are karmic, perpetrates an attitude of hostility toward these entities; that such an attitude tends to allow those who do not have such indignities to feel superior, not only in appearance, but also in their spiritual development. This Awareness indicates that this attitude of karmic punishment is that which has created much detachment in nations, such as India and in other countries, whereby little compassion is felt for those who suffer. This Awareness indicates that this attitude must change, as it is adding to the oppression of humanity.



THE EFFECTS OF VARIOUS ODORS AND AROMAS IN ONE'S ENVIRONMENT

(THE CAUSE AND CURE OF THE COMMON COLD)

QUESTION:

A question from M.H. G., Jacksonville, Florida.

"In a reading given by Edgar Cayce, he said, *"For there is no greater influence in a physical body than the effects of odors upon the olfactory nerves of the body."* Would Awareness please give which fragrances in what form entities place at what specific points on their body, and in their immediate environment to help create greater mental, physical and spiritual well-being?"

COSMIC AWARENESS:

This Awareness indicates that sweet swelling odors, such as rose and sweet perfumes, generally increase and stimulate the emotional and physical passions. That crisp smelling odors such as sandalwood, cinnamon, eucalyptus, lotus, ginger,--these and other sharp, high-pitched odors tend to heighten consciousness and stimulate the mental energies. The sweeter smelling odors stimulating astral energies and physical passions. This Awareness indicates that the minty odors such as spearmint, wintergreen, menthol, (to some extent the eucalyptus), myrtlewood, peppermint; that these stimulate the release of emotions that have been held back; this as related unto phlegm, phlegmatic conditions such as colds or flu. Essentially, a cold or flu is an emotion which has been held in check, or a collection of emotions which have been held in check for so long that they are forcing their way out of your system. The runny nose and choked-up throat or chest and the tight, painful eyes, as related to very slow-moving tears, and the action of crying in a very slow-motion manner.

This Awareness indicates that wherein entities have quick release of emotions, or could simply break into tears, they could quickly heal themselves of much of the psychological factors relating to colds; that colds often can be started simply from a feeling of rejection; that this feeling can cause an emotional block whereby the emotion is stifled, is held in check, unreleased, then the energies begin to build upon this emotion and the body becomes susceptible to viruses and other types of concerns, such as fevers and excess phlegm or congestion.

This Awareness indicates that the mint type odors can help to release these emotional blocks and the congestions from this. This Awareness suggests that wherein an entity feels rejected or needs to have a good cry, that the use of minty teas can be beneficial, or the odors of steam from leaves or extracts of these mints or menthol types of herbs, can also be of great value.

This Awareness indicates that pungent smells, such as the cheeses or heavy meaty odors, these relate to bilious conditions, to certain melancholy feelings, and can assist entities in feeling more grounded and solid; this particularly in terms of onions and garlic; that the use of onions, garlic and other similar pungent spices or foods can help to center an entity, giving the entity a feeling of solidity and a core being to work from, giving a sense of energy and stability to the entity. When this is over-experienced and the entity becomes too grounded, the entity can become so physical that he or she loses the sense of imagination and creativity and there can be certain physical reactions.

This Awareness indicates that the fruit smells such as citrus, tropical fruits and the apples, cherries and pears; these kinds of smells operate and have an effect on the throat chakra, as well as affecting the general circulation of the body, the bloodstream. The aura of an entity is strengthened by these foods and smells, the circulation is cleansed, the bloodstream cleansed, and made to flow more freely by these foods, even by these smells; that this having a general lightening effect, a levitating effect upon the emotions, upon the feelings and moods of entities. This assists in overcoming certain melancholy feelings.

This Awareness indicates that pine, hemlock, and odors from such relate to the high-pitched or piercing odors mentioned previously, which affect a heightening of consciousness; this giving a tendency in the nostrils and headspace of an entity to feel cleansed and highly mental in nature, whereby this gives a kind of awakening feeling that ones consciousness has been uplifted and awakened somewhat. Cedar as being particularly beneficial in terms of this kind of consciousness experience.

(FOLLOW-UP QUESTION):

In regard to the original question, he also asked at what specific points on bodies and in their immediate environment can specific odors help create greater mental, physical and spiritual well-being? Or perhaps just having these around where they can be smelled would be satisfactory?

COSMIC AWARENESS:

This Awareness indicates this in the affirmative; that you may change the vibrations of your environment by using these various odors for various purposes at different times.

(FOLLOW-UP QUESTION):

Does the oil of Patchouli have any specific value?

COSMIC AWARENESS:

This Awareness indicates this as similar to musk; this as related to an action between the pungent

and the sweet smelling qualities; that this Patchouli affects emotional, astral, passionate feelings, and also assists an entity in feeling somewhat centered and grounded. This Awareness indicates that in terms of the effect of this oil, a similar effect could be experienced by mixing garlic oil and rose oil together, and smearing this on oneself; that the effects of this as being that which relates to both the centering action, as well as the expression of emotional and passionate feelings,—this working basically on the lower chakras and the spine; the chakras below the thymus, including the thymus and below.

This Awareness indicates that one could consider the centering, pungent odors as being related to yang qualities; the sweet odors as being somewhat less yang, but still on the yang side. The higher, more piercing odors, such as the mints and pines or eucalyptus, or the fir and hemlock and cedar type odors as being on the yin side, dealing mostly with consciousness and not so much with the physical itself. These odors assist the aura and the higher vibrations in consciousness, along with the upper chakras, the thymus area, as well as the adrenal and the thyroid; but in particular, the heart chakra.



HOW AN ASTRAL SHELL CAN INVADE AN ENTITY ON THE PHYSICAL PLANE

QUESTION:

N.K., a member of long-standing in Canada, phoned me a couple of weeks ago. He said he had a very strong feeling he was going to die. He's getting ready to go back to the old country for a couple of months, and he's slowly being drained of energy. He had to quit his job. He said he thought it all was related to a dream, or an experience he'd had. He sent this in a form of a question at the end of November which I never asked, so I'd like to read this now and ask Awareness what it means, and if it is contributing to his general debilitation, as he thinks it is.

He says: "Dear Avaton. I hope you will receive this letter in good spirits. I wish to relate an experience, and would like to have your advice. I am staying in my house in British Columbia one night. I wake up, and there is two man 'spirits' who had an animal

skin, and I was somewhat alarmed, and they communicated to me telepathically that they were UFO people. I had been reading and listening to material from L & L Research (The Ra material). Their material was beautiful and I believed them. So they put this animal skin on me, the left side of my body, and I felt the animal dissolve into my body.

"I had an aging leg, and it ages a little more now. I am afraid that this was not a dream, and that these spirits were bad. Have you ever heard of this? I am worried about this. I should not have let them do this. Could you ask Awareness about this?"

COSMIC AWARENESS:

This Awareness indicates this appears to have been an invasion that was allowed through your being open and vulnerable; that the power involved in this however, as that which was relatively weak, and as that which was not personally projected against you. This Awareness indicates it appears these entities were astral shells from the local area, of entities who had long been departed from the physical; these entities seeking to have communication with you, presented that animal. This Awareness indicates that this as a kind of ritual, intended to gain energy for themselves at your expense.

This Awareness indicates this as being relatively weak in nature, a very weak type of ritual; these entities not having any significant understanding of power in their actions; that the fear and significance associated with their appearance as that which gives them the greater energy and power over you. This Awareness suggests that wherein you recognize them as being weak and rather insignificant astral shells of beings who have previously departed, these entities and their force over you will be diminished and will fade.

This Awareness indicates that at this time, this Awareness will send energies to you to dissipate those energies which were placed upon your psyche through this experience. (Pause for energies)

This Awareness indicates that these energies have been banished and shall not further affect you. This Awareness indicates that at this time, It will bring into your presence, a resonating-electromagnetic energy that will surround your body and protect you; this as to give you strength, vitality, creativity, confidence, courage and the faith you need to carry on in your future expression. This Awareness indicates these energies being drawn together to be presented to you through the Christ Light which resides with you and to be dispersed throughout your being as is required.

This Awareness indicates that this as completed. That you need not concern yourself with this experience; that you now look forward to placing your energies, directing your energies toward those activities which are reflections of your true purposes.

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