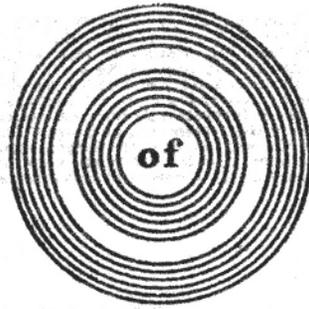


# Revelations



# Awareness

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COSMIC AWARENESS COMMUNICATIONS  
P.O. Box 115, Olympia, Washington 98507  
Helping People Become Aware



## SYMBOLOLOGY IN THE “BOOK OF REVELATION” AND AN UPDATE ON THE BEAST

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

## IS THE SCENARIO OF THE "BOOK OF REVELATION" ACTUALLY GOING TO OCCUR IN OUR TIME?

...THE PROBLEM WHEN THE DREAM IS TAKEN TOO LITERALLY

NEW MEANINGS OF THE SYMBOLOGY AND AN UPDATE ON THE BEASTMASTERS . . .

### QUESTION:

A question from N.J., of Buffalo, New York. "While browsing through the *Book of Revelation*, I read through 20, verse 4, which states: "The rest of the dead did not come to life until the thousand years were ended, and when the thousand years are ended, Satan will be loosed from his prison," and so forth; and I thought that this could be a summary of the present scenario incorporating the past 2000 years. It also struck me that: "The sea gave up the dead" and so forth, could mean the process of reincarnation, wherein so many have been incarnated over the past 100 years. Also, those past 100 years, wherein the Beast has taken full dominion over all the world. Please ask Awareness if my intuition regarding the time frame, the meaning and the impending judgment of us all is on, or off base?"

### COSMIC AWARENESS:

This Awareness indicates that this as a fairly accurate understanding of this meaning. This Awareness suggests that in regard to this passage relating to the thousand years, this Awareness wishes entities to understand that a thousand years to the writer of this passage was not intended to mean what we today would refer to as a thousand years. It simply meant a long period of time, unfathomable to the mind. This Awareness indicates that it would be likened for entities today, who are used to large numbers and figures to be told 'a zillion years' or some similar figure. In those days entities did not fully understand the meaning of numbers with the accuracy that is presently understood by entities who work with numbers in many ways, and refer to actual quantities. A thousand years was a figurative term meaning 'a long time.'

This Awareness suggests that the *Book of Revelation* was not intended to be taken as a literal prediction of things to come. The entity was describing a dream which was revealed and experienced in his psyche. This Awareness indicates that entities who take a dream literally are most likely to be fooled in their interpretation, for in almost every dream there are symbols which appear as realities, but which have symbolic meaning.

This Awareness indicates that the churches and candlesticks and all of these things mentioned: the various seals...these are all references to the human physical body, and the body was the Book of Life in the symbolism of the *Book of Revelation*. The *Book of Revelation* itself is revealing the self to entities. It is a book revealing the body and its workings; it is referring to the 7 chakras, the 7 glands, and the 7 etheric bodies around those chakras. This Awareness indicates that when it speaks of the Beast it is referring to the rational mind, and when

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it speaks of the Christ it is referring to the Christ Consciousness, and when it speaks of the rapture it is referring to the uplifting of the spirit and its reunion with the Christ Consciousness that descends down on the individual at the time. When it speaks of the judgment, it refers to the time in which entities shall become aware and when it speaks of the rising of the dead, it refers to the time when entities shall awaken to the higher reality, and transcend the dead consciousness that has been locked into the tomb of the body.

This Awareness indicates that the *Tibetan Book of the Dead* does not refer to those whom you call dead, it refers to those entities on this plane who think of themselves as living, but who, by terms of the Tibetan book, are called the living dead. They are called the living dead because they are locked into matter and to the fruit of the senses and have lost sight of their true selves as spirits. This Awareness indicates that the spiritual being is entombed in the physical body and those who have this greater understanding see that when entities give up their attachment to the body and feel themselves entombed in the body, that they shall rise from the grave, from that gravity-created being, and become bodies of Light and transcend and experience the rapture of the Second Coming of the Christ Consciousness.

This Awareness indicates that there are too many entities taking the *Book of Revelation* literally. It is a symbolic experience being given for subconscious symbolism to help in the teaching of messages from secret schools. This Awareness indicates essentially, the *Book of Revelation* was originally a masonry teaching from the masons, and was incorporated into the *New Testament* after some deliberation and argument. Many entities did not want to include it because it was confusing and no one understood what it was talking about, but because there were those special curses placed at the end: that anyone who changed a word of this, or failed to give it proper respect, would burn in hell forever...that because of this curse at the end, the entities were fearful that perhaps they had better include it in the Bible.

This Awareness indicates there are many many books which have been left out of the Bible which is presently used: the *Lost Books of the Bible* and the various other treatises also have great information to offer. This Awareness indicates that when this was placed in the Bible, most entities who put it in had absolutely no understanding of what it meant, and still don't. This Awareness indicates this generation, as referred to in the *Book of Revelation*, which says: 'This generation shall not pass away until these things have occurred'...it is referring to the individual in this generation of his life. You are your generation, whatever age you may be, you are

that generation, and the book, and seals being opened, and the Beast and the choices being made;-all of this is a map of oneself, and the experiences which the entity goes through in life. It is the Revelation of self; the churches, the candlesticks: these are references to those bodies within oneself: the chakras, the etheric and astral chakras and the physical glands which are the seats around which these churches, candlesticks and seals are situated.

This Awareness indicates the reference to the trumpets blowing; all of these things are parts of the anatomy, including the spiritual or etheric body, the astral body, and the emotional and psychic body. This Awareness indicates that the seals being opened, revealing things, revealing an angel blowing a trumpet, giving information: these are references to an opening of a chakra in which the entity perceives a new understanding from the evolving of the consciousness associated with that particular chakra.

This Awareness indicates that some of this information has been given in the Edgar Cayce material, relating to what each chakra means in relation to the *Book of Revelation*.

## THE NATURE OF THE BEAST

(WAITING TO GET ON WITH THE REST OF THE STORY)

(FOLLOW-UP QUESTION):

Awareness, Ramtha has been saying that the prophet John in his vision, in reference to the *Book of Revelation*, that the Beast was actually a computer, that he was seeing a vision into the future and seeing an actual computer, with flashing lights and so forth, and the number of man, and the 666 number was a preface to the computer, and that the debit card which is beginning now to manifest on this planet through the banks, is what will lead to the mark of the Beast. Does Awareness agree with that?

## COSMIC AWARENESS:

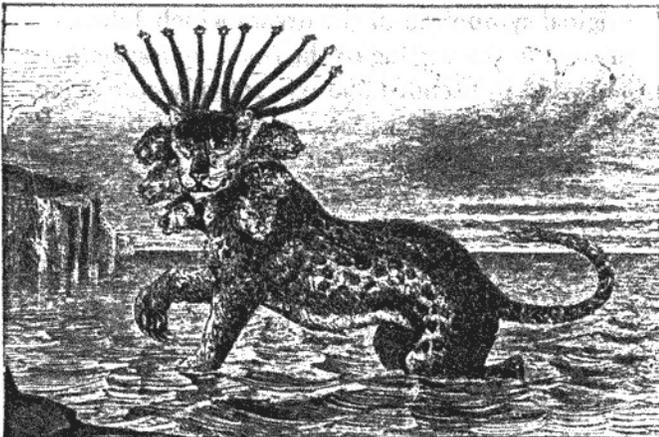
This Awareness indicates that *It* has given the original symbolism of the dream which John expressed in the writing of the *Book of Revelation* and what it intended and was actually conveying. This Awareness indicates however, that this symbolism and the energy that has been put onto this over the years by so many multitudes of people who believe it is coming about in a reality, a literal translation, is such that the entities are projecting this into actual fulfillment.

This Awareness indicates that many entities would be extremely disappointed if the Beast did not appear; they have been waiting for this Beast for 2000 years. Without the Beast they would feel

they had been misled by Christian religion. This Awareness indicates there are many others who are anxious to play the role of the Beast because they don't believe there is a Christ that will come and dislodge the Beast from its seat of power, and they have noticed that because everyone is expecting the Beast, they may actually set up the Beast without being thwarted as an action of fulfilling the prophecy which people want to occur, expect to occur and are not likely to prevent if they see it occurring, because they will accept it as fate.

This Awareness indicates therefore, those who are seeking world domination over others are very much inclined to use the expected scenario as a mask of how to go about setting up a world domination. That because the masses are expecting it, they are not likely to object to it, even though they may not really enjoy the experience of having to worship a Beast for three and one-half years. They generally feel they can tolerate it for that length of time, providing that the rest of the story also comes true. This Awareness indicates that it is for this reason that many Christians are contributing and hurrying to see this occur. They are trying to make ready for the Beast so that they can get on with the rest of the story. They are ready and willing to see that the earth itself becomes partially destroyed as was prophesied, wherein the seas and lands are one-third dead.

This Awareness indicates that all of these things indeed *are* coming about, because entities are taking the *Book of Revelation* literally, and are in fact contributing, in a collective sense, to the fulfillment of what they see as a literal prophecy, and therefore, the *Book of Revelation* has become more than it originally was. It is now becoming a prophetic document, but that was not its original intent or purpose. Originally it was a map of the human body and soul, being revealed to oneself through symbolism which was used in the mystical and secret schools, in order that entities could perceive a different view of themselves.



St. John on the Island of Patmos  
(Revelation: 1: 9-11)

#### "He Who Hath an Ear to Hear"

This Awareness indicates that this use of symbolism for teaching lessons: 'for he who hath an ear to hear,'--in other words, the initiate; this symbolism was for those who were initiated into the secret schools. It was not for the masses. This Awareness indicates that term: "He who hath an ear to hear," sprinkled throughout the Bible was a coded line indicating to the initiates to listen twice as deeply, for there were hidden messages or symbolic messages for those who had the ear to hear that symbolism.

This Awareness indicates that indeed, the computer does serve as an extension of the rational mind, and therefore is what was symbolized by the concept of the Beast, the Beast being the rational mind; the computer being an even greater Beast and the number of man, as that which ignores the essence of man. This Awareness indicates a name or number to the author of the *Book of Revelation*, represents a symbol for the person. You are all familiar with numbers of a tickertape, or with the social security number, or numbers of accident victims and such; that these numbers are totally devoid of any human compassion for the entities who are classified as numbers: 'There are so many numbers of entities who were slain today in this war'. The numbers of entities has nothing to do with the quality of experience these entities endured in being so slain.

The number is a numbing factor; the entity being numbered or defused, is devoid of feeling for that entity by seeing not a human, but a number or a name. This Awareness indicates that all entities have their name or number which simply refers to that which represents the entity, rather than that which is the essence of the entity. This Awareness indicates the

Beast, or rational mind, is devoid of feeling, is devoid of compassion. It numbs everything. It is a number of compassion and feeling, and without such numbing, entities cannot be involved in the transactions of the rational mind, or in other words, cannot buy or sell under the system of the Beast, the rational mind.

When your name or number is on the computer, you are simply a statistic. You are no longer an individual. You no longer are an entity of feeling. No one has compassion for a number or name. This Awareness indicates that this is what was originally implied by the number. However, this does have application in reality, and as entities become more and more but a statistic, more and more but a number in a computer or a name, then indeed, their soul can be ignored, their essence can be ignored by that rational system, by the Beast, by that structure.

This Awareness indicates the structure of government, the structure of law, the structure of society is also the Beast. Any form of structure that has rational order to it may be classified as the Beast. This Awareness indicates only that which is the essence of life is in reality the sacred and holy expression of the devotee to Christ. This Awareness indicates that it is not that you can ever be without some kind of structure; the structure can be used for good or ill, the computer can be used for good or ill, the rational mind can be used for good or ill; the value and purpose of the rational mind, the value and purpose of structure and order, the value and purpose of computers is to channel information or spirit or life energy or some form of worthwhile expression and energy in such a manner as to benefit individuals.

This Awareness indicates the church must have structure. The purpose of the church is to channel the spirit of God for the purpose of serving man. This Awareness indicates that the purpose of channeling energy through government structure is to reach the people for some kind of service to the people; that the purpose of channeling information through a structure known as the computer, is to fulfill the function or purpose for which the computer was created, in order to solve a problem or put down information and provide a record. This Awareness indicates that all of these things can be of great benefit; that the purpose of any structure is to channel something for a reason. Without such structure you could not have running water to your homes. The pipes that bring the water to your homes are the structure. You need not worship the structure, for the water is what is important, but you do need the structure if you are to have the benefits of bringing water to you in a convenient manner.

This Awareness indicates that it is important that entities understand the interplay between structure

and spirit, between the Beast,—the rational, the structured order of physical expression and its intended purpose. There is no great threat or problem with structure itself unless the structure is devised to enslave humanity, to harm humanity, or to deny the purpose for which humanity needs the structure, and that, of course, is to grow and develop.

This Awareness indicates that when entities use structure for the destruction of the soul, for the destruction of individuals, for the enslavement of individuals, then it becomes an evil. When entities create structure that enhances and uplifts and frees the soul, frees the entity to be more than what he has been, then that structure is beneficial. This Awareness indicates a computer is but a tool which can be used for good or ill, just as a knife can have a good purpose or a bad purpose. It is but a tool.

This Awareness indicates the rational mind is but a tool that can be used for good or ill. The government is but a tool that can be used for good or ill. Structure is without passion; it is how it becomes used that makes the difference as to whether it is perceived as good or evil. This Awareness indicates that entities should no longer fear the Beast, but should put strong demands on how the Beast is used. In this manner the entities tame the Beast to serve them.

## IS THE GROWING USE OF DEBIT CARDS THE THREAT RAMTHA BELIEVES IT IS?

(HOW THE MEEK WILL INHERIT THE EARTH)

### (FOLLOW-UP QUESTION):

Does Awareness see the emergence of the debit card as the threat that Ramtha seems to think it is?

### COSMIC AWARENESS:

Only if entities allow it to have control over them. This Awareness indicates as long as the masses control the structure, use the structure for their own benefit, it can be of service, but when the entities fail to be diligent in protecting their freedoms and rights, then indeed, the tool can be used to enslave them. It is a test, and it is an opportunity for entities to take charge of their lives and use the Beast, and use those who have the power to make money, and to command and control with money. It is possible for entities to reverse the control syndrome so that those who are making the money and think they are controlling the masses with money, are in fact catering to the needs of the masses and are in fact servants of the masses which demand that the money be properly made and used, to serve them.

This Awareness indicates as entities begin to understand the role of money in the society they will also begin to make demands on those who manipulate money, telling them when and how to release more money for circulation or hold back on money. At present time, the masses do not understand this control syndrome and are victims to the will of the money makers who decide to withhold or release money so that they themselves benefit at the expense of the masses. This Awareness indicates this can easily be reversed when the masses awaken to the rules of the game and turn around and make the master into a servant. This is how the meek shall inherit the earth.

This Awareness indicates it is like the entity who leads the slave by a chain, drags the slave around on a leash. This relationship only needs to continue so long as the slave obeys the master, but when the slave decides enough is enough, the master then can be yanked by the chain and made to follow the slave. This Awareness indicates a relationship is a two-way thing. Entities who are controlled by those who make money out of thin air through concepts and laws can also rise up and demand: "Make us more money for our benefits and make that money at this particular time in this particular way, so that our economy begins to work more toward our favor!"

#### Lindsey Williams' Book: "Syndrome of Control"

This Awareness indicates that all that is necessary is for entities to become aware of the game. This Awareness indicates that the book: *Syndrome of Control*, by Lindsey Williams, as that which every entity on this plane should read, for these entities would then begin to understand how it works, how they have been made pawns in a game, how they have the opportunity to collectively regain their freedom, how they can reverse the power that the Beast appears to hold over their lives.

ED's Note: CAC was able to locate the publisher of this book, "Syndrome of Control", by Lindsey Williams, and now makes it available to the CAC membership, the price \$5.00 plus \$1.00 postage. For those of you who want to buy these in quantity, discounts from the publisher are available. Write: Worth Publishing Co., PO Box 7, Kasilof, Alaska 99610.

In other readings, Awareness has also mentioned a companion to this book, called "To Seduce a Nation", by Lindsey Williams. Price: \$4.95 plus \$1.00 postage. CAC also now stocks this book and suggests you would do well to purchase both books and circulate them around.



IS THE BEAST SITUATION TODAY  
THE CRISIS IT WAS 10 YEARS AGO?

NEW INFORMATION ON TAMING THE BEAST

COSMIC AWARENESS THANKS RAMTHA & OTHER CHANNELS...

(FOLLOW-UP QUESTION):

Awareness, I have observed a growing phenomenon lately of psychic channelers talking about the Beast conspiracy, the money-changers; for example, Ramtha refers to them as the Grey Men, and names the Rothschilds and the Rockefellers and so forth. Other channelers are bringing out similar information from a different frame of reference. All of this information was given by this Awareness nine or ten years ago. My question is: Today, the Beast threat is not the crisis it was at that time ten years ago, but the information now manifesting through these other channels is probably designed to reach a much wider range of the masses, awakening them to this problem, which in turn could make sure the plan will never actually happen. Is this correct?

COSMIC AWARENESS:

This Awareness indicates it is even today as much as a crisis as it was when it was first channeled in the late 70's by this Awareness. This Awareness indicates however, it is pointless for this Awareness to keep repeating this same information to the membership, for this is already in print and available for them and was covered rather completely. This Awareness indicates the new information which *It* now wishes to give is that which allows entities to understand how the money system can be reversed, to work in favor of the masses.

This Awareness indicates that this reversal can best take place not by informing individuals only of the danger and threat of the Beast, but by informing them on the nature of how the Beast functions, and the best and least expensive source of this information is that single little book by Lindsey Williams called *The Syndrome of Control*. This Awareness indicates that it is all explained very clearly in that book. This Awareness indicates that it is highly important and beneficial that these various channels are now beginning to look at this scenario.

This Awareness indicates that in the late 70's, when this was first given, many of the spiritual groups denounced this information and were shocked and upset because this Awareness was channeling information of this nature, which they called negative. This Awareness indicates that now these entities are channeling information which is essentially a repeat of that which had been given, with some alteration. This Awareness indicates that this please this Awareness greatly, for more and more entities will become aware before the events occur and may have a chance, for without being aware of what is happening, without seeing the grander picture, the larger picture, entities can very easily be led into accepting a particular mindset, of classic obedience to authorities.

This Awareness indicates the very fact that these channels are putting this information out in such mass is going to disturb the Beast very greatly and cause the Beast to sit back and wonder whether it is the right time to release the program. This Awareness indicates that the fact is it may be too late already for the Beast to enact its program with any degree of security or feeling of comfort, for if too many people know what the Beast has in store, the Beast might feel it is too dangerous. This Awareness indicates after all, there are only a few of those entities who are actually in charge of the Beast and there are many who may be working for the Beast, but would turn against it if they understood exactly what it was up to.

#### Reagan's 'Star Wars'--a Beast Program for Surveillance

This Awareness indicates that few entities realize that the Star Wars program is not so much a defense in terms of nuclear and military purposes; it is a Beast program, designed mostly for the transference of information via satellite from place to place. This Awareness indicates that it is a Beast program to allow the Beast to see everywhere on this plane, and it is already three fourths completed. The additional money will be used for other things beyond the Star Wars program, if it is ever funded.

This Awareness indicates that this scenario of the Beast does need to be taken seriously. Entities do need to be informed. Entities need to also understand

how the Beast functions, who the drivers of the Beast are, the Beast masters; and these Beast masters should have their names placed all over in the event they get out of line. This Awareness indicates it will not be long before the Beast is tamed and the masters are forced to use the Beast to serve the people. That is the message of the seal that was not opened at the time for John to see.

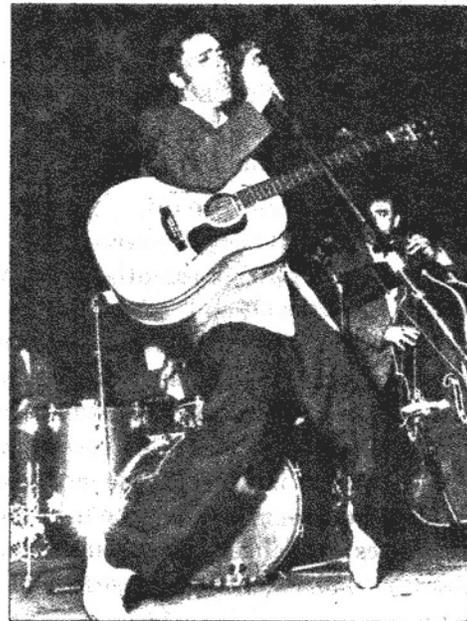
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### WHAT IS THE SECRET OF ELVIS PRESLEY'S CONTINUAL POPULARITY?

( WAS ELVIS JOHN THE BAPTIST? )

#### QUESTION:

We received a memo from T.M., of Vashon, Washington, who says something interesting, and I'd like to know if Awareness verifies this. She says: "I found your last issue interesting: ("The Disciples of Jesus Alive Today?") because some time back, when the world was acknowledging Elvis Presley's ten year anniversary of his death, I was having a reading done by a local channeler, and asked: 'Why so much adulation for Elvis?' I said he must have been a great personality in a previous lifetime. She said that he had been John the Baptist. That came as quite a surprise, but why not? It was soon after this that I came upon the paperback, *Elvis. What Happened?*, written by three of his closest companions shortly before Elvis's death. They indicated that Elvis referred to those followers working closely around him as 'his disciples.' I found this to be an interesting following-up to my reading by the channeler." Does Awareness see this as valid, and if so, does this explain the tremendous popularity of Elvis Presley, who, ten years after his death seems to be even more popular than when he was alive?



## COSMIC AWARENESS:

This Awareness indicates that this is not an accurate statement in reference to his having been John the Baptist. This Awareness indicates however, that there is a common experience which entities may frequently encounter during their lifetime, especially when they reach a position of having significance in terms of fame, wherein an entity may tune in to certain frequency levels associated with the Christ Consciousness or some other famous person, and that attunement gives the momentary feeling or sense of having been that person because they know so well what that person felt like.

### Grokking: How to Feel Yourself to be Jesus

This Awareness indicates you can, for example, tune in to a rock. If you were to pretend yourself to be a rock, feel yourself inside the rock, and see yourself sitting for many hundreds of years, as a rock does, by the side of a road, witnessing movements of automobiles and other things, you can very easily begin to sense the essence of rockness. The same can be said for experiencing the essence of treeness, wherein you feel yourself as a tree.

This Awareness indicates if you want to feel what it would be like to be Jesus, all that is really necessary is to see yourself in that position, in that experience; feel the crown on your head, the crown of thorns, feel the nails being driven into your palms, feel yourself being lifted up on the cross, thudded into the hole. feel the jarring effect on your body, feel the compassion you have for everyone. If you do this with great attention and extreme feeling, it is very easily to believe that you indeed were the Christ.

This Awareness indicates that it is a common experience for entities to do such personification wherein they transpersonify themselves into another being or another object. In the book: *Stranger in a Strange Land*, it spoke of this phenomena, and called it grokking; that you grokked something means that you identified with it, experienced it in a feeling sense. It is also expressed in actions of the fictional character Dr. Spock, of *Star Trek*, when he does the Vulcan Mind Meld and experiences the thing that he is examining.

It is something that anyone can do.

### Elvis--the Man who Freed Sensuality

This Awareness indicates that essentially, the value of Elvis Presley's charisma lay in the fact that he broke through certain taboos in consciousness associated with sensuality; that the masses were highly inhibited in the sensual expression and body movements prior to Elvis Presley's gyrating expressions on stage. This Awareness indicates those movements which he initiated now seem rather tame in comparison to such entities as Michael Jackson and Tina Turner, whose very movements are suggestive of sexual activity.

This Awareness indicates that prior to Elvis Presley there was nothing that came close to that type of movement and the very action of moving in that way was interpreted by many as a message to them: It's okay to be sensual, it's okay to express yourself through sensuality. This Awareness indicates that this was a fantastic message for young people at that time, because no one had previously told them it was okay to express yourself sexually. This Awareness indicates that this is why he became so popular, he broke down certain sensual taboos and made it more of an open statement; when one can move as he did on stage, then it was okay in private for entities to move in sensual expression.

This Awareness indicates that apart from that breaking down of the taboos, the entity also had a very sensitive approach in his voice, in his singing and in his communication through music, and this sensuality expressed itself through the voice as a loving and sensitive person who was not only sexually oriented and sexual, but also was a caring person. This Awareness indicates that entities may not fully understand how important it is to convey a feeling of caring. That this is even important in politics; wherein a politician rises to speak before audiences, if he does not appear to care for others, he will not be nearly as effective no matter how good his ideas.

This Awareness indicates that because this entity Elvis Presley broke down barriers and told entities in effect: "It's okay for you to have those sensual feelings, it's okay for you to express yourself, I'll care about you..."; those were the three main messages emanating from this entity, and an entire generation was touched by those messages and still feels a loyalty to the entity because essentially he freed them from guilt, freed them from various emotional and psychic hangups. It is as one who attends a psychiatrist, and then falls in love with the psychiatrist because the psychiatrist helps to free them. It is the same with many of the spiritual leaders, wherein entities fall in love with their spiritual leaders because so many of the problems that the entity experienced are lifted.

This Awareness indicates this is basically the phenomena of the Elvis Presley charisma and effect on the masses; that there have been others who carry on that same message and these entities also are seen as being very well-liked. This Awareness indicates there are some who carry on that message in a manner that is crude and disgusting to much of the audience; part of this is because the entity, although attempting to show it's alright to be crude, and ugly and disgusting, also conveys along with that, a gross contempt for the masses by doing such things as are not seen as appropriate, thus seem crude, the masses often recoil against them, feeling

that they are insulting them or don't care about offending them.

This Awareness indicates of course, there are always some who enjoy watching others be crude and disgusting and may even emulate such activities. This Awareness indicates that these values which are helpful for one group will be harmful for another; values expressed by an entity may insult one group, while make another group feel proud to be associated with such. This Awareness indicates all entities are different and have different needs and different values and look for those who can express their deeper frustrations and say things that they don't dare say themselves, as though paving the way to allow them eventually to themselves, speak that same message.

This Awareness indicates that many children have strict parents and find conflict with their parents and then find someone who expresses the same kind of thing they would like to say to their parents and these people then become their heroes.

This Awareness indicates that models are often only surrogate expressers saying what one does not have the nerve to say.

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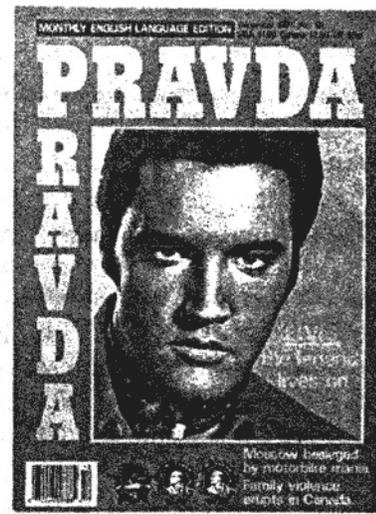
## HOW TO DEAL WITH COLITUS, DIARRHEA AND STRESS

### QUESTION:

We have a few health questions from various members; this first one from Mrs. R. C. in Connecticut. I'll read her letter in order to reach the question:

"Dear Vikki, the birthday card did great things for me. I thank you so much. 83 years young; this year has been the most difficult of my life, so I doubly appreciate your kind words of love. My husband has been in the hospital five and one-half months and is waiting for a vacancy in a home. He has Parkinson's disease and the dementia that goes with it. It was no longer possible for me to take care of him. My sister has been in a home three and one-half years because she has Alzheimer's disease. I am the only one to check on her and see she is properly cared for. I am her conservator.

"Because of all this stress, along with my own health problems, I developed colitus, and/or diarrhea, a serious condition of many years standing. Doctors say, of course, that it is emotional and I agree. I think, as a member of C.A.C. I am allowed to ask Awareness a question, and since there are so many people under a lot of stress today, the



English-language edition of Pravda, Moscow.

answer would probably help many others. What can I do to eliminate this condition of diarrhea, and cope with the stress? The situation can't change while my husband lives, of course, he can only get worse. Would you please ask Awareness this question?

### COSMIC AWARENESS:

This Awareness indicates that it appears in your particular case, that the diarrhea as being caused by yeast in the system, excessive amount of yeast in the system and certain rampant bacteria of a negative type. This Awareness indicates that there is seen a benefit from the use of food grade hydrogen peroxide taken in drops for a period; this used as directed by the instructions, taken for a period of approximately six weeks. This Awareness indicates that the other option would be something like Nystatin or other cures or treatments for the yeast infection. Also, acidophilus culture is also seen as beneficial in helping to rid yourself of some of this adverse bacteria and yeast.



### Meditation as a Way to Deal with Stress

This Awareness indicates in regard to the other part of your question; the stress related to the concerns for your loved ones: this Awareness indicates that there are different ways to relieve stress. Basically, time to yourself, preferably time to meditate, wherein you actually tune in carefully to yourself; by becoming very still, very quiet, by stopping the mind from worrying and thinking excessively about the different problems you have encountered; this will be very helpful in creating a space in your life for solitude and rest,—psychic rest, mental rest and physical rest. This Awareness indicates that this helps to alleviate the stress, just in knowing that every day, at a certain time, or giving yourself a certain time to yourself, you will have this moment wherein you can refresh yourself by setting aside all your concerns and tuning in to that which is the Highest and Best.

This Awareness suggests that you may wish to meditate on whatever, to you, is the most High concept in your life. This may be the deity, or it may be some elation or feeling regarding a special moment in your life; whatever it may be, let it be the highest and the best feeling, giving you pleasant memories, or pleasant feelings that are the highest and best you can experience. Let this occur for approximately 15 minutes or longer. This Awareness suggests this be daily; that in so doing, you will find your life becoming much more enjoyable, the stress factor diminishing, and your ability to become more efficient in dealing with these various factors of life will increase.

This Awareness indicates this will also improve your health, as the stress reactions diminish.

### AFTER 52 YEARS OF BEING TOGETHER, HOW DOES ONE DEAL WITH THE GRIEF WHEN THE LOVED ONE PASSES OVER?

(FOLLOW-UP QUESTION):

Vikki got a note the other day from this same lady after that first letter I just read. Her husband had died, and she writes that, "The sadness, the grief, is so deep, after 52 years; how do I pick myself up and go on?" She thought that the stress was caused by taking care of her husband, and after he died, she doesn't think the stress was it after all, it was the sadness. The same message Awareness just gave would apply to this also, would it not?

COSMIC AWARENESS:

This Awareness indicates that when a loved one dies, there are many entities who say: 'You will

get over it in time.' This Awareness indicates this is not always so.' This Awareness indicates you will never get over this. This Awareness suggests that you may grieve, and this grief is good, for it helps to ease the pain, to express your grief. This Awareness indicates that you will not get over what has occurred and the grief will always be there from one degree or another, but it is important that you remain active, remain open in society, to get out into the world, meet people, relate to people, get involved in projects and activities for it makes the grief much easier to bear. When the mind is distracted from its grieving and focused on another's problem, another person's project, or a project of your own, it cannot put as much energy into grieving, and therefore, the pain is less and life is richer.

This Awareness suggests that you think in terms of living your life as full as possible in honor of the one who passed over, knowing that this entity would not want you to grieve yourself to death, to be in agony over his departure, knowing that this entity would want you to enjoy your remaining years.

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### THE LAW OF SILENCE

This Awareness indicates the *Law or Principle of Silence* is that which allows entities the space and peace and time to rest and recuperate from the noises and chatterings outside.

This Awareness indicates the silence is found within the soul and is not limited to sound, but also relates to silence in terms of motion, emotion and feelings.

This Awareness indicates that the *Law of Silence* contains also the chaos which can exist in any moment when that chaos is experienced from levels of non-resistance.

(Cosmic Awareness)



Now, in this slide we can see how the cornered cat has seemed to suddenly grow bigger....Trickery! Trickery! Trickery!

## SOME MAGIC TO ATTRACT OTHERS TO YOU

( THE NATURE OF THE MIND )

### QUESTION:

A question from B.M., of Salt Lake City, Utah. "I know of only two people who I would feel comfortable in sharing your communications with. Although I find I have something in common with everyone I meet, which mutually attracts us to each other, there are few who share my commitment to explore the depths of consciousness. Is there a meditation that would help me attract the kind of people I could share such things with?"

### COSMIC AWARENESS:

This Awareness suggests that you may simply meditate on the image or concept of contacting through spirit guides, through immortals, angels or spirits of a higher nature, such as oversouls, contacting through telepathic levels or any other type of mental, psychic or spiritual contact with the higher consciousness of others, so that you may become acquainted with these entities. This Awareness indicates that there are many ways to form such a meditation; that it matters not how you wish to create this meditation.

This Awareness wishes not to give a meditation, but to assist you in seeing how these techniques and systems can be created by yourself, or by any entity. This Awareness wishes you to discover the nature of the mind. This Awareness indicates this as likened unto porpoises in the ocean, wherein one porpoise asks: "What can I do to create a meditation technique that would allow me to communicate with another porpoise at a distance, so that the porpoise would come to me and we could communicate closer?" This Awareness indicates that the porpoises, having the power of telecommunication through telepathy need not meditate, need not have a system, but simply need to send out the energies, the concept, the call, for such a response as is desired from another porpoise. All that is necessary is that you desire meeting someone else who would like to communicate with you on these levels. This Awareness indicates as you create the vacuum in your life, the desire, the request, you will be given that energy which will fill that vacuum. This Awareness suggests you define, describe the type of entity which would satisfy your desires; so that you don't fill the vacuum you create with the wrong types of energies, but that you fill that vacuum with the energies which you have envisioned and would appreciate.

This Awareness indicates that you study the *Law of the Vacuum* as that which can be of assistance in this regard; for nature abhors a vacuum; and wherein you create a vacuum, that vacuum will be filled naturally. Therefore, if you wish some particular type of energy to enter your life, clean out an area of your life and set that area aside for that energy, and do

not let anyone fill that area with anything less than you have requested.

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## HOW CAN A PERSON OVERCOME ONES EGO AND BECOME HUMBLE?

### QUESTION:

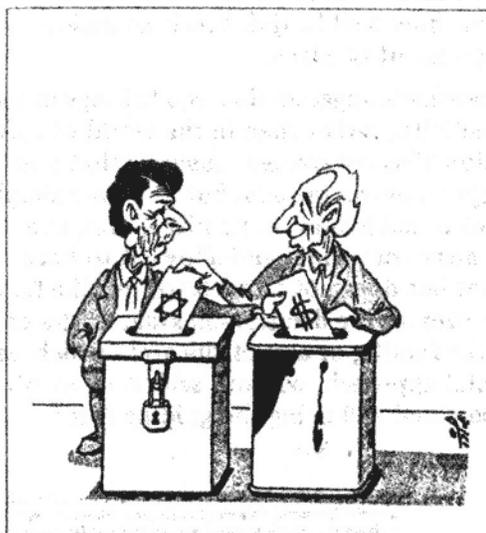
We have a question from Mr. C.B., of Reistertown, Maryland. His question is: "How can a person overcome egoism and become a humble person? I already know what I am, a small part of a great whole. I already have done menial work and have been degraded by others, yet I still find that others can make me angry through my lack of humility and joy. Is the raising to a higher energy level the way to overcome egoism?"

### COSMIC AWARENESS:

This Awareness suggests that you need not attempt to overcome the ego, that you simply observe that which IS ego. This Awareness indicates in observing ego, ego being personal will and ego being concepts of self as well as concepts of separateness; the words 'personal will,' 'self,' and 'separateness,' are integral parts of the ego. Your own individuality is that which is closely linked to ego, but only if there is separateness, only if there is a feeling wherein you are separate or competitive with others, and only if there is that feeling of personal will as opposed to wills of others.

This Awareness indicates that there is nothing in error about having an individuality, about having a personal will, about having an ego, about having a feeling of being separate. The only error that occurs is when this ego, this concept of separateness, this concept of self, the concept of personal will, is out of place in the order of things.

This Awareness indicates there are times when the ego must be brought into play: wherein the self must exist, wherein personal will must be included, wherein the feeling of separateness must be examined and



## WILL THE FAMOUS JASON WINTERS TEA MIRACULOUSLY CURE CANCER?

### QUESTION:

Member J. R. O., of the Hague, Netherlands, would like to ask Awareness if the Jason Winters tea which is widely sold in Europe, is truly miraculous in curing cancer, as some people are claiming?

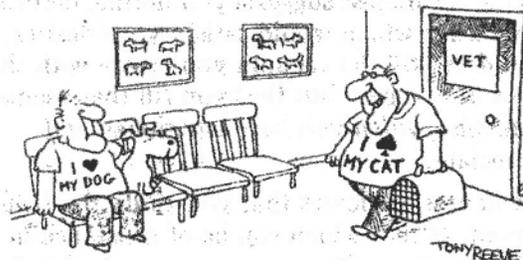
### COSMIC AWARENESS:

This Awareness indicates this does appear to be of a positive nature and can be helpful in many types of cancer, for curing. This Awareness indicates that it seems to have special properties as a cleanser to help remove toxins from the system, and in such removal, allows the system's own energy to be restored as the immune system is also strengthened; that it is not seen as something which will in every case serve as a cure, but that there are properties in the way it works that can, in many cases, be effective, not only in terms of cancer, but of many other of the diseases associated with or caused by toxins in the system.

### ED's Note:

Jason Winters writes that in 1976 he found a small lump on his neck, which soon after went to the size of a grapefruit. Dr's said the tumor was malignant and Jason had six months to live. At a cancer clinic, he took weeks of cobalt treatment and followed the usual routine, but all it did was make him sick and lose half his hair; his tumor was as big as ever. He then started doing research on herbs and found out from the Gypsies that red clover could help. He found an old Indian man in the desert of Arizona who told him to use chaparral; he went to China and found out about herbaline. He made these into a tea and drank it regularly, and years of buildup toxins started coming out. (He had been a heavy meat eater, boozier, junkfood eater for years). In short, the tea cured his cancer and he is now marketing it around the world. You can obtain the Jason Winter tea in the U.S. from Swanson Health Products, Box 2803, Fargo, N.D. 58108.

For more info on cancer, please refer to 'Revelations of Awareness' Issue 88-4 and 88-6 (\$3.00 each from CAC) which has info on hydrogen peroxide and super S.O.D. as substances which will reverse cancer and rebuild the immune system.



looked at; these times are in times wherein there is spontaneous action occurring, wherein there is action rather than thought about the action. That wherein you are engaged in a competitive sport, seeking to skate better than the next person, better than you have skated before, seeking to ski the best you can, seeking to climb as well as possible, seeking to run as fast as you can; wherein you are engaged in an action of performance, whether on stage or in games or in romantic situations, there must be ego involved.

This Awareness indicates that any form of demonstration of your abilities requires that ego be involved, that self is involved, that personal will is involved, and that there may be feelings of separateness or competition involved. This Awareness indicates these are alright in their place. The only error occurs when, after the action has been completed, you begin to think back or talk about how well you did. This Awareness indicates that the entity who makes three flips in the air while skiing and comes down on his skis standing, and then goes over to the stands and takes his bow, this as an action wherein ego was involved; but wherein the entity begins to give speeches afterwards about how well he did, this is an action wherein ego is out of place.

This Awareness suggests that ego belongs in the world of activity, rather than in the world of thought or discussion. This Awareness suggests that you need not attempt to overcome ego, but you may simply be aware of it and keep it in its place, even as a mother is aware of a child and allows it to have its activities but does not allow it to run the family or to take over all the decision-making, or the philosophy of the family, or any of the areas which need clear, mental approach, without self being involved, without personal will being the guiding force.

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REVELATIONS OF AWARENESS is a cosmic newsletter, published every three weeks for members of Cosmic Awareness Communications and the Universal Church of Awareness. However, you do not need to be member to subscribe. Members are encouraged to study the Awareness philosophy as well as other philosophic and secular material in their search for truth and Who in Fact they Really Are, and to integrate those "Gems and Nuggets" they discover into their daily lifestyle and basic premise of life, and to act as role models to others. C.A.C. is a not-for-profit, tax exempt organization. Dues and donations are exempt from Federal Income Tax. All revenues are used to spread the Cosmic Awareness philosophy to others. Donations are encouraged! We desperately need them! at this time! INDIVIDUAL & FAMILY MEMBERSHIP: \$30 per year. CONTRIBUTING MEMBER: \$52; SPONSORING MEMBERSHIP: \$144; PATRON MEMBER: \$1000; ENDOWING MEMBER: \$5000.