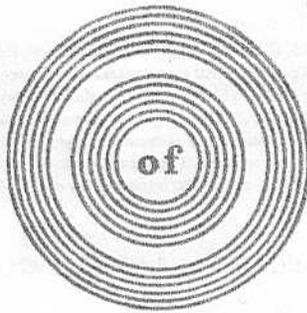


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Helping People Become Aware



ALTERNATIVES TO VIOLENCE... HOW TO "DISCIPLINE" CHILDREN

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. 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

(C.A.C. General Reading, April 15, 1988)

TWO TYPES OF PEOPLE IN THE WORLD

(Opening Message)

COSMIC AWARENESS:

This Awareness suggests there are two types of people in the world. There are those who read these messages and there are those who don't read these messages. This Awareness indicates that of these two types, those who read these messages, --there are two types, and of these, there are those who read these messages at this time, and there are those who will read these messages later. This Awareness wishes to address those entities who will read these messages at this time, and will later address those who read these messages at a later time.

This Awareness suggests the questions begin.

RIVALRY AMONG SPIRITUAL CHANNELS: IS THIS GOOD FOR THE NEW AGE MOVEMENT?

(Ramtha's Channel Claims) "Spiritual Bashing"

QUESTION:

I have a question relating to the information given on channeling last night.* A question relating to the rivalry between those channels that do have information of significance. For example, in today's paper there was a release to the Associated Press by J.Z. Knight. The caption says: "Ramtha Complains of 'Spiritual Bashing' ". I'll just read it, it's a short one, here out of Yelm.

"J.Z. Knight, who says she 'channels' the voice and philosophy of a 35,000-year-old warrior named Ramtha, says competition among New Age channelers is getting out of hand.

Knight said a 'spiritual bashing' has developed against her in the form of rumors that: her marriage is on the rocks, she is near bankruptcy, would enter a mental institution and has faked Ramtha's 'appearances.'

"She called the News Tribune of Tacoma to say the rumors were false and to blame a competing channeler from California for spreading them. "The rumors have kind of gotten out of control," she told the newspaper.

Knight refused to name the rival channeler, but her former business manager, Les Sinclair of Los Angeles, accused Jack Purcell of spreading rumors about Knight.

Purcell, who says he is the channeler for a spirit named 'Lazarus,' was on a business trip and was unavailable to respond, said an assistant of Purcell's Concept Synergy organization in Los Angeles.

The Purcell spokesman denied Purcell was involved in spreading any rumors about Knight.

The two channelers have tapped into a New Age metaphysical movement for which they conduct seminars and private sessions. The channelers say spirits of deceased people use them to spread a philosophy that everyone is divine and has the power to create their own happiness."

That's the end of the article. My question is: Does this type of rivalry or 'bashing', as they call it, is that doing anything positive for the New Age movement, or does the publicity, negative in itself, create enough attation that people are actually introduced to it?

COSMIC AWARENESS:

This Awareness indicates that controversy is always a good way to spread information regarding entities, especially entities who are somewhat unknown. Once an entity becomes known, the controversy is not nearly so valuable to them. This Awareness indicates that in this sense, it will benefit the Lazarus channeling more than that of J.Z. Knight. This Awareness indicates however,

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that in the case of J.Z. Knight, this has been necessary for her to bring this to the public attention, because if this were left unattended it could do considerable damage to her.

This Awareness indicates that this is one of the ironies in regard to channeling, and has been thus so far, for quite some time; that in actions in which entities are involved in an occupation, they tend often to see it as a business and then become involved in competition, particularly those who are on the rise will attempt to compete with those who are already established. This Awareness indicates that this is an action that is detracting from the movement in general, and does not benefit the reputation of entities involved in this kind of action.

This Awareness indicates it is a kind of pathetic effort on those who would seek to become more well known, that they should attempt to attack those who are already established. This Awareness indicates that the problem is likely to become worse as time progresses; that the more well established an entity becomes, the more pot-shots are taken at them. This is part of the hazards of the profession. This Awareness indicates that in general, J.Z. Knight has handled this kind of reaction toward her work with professionalism and continues in this instance to do likewise.

This Awareness indicates however, there are many who are not of the professionalism qualities and will do various things just to be noticed and this is somewhat detracting from the field of channeling. This Awareness indicates that there is also that problem of entities in any profession, whether it be channeling or musician or whatever; if an entity becomes well known, there are always those who attempt to imitate and challenge the well-known entity, and the imitations often lead into direct plagiarism. Sometimes they will take messages given from one channel or from one entertainer and plagiarize and use it as though it were their own information. It is not too uncommon for entities to take messages from a channel and rechannel that information from some alleged other source.

This Awareness indicates this makes their channeling suspect and entities should be aware. There are however, cases where entities upon reading something from one channel will later hear it from another, and assume that this makes it doubly so; that it in fact confirms the information from the first channeler. This Awareness indicates however, often it is simply a repeat of the first one who channeled the information and they fail to realize that the second channel may also read messages from the first channel.

This Awareness indicates there is, as in every profession, the possibility of plagiarism. This Awareness indicates that it is important that entities be objective in studying this kind of work by these entities, even as you read the material, and not simply to accept it because it was alleged to be

channeled. There are times when entities are not channeling at all; they are simply thinking it and getting paid handsomely for doing so, and with practice can fake it quite well.

* The night before Awareness gave a long rap on the positive and negative effects of channeling and how it is done. This will be published by CAC later on.

HOW TO DEAL WITH CHILDREN WHO CONSTANTLY TELL LIES

QUESTION:

A question from V.W., Antioch, Tennessee. "My grandchild, whom I love so much, tells so many lies. At first we thought it was just a case of her exploiting her imagination. Then we thought that she told lies to make others like her, when of course, they already did, but it seems she was so unsure or something like that. But now she seems to tell lies for no reason, totally unnecessary. She is eight and one-half years old and already we cannot rely on things that she tells us because she has told so many lies we can't believe her, even it it is the truth, and she seems to be getting worse.

"I teach school and I have encountered many youngsters who are like this, and many parents have had conferences with me about their child doing this. I didn't get so concerned about it until my grandchild started doing this and now I'm wondering why kids do this. What I want to know is why do kids do this? Will they stop it? I'm afraid they don't. I'm afraid they get worse. My grandchild has earnestly and sincerely tried to stop, but's like a drug addiction or alcoholism it seems.

"Is this a pattern or something from a former life that got out of hand? [I'm going to read the whole letter and then I'll re-ask questions if Awareness requests this]. Is it the way they're being raised now? If so, how can we alter the situation and make it better or stop it altogether? I have been a very stabilizing force, person, in my grandchild's life and showed her much much love and security ever since she was born and I am very hurt and mystified that she lies so much, not just to me, but everyone! I thought I knew how to handle children and guide them over rough spots and help make them want to be good and honest, but I wonder now: Do I, and parents like me have all this much to worry about? In other words, do they grow up and be okay, or do they become problems for society?

"Can Awareness give us some help in this matter? Does it help to keep children busy in activities that can build their talents, like sports, ball and bowling games, like dancing, baton twirling, piano and other music lessons, and all kinds of feats of skill, swimming and so forth? " [I guess that was another question].

The Two Main Reasons Children Lie

This Awareness indicates that there are two main reasons why entities become untruthful in their expressions to others. One of these is when they are feeling a threat in regard to telling the truth. They will become deceptive or hide something when they feel that being honest will lead to difficulties or for problems. This Awareness indicates that when an entity begins feeling threatened by another party, they can develop a habit of hiding information, misrepresenting or out and out lying about something that they don't want the other person to discover. This is the more common reason why entities lie and the more logical reason for them to lie.

There is another reason that is somewhat less logical or less reasonable, but equally common, and that is the desire for attention. You will notice that one is from fear of punishment or rejection and the other is for the desire to find reward and approval, so the entity will lie in order to get attention that is favorable to the entity, or to get some kind of approval for whatever story the entity is telling. These efforts to get approval and attention usually center around some kind of favorable exploit of the child, where the child did something that either made the child a heroic type or put the child in the position of being a victim to someone, so that the child can get the other person's sympathy and perhaps get vengeance on the one who the child says harmed them.

This Awareness indicates that this would be such as in a situation where the child claimed that someone did something to them when in fact no one did anything to them at all. This Awareness indicates there are also vicious statements or lies against people they may not like; that these kind of lies, for vengeance or for sympathy or for the desire to be heroic and appear important are generally based on a desire for approval, but those who tell lies out of fear of punishment and rejection may have a more legitimate excuse for lying. This Awareness indicates if they are in fact fearful of you because they fear that you will punish them or hurt them, that becomes a defense mechanism; their lying becomes a means by which they may defend themselves, as the first line of defense. If that line is broken down and it is discovered that they not only have done what they are accused of, but they also lied about it, their second line of defense will probably be to beg for forgiveness. This Awareness indicates that a third line of defense would be to promise never to do it again, anything that would get the punishment reduced.

How to Explain to the Child How Lying Effects You

This Awareness indicates in the instance of seeking approval or seeking vengeance on another or seeking to be rewarded in some way for the lie being told, the entity is trying to play up to the affections of another entity rather than being

worried about the threat of that entity. Now, when you find yourself the object of the child's affection to the point where the child will lie in order to get more favor from you, or to get sympathy or to get you to fight his or her battles against another entity for them, then it is a different situation and you must clearly assist the child in letting the child know that this disturbs you very much, that you do not want to be used, that it is unfair for the child to use you against someone else unfairly, and also that you may, in the instance of the child simply lying to you for approval and for attention, you may wish to tell the child: "I do not like this. It doesn't make me feel good that you think you have to lie to me in order to get me to like you."

This Awareness indicates by carefully and fully explaining this to the child, and explaining the consequences of lying, the way that entities will get to the point where they don't believe the child, and how dangerous that could be in the child's life, for if something happened in which the child was accused of something and the child denied it, it would be much better if everyone knew the child told the truth than to know that the child was always a liar. This Awareness indicates that if this child begins to understand the need, and the importance of having their word mean something, they will then gradually stop the lying, especially if you can praise them for their truthfulness.

When a Child is Fearful of Telling the Truth

This Awareness indicates that in the case of the child being fearful of telling the truth about something, your best approach is to remove the threat so that the child does not feel he or she will be punished by telling the truth, but instead will be rewarded by a conversation with you in which you discuss the pros and cons of the action and work out some kind of solution that makes the child feel comfortable about the outcome, such as, for example, if the child breaks something and then hides the parts and then lies about: "It must have been stolen!", or something to this effect, and you discover that the pieces are hidden in the child's closet, for example, and you know the child lied to you. Rather than becoming angry and threatening the child, which would only compound the very reason for the child's behavior, it would be better to talk to the child in a calm way, explaining to them that when they break something like this, it is better for them to tell you and to work out some kind of solution so that the two of you have a satisfactory outcome.

You might, for example, tell the child: "Since you broke this, I'm going to have you help me with the dishes, every day this week." The child will feel that this is a just punishment, or just action to pay for the damage done and will feel more relaxed about it, and you can make the washing of the dishes a pleasantry that the child enjoys and it will not seem to be such a punishment. It is the disapproval that the entity does not really want to face.

When Lying is Proper and Appropriate

This Awareness indicates there are many ways where you can teach the child that telling the truth has its rewards. This Awareness indicates that of course, anything to an extreme may be of some hazard and unnecessary. There are many entities who say that you should tell the truth regardless of what; that some entities will even go so far as to say that you should tell the truth in such a scenario as wherein someone comes in to take your loved one away, or wherein someone seeks to have one of your family members imprisoned or killed, such as if you were in a country where they were searching for political opponents, and your father happened to be a political opponent of this government, and you knew that your father would be killed if taken away by these political beings; there are some who advocate that even then you should tell the truth, if you know his whereabouts.

This Awareness indicates that one often must judge between the lesser of two evils, and there is no obligation. You are not obligated to tell the tyrant the truth. You are not obligated to tell someone who is in fact, involved in criminal or diabolical or violent behavior the truth. If someone comes and says: "Where is my wife? She came over here! If I find her I'm going to kill her! Where is she?", you are not obligated to tell that entity where his wife is. He has threatened to kill her. If you comply, you are an accessory to the murder of this entity's wife.

This Awareness indicates there are certain discernments that entities need to make in regard to these flat rules that so many like to obey. There are often mitigating circumstances, and though the Ten Commandments say: "Thou shalt not lie," it must be understood that these commandments were given to a very simply type of people whose comprehension was limited. These were nomadic people moving around on the desert. These entities had very little sophistication of thought and the rules had to be simple, for they could not comprehend degrees and complexities of ideas.

Creating Karma by Telling the Truth

This Awareness indicates that entities should be able to recognize the importance of making some kind of distinction and discernment in regard to right and wrong, according to the circumstances. There are general rules of thumb, such as the Ten Commandments, but there are also specific instances where certain things need to be reconsidered, thus, if someone comes to you and is looking for someone and wishes to do that person great harm, and you know that if you tell this entity the truth, that the entity perhaps is hiding in the basement of your home, to escape that person on fear of his or her life, and you tell the entity: "Well, I cannot tell a lie, the person's hiding in my basement, fearing you will kill them,"--are you not complying with that entity's violence toward the other?

This Awareness indicates that it is important for entities to be not too extreme in any one rule of life, but to be able to make priorities. The priority of preserving someone's right to live over someone's right to have vengeance is much more important than the priority of always telling the truth. This Awareness indicates if the truth can kill someone, it becomes a weapon and if you use that weapon against someone who should not be subjected to the violence, then indeed, are you not creating more karma for yourself than if you lied in behalf of that entity?

Acceptance, Attention & Comfort--the Key

This Awareness indicates that truth can make entities free, but truth can also destroy entities when those entities are seeking to escape a tyrant who would slay them. This Awareness suggests that there are many times when rules need to be reconsidered and broken, if necessary. There are exceptions to many rules. This Awareness indicates that in the case of young children, these entities tend to have very vivid imaginations. They are feeling their way through life, and generally go through a stage in which they discover ways of making impressions, and they discover ways to defend themselves. These are like lines of defense, and lying is one of the lines of defense and one of the ways to impress others, and most children go through a stage of lying; this stage in their life may be for a short duration or if it seems to get them what they want, it can be of a prolonged duration. Generally, they do not want trouble, they want comfort. They want attention and they want acceptance, and if they can get attention, acceptance and comfort by lying, then it will prolong the lying stage in their life, and it can even prolong it into adulthood if it continues to reward them. If it becomes troublesome for them to lie, if it is more trouble than reward, the stage is shortened, and they will soon quit lying because they know it creates discomfort or it creates problems for them or it does them no good in terms of any reward. It is as simple as that.

This Awareness suggests that it is not something which entities should become highly alarmed at. There are those who may beat their children for lying, but is not the beating perhaps even a worse crime than the child's lying? It would be better for the entity to be somewhat less extreme in the punishment, but more consistent over a longer period of time. Every time the entity lies, the entity knows there will be some repercussion. The entity may need to perform some kind of duties, extra duties because of having lied, or a diminishing of his or her allowance or privileges because of having told a lie, and if this is repeated a few times, the entity will finally catch on that it doesn't pay to tell lies.

This Awareness indicates that it is better to do this kind of thing than to beat the child and freak out, believing the devil is in the child as some entities do. This Awareness indicates there have been deaths brought on for children because they lied

about something, and generally, the children's lying was simply because they were terrified to tell their parent the truth for fear they would be beaten.

WHY CAN'T MORE MOTHERS BREAST-FEED THEIR BABIES?

(HOW TO INCREASE THE FLOW OF MILK)

QUESTION:

One other question from V.W. of Antioch, Tennessee. "My two daughters and one of my nieces each had a baby. They wanted desperately to nurse their babies, to breast feed them. All three went dry just a few weeks after the birth of their baby. My niece has had another baby since then and she felt she knew how to keep from going dry this time, but she went dry anyway. They really tried to breast-feed but just couldn't give enough milk. We've talked to others who have tried to breast-feed and went dry too. Would Awareness tell us why women can't breast-feed like women of older days could, and what can be done to be able to breast-feed?"

COSMIC AWARENESS:

This Awareness indicates that there does seem to have become a change in women. It appears to have some basis in hormonal changes that have occurred. This Awareness indicates that in order to increase the flow of milk, the most effective way is to eat malt, and foods containing malt, such as Maltomeal or Ovaltine and other drinks that contain malt. This will increase the flow very quickly to allow extended breast-feeding. This Awareness suggests also drinking plenty of liquids, including milk. This Awareness suggests that the liquids are of course necessary, but that the use of malt will be most helpful in regard to this increase of the flow of milk.

This Awareness indicates also, excessive stress and anxiety can hinder the flow of milk, thus one needs to have time to relax, to be able to spend time with the child, not in a hurried way but in a manner where the mother can tune in to the child and love the child during the nursing period. This Awareness indicates if the mother is experiencing anxiety and frustration because of external conditions on her, or otherwise cannot feel an attunement and love and relaxation with the child, this can hinder the production and release of the milk.



HOW TO TEACH AND TRAIN CHILDREN WITHOUT RESORTING TO PHYSICAL ABUSE

QUESTION:

A question from G.K. that came in a couple of years ago when he was living in Oregon. He is now living on the Big Island of Hawaii. He asks: "On being a parent: I have in the past year become a 'father' to four children, ages two weeks to eleven years. Now, of all the questions that would arise, I have one that bugs me daily: When to discipline and how? I know a book could be written in answer to this question, and perhaps that's the best answer. Which book to read? But before I'm done with this question, the other side, the side that really bothers me is how to feel good about it. It always hurts to have them mad at me, even if I did just save a finger from a knife."

Since that time, I think that the entity's family has increased by two more, and I wonder if Awareness can give a brief rap on disciplining children like that?

COSMIC AWARENESS:

This Awareness indicates that the most effective and humane way to discipline children is to understand first their own nature, and their own level of understanding, and when you think of it from their point of view, you are more likely to discipline them accurately and properly. This Awareness indicates that rather than thinking in terms of disciplining, it is better to think in terms of educating or training them and to forget about discipline. This Awareness suggests that any child, up to approximately two years of age is unlikely to need much or any discipline. They can however, be trained to some degree.

It is important that they be trained to do things, or to avoid doing things that might endanger themselves or others, and this training can only be effective if they are able to learn from the training. One cannot expect a small child to know not to fall or not to get burnt or not to wander off into the street so one will need to be watchful of the child, to protect the child against his or her own inclinations to explore. This Awareness indicates that as the child becomes old enough and knowledgeable enough to discern where he or she should or should not go, especially after the child learns the meaning of 'no', then one can be somewhat more able to release that responsibility to the child, but it must be quite gradual so that you do not put the responsibility on the child before the child is able to handle the responsibility for taking care of himself.

How to Deal with Sharp Instruments

This Awareness indicates that in the regard or instance of a child who uses sharp instruments or such, as any child might do if those instruments are available and handy for the child to pick up, you must either take those things away, remove

those things from the vicinity of the child, or you must somehow make sure that if the child is holding such an instrument, that you are present and could remove the instrument from the child's hand in a moment's notice. There are times when the child, for example, might take your pen. It is not healthy for the child's welfare to let the child run around with your pen, for the entity could stab someone or stab himself by falling down. Therefore, instruments of such nature should be removed if possible, or if the entity is sitting on your lap, holding the pen, you must be able to grab the pen if it is misused in some way.

How to Toilet-Train the Child

This Awareness indicates that being extremely watchful is necessary for the very small child. Your role is to protect the child, not only from dangers in the environment, but from dangers within the child's own behavior. This Awareness indicates that in terms of toilet training, wherein entities wish to train their child, the action of watching the child develop certain types of behavior can be helpful in knowing when to start the toilet training. This Awareness indicates that as the child begins developing skills and begins to put things into containers and to put lids on things, it is an indication that the child is becoming aware enough to consider starting toilet training within a short time. This Awareness indicates that you may find it helpful to buy a potty for the child to play with, to let the child play with the potty for several weeks before you actually encourage the child to use the potty.

This Awareness indicates that you may also find it helpful to let the child understand how you go to the potty, and put the potty in with your potty so that you can both go together, showing the child how to do it. There is also benefits in rewarding the child in some way after having gone to the potty. All you need to do is have the child do this once, and give the child a piece of candy or something enjoyable, and the child will remember and find this an easy way to get a piece of candy. This Awareness indicates it takes only two or three days of this to train the child to use the potty.

Constipation & Bed Wetting Occurs When Force is Used

This Awareness indicates that when you train the child to use the potty by force, such as spanking the child for not using the potty properly, and you get into this heavy discipline of potty training, you can develop one child who has great guilt about going to the bathroom and this entity may well become a bed wetter, which may last for many years in the future, even into the teens. This Awareness indicates that it also can create great guilt about bowel movements which can later in life cause much constipation, and this toilet training can cause the entity to become overly fixated, not only on the bowels and constipation problems, but also to become overly fixated on details and small insignificant things which the entity may constantly judge and criticize.

This Awareness indicates the entity can become so fixated that they cannot tolerate a piece of paper in the wrong place or a pencil out of place on their desk. They may become obsessed with having everything in exact order. This intolerance can create very difficult personality problems for an entity. This Awareness suggests therefore, the best toilet training is that which is based on reward rather than punishment. This Awareness indicates that they should not be made to feel guilty about anything related to toilet training, but should be made to feel that it is good, that they can do it, and they are really pleasing you.

When Children Fight and Scratch Each Other

This Awareness suggests that in reference to children relating to others, to their brothers and sisters or peer group, it is important that you understand their actions will tend to be more of a physical communication until they learn to speak; that they may strike out or may recoil and cry, and these are their tools of communication. This Awareness suggests that if they become too violent in striking out, you may wish to use the word 'no' and to slap their fingers, since that is the language they are using, of physical contact, and striking at someone else, it is appropriate that you can use the same language they know to inform them that this kind of behavior is not acceptable.

If they strike someone, or pinch or scratch, and you strike them back without excessive punishment to them, enough to let them know that this kind of physical contact or physical language hurts the other person, even as it hurts them, they begin to learn something, particularly when you say: "No!", they begin to learn the word 'no'; they begin to learn that it should not be done that way. The communication of physical and verbal language begin to merge and the entity begins to learn the word 'no' when using violence to communicate.

This Awareness indicates that when you are able to train the child to social situations by using other than physical abuse of this type, it will be better. For example, if the child strikes or scratches someone and continues to be violent and will not respond to your slight tap on the hand or the word 'no', you may find it necessary, if the entity becomes aggressively hostile in social situations, you may find it necessary to isolate the child. Put the child in his or her pen or in another room, or in a different place, or deny the child the ability to play with or be around others of his or her peers.

This Awareness indicates of course, you must make sure that these places where you put the child are safe and where you can look in on the child. This Awareness indicates that if the child begins screaming, for being isolated, you must give the child the option and the way which he or she can redeem themselves to get back into good graces. You bring them back and say: "Now, you are not going to hurt this person anymore, are you?", and you just carefully speak to the child

in a manner that is possible for them to understand, so that they gradually begin to learn that they are not gaining anything by hurting others.

This Awareness indicates of course, if this child is too young to even understand your words, it may be necessary to simply pick the child up and separate them without the effort of trying to reason with them. This Awareness indicates a very young child who cannot understand words is not likely to respond to such training or education so you may simply keep the child separated from others whom he or she might harm. However, you must remember that children hear and listen and understand words many months before they use those words themselves. They finally begin to speak only after they have heard and understood the words spoken many times, and it may be as early as six months or eight months before they speak, that they actually understand what you are saying, thus, in using simple words, and few words, you may communicate to them, even when they appear not to be able to speak, and when they appear not to even understand what you are saying.

By the combination of body language and simple words, they will begin to grasp what you mean, long before they are able to speak. Once a child is able to speak, your communication with the child can almost totally reverse or prevent the need for physical punishment, or physical language or tapping the child or swatting the child. This Awareness indicates that the ability of the child to speak and understand what you are saying, accompanied with the explanation that you are going to separate the child, put the child into a different place because of his or her behavior, and the child must remain there until they are ready to come back and behave themselves: this is the manner by which children can learn without physical abuse.

When Children Sass and Talk Back

This Awareness indicates that it is no big deal for children to want to talk back and challenge their parents. This is quite common. That when this occurs, depending on whether it is a direct challenge or some kind of childish humor, in regard to the parent, such as the child saying: "No, I don't want to do that!", depending on how strong the challenge is, you may react in a different manner. For example, you may ask the child to pick up the mess that he has created, and he will say: "No!" This Awareness suggests that this child has learned the word 'no', because the word 'no' has been given to him.

This Awareness indicates that sometimes, if the child is quite young, you may want to get down with the child and help the child pick up the mess. Demonstrate to the child how the mess is to be picked up. If the child does not want to cooperate, you may indicate to the child that: "This has to be picked up before you get any dessert," and if the child refuses, then it is proper that you have dessert without the child participating, and if the child begins to cry, then you can, at that time,

help the child, show the child how to pick things up in order to get dessert.

This Awareness indicates that this may go on for some time, but it is something that can be extremely important to training the child, and if you give in once to the child, you may find it necessary to give in the next time because the child will know that: "Mommy doesn't really mean this. She will give in before I will," and so the child becomes more manipulative, and the child's training is subverted. It is a matter of being consistent, not being abusive. It is not necessary to become hostile or physically abusive to the child if you are consistent, so that the child knows that when you say something, you mean it.

Remember, a 20% Rebellion is a Good Thing

This Awareness indicates that it is also important to remember that 20% rebellion is not an unhealthy thing, so long as that rebellion is not harmful, is not damaging to someone, or does not threaten the abilities or rights of others. When the child is somewhat rebellious, it shows the child has a kind of inner individuality and the child can develop more personal initiative if he is not a totally obedient robot, if he has a certain amount of rebellion and inner individuality. So this may be seen as a sign of a healthy child.

This Awareness indicates that there are some entities who want their child to be absolutely and totally obedient. This Awareness indicates that this child who is absolutely and totally obedient is likely to be unproductive and have little initiative. This Awareness wishes also to indicate that the child who does not go through rebellious behavior at the age of two, between two and three, is very likely, almost certain to become extremely rebellious in the teenage years; that if the entity hasn't gotten the rebelliousness expressed during the two's, the terrible two's; if there is no opportunity for such expression, then you can expect to have a real problem, when the child becomes a teenager at approximately 13 to 16 years of age.

Expect Stages of Foul Language & Shoplifting

This Awareness indicates that essentially, the best way to train children is to realize that they will go through stages, around the years of 7 or 8, especially around the year of 8 years of age, the child will begin to use foul language that shocks others. This is normal. This Awareness indicates these entities will also enjoy running around the neighborhood getting into things that are beyond their right to tamper with and these entities in groups, of similar age groups can become somewhat troublesome, but they may also hide this from you. It is a time when they may indulge in shoplifting or such.

This Awareness indicates it is good during that time to have close communication and friendship with your children so that there is no personal challenge or war going on between you and your children, otherwise you may not know what is occurring in their life until you get a call from the

police. This Awareness indicates that in terms of the teenage period, which is probably the most difficult for children, because they want so badly to be accepted by others their age, you might find that they have less and less interest in your opinions or in what you have to offer. This is a time when you need to be most communicative with them, talk with them on their level, without being an authority so much as being their friend and helping them to solve problems.

You do not need to tell them what to do or advise them, you need to assist them in solving their problems, and especially assisting them to make their own decisions based on what you can give them as suggestions and opportunities. This Awareness indicates you may help them to spell out their problem and show them certain things so that they will make the right decision regarding such things. This Awareness indicates that many times it will not so much be a decision that they need to make but they may need to understand the nature of certain things that are happening to them, such as a troublesome enemy in school who constantly gives them a bad time in front of everyone.

Dealing with the School Bullies

You may need to help them to understand that there are always that type of person and that they should simply avoid the person as much as possible and play with other children, or if that person does not leave them alone, you may wish to intercede for the child and speak to the teacher and take this issue to those who have responsibility for the classroom behavior of students. This Awareness indicates that sometimes the child simply cannot cope with other people who are violating or intimidating or ridiculing the child, and in such a case, it is good that the parent interfere: it can make a strong effect in the situation when teachers realize that parents are concerned and they themselves have been letting something go ignored that is creating a problem, for the teachers do not want to fight with the parents.

This Awareness indicates that this may be a rescue action, but in some cases it may be necessary if the child simply cannot handle the problem. This is often the case, for sometimes gangs of bullies will pick on one small child simply because they enjoy the fun of having someone who is the brunt of their humor. This Awareness indicates that there are always those instances where one's own child becomes a bully in school and this mostly occurs when it is encouraged by the parents, teaching the child to get out there and fight. Often the father of a child will wrestle and enter into combat with the child, even when the child is quite young, and this kind of play can be somewhat enjoyable between father and child, but if carried too far, can create a child who is a bully and who enjoys fighting others, and sees this not so much as an encroachment on the rights of others, but sees this as simply a way of life, that it is important for this entity to win over others in this game of fighting.

One Out of Four Bullies Become Criminals

This Awareness indicates there are many entities who are raised in this manner and many fathers who think that is just great, that their son can beat up other children. This Awareness indicates that in most instances of criminal behavior, especially violent behavior, the child grew up with that kind of attitude in school of being violent toward other children. Approximately one out of four bullies in grade school becomes a criminal from physical violence during adulthood.

This Awareness indicates that parents need to be cautious about teaching their children violence; that in disciplining children, if one uses violence, they also encourage the child to use violence against others when the child is able to do so. The child may not be violent toward the parent at this time, but the child might grow up and be a much larger person and may turn violent against the parents or against his own family or against his own children or may become violent against others.

This Awareness indicates this is the result of your teaching the child to be violent, by being violent to the child. It is much better that the child learn to respect others' rights by being sent into isolation or separation if they do not respect others' rights. This Awareness indicates also, that the child needs to learn a certain amount of self-discipline,--the discipline that comes from understanding the reasons for something rather than being disciplined by external forces as if the child were controlled from outside.

Self-Discipline Should Come from Within

This Awareness indicates one way to help the child develop self-discipline is to assist the child in setting goals for him or herself, in working towards something and helping and encouraging the child to achieve that kind of goal which he or she has set, for when you have a goal, you must discipline yourself to achieve that goal. This Awareness indicates that discipline then comes from within. This Awareness suggests that if all discipline is imposed from the outside and the entity becomes used to such external discipline, the entity may be actually trained to become an institutionalized person whose disciplining is imposed from outside forces.

What can be more suitable than bars and prison walls to assure the entity of external discipline. This Awareness indicates that if the entity has become used to external discipline, then he may become reliant on such. It relieves the entity of developing self-discipline. This Awareness suggests that there are so many different problems associated with the idea of discipline, it is much easier and better to think in terms of training and in terms of education, teaching the child to develop qualities and skills of a productive nature for good social relationships and to forget about discipline.

If the entity challenges you in regard to something you said, or directed him to do, it is not important that you show this child who's boss. What is important is that you explain to the child the

reason for your wanting him to do something and ask the child the reason that he doesn't want to do it, and negotiate with the child through the reasons that have been presented and discussions of all the ins and outs and necessities so that the child can understand why you want it done and that it is important for it to be done.

This Awareness indicates you have much leverage in this action, for you can say: "I want it done because I don't have time to do it myself, and if you want to receive your allowance or if you want to receive your meals this week, I am asking that you do this, because I need your help, and if you aren't going to help me, then I won't feel like helping you." This Awareness indicates that these are reasons that are logical to the child and it is much better to speak in this manner than to simply insist that the child obey you or he's going to get a swat across the head. This Awareness indicates that physical abuse is only training children to become child abusers, and to use brutality to get their way, for you are their model.

Parents are the models after which children pattern their lives. This Awareness indicates there is so much more that could be given in response to this question; that in actuality it could take a series of readings. However, this should be sufficient response to this question for this time.

WHEN PARENTS THREATEN A CHILD RATHER THAN NEGOTIATING

(THE IMPORTANCE OF THE TRADE-OFF)

(FOLLOW-UP QUESTION): Vikki:

I've observed one style of parenting that appears to be working very well, but I'm not sure if it's going to work well in the long run. The kids know that the parent doesn't really mean it, but the standard line for control is: "Do this or I'll beat you!" Of course, they're never beaten, but this is the standard threat.

COSMIC AWARENESS:

This Awareness indicates that this kind of threat, the action of threatening, rather than negotiating with the child is not a healthy type of relationship because it is simply a form of coercion and develops in the child the importance of being able to coerce others into behavior that they desire. It is likely that these entities will grow up threatening others also. This Awareness indicates it is much better that entities learn to negotiate and relate to each other by explaining all of the reasons why this is important, why this is necessary.

When you have a child that learns negotiating at a young age, that learns: "If I do this, I will get that, and if I don't do it, I won't get it, and I can do it in 20 minutes, and if I don't do it I'm going to have to get some kind of job in order to get it, or I'll have to forget it." This Awareness indicates

that this kind of negotiating wherein there is a tradeoff between the child and the parent, wherein the child is told: "Clean your room and I'll take you to a movie next Saturday," or something of this type. Trade-offs are much easier ways to teach the child how to do business in life, how to relate to other people, how to get what you want by giving something in return. These are much better interaction between parent and child than the threat.

Listing the Jobs and Allowing Trade-Offs

This Awareness indicates children can also benefit greatly by the parents sitting down, writing out all the jobs that need to be done and letting the children choose those that they could do, or if there is an argument over who will do what, either dividing up that job so that one does it one period of time and it is then traded to the other and the other gets to do that job a certain amount of time, whereby the children can choose and select their duties whereby they see the parent's duties, and whereby they see their brother's and sister's duties, and they all know what they are to do to help promote family happiness and harmony and the home chores.

This Awareness indicates that by letting them work out the agenda for chores around the home, together, they become a part of the family, they become more associated with the family needs, they understand their role; they feel healthy that they are included and they feel responsible for their jobs in keeping the family harmonized. This Awareness indicates they also feel quite content that they have a choice and a selection in the job they do. There will sometimes be conflicts: "I want to do that!" The other will say: "No! I want to!", and in such case, you divide the favored job so that one gets it for a week, and the other gets it for the next week.

Children who Play the Tyrant

This Awareness indicates that this creates more harmony. It is much more suitable for family life than to have someone playing the tyrant: "You, slave, do that, and you, slave, do this!" This Awareness indicates that these tyrant roles in a family only teach children to be tyrannical or to be the slave, and this carries into their adult life, for they have not been taught anything else.

How to Really Respect a Child

(The Reincarnation Aspect)

This Awareness wishes to make one more comment on children. This Awareness indicates that if entities would look at children with a different attitude, they would have very few problems. This Awareness suggests that if you looked at the child as though this child were a reincarnation of an adult, if you looked at the child as though this child was an adult in a small body, you would have a totally different kind of respect for that child, and if you saw that adult in the child's body, in which he was confused, and things didn't seem to be clear, or wherein he wasn't quite himself,

but he was trying to figure out where he was; if you could see this child, this adult in this little tiny body, trying to figure out how he got there and what this place was, you would have a totally different kind of respect for this entity and a totally different way of relating to the entity.

This Awareness reminds you of the movie *2001—A Space Odyssey*, where the entity flying the craft crashed on the planet Jupiter and he was suddenly a small child in a home. This entity had gone from being an adult into the body of a child. This Awareness indicates that if you would realize this is exactly what happens to children; you are not talking to a new entity, you are talking to an entity who is many times an adult, who has been an adult just prior to entering your life, and would you treat an adult the way you treat that child? This Awareness suggests you speak to that child and think of the adult that is within that child that is waiting to get out; for indeed, in time, if the child survives, the adult will be standing before you, full height, talking to you, and the way you have treated that adult will always be with you.

This Awareness indicates that whether or not that adult will respect you when it is fully grown, and whether or not you will want that respect will be a serious concern to you. This Awareness indicates that most entities look at children, unless they are their own, and even then they look as though they didn't really count as people. This Awareness indicates that many entities look at their child, not as an individual, but as a poss-

ession, like a dog or a cat, that they have the right to kick around and strike because they didn't have a good day. They look at the child as something they can take out their aggression on because their boss was gruff with them and they didn't have the nerve to quit their job or speak back to their boss, so they come home and take it out on their child.

This Awareness indicates that many people are like this. It is appalling that children do not get reasonable respect, even though they are adults in small bodies. This Awareness suggests that in realizing this, you may have a much better relationship with your child today and tomorrow and in the distant future, for there may come a time when that child, as an adult may need to be attending your needs, and you may be totally helpless and dependent on that entity, and if your relationship has not been one of fairness and mutual respect, you may find yourself in a very unpleasant relationship, unable to have affection from the person you really desire to receive affection from.

This Awareness indicates that there are many reasons to have good relationships with your child. One of the best ways to relate to anyone, child or wife or associate, is to be a friend first, and then secondly whatever other role is being played. If you are a friend to your child first, and a parent secondly, or if you are a friend to your wife first, and a husband secondly, you are much more likely to relate in a healthy manner. This Awareness suggests the next question may be asked.

THE SIBYL--MYSTERIOUS LADY WHOSE PROPHECIES ALL COME TRUE

QUESTION:

I came across some information regarding the Sibyl. I'll read a little of this. It says: "During ancient Greek and Roman times, the most powerful prophets were known as The Sibyl. This exclusive and secret cult of women forecast their prophecies only for the wealthiest and most powerful people of their day. The Roman emperor, Claudius, wrote in his memoirs how The Sibyl had forecast his rise to power,--and his eventual doom. It is said that he who listens to the Sibyl learns about the rest of his life as if he were reading a book. The forecasts are that accurate.

"Thought the ages, the Sibyls have appeared from time to time and their prophecies are legendary. It is written that the great warrior, Hannibal, was guided by The Sibyl. His victorious battles against the Roman armies, the greatest forces the earth had ever seen, resulted in victory after victory. Hannibal, in fact, never lost a battle on Roman soil, an astounding accomplishment in the annals of military warfare.

"Abraham Lincoln was seen in the company of a mysterious woman who some thought to be The Sibyl. An artist who had depicted the president whispering into the ear of an ancient-looking woman

testified at a congressional hearing that the woman was a powerful psychic.

Lincoln, himself, alluded to the mysterious woman as "someone who has lived a thousand years and has the foresight of a thousand years."

In November, 1963, one week prior to his assassination, President Kennedy received an ancient-looking lady in the Oval Office. After spending over two hours with the woman, the president emerged from the meeting looking unsteady and shaken.

It has been speculated that the woman was The Sibyl and she had forewarned the president of his impending death. Records indicate President Kennedy did, in fact, cancel his Dallas trip that very night. However, the next day his advisors insisted the trip to Dallas was essential and convinced him to go.

Three days prior to the attempted assassination of President Reagan, an ancient-looking woman had tried to see the president but was refused admittance by his aides. The woman was said to have a quality about her that made one want to 'listen' to everything she said."

End of article. I'd like to ask Awareness if that information about The Sibyl is valid, and if so, is this entity the same person down through history that manifests around these people?

COSMIC AWARENESS:

This Awareness indicates that in reference to the latter two instances regarding the entity John Kennedy and President Reagan, these instances appear to be not of the same as those mentioned previously. This Awareness indicates in reference to the Greek, that these Sibyls were accurate. In reference to Lincoln, there was a psychic. This was not considered at that time as a Sibyl, nor was the psychic who spoke with John Kennedy considered as a Sibyl; this appears to have been of a message from one who knew what was going to happen, not from psychic means but from direct information that had been received. The entity did not know whether to take this seriously or not.

This Awareness indicates that even the entity Jeanne Dixon has claimed to have warned President Kennedy; that this does appear to be a valid claim. Also, that John Kennedy himself knew he was under some threat and had made remarks about potential threats somewhat, sometime before the trip. This Awareness indicates that the Sibyls basically, and these other psychics, had both psychic insight as well as other tools available. This Awareness indicates that any entity knowing the birth dates of these leaders could find, if strongly motivated, information regarding the destiny of an individual through the use of astrology. It could be quite time-consuming to do so. This Awareness indicates that this can still be done and that in the near future, computers will be of such sophistication as to be able to combine the aspects and relationships of various aspects of aspects of a chart to make more accurate predictions regarding individuals.

Coming Soon: Accurate Predictions by Computers

This Awareness indicates that computers are capable of such at present time, but the combinations are so far restricted to only one or two aspects at a time, and do not combine sufficiently as can a good psychic astrologer whereby several aspects can be combined at once through intuitive analysis of a chart. This Awareness indicates that it does not appear that it is some kind of group of entities who over thousands of years have remained intact, as a psychic organization or group of women. This does not appear to be an accurate evaluation. It appears rather that the author of the article has conjectured certain concepts and ideas to make things appear more mysterious than they really are in fact.

This Awareness indicates however, that in the legendary Sibyl of Greece, that these were indeed entities who were of a psychic group, that were well trained to carry out their actions of prophecy and were quite adept at their work.

WHO REALLY KILLED JOHN KENNEDY? THE SAME WHO KILLED LINCOLN?

(MORE ON THE COMING ECONOMIC BUST)

QUESTION:

Speaking of President Kennedy, Joe A., in a personal note to me a month or so ago, mentioned an interesting theory regarding the killing of Kennedy. He said: "I personally think the two dollar U.S. Treasury note that Kennedy had printed on which the Federal Reserve bankers collected no interest, is a more credible reason for his assassination."

COSMIC AWARENESS:

This Awareness indicates that this is in the affirmative; that this Awareness has referred to this previously; that the entity violated the bankers in doing this and knowingly moved the decimal point so that he created a far greater number of these notes than was intended by the bankers; that the entity did it in a manner that would be perceived as having made a mistake, by moving the decimal point, but in fact it was intentional. This Awareness indicates that this was not the only reason for his assassination. This entity had done several things of such nature, of such magnitude. The entity also had affected the oil exploration tax in such a manner as to create a greater taxation for the oil companies, and the entity was also becoming more aware of many of the intrigues associated with the banking system.

This Awareness indicates also the entity had made a statement before a student body; this appears to be Columbia University, although this is not certain. The entity had made a statement ten days prior to his assassination, that the office of the President had been misused by powers against the American people, and that he intended before he left office, to expose this evil. This Awareness indicates that part of the assassination was also motivated by this statement. This Awareness indicates that the entity had essentially broken away from the establishment to which his father had belonged. That once his father had a stroke, the two sons, John and Robert, decided that they would go after the mafia and all of those others who were subverting the United States and see if they couldn't put this country back on its proper course.

This Awareness indicates that both were shown that they could not.

This Awareness indicates that it is also the same with Lincoln; that when he put forth the Lincoln greenbacks, this entity managed to put off the takeover of this country for almost a hundred years because it affected the amount of interest available to the banks. The greenbacks prevented the banks from taking over on schedule; that Lincoln was assassinated in part, because of this; that Kennedy was assassinated in part because of his action also, which it too helped to change the timetable for

the takeover of this country through economic bankruptcy; this as being planned for the near future, as this national debt has now reached such a proportion as to make this almost inevitable. It is simply a matter of timing.

This Awareness indicates however, it is also a matter of whether or not the ones who perpetrated this takeover can feel comfortable in doing so, because the American people are beginning to catch on to who in fact is running the operation, and what the motives and purposes are. This Awareness indicates that if this awareness, and this exposure and the awakening of the masses continues, then the powers behind the scenes may not have the courage to take over. This Awareness indicates it is still a question, and there is no clear answer at the moment, but if they were to take over at present, it would not be an easy matter for them, and the likelihood is that if they do not take over immediately, it will become ever more difficult as time passes, for more entities will awaken.

This Awareness indicates again that it is important for entities who wish to do something about this, to promote those books of Lindsey Williams, to send these around, to inform others, to educate the masses, as much as is possible, to get these into the hands of leaders in your community and in your government.

ED's Note: Awareness is again referring to the books of Lindsey Williams: *Syndrome of Control*, and *To Seduce a Nation*. These books are now available for \$5 each from CAC, plus \$1 postage. If you order 10 or more copies, deduct 20%. If you wish to order in real quantity, you can get 100 books, postpaid, for \$299.95 (about 40% discount) direct from the publisher: Worth Publishing Co., PO Box 7, Kasilof, Alaska 99610.

For more information on this banking conspiracy, please refer to 'Revelations of Awareness' No. 88-8, (An Opportunity to Turn the Table on the Beast), \$3.00 from C.A.C.

TODAY'S CHANGES HERALD THE NEW AGE

(Closing Message)

This Awareness indicates that there are many things that are changing in today's world, wherein entities are becoming more aware of the repercussions of their actions in terms of the benefits and liabilities that accompany violations and are beginning to see that more and more benefits are lacking in violative actions, compared to those which come through cooperative relationships, and this cooperative attitude that is emerging for this New Age as that which begins to pick up momentum, to be repeated again and again by the same individuals and viewed by others, is seen, witnessed and adopted so that repetition and spreading of cooperative activities surpasses and replaces competitive approaches to solving problems.



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This Awareness indicates that this is how the New Age enters upon the scene, and how the world transforms from one of competition and violence, to become one wherein entities gain through the win/win scenario, where everyone wins, because everyone wants each other to be happy in the final solution.

OVARIAN CYSTS & ENDOMETRIOSIS -CAN ANYTHING BE DONE?

QUESTION:

A question from A.B., Santa Monica, California: "Is there anything an entity can do to cure herself of an endometrial ovarian cyst and endometriosis in general? What causes this condition and why are so many females afflicted with it?"

COSMIC AWARENESS:

This Awareness indicates this appears to be related to toxins within the system and an imbalance of the hormone system, whereby certain immunity to toxins is not strong enough to fully prevent this from occurring. This Awareness indicates that the use of Super SOD as that which can be of considerable benefit; that this in reference to that of the Food Doctor brand of SOD, being extremely high in units. That there also can be benefits from other types of antioxidants, and also benefits from the use of H₂O₂, when properly taken; that it is beneficial for entities to remove the buildup of toxins within one's system so that the immune system can restore itself.

This Awareness indicates that there are various causes for this kind of problem; that generally it is related to excessive toxins, and the liver not being able to process and cleanse the blood properly, because of excessive toxins. This Awareness suggests the use of high doses of Vitamin C. Vitamin E is seen as also beneficial; Selenium and GH³, and Vitamin A is seen as beneficial; also the homeopathic cell salt known as Selicea is seen as beneficial. This Awareness suggests however, that none of these compares to the use of Hydrogen peroxide as a quick healer of this problem; that when taken properly, along with or followed by the use of SOD, and the acidophilus culture, this can be most beneficial and bring about a quick healing of this condition.

This Awareness indicates that this is in reference to the use of SOD as has been discussed by this Awareness and also hydrogen peroxide as has been recently promoted in connection with information from ECHO, and similar outfits.

ED's Note: For more information on the use of hydrogen peroxide and the new Super SOD, please refer to 'Revelations of Awareness' No. 88-4 and 88-6 (\$3.00 each from C.A.C.). The new Super SOD is available from the Goodship, PO Box 1116, McMinnville, Ore. 97128. (Write them for current info and prices).