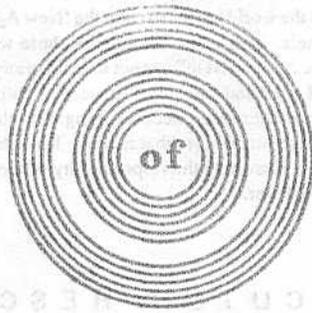


Revelations

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ISSUE NO. 335

(LIVING TOGETHER IN PEACE)

...Continued



THE CONCEPT OF GIVING

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

LIVING TOGETHER IN PEACE...(Continued)

THE VICTIM - PERSECUTOR - RESCUER SYNDROME

(Opening Message, C.A.C. Gen. Reading, April 12, 1988)

THE CONCEPT OF GIVING A GIFT TO ANOTHER

COSMIC AWARENESS:

This Awareness suggests that entities consider that which is the concept of giving. This Awareness indicates that there are many ways in which entities can give to one another; that the gift as that which can be given freely without any expectations, simply because the entity wishes to get rid of something which he or she has no need of, or the gift may be given, knowing its value, but as a kind of expression of affection for the receiver, knowing that the receiver would value the gift equally and appreciate the gift, and the gift then is given as an expression of love or affection for the recipient of the gift.

There is also that gift which is given with the hopes of something being returned, such as similar affection given by the recipient to the giver of the gift. That there is in this instance, a kind of invisible hook or string attached to the gift in the form of an expectation of a reciprocal action. There are also gifts given with other forms of strings attached, such as the giving of a small gift in hopes of some greater gift being returned, such as doing a little favor for the dying aunt or uncle, in hopes of being remembered in the will.

There are also those gifts which are given with the outer expression of the string being attached: "I'll give you this, if you'll do this for me!" This kind of gift and string relationship is that which is often associated with trades. There are also those gifts of value between entities, even strangers, in which something is openly stated or labelled, in which an exchange is part of the giving and is commonly understood, in which case it is usually understood as a purchase or trade.

This Awareness indicates that these latter forms of giving are not so much thought of as gifts, although occasionally there will be that which is a free gift given along with the purchase. Of course, the free gift is simply an enticement to get the entity to purchase. In terms of gifts, there is often great confusion on the part of those involved so that an entity may receive something which is viewed as a gift to them, only to discover down the road that there is something expected in return for that gift, and the entity, having received the gift, perhaps even used up the gift, may not want to return the favor or return whatever is expected of them.

The Question of Ethics

This Awareness indicates that questions of ethics arise here, as to whether the entity is obligated to return something for a gift received, particularly when the entity receiving the gift did not know there was this expectation of reciprocal energy for the gift. That in such a case where the entity was not informed that there would be a requirement down the road for repayment of this gift, the recipient is not ethically obligated to return the favor.

This Awareness indicates the entity who asks if there is any string attached is especially not obligated to return the favor, if the giver of the gift does not express that there is indeed to be an expected return for the gift. In order for entities to make clear the nature of the gift and the possible strings attached to the gift, it is important that at the time of receiving the gift it be clearly understood whether or not there be strings attached.

This Awareness indicates that in most instances of gift-giving between friends and loved ones, there are no strings attached, but even in some of the more common forms of gift-giving among even

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those who are close friends and relatives, there may be invisible strings attached. For instance at Christmas time, when entities give each other gifts, the gifts may be given, but then after all is completed, entities may start comparing whether 'The gift I gave her was better than the gift she gave me,' and in such comparison, the entities may in fact be creating strings attached, for if the entity decides that: "I gave her a better gift than she gave me, therefore, next time I'm not going to give her such a good gift." then this entity has given his gift with strings attached based on the expectation of receiving an equally valuable gift in return, and if that expectation is not met, then the entity will see to it that it doesn't happen again.

This Awareness indicates that this form of giving as that which is not so much a true gift, but rather is more like a trade. Entities often like to trade gifts and energies among their loved ones, keeping track, as one who keeps track of a bank record as to who owes more from this transaction to the other and who is gaining; that this is a kind of barter in gift-giving, or may be viewed as an entity looking for bargains: "If I give this cheap gift to her, she always gives a better gift to me."

The 'Picky' Gift Receiver

This Awareness indicates there are many people who think in this way, and do not actually participate well in terms of gift-giving but think more in terms of getting a bargain at Christmas time or at some other point in the relationship where exchanges are made. This Awareness indicates that there are also those gifts which are freely given, in which an entity simply loves this other person so much that he or she wishes to give something as an expression of affection, but the recipient of the gift looks at it as something of little importance to them, and may in fact even belittle the gift by saying such things as, "Oh, this is really thoughtful of you. I really appreciate this. I wish though that they had something in blue!" In this manner, the entity who receives the gift is expressing to the giver: "I like the gift you gave. That shows I am a very nice person in receiving what you wish me to receive, but I am not going to let you have total satisfaction by saying that I like it completely, and therefore you have not totally pleased me yet. Maybe you can do better next time." This Awareness indicates that this type of picky recipient of gifts as that who expects others to cater to them and to their desires and tends to be the type of person who looks down on others, or tries to present an appearance of being sought after, and by holding that position of being one who is special, expects that others will continue seeking to please them.

Gift-Recipients who Won't Respond

This Awareness indicates that as these examples are given, you may see flashes of yourself or other people. There are other types also. There are many different types of givers, there are many types of recipients. There are many times when a recipient takes the gift and doesn't even respond to the giver.

For example, the entity might take the gift and wonder: "Why did this person give me this anyway? It was nice of the person to give this to me. I really appreciate this." The person may then put the gift on the shelf, or do whatever is done with such a gift and always remember how that entity gave them a gift, and expressed affection to them, but may still not ever respond to that gift, simply because they feel somewhat unworthy or undeserving of the gift and are somewhat puzzled as to why the entity bothered to give them a gift, while the entity who gave the gift may think: "He never responded to the gift I sent. Either he didn't like it, or he doesn't care," and may feel somewhat hurt because there was no response.

This Awareness indicates that many times entities do not understand and do not quite know how to react to receiving a gift. It is not necessarily that they don't appreciate the gift. Others may behave in the exact same manner, not responding and may have a feeling of: "Oh, this person always gives me a gift on these special days," and in so feeling, they may be shallow in expressing their appreciation, and fail entirely to express their appreciation, and therefore the entity who gives the gift may feel somewhat slighted.

This Awareness indicates that it depends on whether the entity who gave the gift had expectations or strings attached when the gift was given. If you give a gift to an entity and you expect acknowledgement, then indeed, you may have some kind of string attached to your gift. If you give the gift to an entity and are satisfied simply by having satisfied your own urge to give the gift, and you are not disappointed if the entity doesn't reply or send a mutual gift in return or send a card thanking you for the gift, then indeed your gift was freely given, and the reward you received is in feeling good yourself, even if you receive no acknowledgement whatsoever for having sent the gift.

How to be Most Content when Giving Gifts

This Awareness indicates that this is the point of this message: that entities in giving gifts are most content in the gift-giving, when they give only because they themselves want to give something. This Awareness indicates that if your gift is in order to impress someone, to make them feel obligated to you, to cater to their blessing, to cater to their desire to be pleased, and your desire to please, or if you give gifts because you feel obliged or that it is expected of you, or if you give gifts in hopes of getting something equal in return, or of being remembered, or of being appreciated,--all of these can lead to disappointment, and are sort of a system of trading symbols for affections, the gift being merely symbols of affection, and symbols which are used to exchange messages.

This Awareness indicates that in such case, the gift is never truly a sincere gift. It is rather a measurement of the relationship, a tool by which entities can measure whether the relationship is reciprocal, whether the relationship is as expected, whether the

relationship is mutually beneficial, whether the relationship is receiving and giving on equal par, or in some unbalanced level, or the gift-giving may be a means of showing the other person that you are wealthier and can give better gifts, and therefore are in this way superior to the recipient. There are many kinds of measurements involved in gift-giving.

The Only True Gift

This Awareness indicates the only true gift that entities can give and feel fully satisfied about is that gift which makes you feel good yourself. When you give something to someone, you feel good about it and the reward you receive is that good feeling you have about having given this gift; even if the entity never responds to you, you will still feel just as good for having given that gift. This Awareness suggests that you keep this in mind when you consider giving gifts, and in receiving gifts, as you receive a gift from an entity, even though you may know that the entity is trying to show off or is doing it out of a seasonal obligation, or is doing it in order to impress everyone else who sees them give you the gift, or has some other kind of string attached to the gift.

It doesn't really matter how it is received or what the strings may be, for you can always neutralize those strings by either asking: "And what do I owe you in return for this nice gift?", and get a clarification at that moment, or you can acknowledge gracefully, how very kind of them to give you this gift, and receive it with much gratitude and pay for it with the affection of a statement acknowledging how much you appreciate the gift, and in such statement, you have wiped clean the debt, if there was one.

Find Out If Strings are Attached

This Awareness indicates that either way, the importance is in finding out whether there are strings attached or in making it clear in receiving the gift that you do not think there are strings attached, and appreciate the gift and receive that gift in such a manner as to imply to all who witness, that you believe it is a true gift, not one in which there is a debt owed in return. By doing this, by taking the gift with a clear indication that you see it as a true gift with no strings attached, you have essentially stated or made clear to the giver that if there are strings attached, now is the time to say so, before witnesses or here, at the time you receive the gift.

This Awareness indicates that by acknowledging the gift, expressing your feeling of appreciation for the gift, you have defined it as a gift, rather than as an enticement to do something in return, and if the entity does not at this time express to you: "Hey! Wait a minute! You owe me something for this gift! I'll be collecting it later!" If the entity does not do so at the time you express your appreciation for the gift as a gift, then you are not morally or ethically obligated, after accepting that gift, to return any special favors at a later time.

Beware of your Rescuer's Motive

This Awareness indicates it is important to keep these things clarified so that they do not begin to build up and create misunderstandings, even if the other party intentionally seeks to gain some kind of control over you by attaching unseen strings to the gifts. This Awareness indicates there are sometimes instances wherein an entity will see you in difficulty, and will wish to rescue you from that problem by offering a gift, such as a gift of money, and the entity may hand you money to solve the problem, or hand you some other energy or substance or even personal service by which to solve the problem. At the time this is given, the entity mentions nothing of it having to be repaid. The entity simply says: "Oh, let me take care of that!" or "Oh! Here! Pay it with this! Don't worry!"

This Awareness indicates that when such things occur, it is good to clarify at the time whether or not this is a gift or whether this is a loan, for more often than not, these things which come to you as gifts from a rescuer will later be claimed as loans when the rescuer has had time to remember how much he or she has helped you, at which time the entity will then remark: "I loaned that person so much money, or I gave that person so much of my time, and they have never repaid me."

This Awareness indicates you speak to the entity who received the money or the time and energy, and they will reply with surprise: "He gave that freely as a gift. I never asked for it. Why is he now lamenting that I never paid him back? He never asked that I pay him back," and there is then a misunderstanding between the receiver and the giver as to whether something is owed or not. If the receiver then pays back the giver because the giver has complained, the receiver of the gift who now gives it back, feels some kind of resentment for having been put in a position of being accused of not paying debts, or being accused of ripping off his friend by not repaying that which he thought was a gift, but which in fact turned out to be a loan, by the definition from that entity who first gave.

Defining the Nature of the Gift is Important

This Awareness indicates the problem here is definition. Wherein entities receive and give energies, if it isn't fully understood by both parties, the receiver and the giver, as to the nature of the gift, it is because the entities are looking at different definitions which are either unspoken or unclearly defined, and entities in receiving and giving gifts may need to define more clearly, to make sure, either in words or in ceremony or in some kind of action, or in a circumstance, such as giving gifts at Christmas, where the obvious nature is presented so that neither party becomes confused or misunderstands the true nature of the exchange.

This Awareness indicates that this can help entities to preserve their friendship and avoid many problems that might over the years become more and more polarized in damaging the friendships, damaging the relationships between the parties. It is a small thing, but it can have some very pronounced effects on relationships between entities, even to the point of very good friendships being totally ruined and creating deep grudges between entities. This Awareness indicates that it can also have effects which, if not clarified, can even lead to serious schisms in relationships, such as may occur between siblings or partners and friends, wherein they end up going to court over something in which one perceived it as an offering or gift, and the other perceived it as a loan or even as a contract.

When you deal with exchanges of any kind, whether it be social exchanges, whether it be gift and property exchanges, whether it be sexual exchanges, whether it be information exchanges, if the exchange is not defined sufficiently for both parties to fully understand and to mutually agree whether this clarification needs to be put into writing or simple words, or is expressed clearly to both through body language, or whether this needs to be in contract or legally defined or even etched in some kind of physical marking, such as a fence or a statue; whatever the case, if this exchange is not mutually understood, it can lead to serious problems down the road.

This Awareness suggests therefore, that entities be very much aware of exchanges on all levels and to be very much aware of what the giver and the recipient expect from the exchange and if this is not fully understood, that the entities then sit down together and talk, write or draw up markings and set fences or whatever is necessary to define so that both fully understand their relationship in the exchange. This Awareness indicates it will save many friendships. This Awareness suggests this needs not be overdone; that it is not necessary for entities in receiving casual gifts to write down or to inquire whether there are strings attached, if it is clearly understood.

Beware of the Trojan Horse Gift

This Awareness indicates that if there is any question as to the other's motive, this is when it needs to be examined closely and talked about. Otherwise, this gift may come back at later times to haunt you. This Awareness indicates there are many entities who have been totally taken in, harmed, even destroyed, by someone bearing a gift. This Awareness indicates the old story of the Trojan horse as such a reminder, but that this story and what it symbolizes has not fully been explored, for even a slight gift, wherein someone presents something to you, can become likened unto the Trojan horse, for if you accept something as a gift, and then the giver uses that gift as a hook, you are much like the fish who receives

a castaway worm from some human in a boat and thinks: "Wow! Look what they gave me!" This Awareness indicates such gifts are to be avoided.

THE PROMISE TO REPAY A GIFT WITH AN UNDEFINED FAVOR

(The 'Godfather' Dilemma)

(Follow-Up Statement):

In that movie called *The Godfather*, supposedly based on more or less true accounts of how the mafia got its power, was sort of based like that example just given. The Godfather would act paternalistically toward the Italian people in the area, and whenever they had a problem they would go to the Godfather, who would take care of it. Sometimes they would ask the Godfather if there was anything they could do in turn for the gift, and he would say, "Nothing right now, but maybe sometime I'll ask you to do me a favor," and maybe ten years down the road, he'll ask them the favor, and that favor often was to go out and kill another entity, etc.

COSMIC AWARENESS:

This Awareness indicates that in such instance the entity would not be ethically obligated to do that, for the entity had not at the time of receiving the gift agreed to kill anyone; he simply agreed to do a favor; the favor not being defined, would not necessarily include that particular action. The trouble here is that the Godfather might insist on that particular action and if the entity did not comply with that particular favor, the Godfather might then turn against that entity and have that entity slain.

This Awareness indicates that in no way however, is that entity obligated to fulfill the will of the Godfather, who never made it clear as to the particular favor he would demand. Therefore, if the entity is put on the spot to choose to slay another or be slain himself, it is not his obligation to slay another because he had received benefits from the Godfather. It is however, a dilemma for the entity and comes about from not knowing who he was dealing with, or knowing, but not taking the time to consider the consequences of receiving that gift, or it was the entity's carelessness in dealing with such a person to begin with.

This Awareness indicates that if the entity does go ahead and slay another to please the Godfather, it is no escape karmic-wise to receive the release from the Godfather, because the karma still is present in this action. The fact that he was being forced or coerced on fear of death to kill another entity mitigates the karma only slightly, if the entity goes ahead with that operation.

This Awareness indicates it is indeed a dilemma for an entity, and this Awareness warns that had the entity asked more precisely the nature of the future favor that might be asked of him, then

indeed the entity will have avoided this dilemma. This is an example of why this Awareness wishes entities to be clear on what is expected from them at the time they receive a gift from another.

THE QUESTIONS INVOLVED IN DATING OTHERS

(Is Your Body Worth the Price of a Meal?)

(Follow-Up Question):

Would the same sort of thing apply in a courtship or in a relationship where the man takes the lady out to dine and he brings her flowers and candy? Is this some kind of violation, if he has an ulterior motive? He's not just doing this, in all probability, out of the kindness of his heart in every instance; he thinks it part of his program of getting acquainted with her and so forth.

COSMIC AWARENESS:

This Awareness indicates that if an entity takes another out for dinner or social communion with the other, and offers to pay the expenses, this entity who offered to do so, if this entity did not clearly express before hand that there was going to be certain things he would do in exchange for certain favors she would be expected to do afterwards; if this was not clearly expressed, then she is in no way obligated to do anything more than what he initially expressed to her, in inviting her to dinner.

This Awareness indicates that very often, an entity will invite another to dinner, and have ulterior motives or presumptions, and the entity who has participated in a lavish meal and had an enjoyable evening and conversation will then feel that they have received all of this enjoyment and therefore owe some kind of reciprocal action, and they may even use the excuse: "He expects this of me," and they may even act or feel in their mind, resentment that: "He is only after sexual contact with me," and they even go along with the rest of the evening program, feeling resentful that this person is taking advantage of them.

This Awareness indicates how often, however, these entities are only using this as an excuse, for they themselves wanted the evening to end this way, but are lamely placing the blame on the man, saying that: "This is demanded of me. The man took advantage of me." Of course, there are other instances where the woman does not go along with the man's further plans for the evening, and perhaps the man feels resentful: "I spent twenty bucks on this lady and got nothing out of it!" This Awareness indicates the entity may feel resentful toward the lady, while the lady feels: "I gave him my evening. He asked me out. I enjoyed the evening, and I enjoyed meeting with him, but if he thinks that's all he has to do to get me, he's got another think coming." This entity may feel she is worth more than a meal.

This Awareness indicates the man may feel he has been ripped off. This is his problem. If he did not make it clear at the beginning that he had intended to buy her a meal in order to bed with her, then the entity has only himself to blame. This Awareness indicates that a more healthy attitude in terms of dating is that the person who invites the other for a date is obligated to pay the expenses. It is the same in society, even between men: If you invite someone to dinner it is generally the obligation of the entity inviting the other to pay for the dinner, unless it is clearly stated that you will go dutch, or will each pay for your own dinner at the time the invitation is placed.

This Awareness indicates if you invite a friend: "Let's go to dinner, but you'll have to pay for yours and I'll pay for mine," then that is clearly understood, and the invitation can be accepted or rejected by the other party; but if you say: "Let's go to dinner," and the other accepts and then you end up at dinner fighting over who's going to pay the bill, or trying to get the other party to pay the bill when you are the one who gave the invitation, it is an unfair misrepresentation to the entity who accepted the invitation without understanding that he or she was obligated to pay for themselves. This Awareness indicates this is simply a matter of social etiquette and convention.

A Sad New Convention--Socially Accepted Prostitution

That likewise, when you invite a lady to dinner, it is her company that you are paying for when you pay the bill. It is not after-favors or sexual desserts that are to be exchanged for this company. You invite her to dinner with the understanding that you like her, you would like to spend time with her in an enjoyable setting, and are willing to pay for making the setting available. That is the general way in which entities make dates. It is the conventional intention in dating. There are however, entities who see the date as merely a stepping stone or means by which they can spend a few dollars and get something more than they bought at the restaurant; that this is indeed a sad situation, for it turns the relationship into a kind of prostitution arrangement in which: "I buy you a meal and you go to bed with me."

This Awareness indicates it is a sad situation, especially when the female on the date agrees to the relationship. However, it is even more sad when the female believes this is part of the convention of society and the dating process, and feels that she must do this in order to date. This Awareness indicates that this is sorrowful in that there are many young people who are growing up in today's society believing this is the convention; it is expected, it is traditional, for indeed it is only recently that this feeling of obligation, to go to bed for a meal with your partner has begun, has become conventional.

This Awareness indicates it is indeed strange; it is like a new convention has begun to take hold in this country, and once something becomes a

convention, it begins to affect the next generation also. It may eventually become such that entities believe all that is necessary to get someone in bed is to invite them out for a meal and this then creates a more socially conventional form of prostitution. This Awareness indicates that this is indeed strange in today's society, as it is becoming more and more conventional, especially among younger people and especially among those who indulge in drugs and who have little incentive to do much in their lives to better their position.

(Follow-Up Statement):

It's ironic in this day and age of so-called women's liberation where they make the statement that "this is my body! It's mine and I will not be violated!", that they can be intimidated so easily by the people that they date.

COSMIC AWARENESS:

This is in the affirmative.

THE IRONY OF THE "LIBERATED WOMAN"

(Mixed Signals to the Younger Girls)

(Follow-Up Statement):

Maybe the adult women who've been liberated ought to take that message to the high schools and places where the younger girls are coming up. Maybe that would help this situation if they would impress this message on them.

COSMIC AWARENESS:

This Awareness indicates that this is in the affirmative. This Awareness suggests also that these younger girls in high school are looking for answers; that they do not have a clear understanding of what is expected of them. This Awareness indicates that if they do not receive clear guidance from the adults in society, they will take their guidance from their peers, and if they are actively interested in entities of the opposite sex, or if they have influential girl friends, or persons of their own sex informing and soliciting them to follow this convention of their peers, so that if they date they are expected to go to bed with the dater, then, indeed that is what they will do, because they see that as the way things are.

Entities who have lived some time cannot fully understand that these entities are little more than children; whether they have lived eight years or sixteen years. There are entities who are sixteen years old who don't know as much as entities who are six, because they have not been exposed as much to different things in life, and at sixteen years old, often these entities go by what they discover from their own peers, and they have no way of formulating values because they have never been taught values, so they take on the values that are brought before them at the moment, and if these values say: "Hey! I gave you a meal! You owe me something," and they have no way to argue,

or no values to set forth in contradiction, they have very little defense against that argument.

Entities fail to understand that young people often give in to these things simply because they don't know how to say no. They need a reason, a clear way of expressing, of excusing themselves so that they have a right to say no. If you do not know why you are saying no, you look like a fool, so you don't say no because you can't explain why you're saying no, and you end up going along with someone who has a stronger argument than you.

Obedience to Parents is not Necessary if Child is Provided Understanding and Answers

This Awareness indicates it is important that parents help children formulate their values, formulate their ideals, formulate their reasons for avoiding certain types of behavior. If the child has no way of expressing his reasons for saying no, then the child is more vulnerable and more easily influenced into saying yes. This Awareness indicates it is the same for them as it is for the adult who opens the door to a salesman, who gives them all the reasons for saying yes, and they just can't think of any reason for saying no, so they end up buying something they really didn't want, really didn't ever anticipate in buying, simply because they couldn't think of why to say no.

This Awareness indicates if it can happen to adults, think what can happen to young people who have not been taught, who have not formulated values, who have not been given reasons to say no. This Awareness indicates that many entities believe they can raise their children in such a way as to tell them what they can and can't do, but they never take the time to tell the children *why* they should or should not do certain things. If the child understands that there are logical reasons, logical to the child's best interest, logical to the child in terms of understanding his or her own future, and seeing the value of this decision, wherein the child has the same values because the child sees why it is important to behave this way or that way,--If the parent can instill this in the child so that the child can make the decision from within, based on what is important to his or her future life, then it isn't important that you force the child to be obedient, for once the child adopts the values that are important, they will be obedient to those values, but if you think that you can raise your child only by forcing them to be obedient to you, you are sadly mistaken and you are actually promoting your own importance, the illusion of your own importance, and are developing a relationship in which you are over the child, the child being inferior to you, by forcing the child to obey you.

This Awareness does not care about children being obedient to parents. If they are old enough to understand the reasons for some form of behavior, the parents should indeed help them to understand those reasons, and those reasons themselves should be the guiding factors in the child's life,

so that even if the parent isn't there to tell them what they can and can't do, the child will know, based on his or her own system that this is or isn't right.

When to Give a Child Responsibility
(Children Having Children)

This Awareness indicates depending on the age of the child, of the intelligence of the child, the child should always be given enough freedom of self-expression to balance the ability of the child to handle that freedom. For example, a small child does not have the responsibility or the ability to discern clearly why he or she should not be allowed to run out into the street, but as the child gets older and gains that insight and becomes aware of the importance of being safe from traffic, at such time the adults can then delegate a certain amount of responsibility to the child, to make sure that she or he does not run out into the traffic. It should be enough freedom to allow the child to experience the realization of being free from parental control, but it should also be such that if the child can't handle that responsibility, the parent is somewhat near and able to grab the child, to protect the child.

This Awareness indicates that it is the same later in life, when the child is perhaps given the responsibility, or given the ability to make children, and if the child is simply told: "No, you can't do that yet!", the child may become rebellious and do it anyway, but if the child is given the understanding of why it would not be wise at this age to have another child, of children having children, if the child is fully aware of the dangers involved, then the parents may release some of their heavy control of the child, and trust the child to be prudent, because they know the child's values are such as to not want to have a baby at this age.

This Awareness indicates that it is important that entities give others enough freedom to express themselves in harmony with their ability to properly handle that freedom, but is more important that entities be *made* responsible and able to handle the responsibility before the freedom is given to them. It is a thing of letting go of control as the child shows competency in taking control of his or her life. It is much like one who runs along beside the child on the bicycle, holding up the bicycle while the child attempts to learn to balance, and as the child gains control and balance, you gradually let go of the bicycle. It is the same as the child cycles through life; you keep close touch and control, so that the child is not hurt or does not hurt others, but gradually the intent is to free the child from your control, and so as the child picks up the responsibility and shows a responsibility for handling his or her life in a balanced way, you gradually release control to the child.

The Rescue Syndrome

This Awareness indicates that this relates much to that which is referred to as rescuing others. In a sense, as you run along beside the bicycle, making sure it does not tip, you are there as a rescuer;

that as the entity gains control, you rescue less and less. This Awareness indicates there is that syndrome in regard to rescuing which can create a dependency on the rescuer, and the rescuer can enjoy being the rescuer and keeping the other dependent, for it makes them feel important to this entity, who needs continual rescuing.

This Awareness indicates there are problems involved in rescuing others. It is important to be able to rescue others when it is necessary, but it is also important to know that in rescuing another you may be hindering their ability to develop their own skills, thus, as you run along beside the child on the bicycle, if the child becomes more and more focused on you being there, and less and less concerned or focused on keeping the balance, then the child is becoming more and more dependent on you, and you must help the child to refocus on balancing, and if instead you enjoy the role of being the rescuer, and you want the child to be dependent on you, you are hindering the child's ability to learn to ride the bike.

This Awareness indicates there are many entities who do not want the child to grow up, do not want to let go of control of the child, and thus, they make the child dependent, continually dependent; that this can in time become oppressive to the rescuer. Eventually the rescuer may say: "I have now been taking care of you for 35 years! Isn't it time you left the nest and did something on your own?" And perhaps the child will say: "I don't know what to do! I don't know how to do it! I just don't have it in me to do anything, and so you say: "Well, okay, I'll help you out another year, and you think about what you want to do when you get out in the world," and thus, you have rescued the entity again, but now you are feeling yourself to be the victim and needing to be rescued, and so you may call a friend and ask: "Would you take in my son to your rooming house and make sure that he does alright? We'll pay the bills!", and so your son leaves, and goes to another rescuer, and you feel relieved, no longer the victim, except that you must pay the bills.

This Awareness indicates that this syndrome of rescuing and being the victim also includes that action of becoming the persecutor, for when you become a victim, you seek to be rescued, and when you find a rescuer, very often the rescuer having spent a lot of energy on you, making sure that you got thoroughly rescued, may feel cheated because you are no longer subordinate, or you are costing too much or taking too much energy, and if you decide to strike out and do something for yourself, the rescuer may feel: "Hey, wait a minute! I put a lot of energy in to you. You owe me something!", and in so doing, the rescuer then becomes the persecutor, and the persecutor may become very powerful and strong over you, and thus you become a victim of the persecutor. You can no longer just go out and do what you want, you must pay back the persecutor for having rescued you in the first place.

The Rescuer, Victim, Persecutor Triangle

This Awareness indicates that this is even more common among entities who live together: "I did this for you, I rescued you; when your socks were dirty, I washed them for you, and now you owe something to me." "Well, get off my back!" There are all kinds of conversations which reflect this little triangle of persecutor, victim and rescuer, and the person who got their socks washed and now are getting chewed out for not having appreciated it enough feels themselves to be the victim of persecution from the one who rescued them. It is a syndrome, a small circle in some areas, and in other areas it becomes very big. These things that happen around a pair of socks can also happen around very large circumstances: "Hey! I've been working here for five years helping you out! When am I gonna get my reward?" "Don't bother me now, babe, I have to do what I have to do! I'm being pressured right now by a lot of things. I don't need any more pressure from you!" The entity is expressing that he is a victim, and the entity is expressing that he sees her as a persecutor along with others, and yet, the one who expressed: "I've been working her for five years, for nothing!", feels herself to be a victim, and she is expressing her victimization, and in doing so, becomes his persecutor, and he who has been using her for five years sees her now as a persecutor, and himself as the victim of circumstances or of others and thus he objects, speaks back to her: "Don't bother me now!", and in so doing it makes her feel persecuted, taken without seriousness, disrespected for all of the time and energy put in; thus the persecutor, the victim and the rescuer are a triangle, and almost all entities flip around from one to the other in this triangle; thus you have an impasse between these two, and along comes someone who wants to rescue, or maybe one of these entities will rescue.

Perhaps the entity will say: "Let's talk about it tomorrow," or "I understand! I'll help you," and in so doing, the entity is just rescued. This Awareness indicates a third party may enter and say: "What you need is counselling. I'll help you by counselling both of you," thus, the rescuer has come along to save them, and the relationship between these three may develop into a situation in which the counsellor becomes a persecutor: "Don't you talk to her like that!", or: "You should help him more often!"; in either case, the expressions may feel to the entities receiving them, that they are being persecuted, and therefore victimized.

How to Avoid the Triangle Syndrome

This Awareness indicates with some imagination and some observation, entities will see these three qualities: Persecution, rescue and victimization in almost every aspect of your lives. The question may rise: "How do we get away from this? How do we avoid being persecuted or feeling persecuted? How do we avoid persecuting others in return? How do we avoid being a rescuer and still help others out?", for it is important that you help others, and the answer to this question goes

back to the opening message in which you look at the action of giving.

You do not give because the other entity wants it. You do not give because the other entity has strings attached to something which he or she gave you. You do not give because you feel guilty, for in any of this kind of giving you become a victim, or you may become a rescuer.

This Awareness indicates that you give because you feel like giving, and you feel like giving because it feels good to you, and this gives you the only requirement of a reward that you ask for. You only ask that you feel good about the gift. Anything else, such as appreciation from the recipient, is a bonus. Anything else, such as seeing the entity receiving the gift, being happy and feeling rescued, is another bonus, making you happy because that person is happy. If you rescue a person by offering advice, and that entity doesn't take your advice, if you should feel hurt because that entity refuses to take your advice, you are in the syndrome, for you have suddenly become a victim, and the entity who refused your advice has become a persecutor to you.

To break out of that syndrome you cannot really care personally, or have any emotional hooks as to whether the entity takes your advice or not. You give your advice because you want to give it; whether the entity takes it or not is his or her choice. If it affects you, makes you feel hurt because they do not take your advice, then you are in that syndrome. If they don't take your advice, you enjoyed giving it, but they refused to take your advice; you do not have to be hurt, you do not have to be angry; you can simply say: "Well, I gave them what I could. I hope it works out for them!"

How the Law of Gratitude Works

This Awareness indicates that the true gift is the gift that comes from within yourself, carrying its own reward; when energy is given and returns bearing gifts to you, it is not the gift that is given as a fish hook by which you can hook someone else's energies to get back more than you sent out. This is not true giving. True giving is that situation in which you give and you immediately feel happy at what you have done, regardless of whatever the consequences may be, so long as no one else is hurt.

This Awareness indicates that if you are waiting for recognition for your gift, or a return for your gift, or to see the other person properly use the gift, then indeed you are more hung up on the bonuses than the actual act of giving, which is the true reward. If you however, feel really happy at having given something and can live with only that happiness of giving a gift, then indeed this is a true gift. This Awareness indicates that likewise, in giving a gift that rescues another, if you do it because you enjoy seeing them happier, seeing them rescued, you enjoyed being able to have helped them; this is a true gift. However, if you rescue wishing to get some kind of respect, appreciation or acknowledgement from them, it is not a true gift; it may be a form of bargaining, a trade,

and these too can be beneficial. There is nothing wrong with trading with someone who is in a dire position. They are floating in a stream and they need a rope. You throw a rope and pull them in. They are rescued. If you enjoyed doing that, there is no problem. You have properly rescued them without yourself being caught in the syndrome, but if you throw the rope and bring them in and then expect them to save your life by helping you in your garden or some other activity, or doing some thing for them, or writing the president and asking the president to put you on the heroes list,—anything you are expecting from these entities for having rescued them puts you into that syndrome, that triangle, because you are dependent on them to help you gain some kind of higher position, and that puts them into the position of either rescuing you by rewarding you, or persecuting you by not rewarding you.

This Awareness indicates that therefore, it is suggested when you rescue another, in order to avoid being caught in the syndrome, you simply rescue them because you want to, because you see their need, and you enjoy seeing them free, and because it makes you feel good yourself to help them out. If by chance, they return some favor to you, then indeed consider that a bonus. If you do not wish to accept only the personal enjoyment of seeing them happy and seeing them rescued, if that is not enough for you, then indeed, don't consider yourself a rescuer. Don't think of yourself as having done anything noble. Simply think of it as a business deal, in which you threw them a rope and they owe you five dollars. Charge them for it, or throw them back in.

In either case, you would not then be caught in the syndrome of rescuer, persecutor or victim. This Awareness indicates this as being somewhat facetious in reference to throwing them back in. It is simply to show that the opposite of simply pulling them in would be to have left them there and not rescued them. This Awareness indicates that could you truly be happy with yourself had you not helped them out? This Awareness indicates that it is the same in all things.

Many times you will find greater happiness in helping others than in letting them remain unhelped, but do not make them obligated to you in so doing unless it is clear. There is nothing wrong in making it a business arrangement, if they can afford your cost, so you rescue someone on the side of the road, you help them fix their tire, or get gas for their car. You have the right to ask them to pay for your expenses, or something reasonable. Whether they can do this or not may determine whether your request is filled. Perhaps you need five dollars to get to the next town. Perhaps you helped them fix their tire. You can ask them then: "Could you pay me five dollars? I need more gas in my car, and I don't have quite enough money." This is a bargain, or business deal, based on the needs of the two parties. There is nothing wrong with this.

This Awareness indicates the problem with the rescue, persecutor and victim syndrome only comes about when there are emotional attachments created that must be expressed in such a manner as to cause one to persecute the other, or to feel victimized by the other emotionally, or to cry out to be rescued, and when the emotions enter, it ceases to be a business thing, and becomes a psychological syndrome, and this psychological syndrome can grow more and more powerful within an entity so that the entity develops a continual chronic role as a victim, or develops a continual role as a rescuer: "I have to help him, and then I have to go over and help her, and I have to help this person, and then I've got to babysit, and I'm going to have to take care of that lady over there who's husband is in the hospital and I've got to help her to watch her dog; there are so many things! I have to rescue so many! Boy, I'm important!", or you may become the victim, emotionally playing the role of the victim: "I've done so much for so many people for so long, and nobody ever does it for me! They're always picking on me!" This Awareness indicates that it is very easy to get into one of these roles emotionally.

This Awareness suggests there are those who get into the persecution role: "If you would only live your life the way I tell you to! If you would do this, then everything would be alright! If you would simply follow what I say, the instructions I give, and if you don't, you're out of here!" Entities switch back and forth from one to the other, and this syndrome of victim, persecutor, rescuer is always present. All three are present within an entity if any one is present, and any one becomes present as soon as emotion enters.

This Awareness indicates the only emotion that can be expressed in regards to these three without throwing the entity into that syndrome is the emotion of joy in giving, the emotion of joy in rescuing. If you enjoy rescuing others and can let that be your reward, then go to it! If you enjoy giving advice, whether they take it or not, you just *love* to give advice, then go to it!, but don't expect anything else, don't get upset if they don't take your advice, and don't be surprised if when you go to rescue someone, they don't want to leave.

Many Enjoy Playing the Victim

Many people find themselves playing the victim, and they don't want to play anything else. They claim to be the victim of a relationship, and you say: "No problem! I'll take you down to the divorce court and you can be free of this thing right now! I know exactly who to talk to." The entity says: "Oh, no! No! I don't want to go to the divorce court! I want to stay here and work things out!"

You can't always rescue entities. You can't always make their life better. Sometimes you have to let them be. It is important to make the offer to rescue, to show them how they can get out, to give them advice and to offer to help, if, and

only if, you want to, but it is important to realize that they are their own pilot, their own captain of their own life, and if you get upset because they did not take your advice or because they did not change, are you not becoming a victim, or the persecutor?

Jesus Epitomizes the Triangle

This Awareness suggests that these things are very important and have not been stressed sufficiently, and need to be looked at carefully, because they are so prevalent in today's society and over the years have been played out by multitudes. Jesus was the victim for he came to rescue and was indeed persecuted, and now he is the persecutor through those religions that are created in his name, and there are those who rescue in the name of Christ.

This Awareness indicates that these actions of rescuing, persecuting and being victimized will always be in vogue, but to avoid being caught in that syndrome to where you are thrown, deeper and deeper into that syndrome, it is only necessary that you avoid emotional hooks when rescuing, or being put in a victimized position, or when expressing something in terms of advice. This Awareness indicates that as entities are oppressed by someone, there is a tendency to feel victimized, but that can only occur if you become emotional and feel yourself attacked and victimized or subordinate to some persecutor.

Mirror the Action of the Other for Communication

If an entity attempts to persecute you, it is not necessary to play the victim just because they chose the role of persecutor. It is equally valid that if they play the role of persecutor, you too can play the role of persecutor and have two persecutors yelling at each other. Generally, some kind of clear communication will come from this, but then you may stop the persecution and begin to relate without emotion. Likewise, if you come across one who sees themselves as a victim, and they want to play the victim and want you to be the rescuer, it is very interesting what happens when you say: "I know what you mean. It happens to me every day, my life has just become so much drudgery, and this and this and this, and it's just... I know, I know exactly what you're talking about."

When you play the victim with a victim, they have to switch roles. "Oh, but you don't know what my life is like. My life is worse than yours." "Oh, no! I don't think so. Maybe it's different," and gradually the victim will start listening to you and want to help you out, and thus becomes the rescuer. This Awareness indicates it is interesting when two rescuers want to rescue each other: "Hey, I know exactly what to do for you!" "Oh yeah? What?" "Well, what you need is...there's a book down here; I'll get it for you, cause you really need to read that." "Oh yeah? I got one for you too. You know, I was looking at you and I realized that you really need some help in this area, and I know a good book that would really help you."

What happens when these two rescuers get together and each try to rescue the other? This Awareness indicates that entities can begin to develop roles that do not conflict or play into that syndrome of rescuer/persecutor/victim, but which instead force entities to communicate and to look at themselves differently. This Awareness suggests therefore, you try this action of becoming a mirror for the entity whom you are speaking with, and if the entity switches from victim to persecutor, you switch also, and if the entity switches from rescuer to victim, you switch also so that you always mirror whatever role they are playing, and not let them put you into a different role so they can play on you or off of you.

This Awareness indicates it will change relationships. It will change the way entities perceive themselves in their relationship with you, for too often entities develop a patterned relationship wherein one is rescuing the other continually or one continually acts as the persecutor, or one continually acts the role of the victim.

This Awareness suggests that any questions may be asked, otherwise, this Awareness suggests the Interpreter be brought from trance.

(*The Law of Gratitude* is given)

SHOULD ONE ASK FOR MATERIAL ITEMS DURING MEDITATION?

(GOD'S "CATCH 22" CLAUSE)

QUESTION:

A question from L.P., in Costa Rica. She asks: "Years ago I was taught to meditate to materialize my desires, such as jobs, a house, whatever; I decided to try it. At the time I wanted to buy a house in the mountains. I meditated for it a short time, and it indeed appeared at a reasonable cost. My husband and I soon after divorced, and had to sell the house. It was a pain to sell. I have since read that you should not ask God for anything, since he knows what is best for you without you asking. When one meditates for what you think you want or need, you are at risk of receiving it and then finding out it was a mistake or a problem-causer, such as my house was. If one trusts in higher sources, -God, or God's higher agents, -there is no need to meditate for desires. Rather, meditation should be spent loving God, devotion to God, and understanding self. My question is: Is it unwise to meditate for material items?"

COSMIC AWARENESS:

This Awareness indicates that you may ask for material items and help, so long as you attach to that meditation, the concept of: Thy Will Be Done. This Awareness indicates that the best way to meditate for something is to put it on the condition that: I am asking for this and am energizing this, if it is seen as within your Divine Will that I receive this. This Awareness suggests you may also condition

that you only want this to come to you if it is for the highest and best of all concerned; that in doing it this way, you leave it to the will of God.

This Awareness indicates that this can alleviate any particular karmic problem connected with the request; that without these conditionings, there is often an opening whereby you receive something simply because you asked, and the asking needs to carry a lesson with it, and so you receive it along with the lesson. This Awareness indicates that for many entities, the prayer and the request will always be provided, but as you indicate, it may not be to your best advantage or to your benefit to receive what you want; therefore, by prefacing or adding a condition that you only want this if it is for your highest and best, and is within the will of God, then in such case, you would desire to have this. This Awareness indicates that in such prefacing and conditioning of your request you would be generally safe. Many entities feel similarly: that simply trusting in God to provide you with what you desire is sufficient. This Awareness indicates that this can be so, but there is also some benefit in being more specific as to what you desire, because it also is beneficial to you to define what you wish to do, and if you simply state: "I'll take what comes in life," then there is no personal commitment to anything, and there is no way for you to plan your future.

This Awareness indicates that if you have a goal or commitment to something that you wish to fulfill, and you pray for those tools or energies necessary to fulfill that goal and commitment, with the indication that you wish this only if it is the will of God and only if it is for the highest and best of all concerned, then you have not only energized that goal and purpose which you seek to fulfill, but you have also eliminated any karmic conditions that might accompany your request.

This Awareness indicates this would generally be perceived as more favorable than simply hoping that the Divine will provide you with something interesting in your life, and not actually making any plans or committing yourself to do anything at all. This Awareness indicates the Divine does not impose a plan on entities when they are satisfied with drifting through life, taking whatever comes.

WHAT YOU SHOULD KNOW ABOUT TAKING ASPIRIN DAILY

QUESTION:

There's a controversy going on right now regarding aspirin. It was based on some research that was done in 1983 on some 22,000 male physicians who participated. One group took an aspirin every other day, and the other took placebo tablets that looked the same but had no active ingredients. The results were spectacular. The risk of heart attack was substantially lower among those who took the aspirin; there was no change in the group taking the placebos. The brand of aspirin used in the experiment was Bufferin, as Tylenol, Advil, Nuperin etc. would not work for this purpose because they contain no aspirin. The experts say an aspirin every other day may work as well for women, but since no women were included in the experiment, no one can say for sure. Well, the aspirin companies of course started using this information in their ads to sell aspirin, and now, surprisingly, the AMA is prodding them to stop referring to this research because they think it might be dangerous for people to take aspirin. Could Awareness clarify exactly what an aspirin a day will do, or will not do for people?

COSMIC AWARENESS:

This Awareness indicates that the use of aspirin in reducing the risk of heart attacks has to do with its effect of allowing the platelets in the bloodstream to be loosened. It is likened unto an acid effect; in which these platelets, which might otherwise be sticking together, are loosened; the looseness allows the blood to flow more freely. This Awareness indicates the controversy regarding this has much to do with the concern that aspirin has an effect, much like an acid, which in some instances in the stomach of some individuals, will cause a kind of sore; that some entities whose hydrochloric acid in the stomach is not sufficient, will develop ulcers or sores from the use of aspirin.

This Awareness indicates the FDA's concern is that if this can happen in the stomach, the aspirin can also affect the brain and cause sores or lesions which might be harmful, or could happen in the bloodstream in such a manner as to cause strokes, either in the bloodstream or in the brain cells themselves; that this is essentially the major concern. This Awareness suggests that for most entities who have no trouble taking aspirin without stomach problems, this would not be a major concern, and a half aspirin is sufficient to keep the platelets loosened sufficiently.

This Awareness indicates that as with all health matters, each individual may have a different response, and no one solution or recommendation can be a blanket statement for all individuals. This Awareness indicates each individual must weigh the risks, according to his or her own particular situation.



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