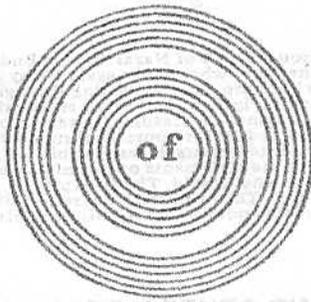


Revelations



Awareness

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\$3.00

The New-Age Cosmic Newsletter

ISSUE NO. 322

Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

Helping People Become Aware



Johann Sebastian Bach and his family

**the musical genius...
how they do it**

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

HOW DID THE GREAT COMPOSERS, AND OTHERS, REALLY COMPOSE THEIR MASTERPIECES ?

(HOW SPIRIT IS CHanneled THROUGH MUSICAL FORMS)

QUESTION:

A question from N.M., of Atlanta, Georgia. "The music of the great composers, particularly J.S. Bach, seems to me to be timeless and spiritually uplifting. Does this mean that he was a highly developed being and was tuned into Cosmic Awareness for musical inspiration?"

COSMIC AWARENESS:

This Awareness indicates that in the earlier days of this planet, the teachings which were handed down through Egypt, through India and through the schools, had been brought forth from earlier teachings which in turn had been presented to this plane from those who were highly evolved. This Awareness indicates that the music structure, the structure of the scales, the structure of the classical musical arrangements as presented from Egypt, as used in the churches through the early and Middle Ages, as presented in the Gregorian chants; the music as having been likened unto an exact mathematical science using triads, vibrations and harmonics in a particular way to convey feelings.

This Awareness indicates that this entity, Bach, as one who learned the art of music from the system that was handed down through the schools. This Awareness indicates that only in the past few years, with the introduction of improv, or improvisation

of music, have musicians began to play music without adherence to the rules, whereby they create a totally different set of rules, whereby the musicians of today, many may not even know how to read music or write music, though they can play music and compose music by playing.

This Awareness indicates that many musicians learn runs on their instrument, a series of notes following each other that creates a particular effect, and many musicians know how to chord certain notes together and play runs and chords and sing along with these runs and chords, but these are simply memorized as physical actions until they become habit. They may not even know how to write these chords on a sheet of paper, or read these chords or understand the relationship of the notes to one another.

This Awareness indicates that the classical composers knew exactly why one note should be used here instead of there, exactly why the music should rise two spaces instead of one. This Awareness indicates that there are in the musical scale, some notes which are separated by half-tones, others wherein there is a full tone difference. That these create certain feelings within an entity when hearing these, and these notes correspond to the chakras, and create feelings in the chakras, and when these notes are combined so as to have one note which corresponds to the gonads, another which corresponds to the thymus, and another which corresponds to the pituitary, move up the scale in a particular manner which first leads gently, then draws a sharp shocking pull, then flows gently; these movements when handled by one who understands the classical art of music as taught in the colleges or as taught from traditional methods, these entities were able to create in their minds as they wrote, and hear these melodies even before they were played by an instrument.

Subjective and Objective Art--the Difference

This Awareness indicates that it is likened unto an action that is purely mathematical and perfect in its formula; that if the traditional arts and the system are lost, as may occur in the future, this will be a great loss to this plane; that this traditional composition of music is of great significance and great importance in creating art that is of objective

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nature. That likewise, the improvisation, the free flow and spontaneous music is of great significance in creating art that is of subjective nature.

This Awareness indicates that the subjective nature as that which appeal to the inner spirit of the self, and moves the entity from inside. The objective art as that which compels the entity to look in awe at the wonder of that which is outside of self; that objective art may also serve to reflect that which is in awe outside of self into that which is within. That likewise, subjective art can reflect from within the entity into that which is outside and create spontaneity outside of self, which may result in chaotic jumping, screaming and frenzied behavior; that each has its particular place and purpose in the development of the species.

This Awareness indicates that in regard to the question, whether this entity was channeling this Awareness, this Awareness indicates that this may be indicated as in the affirmative. This Awareness indicates that all entities may be said to channel this Awareness. It is, however, a question of how the channeling takes place, and in what way is this channeled.

This Awareness indicates that wherein this entity channeled the spirit through music form that was laid out in structures that had evolved from the classic structures of the art of music itself, this structure which the entity used, and the rules which were the basis for his structure, this served as the framework for the channeling, and the channeling itself was the composition that resulted.

Why Awareness Allows Itself to be Channeled Through Heavy Rock & Roll

This Awareness indicates that likewise, the entity who improvises and through spontaneous expression creates a frenzy whereby entities are wild with excitement, that this also is an expression and channeling of this Awareness, but that the channeling may be of a chaotic framework, whereby the energy of Universal Spirit is channeled through structures that are conducive to chaos and release tension. This Awareness indicates that entities might say: "How can Awareness allow *Itself* to be channeled in such ways?"

This Awareness indicates that were this not the release for these tensions, then perhaps the tensions would release themselves in war or violence. This Awareness indicates that spontaneous release is that which has always been part of the escape valve from tensions within the system of individuals, whereby if this tension is not released, entities could turn this tension into violence. This Awareness indicates that in all primitive tribes, in all modern tribes, entities who do not allow for spontaneous actions will find that spontaneous action will erupt in violence.

Therefore, those primitive tribes and those modern tribes understanding the need for release of tension allow for those activities,—the dance, the music, the games, the play which allows these tensions to be

released, particularly from those younger entities who have so much energy that they cannot hold, yet which they cannot express because the older entities control the establishment of order and the younger entities, caught under this establishment are not free to throw their energies here or there without suffering the consequences. This Awareness indicates therefore, a healthy society creates a place and methods whereby these energies may be released through spontaneity, through art forms that allow for the letting go of concerns and letting it all fall out in spontaneous expression. This Awareness indicates that it is more important today to have the spontaneous expression to relieve the tensions in society than it was in the past. In the past, listening to structured music in itself released tensions, but in the present, entities may feel it necessary to go somewhere and shout and scream and emit all of the pentup energies within themselves. That this particularly for younger people who do not feel they are really allowed to express themselves elsewhere.

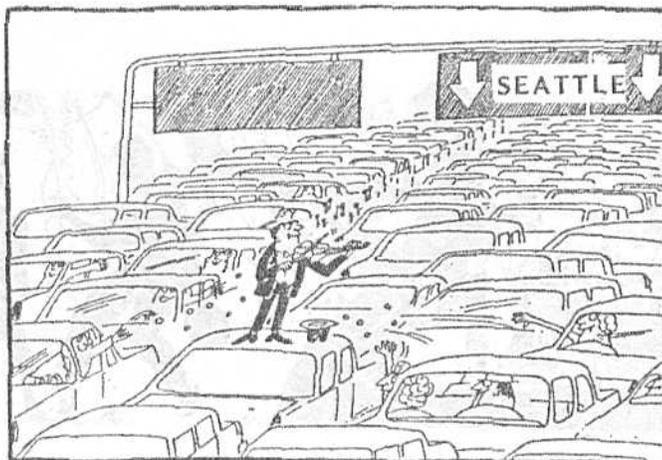
HOW SOME MODERN COMPOSERS CHANNEL AWARENESS IN VOLUME

FOLLOW-UP QUESTION:

Awareness, what about a lot of these composer nowadays who dash off 30 or 40 songs within a 12 or 24 hour period, writing almost in a frenzy, and they admit that they're not doing it, that this music, these songs are just coming to them, sometimes in their sleep, and they'll wake up and start humming into a tape recorder. Many of these rock musicians claim they can't write a note of music or know a single chord, but yet they hear the tune inside their head, and they can play the tune and get it down, and then it can be put into written form. Is this also channeling from Awareness?

COSMIC AWARENESS:

This Awareness indicates this in the affirmative. This as a result of tuning in and allowing the spirit to move the entity, this resulting from the yielding to spontaneous action. This Awareness indicates



WHY SHEET MUSIC IS NOT ALWAYS NECESSARY

(GETTING FAMOUS
WITH 2 GUITARS AND A DRUM)

that spontaneity as that which relates to the intuitive aspects of consciousness; that the structured ritual of the rational music system of the past as that which is associated with the left side of the brain, with the sequential and rational creations associated with classical development.

This Awareness indicates that the classical music whereby rules were structured, this coming from a rational structural development in which the intuitive was allowed its expression in the creative aspects after the rational rules had been developed and learned. That this, even today with modern musicians is a similar action. Though the entity does not learn to read music, the entity does learn how to chord or how to create runs on his guitar.

This Awareness indicates all of this is of the rational sequential left side of the brain; that once this has been learned, the entity then may switch into the intuitive creative right side of the brain and begin channeling information which is supported and played by the rules which have been learned and adapted from the rational study. This Awareness indicates that it takes both sides of the brain to create something of significance; that the rational development is that which is of great importance, particularly from the age of six upward to approximately twelve years of age. Thereafter, the energies tend to shift back to the intuitive side of the brain whereby creative juices begin to flow and the entity loses respect for rationality and seeks spontaneous expression,—this until approximately the age of 18 to 20; that thereafter the entity may again become more rational, may again merge the creative energies with the rational energies and begin to find a balance between these energies.

This Awareness indicates that as the entity grows older and matures, the ability to balance rationality with the creative spontaneous impulses becomes a growing pattern; this in reference to the entity who is in fact maturing. This Awareness indicates that there are those of course, who along the way lose all sense of rationality; there are also those along the way who may lose all sense of spontaneity and become so rational they cannot even enjoy anything out of their regimen.



(FOLLOW-UP QUESTION):

The rock bands never use sheet music, or probably can't read music as Awareness indicated. The great symphonies always have music and these entities painstakingly practice over and over, hour after hour. Why isn't it possible for these symphony orchestras to also throw their sheet music away, perhaps even discard their conductor, and play the same way?

COSMIC AWARENESS:

This Awareness indicates that this can be done if the entities memorize the music. This Awareness indicates that the rock bands memorize certain patterns of movement and rhythm with the fingers; that the movement of these runs or these particular patterns being memorized are then brought into and used in the variable tunes. That one entity may learn to play a tune, the other entity may learn to play certain patterns which support the tune, and the other entity may learn to play certain variations on that pattern, and these are repeated again and again, over and over for that particular tune.

This Awareness indicates that they do not necessarily write the music or know what the notes are; they simply remember where their fingers go and how long each finger stays in its place and how it sounds to their ear; that they then add this together to get a particular sound. This allows them to establish their own particular sound for their organization or band, and this particular sound which they use may be repeated and sustained in other songs because they use similar runs or even the same runs in other songs, with but a variation of the tune or the rhythm.

This Awareness indicates that it is in this manner that a band may establish its own particular sound and this is helpful in commercializing this band, because entities want to know what the band sounds like, and in knowing that the band always has a particular sound, they will know whether or not to buy this piece of music. That whereas the classical composer may write one symphony and it may have certain runs, the theme may be of a particular quality or type, the entity may then turn around a year later and write a completely different composition based on music which sounds not at all like the earlier piece, or perhaps contains some vague similarities in certain areas, but which is much more complex, with much greater movement.

This Awareness indicates that this is a reflection of the energy and effort in the composition wherein one piece may be soft and may be simple, followed by another which is of great power and driving force, using many instruments. Essentially, it is

the difference between the entity who constructs a building, using bricks, and from these bricks can construct many different types of buildings, many different sizes of buildings, each being entirely different from the other because the bricks are individual and can be used for altering the size and shape in unlimited numbers of ways, or the entity who, discarding bricks because it is too much trouble, slaps together homes and buildings made of large slabs, each cut identical so that these may be assembled in terms of one wall at a time, so that there are not many variations on how this may be presented, but whereby it comes together easily and quickly, because the slabs have been built, and these large slabs can be hooked together in such ways as to create interesting patterns for the building.

This Awareness indicates that the finishing or final touch, the tune, as that which may then be added to give some sense of uniqueness to this building which allows it to be slightly different from the others. This Awareness indicates that music composed of routines, musical notes that move in a particular pattern, this as a routine, and these routines may be added together and may be carried from one tune to another, and entities may learn 20 routines and may write hundreds of songs using these routines.

This Awareness indicates that this as quite different from the entities who, using the classical approach, the rational mind, constructed music according to rules of convention, based on harmony, on tone quality, relationships of note to note, and of the various instruments and their tones, of the rhythms and variables, and of volume and speed. This Awareness indicates that these being constructed from a rational way on paper, conveyed to others who understood how to read the message and play these; this as the classical approach. The spontaneous approach being that wherein the entity receives the message from within the creative side of the mind, and then sets out to establish this through use of the patterns and routines which have been learned from rational practice and efforts.

**Artists & Musicians are More Spiritually Advanced
(How Geniuses are Created)**

This Awareness indicates that musicians and artists in their expression of these energies, while sometimes being confused or off-track in their lifestyles, nevertheless are often far advanced spiritually, much farther than those who rationally deliberate over concepts associated with Biblical scripture and morals and concerns of polarized dogma, and the prejudices which they feel in regard to their self-righteous interpretation of the universe.

This Awareness indicates that in general, musicians, artists and those functioning from the intuitive side of the brain, are more highly evolved spiritually than those entities who function from the left side of the

brain entirely. This Awareness indicates that many mathematicians, in developing their science through the left side of the brain, develop their art to such a degree, that likened unto the great composer of the past, they run head-on into the intuitive aspects of consciousness. They run head-on into the right side of the brain and become capable of interpreting Universal Laws from viewing the symbols of mathematics, and these entities become scientists and giants and geniuses, and have an understanding and intuition based upon that understanding that allows them to have great insight into realities that escape most entities. This Awareness indicates that in pursuing the rational side of the brain far enough, entities may reach a point wherein they leap into the intuitive realm and become one with the spirit, and have greater understanding, and from that understanding they channel the spirit in ways that are suitable to those who still value rationality and sanity.

This Awareness indicates that both sides of the brain are important and compliment each other, and when these are both developed, the entity can be said to be a genius.

(FOLLOW-UP QUESTION): (Vicki)

Awareness, I had another possible analogy in reference to inspiration flowing through the classical form. It would be like an intricate and delicate maze, whereas today's spontaneous musical form has less restrictions, sort of compared to a mesh screen versus a tick-tac-toe board.

COSMIC AWARENESS:

This Awareness indicates that this as an excellent analogy.



**THE IMPORTANCE OF A PROPER STRUCTURE
TO ALLOW THE SPIRIT TO FLOW PROPERLY
(CHANNELING THE SPIRIT THROUGH ENTHUSIASM)**

QUESTION:

Does Awareness have a closing message?

COSMIC AWARENESS:

This Awareness indicates that entities should consider this very carefully in regard to their activities in expressing the spirit, for the spirit may be expressed in many ways. The spirit may be expressed through driving down a highway filled with enthusiasm at a breakneck speed. This Awareness indicates that enthusiasm *IS* the spirit. That when entities feel enthusiasm, they are feeling spirit surging through their system.

This Awareness indicates that the youth are filled with enthusiasm, yet these energies can sometimes become destructive, and this spirit is expressed in a vengeance. This Awareness indicates that such expression of the spirit through enthusiasm leading to chaos and destruction is that which occurs when there is not the proper structure created to catch and hold and channel the spirit. This Awareness indicates that entities wishing to channel the spirit should first construct the channel that will properly hold and convey the message of the spirit.

This Awareness indicates that the churches of old and the traditional systems of the past for channeling, conveying the message of the spirit, were constructed in such a manner as to have solid and meaningful form. This Awareness indicates that the spirits of tomorrow will flow and will be more significant than the channel. The churches of the future will have little significance in their structure, but the spirit which flows through the churches will have great significance. This Awareness indicates that the spirit, if not properly channeled, can be destructive, chaotic. It has no particular will of its own except to flow. Therefore, entities should not forget the importance of the structure, but should still allow the spirit to be the most significant once the structure is created to allow the spirit to flow and to be properly channeled.



For more information on music, please refer to 'Revelations of Awareness' issues No. 77-15 (A Message to Musicians); \$1.00; 78-10 (The Beatles, a Cosmic Peek); \$1.50; 79-5 (The Rolling Stones, Voyagers of the New Age); \$2.00; 79-29 (The murders of Jim Morrison, Janis Joplin, Jimi Hendrix); \$4.00; 80-22 (Are rock and roll lyrics perverting your kids?); \$3.00; 81-5 (The cosmic trip of Bob Dylan); \$3.00; 81-6 (On Music--Letters from Bill); \$3.00; 81-17 (John Lennon, the Sacrificial Lamb); \$3.00; 82-6 (The Conspiracy Against Musicians); \$3.00; 81-20 (John Lennon Lives); \$3.00; 80-10; (Using Music to get rid of ghosts and astral energies); \$3.00; 84-9 (Putting the Cosmic Laws to music); \$3.00; 84-11 (Music for Banishing Dark Forces); \$3.00; 85-8 (Mad About Music. From Amadeus to the Beatles); \$3.00 from C.A.C.

HOW TO DEAL WITH A BIG DEATH WISH

(MORE ON THE BACH FLOWER REMEDIES)

QUESTION:

A question from R.M. in Ohio. "My wife Barbara recently went to a holistic healer by the name of Dr. Whitman. He told her that most of her present health problems: (constant fatigue, depression, dizziness, dropping off into a trance-like state), were caused by her 'wishing herself dead' over and over again. She felt unloved as a child, and her father tried to kill her a number of times. My wife has stated a number of times that she cannot remember a time during her childhood when she did not wish herself dead.

"According to Dr. Whitman, (and he claims to obtain his information from a flow of information from the "other side of the veil", as he talks with his patients), this constant death wish on her part has resulted in the soul separating itself from the glands of the body, and this is why she does not function well at all on this plane. I would like to ask Awareness how can my wife reduce and eventually stop this separation of the spirit and body, which at present, occurs frequently, and on what appears to be an involuntary basis? Also, how can she stop this wish for death which frequently occurs many times during the period of a day? Thank you very much."

COSMIC AWARENESS:

This Awareness indicates that there are a number of techniques which can be beneficial. This Awareness suggests that this can be helped through the use of hypnosis, through the use of psychotherapy, or that which is psychological counseling. That the entity may find that by moving back into her memory with the help of a good counselor, that she can unlock many of the memories of events which occurred, and become more free from their continued effect upon her, or that through the use of meditation, this entity can gradually feel the body becoming more centered.

This Awareness indicates that it appears there are a complex number of events which led to this condition, and it appears that it would require considerable time and counseling for this to be resolved. This Awareness indicates that there is no simple answer available for this, other than what may be given in terms of seeking a counselor or one who can be well-trusted to help the entity to go back into her childhood and release these areas. This Awareness indicates also, through meditation; also the entity could gain much through the Awareness Development Classes. Also, the entity could gain much from suggestions of centering into herself, dying to the old, and coming back to life as a new being,--making a total, complete and instant change in her life.

This Awareness indicates that this could be accomplished by entities who are well-versed in magic, or in spiritual conversion. This Awareness suggests that the use of spiritual conversion, whereby an entity has the charisma and suggestive power to convince this entity of a radical change in her life; this could have the effect of creating such. This Awareness indicates however, that such descriptions as to what to do are not the actual doing. This Awareness suggests that this entity may wish to receive a trance healing in regard to this, or may wish to see a good therapist, or to study from some mind dynamics system, such as Lifespring, EST, or some other similar group; that these appear to have some value in dealing with this energy.

This Awareness suggests that it appears the entity will simply need to start taking action and finding things in life that are of interest to her, so that she can focus more on the life in which she is presently engaged, and cease to focus on the concept of escape; that the concept of escaping from one's life as that which eventually will multiply the problems and make the present life even more difficult. This Awareness suggests that a good counselor or a good friend who will listen with understanding, and who can cope with the energies and emotions which might come up, could help considerably in reducing the tensions which this entity feels.

(FOLLOW-UP QUESTION):

Awareness, how effective would the Bach Flower remedies be for this and similar situations?

COSMIC AWARENESS:

This Awareness indicates that this can have some effect; however, the way the Bach Flower remedy works is that it tends to the most dominant attitudes first, and brings these to the surface and resolves them, allowing the emotions from these dominant attitudes to come up and be so expressed that they are released. This often, in some cases, results in the entity becoming overly emotional in certain ways after experiencing the use of the Bach Remedy for those particular attitudes which cause those emotions.

This Awareness indicates that the emotions being brought up from the subconscious into the conscious expression, are sometimes difficult for entities to experience, unless they are aware of the effects of the Bach Flower and recognize the Bach Flower remedy as being the cause of this release, and also recognize that this release is that which is, in fact, beneficial. This Awareness indicates that entities using the Bach Flower remedies should inform their mates and friends that they might become somewhat emotional, or somewhat less stable during the time when these are taken; that this generally is not of an extreme nature, but on occasion can be a noticeable alteration in one's personality.

This Awareness indicates that the first layer of suppressed emotions has been lifted by the use of the Bach Flower remedy, then a new formula should be requested. This Awareness indicates that after this has been effective, then a new reading, and a new formula should be used to lift the second layer of emotions, caused by the next layer of attitudes; and in this way, those suppressed emotions of that level will then be brought to the surface.

This Awareness indicates that in some cases there may be a need for a third formula to lift other suppressed emotions; and in other cases, there may be even a fourth. This Awareness indicates however, that two or three in most cases is sufficient to help stabilize an entity for a considerable time, unless the entity is going through present stress factors and changes, which may then be assisted by the use of Bach Flower remedy for those particular present experiences.



THOSE ENTITIES HAVING 12 FINGERS

(MORE ON HARMONICS & COSMIC PHYSICS)

(Opening Message, C.A.C. General Reading)

COSMIC AWARENESS:

This Awareness indicates that with respect to questions asked in the previous session, there were references to entities having 12 fingers and 12 toes.* This Awareness indicates that this civilization as that which was responsible for many of the creations and ancient sciences and technologies associated with the Builders, with the construction of the pyramids and with the tunnel network which is yet to be discovered by surface man; that the use of the 12 as a base for mathematics as that which contributed to the British type of measurements.

This Awareness indicates the 12 relating to the months, and the inches in a foot, and so forth; that this also ties in with the ancient science of these entities. This Awareness suggests that the book previously mentioned by Captain Bruce Cathie, the book *Harmonics 288: The Pulse of Life*, as that which can also shed more light on this science of harmonics; that the system of measurements which these entities used, as that which was in tune with the frequencies and harmonics of light and matter. This was a kind of universal physics, a science dealing with the physics of creation. Entities who are interested in this kind of study, and the unravelling of these mysteries are encouraged to read this book; that new insights and understandings which will parallel the information given by this Awareness and from other sources will allow for a large chunk of the puzzle to be placed in its proper place.

This Awareness indicates that the 12 fingers as having served in the evolution of these entities, similar to the five fingers on each hand, as it has served in the evolution of the human counterpart for its mathematics; that the human developing a mathematical system based on tens,—the decimal system,—and these entities having created a mathematical system based on 12; that the astrological heritage is based on the sciences from this group of space beings.

* The information Awareness is referring to was previously published in 'Revelations of Awareness' No. 83-18 (Some Rather Interesting Stuff): \$3.00 from CAC, which concerned extraterrestrials, Bigfoot, missing links etc. This information also ties in with that given in issue 83-4 (Where Did Man Come From?); \$3.00 from CAC.

The Coming of the "Titans" & Their Tunnels

This Awareness indicates that also, the measurement system which evolved from Atlantis and Egypt which is based upon a measurement of 12, and the system of breaking circles into degrees of 360, and the use of 12 in the clocks...all of this is a kind of reflection from the ancient physics, the cosmic physics of this group of people; these entities having

many different names at different times. This Awareness indicates that the civilization which was involved in creating the tunnels at the time of Creation and the placement of those particular artifacts; these entities were known as the Titans.

This Awareness indicates that this name "Titan" as but a name used for these entities during a particular period, just as there are groups and divisions in your present country such as the names of groups during one segment or one particular locale, or another, yet the entities may all have a generic name. These entities essentially trace their origins back to those who were called the Elohim, but that the Elohim fragmented through its mingling with others, and created tribes or groups, of which one was called the Titans, at a particular time in history. This approximately 75,000 B.C., when those particular entities were involved in the cave that was mentioned. However, the cave was created much earlier; that certain alterations occurred during this period.

Kali Yugas—the Calendar of Ages

This Awareness indicates that the people of earth are just now on the brink of moving out of what may be termed the second stage of the Dark Ages. This Awareness indicates that there is also an interesting book which is difficult to find, by Yogananda's teacher; Paramahansa Yogananda's teacher: Sri Yukteswar; that this book does give information in respect to the Kali Yugas, or the Calendar of Ages.*

This Awareness indicates that essentially, in the Calendar of Ages, the Piscean Age, or that time of the birth of Christ, in terms of the symbology is that time of greatest darkness in the Age of the Kali Yuga. That the magnetic forces being strong, the forces of night being strong during that time, tend to cause a type of contracting force in the very atmosphere of space, so that individuals in such an atmosphere tend to become more self-centered, and so that the magnetism which centers entities upon their own interests, prevents those entities from having rapport of a psychic nature, or being able to perceive outside of their own magnetic center.

This Awareness indicates that as this begins to change...(This Awareness indicates that *It* wishes to comment that *It* is digressing considerably from the book which *It* previously mentioned in terms of the teachings of Sri Yukteswar. This Awareness indicates that rather, *It* is explaining further in detail that which Sri Yukteswar did not reveal in his teachings.) This Awareness indicates that as the calendar, or Kali Yuga begins to change, whereby the matter and magnetism which is involved in creating the separateness and the self-centeredness of the parts during the dark side of this grand cycle, wherein this begins to change, and the dawning of antimatter begins to occur, whereby antimatter, or spirit, flows in and tends to break up the magnetism of self-centeredness, creating a radiance, a warmth and a radiance which is also known as spirit or love; whereby this begins to inflow upon the environment

of space, the atmosphere through which the planet is moving, the tendency then is for the consciousness to get outside of itself somewhat, whereby the self-centered energies begin to expand and reach out and to merge with the energies of others, so that the entities begin to feel what others feel.

The Mystery of Creation to be Revealed
The Coming of Akasha

This Awareness indicates that as this warmth, as this love, as this antimatter spirit of Akasha increases further, rather than simply feeling what others feel, these entities may also begin to recognize what others think, and what others mean when they speak, or when they express themselves, so that a kind of clairvoyance, or clairaudience or telepathy quality begins to manifest itself in relationships, so that entities need not grunt or strike or chop in order to communicate with each other, but can verbalize or simply feel, touch or sense what the other is attempting to express.

This Awareness indicates that as this light increases more, the warmth of Akasha, the love factor, the radiance which is coming in on that Kali Yuga cycle; as this increases even more, not only does the consciousness perceive what others think, what others feel; it also begins to perceive the mysteries of the universe itself. This Awareness indicates that when, at the peak of noon, wherein the Akasha Force is at its greatest, which will be near the end of the Age of Capricorn, wherein this begins at the end of the Age of Capricorn and follows through to the mid-point of the Age of Scorpio; that during this cycle between the end of the Age of Capricorn and the mid-point of Scorpio, and to a lesser degree, on both sides of this for approximately one and one half signs, the consciousness is at such a high degree of perception that all of the mysteries of Universal Creation are revealed.

This Awareness indicates that the Akasha becomes so pronounced, so ever-present it is likened unto living in the mind of God, of the Universal Spirit. That in this manner, the mysteries are revealed and may be recorded for times to come, when the cycle again begins to fade into the evening, and the darkness of magnetism and separateness and self-centered ignorance begins to again be experienced as the Akasha is withdrawn. This Awareness indicates that this beginning near the end of the Age of Virgo, and continuing to decline through the ages of Leo, Cancer, Gemini, Taurus, Aries and the darkness of Pisces, just before the dawn.

This Awareness indicates that this time just before the dawn occurring as the greatest hour of darkness, due to the complete waning of the Akasha force before it again comes into this cycle. This Awareness indicates that the Akasha force does linger for long periods through those other dark hours, allowing for much of the knowledge and understanding to continue until the time of the Piscean Age, wherein deception, confusion, and a breakdown of all structure, and only the dissolution and the putrefaction occurs.

This Awareness indicates that essentially, the past 2,000 years have contained this putrefaction. That it now, having undergone the putrefaction of the alchemical path, is now on the road to the creation of the Philosopher's Stone of the truth. This Awareness indicates that *It* is mixing the metaphor of alchemy along with that of the Kali Yugas; that all of these are inter-related, being essentially the same, but having different presentations, and being essentially different frames of reference, looking at the same experience.

* ED's Note: Though Awareness did not give the name of the book, I think it was referring to "The Holy Science" by Swami Yukteswar, which can be obtained by CAC if anyone is interested. (The last price we had was \$4.50 plus postage on this book).

IS THE BOOK OF DIVINE PRINCIPLES
GOING TO BE CHanneled SOON?

QUESTION: (Dec. 5, 1981)

In a closing message of a reading given by this Awareness on October 7th, 1979, Awareness referred to the opening of the Interpreter's channel; that *It* might present "that which may be termed the Divine Principle. That this Divine Principle is that which is the Book of the Cosmic Laws, and the Laws of Karma and its ramifications," and *It* went on to say that this new information was to be presented when the Interpreter was conditioned for this, and it's his will, to be presented as a spiritual guide on which other laws may be based; this being a set of suggestions as to proper alignment with Cosmic Laws, "this Divine Principle has its basis on the concept that every entity has equal legal spiritual right, as every other entity, except when that right is not used, nor taken, or is misused to deny others their similar rights."

I'd like to ask Awareness if the time is getting near when that information will be given?

COSMIC AWARENESS:

This Awareness suggests that the particular question as asked be typed out on a sheet of paper and presented to the Interpreter, that the Interpreter to place this in a place which is quite frequently observed, and this reminder shall begin to have its effect in triggering the release of certain energies to allow this to occur. This Awareness suggests that the Interpreter as not yet ready for the release of this; that this appears to be approaching, but yet several months away, perhaps within several years, depending on the energizing and the focus which the Interpreter places upon this in terms of priorities.

(Follow-Up Question):

Could this be information that could be given once the Correspondence Lessons are completed?

COSMIC AWARENESS:

This Awareness indicates this as a possibility; that this not as a necessity; that this may be channeled through in other ways than the trance sessions, or this may come through in trance level sessions.

A BOOK BURNED IN ALEXANDRIA IS BEING RECHANNELED TODAY

(Another Example of how Karma is Balanced)

QUESTION:

A question from A.U., of Winnipeg, Manitoba. It's sort of a personal question, but it appears to be more than that. He says: "Over the past 18 years when I have reached out to Awareness through meditation, I inevitably wound up writing and illustrating that which I was taught about the "Logos." For example, some of the material received consisted of the motion of the Logos, the visualization of the Logos, and the action of the Logos, to name but a few titles.

"Through the years this material has accumulated into enough for a number of books, however when I try to edit and review my material, I find that the vibration of the subject matter draws me back into a near meditative state again, and begins to elaborate on the material rather than concluding it. In order to submit it for publication I have, however, indexed most of the material.

"My questions to Awareness concern this accumulated material. Should I concern myself with trying to put this material into a presentable form for the purpose of publication, or should I forget it, and concentrate upon receiving more material?"

COSMIC AWARENESS:

This Awareness suggests that you retain the earlier material received, using this as a basis for further research, and that you add to this which has already been received. That in retaining this earlier material, you may wish to examine the organization and polish this material before adding new details or adding more material to fill in the details. This Awareness suggests that the addition of more details and more material to this outline will add to the general value and clarity of the work. This Awareness suggests so long as there is felt that need to receive further information, so long as this is not redundant and unnecessary or distracting, so long as there is that need to receive further information; this should continue.

This Awareness suggests you not stop your channeling in order to move into a commercializing of the material.

(FOLLOW-UP QUESTION):

"I am also concerned about what to do about all of the material I have channeled. In the event of the loss of my faculties, should I experience another stroke, or in the event of my demise. I am sure there are other members with similar concerns. Would Awareness please advise?"

COSMIC AWARENESS:

This Awareness suggests that this may be handled by a kind of personal will or contract, indicating that in the event such circumstances should occur, that this material be given to some individual of your choice, or some organization of your choice, whereby you have made previous arrangements with these entities to take the material and use this for publication, according to your instructions. That wherein you have sufficient material already to create some publication, and wherein you have the time, and wherein this does not distract from your ability to receive still more details and more information; this Awareness suggests that you may present this material for publication according to your own choice. That wherein you yourself do not have the time or contacts for this, you may solicit help from someone else.

(FOLLOW- UP QUESTION):

"I somehow feel that the material I receive is from a book that was destroyed thousands of years ago, in the great fire which destroyed the library in the ancient city of Alexandria. The book I am referring to is titled: *The Hierous Logos*. Am I correct in my assumption, and was I responsible for its destruction, or with its creation? Would Awareness please comment on this?"

COSMIC AWARENESS:

This Awareness indicates that this appears to be a clear reading of the akashic record in regard to this information. This Awareness indicates that it appears that you were a priest, one who was responsible in part, for the assembling of material which went into this book; that the book was written many years before the fire which destroyed this. This Awareness indicates that you as having been present at the time the fire destroyed the book. This Awareness indicates that it appears you, in a separate lifetime, were not directly responsible for the burning of this book, but that you were involved with the general activity in which many books were burned. This Awareness indicates that your rechanneling of this material as that which was the major purpose in your return to this earth at this time.



(FOLLOW-UP QUESTION):

I think Awareness just answered his last question, which is: "I have just read Awareness's comment about contracts, and it has occurred to me that I may be under contract to restore this material on this earth plane. Would I be correct in assuming this?"

COSMIC AWARENESS:

This in the affirmative; that it does not appear that you will receive a great amount of reward for this book during this lifetime; however, you have received rewards for the book in previous lifetimes when this was written. That you will also receive rewards in future lifetimes for having restored this information. This Awareness indicates that the rewards may be meager in this lifetime, this as being in part due to the repayment of any responsibility on your part for having been involved in the burning of these books.

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HOW TO ELIMINATE PYORRHEA AND THE NEED TO FLOSS YOUR TEETH

(Grandma's Secret Recipe Resurfaces)

QUESTION:

A question about teeth: After hundreds of years of never mentioning the subject of flossing the teeth, dentists everywhere are suddenly trumpeting the gospel of flossing as a way to eliminate periodontal or gum disease, which allegedly is a major cause of entities losing their teeth. Now Dr. Paul Keys of the National Institute of Dental Research claims to have discovered a very simple way to prevent periodontal disease, sometimes called pyorrhea...It's grandmother's old recipe for toothpaste,--baking soda and salt mixed together in a paste in water. Will Awareness please discuss the merits and necessity of flossing, if any, and whether grandma's remedy is indeed the answer to gum disease and the subsequent need to floss?

COSMIC AWARENESS:

This Awareness indicates that this can be used; this old recipe can be beneficial when used for preventing gum disease and also for cleansing the teeth. That this as being quite satisfactory as a type of toothpaste, except that many entities would prefer the more sweet-tasting toothpastes.

This Awareness indicates that in terms of flossing, that this also as a cleansing mechanism which can be beneficial.

This Awareness suggests that the pyorrhea problem common today tends to be more of a modern problem than for those in previous times; this partly due to the extreme abundance of sugar in the diet. This Awareness indicates that the sugar intake of most Americans has increased approximately 2000 % or more in the last fifty years; that this extreme intake of sugar is not simply that it affects the teeth from the outside, but it also works through the body and affects the teeth from inside as well. This Awareness indicates that this is not even to mention the other problems which are caused by the refined sugar which entities use in their foods and in the food additives.

This Awareness suggests that there is also the homeopathic cell-salts which are beneficial in healing and preventing pyorrhea. This Awareness suggests that poor cleansing of the gums, wherein food particles are caught under the gums and create the irritations which lead to the pyorrhea circumstances, along with the weakened gum lines caused by excessive use of sugars and the poor mineral intake or assimilation within the body,--these things contribute to the problem of pyorrhea. This Awareness suggests also, emotional situations can cause pyorrhea; that wherein one experiences an emotional shock, the resultant effects on the minerals of the body can weaken the gums, so that this can result in pyorrhea.

This Awareness suggests that the best remedy for those who have this problem is to cleanse the gums so that all food particles are removed from under the gums, and to use the homeopathic cell-salts which have been prescribed for this purpose. This Awareness suggests also, that good vitamin-mineral supplements be taken to restore the vitamins and minerals of the body which have been depleted from the emotional shock or which have been neglected from the diet. This Awareness indicates that certain foods also can be eaten which assist in cleansing the teeth,--these as raw vegetables, such as carrots and celery and other vegetables wherein they work to scrub the teeth as you chew them. Also, the citrus fruits and apples are likewise capable of assisting in cleansing the teeth.

This Awareness suggests that entities avoid drinking milk before falling asleep without cleansing their teeth, at least by rinsing the mouth with water, for milk left in the mouth over long periods of time creates a lactic acid, which is harmful and can result in problems. Likewise, eating of sweets before falling asleep, particularly refined sugars, can be problem-making.

(FOLLOW-UP QUESTION):

If entities use the Cell-salts recommended and grandma's remedy of salt and soda, would this be enough to eliminate the necessity of flossing the teeth?

COSMIC AWARENESS:

This Awareness indicates this in the affirmative. This, of course, depending on the rest of the entity's diet; for if the entity indulges continuously in sugar foods, which basically tend to deplete the body of *important minerals which the teeth and gums need*; if the entity overeats the sugar foods, then the brushing and cell-salts, and even the flossing may not be sufficient to prevent problems.

This Awareness indicates that the body can handle a small amount of sugar, but that the present amount consumed as being so great that it is affecting the general well-being of most entities, particularly in this United States, for the amount is approximately 20 times what the body can handle without damage.

This Awareness indicates this not only relates to teeth, but also to other organs in the body. That the health supplements entities take can counter some of this problem, but that in another sense, it only prevents the effects of the overindulgence of sugar from *happening immediately or with such great consequence.*

SACCHARIN AND OTHER SUGAR SUBSTITUTES

--ARE THESE DETRIMENTAL TO ONE'S HEALTH?

(THE PERIL OF EATING TOO MUCH HONEY)

(FOLLOW-UP QUESTION):

Awareness, are the sugar substitutes, such as saccharin and some of these newer things they are putting in chewing gum and substitutes for using in coffee, just as detrimental as sugar, or do they have some merit?

COSMIC AWARENESS:

This Awareness indicates that for some entities they have less damaging effect than sugar, particularly for diabetics. This Awareness indicates however, that they also have harmful effects if consumed in quantity over long periods of time. This Awareness indicates that the only sugar products which are not essentially harmful are those which are natural in foods, such as vegetables and fruits. This Awareness indicates that even excessive use of honey can be harmful. That in moderation this as appropriate.

This Awareness indicates the only sugar substitute seen at this time which is of a refined nature that does not appear to have detrimental effects is that known as fructose, the fruit sugar. This can be purchased in most drug stores, but is much more expensive than other sugars. This Awareness indicates that next least harmful would be that known as corn sugar; this available in some markets, particularly those which sell bulk foods; that this corn sugar as not being much better than the ordinary white sugar, but being somewhat better.

This Awareness indicates that entities wishing to improve their health would be wise to look for natural sugars through fruits and fruit juices which have not been artificially sweetened with sugar or other sweeteners, and to recognize that foods need

not be sweet to be enjoyable; but that a good peach or pear, apple or strawberry, banana or orange, can be just as delicious as a piece of candy. That *pine-apple-coconut juices can be just as delicious as a milk shake.* That ice cream sweetened with honey can be just as delicious as ice cream sweetened with sugar.

This Awareness indicates that entities can absorb some sugar without harmful effects, but those entities who eat large amounts of sugar and find themselves slipping into moods of depression, or moods whereby their emotions move up and down, from elation to great depression or self-pity, or wherein the entities find their energy levels rising after receiving sweets and then falling to a stupor such as wanting to fall asleep when they have a break without any sweets,--that this as an indication that the entity is beginning or has moved much too far in the indulgence in sweets, and the entity may be hypoglycemic or moving toward diabetic levels.

When Children are Hyper-Active: Remove Sugar!

This Awareness wishes to comment on one other area: that wherein children behave erratically through an excessive emotional expression after eating sugar: This Awareness indicates that often children in eating amounts of sugar will become *highly emotional and hyper-active*, and this may also be seen as a result of the sugar effect on the emotion and nerves of the child. This Awareness suggests that this be watched carefully by those parents who allow their children to have excessive amounts of sweets. This Awareness suggests that wherein this is noticed, that parents may decide to reduce the sweets intake of the child or to switch to *natural sweet foods, such as fruits or sweet vegetables or juices.*

This Awareness suggests that there are many families who experience the "sugar blues" or sugar hyper-active emotions. And one entity, being hyped-up on sugar, may release an emotion, triggering an emotional reaction from another sugar hypo, and the energies begin to build. And the family may find itself in a great, emotional turmoil wherein one entity is expressing, screaming, crying or shouting, the other demanding order and becoming overbearing, another becoming extremely depressed. This Awareness indicates much of this may simply be the result of sugar in excess in the diet of this family.

This Awareness indicates likewise, an individual who finds himself or herself becoming highly depressed may also be experiencing a sugar reaction, possibly hypoglycemia. This Awareness indicates that similar results occur with alcoholics wherein the alcohol that entities intake turns to sugar in the body.

REVELATIONS OF AWARENESS is a cosmic newsletter, published for the membership of Cosmic Awareness Communications, & the Universal Church of Awareness, P.O. Box 115, Olympia, Washington, 98507. Membership fees and donations are deductible from your federal income taxes.

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