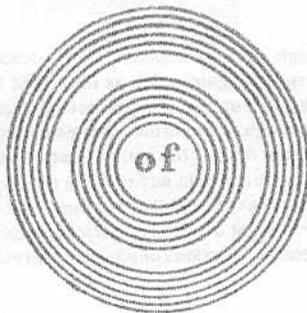


# Revelations

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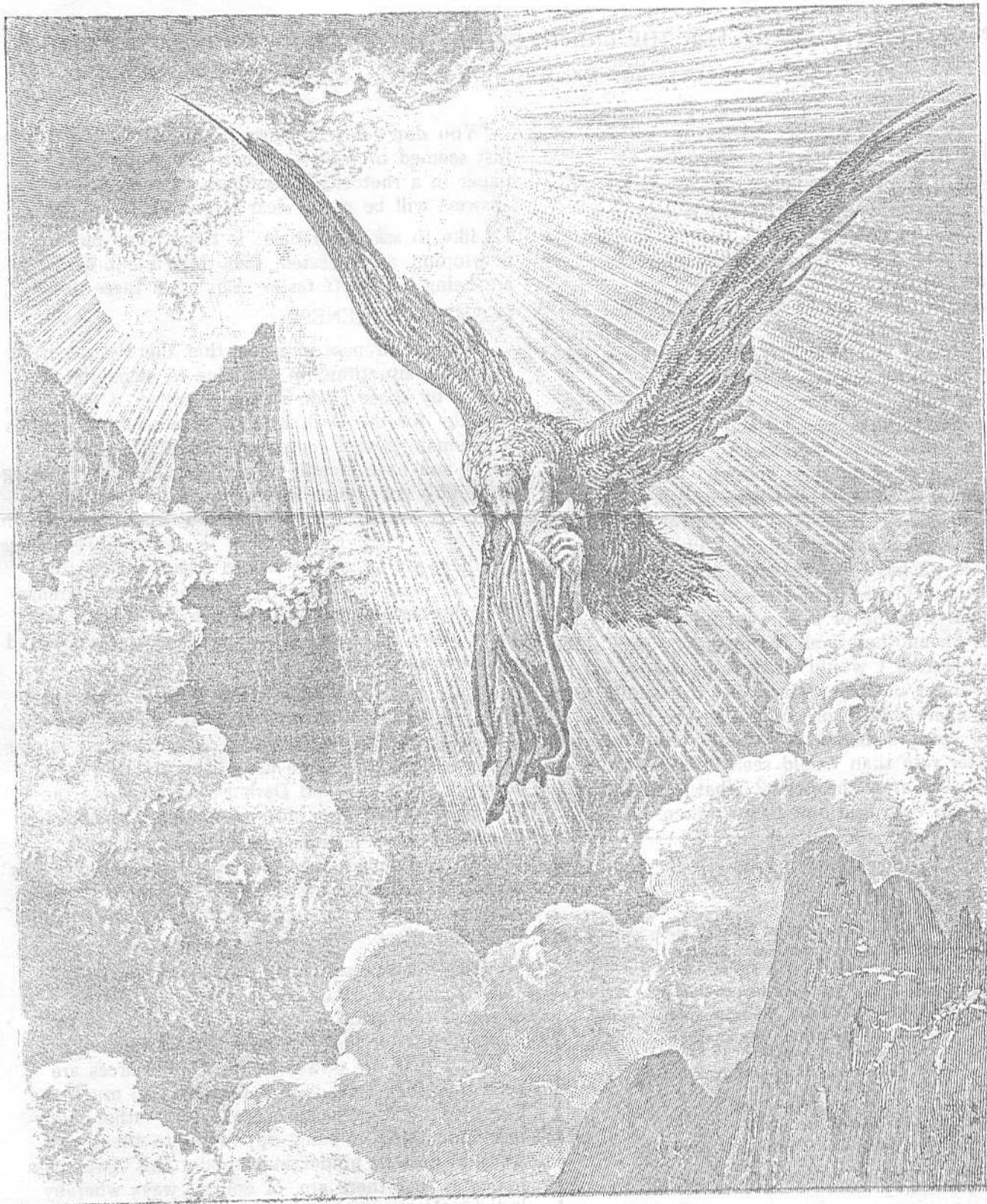
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# Awareness

COSMIC AWARENESS COMMUNICATIONS  
P.O. Box 115, Olympia, Washington 98507

Helping People Become Aware



## WHY LIGHT WORKERS ARE LEAVING THIS PLANE

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

## AN ONGOING TRAGEDY FOR THE LIGHT FORCES --THE EXTINGUISHING OF THE LIGHTS

( WHY JANE ROBERTS AND MANY OTHERS HAVE BEEN REMOVED )

(Excerpt from a C.A.C. General Reading)  
October 17, 1988

### QUESTION:

A question from L.E., Belfast, Maine. It wasn't a direct question particularly, but it was in a letter, and I'm going to ask it because it does seem to have a situation here that might be explained by Awareness. She says:

"I have been in a state of shock and grief at having lost a friend recently who was my spiritual mentor, friend and lover for nearly 35 years, and one of the most beloved beings in this area. Everyone called him 'friend', definitely a Light Worker. Six months ago, he and I lost another friend, another Light Worker.

"Losing both these men at such young ages in their prime, both good and decent and healthy, makes me doubt sometimes the existence of karma and an all-encompassing Universal Plan. In the past few years we have lost so many wonderful people, mostly to accidents, that I wonder if the Dark Forces are winning or if the Divine is needing their energies on another level. In my grief I feel alone and bewildered. I would have gladly traded my life for either of theirs. Have you had similar experiences there with those of young age in your circle of spiritual beliefs leaving this earth plane at a faster rate than would seem 'normal'?--One Light Worker after the other? What does this mean? I am confused and heart-broken.

"You don't have to answer this letter. My words just seemed to want to burst out of me onto paper in a rhetorical way,--perhaps someday the answers will be made clear to me on their own."

I'd like to ask Awareness: Is there some pattern developing, as suggested, that these Light Workers are being taken off faster than usual these days?

### COSMIC AWARENESS:

This Awareness indicates that this has occurred in certain situations, in part due to elements and efforts by those Dark Forces. However it gains nothing for the Dark Forces, because these entities still remain potent representatives of the Light Force and have greater power even after the passing over. This Awareness indicates that it is as though the Dark Forces were permitted to remove a certain number of Light Forces from the earth, in exchange for their not being allowed to create even greater mischief; that this appears to have been an arrangement by certain Light Forces associated with the earth plane and those of the Dark Forces associated with the earth plane.

This Awareness indicates that there have been arrangements of this type made at various intervals during earth history; that this particular time is one of crisis, in which there have been great struggles between the Light and Dark Forces, wherein the Dark Forces did have, for some time, the upper hand and could have caused extreme mischief, but for certain arrangements made, the Dark Forces accepting and believing them to give them the advantage by removing certain entities of influence from this plane.

This Awareness indicates that this includes Jane Roberts and numerous others who have departed this plane in recent years, who had exhibited considerable influence. This Awareness indicates that the power of the Dark Forces are such that they tend to not recognize so much the Force of Light as being a Force, but rather recognize individuals as being opponents to them, and work in part to hinder individuals. This Awareness indicates that there are, of course, ways whereby individuals can protect themselves from the Dark Forces especially by being aware of the Dark Forces, but giving them little place in your life, and by recognizing these influences when there is an effort by those Dark Forces upon one's life.

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### How to Protect Yourself from Being Killed

This Awareness indicates that when an entity senses that things are beginning to assert a negative force on them, it is important that they not simply ignore nor that they fear that negative force, but that they recognize the negative force and take action to minimize its power. There are different ways to do this: either through prayer, meditation, or through such things as using crystals or ritual, or taking some other protective action such as wrapping oneself in Light, or banishing the negative force; that this kind of activity can go far in helping to preserve one's life and energies and protect oneself from the negative powers. This Awareness indicates that it is not a protection to be ignorant of or to avoid or disregard those negative forces when they are acting upon one. This Awareness suggests that you may also need to surround yourself with vibrations of energies and circumstances or objects that have a protective influence; that certain objects serving as a symbol or a reminder of Divine Force and power can help to ward off negative energies.

This Awareness suggests it is very important of course, in warding off negative energies, to block or remove any weak areas in your environment; that often, the Dark Force will attack through those areas of weakness,—the weak link in your chain of things, events or objects within your environment, or in relationships you may have. For example, an individual who is involved in drugs, drink, or mischief, or other low-level activity such as manipulation, theft, or disruptive behavior may become a weak link in your scenario or circumstances through which the Dark Forces channel negative energy that can have a profound and negative effect on your operation.

#### The Dark Force Attacks Any It Sees as a Threat

This Awareness reminds you that the Dark Forces are most concerned about attacking any Light Worker, or any individual who is seen as a present or future threat to their plans and intentions. This Awareness indicates in this case, given, these entities were not only presently having a profound effect on many, but were seen as having a future effect even greater, and therefore much energy from the Dark Force was leveled at them. This Awareness indicates that the Interpreter and those here at C.A.C., the energizers and officers, have also experienced similar attacks by Dark Forces, but were more fortunate than these entities in that they were able to survive through the ordeal.

This Awareness indicates this indeed is a tragedy for Light Forces to have lost these entities. This Awareness wishes that all entities representing Light Force activities be most cautious and aware that their efforts may become the object of attack by Dark Forces, and that if this happens it is important to protect oneself through those rituals or through whatever it is that the entities rely on to banish and to shield themselves from Dark Forces.

This Awareness suggests that one approach to self-protection from Dark Forces is to send Light, to surround that Dark Force; wrapping that Dark Force in Light can be one of the most powerful actions an entity can take in terms of neutralizing the Dark Force and causing it to change.

#### How to Wrap the Dark Force in Light

This Awareness indicates when you wrap the Dark Force in White Light, three times around each direction: horizontally, vertically, and vertically again in the perpendicular direction, likened unto having three hoola-hoops surrounding the entity, and spin those hoola-hoops making spheres around the entity, with three layers of Light, forming a kind of three-layered bubble of Light around the entity; this kind of action, mentally initiated, serves as a shield to block any emanation of Dark Force energy, so that the Dark Force can only throw out its energy onto that bubble or shield and watch it bounce back upon itself; in such action, the shield of White Light begins to transmute the Dark Force energy, raising its consciousness, eliminating its deeper and more base qualities and transmuting it into a more highly aware and spiritual energy so that it can no longer cling to concepts of separateness, but begins to merge with White Light in order to free itself of that shield.

The only way the negative force can become free is to merge with the shield as it expands to permeate and move through the shield. This Awareness indicates this does not mean necessarily that the Dark Force suddenly becomes a Light Worker, but it does defuse its power considerably, when it comes in contact with White Light energy.

### HOW DOES THE DARK FORCE SINGLE OUT INDIVIDUALS?

(FOLLOW-UP QUESTION):

Awareness, how does the Dark Force single out individuals?

#### COSMIC AWARENESS:

This Awareness indicates that in reflection on the information given yesterday by this Awareness that the Universal Consciousness can be partitioned by individuals who, taking a portion of Universal Consciousness, can attribute certain qualities to that universal partition and can, in attributing qualities, create either spirit guides, angels, demons, or devils, according to how the partitioned-off consciousness is defined. In understanding this, you can understand also that once an energy shield is partitioned and defined, it tends to take on its own essence, following the behavior of its own definition of self as it has been given, and as it then begins to evolve from its own essence.

This Awareness indicates once such an energy partition has been created, for example, by subjects 'A', 'B', and 'C', who create a partitioned-off energy field labelled 'D', and that 'D' energy field has

these certain qualities: 1 through 10, creating a kind of demonic definition of that energy known as 'D', then even if 'A', 'B', and 'C', were to pass over or go in other directions, pursuing other interests, that energy field known as 'D' would continue and hold the same qualities that had been given to it, 1 through 10, making it a demonic type of being.

This Awareness indicates that the 'D' energy field does not simply fade away because 'A', 'B', and 'C' have lost interest, but in order for it to continue it needs to have new stimulation, and so it will move toward some entity or individual who in some way can feed its essence by giving attention to it, or by allowing it to siphon off energies from that new individual. Let us call the new individual 'E', or perhaps a group: 'E', 'F', and 'G'. Thus, when the energy 'D', comes to 'E', 'F' and 'G' for further attention and energizing, to gain energy from them, 'E', 'F', and 'G' recognize a spirit or energy field and give energy to that spirit either in the form of fear or interest or rejection or hostility, or devotion, and in giving that energy, the kind of energy given by the group before, is added to the attributes 1 through 10 and assuming this group gives five more attributes through their attitude toward the 'D' creature, it now has 15 different definitions or attributes, and if these 5 attributes added are also demonic or negative in nature, the being becomes even further energized as a negative being; but if these 5 attributes are given to the entity as good and healthy attributes, such as: "really a nice person, a kind entity, a jovial spirit, a generous spirit," or whatever else the entities might portray and label the entity, then it takes on those attributes also, and the entity then becomes a dichotomy of opposing qualities so that at some times it becomes mischievous, at other times it becomes a beneficial and friendly character.

This Awareness indicates that when there is a character who is created from the attributes of entities as being a fearful, evil, obnoxious and horrible creature, this entity accepting those definitions, perhaps along with other definitions as powerful, and one who you cannot win over; such definitions as that added to the creature may present and add to the creation so that the entity becomes obsessed with portraying all of the qualities that have been attributed, and in such a case the entity will be drawn toward someone of equal power of the opposite nature so that it can have something to work against in order to be what it has been described as; thus the Dark Forces generally are drawn toward Light Beings in order to combat and compete with them, in order to prove themselves powerful Dark Beings.

This Awareness indicates that it is all a struggle and a matter of personal identity; that entities on earth are generally fighting, struggling, to find out who in fact they are; that this is the same struggle that these Dark Forces often have. This Awareness indicates that when an entity passes over from the

physical body and that entity has had an identification associated with Dark Forces; many of these forces that are floating around as cast-off thought-forms from living entities will conglomerate around that individual, so that you have a disincarnated spirit who is then covered with these negative dark thought-forms and the being then becomes even more negative than when in the physical form.

#### Thought-Forms and Spirits

This Awareness indicates that negative force draws negative force; that there are both spirits and there are thought-forms. Thought-forms are like shadows of spirits. The thought-forms may be wholesome or may be negative. If one has a positive soul growth and is moving toward Light, the entity may suddenly become more enlightened when coming in contact with thought-forms of Light that have been cast off from higher-evolving beings. Thus, when you come in contact with a Light Worker or a Teacher of Light and the thought-forms being emanated from that teacher come in contact with your own aura, you may feel enlightened, you may feel an uplifting of the spirit, and thus your own light becomes enhanced by merging with those thought-forms that have emanated from that Light Worker or teacher.

#### Separateness -- The Cause of Most Crime

Likewise, when an entity is involved in negative behavior or thinking patterns, they tend to draw thought-forms of a negative nature, just as magnets draw each other, and those thought-forms add to and enhance the already negative qualities the entity has accepted. That in this manner negative behavior draws in negative energies to enhance the negativity, and positive behavior and attitudes draw in positive thought-forms to enhance and accentuate the positive aspects of an entity, and when the negative behavior creates enough of a field of energy to want to express itself by its very nature, it must compete with something, for that is the essence of negativity.

Negativity is based on separateness and hostility and competition with the thing that it has separated itself from, therefore, it must seek out something resembling its opposite, resembling the thing it feels hostile to, and therefore it goes forth to attack, to find, and to attack or otherwise disturb, disrupt and create chaos for that thing which it feels itself opposed to. This action can take many forms: It is the cause of most crimes. It is the cause of much mischief. It is the cause of entities fighting each other, wherein brother turns against brother, or sister against sister, wherein there is one good sister or the one good brother and the other mischievous brother who just can't stand looking at that goody goody brother or sister, and therefore creates chaos for that entity.

#### The Story of Lucifer-the Prodigal Son

It is the same principle as described in Wilhelm Reich's book, *The Murder of Christ*. When one has adopted the qualities of separateness, which is basically the Dark Force, and in accepting that quality of separateness and darkness, that entity

is diametrically opposed to the Christ or the Light Force, or the entity who is loving, because that Light Force, that loving being, that Christ Light is a threat to the separateness, is a threat to the ego and power of the Dark Force that has been embraced, and therefore the dark separateness must do something to darken the light, to obscure the love, to harass the Christ.

This Awareness indicates that this is its very nature. It cannot do otherwise. When one is separate, separateness is the significance. If you had an amoeba in a pool and there was nothing else living in that pool, and that amoeba separated because one part of it wanted to be significant and it separated, leaving that which was the original consciousness of the amoeba, and it goes out and realizes it is not any more significant than it was before because now there are two of it, and because there are two of it, the other is just as significant as it is, and if it wishes unique significance, it must slay the first amoeba from whom it separated and then it will truly be significant. It will be number one.

This Awareness indicates this essentially is the story of Lucifer, the vanity; the vanity moving out to find separateness. It is what this Awareness has given as the Rhyee, the first separateness which has been repeated again and again throughout the echo of life. This Awareness indicates that every individual experiences this separation. It is the story of the prodigal son who goes out, and this separation is part of that which is termed the ego trip, wherein one seeks significance over others by distinguishing self, not necessarily through talent or anything special, but through attitude of distinguishing oneself as being more important than others in a manner that puts others down or rejects or judges them as inferior.

The Dark Force is but a Shadow of the Light

This Awareness indicates that thus, entities who are moving toward the Light, moving toward unity in all things, who are seeking to reconcile the differences so that harmony can come, will become the targets for Dark Force energies. The important thing in dealing with such Dark Force energies is to always understand that you have the strength of the Light and all they have is the echo and reflection of the whole and that the Dark Force thrives as ego, which is but the reflection of the total of the superconscious, of the Christ Consciousness. It is that vain aspect of separation seeking significance, and when you understand that the Dark Force inherently is weak in comparison, then you do not have to come down to its level to compete with it.

How to Deal with the Dark Force

When you really understand the nature of the Dark Force as but a shadow of the Light, then you can truly say: "Get thee behind me!",—and it will be done. You do not need to turn around and face that Dark Force and struggle with it; you simply put it out of your mind, out of sight; place it behind you, and turn toward the Light and move

on. This Awareness indicates the shadow should follow if you are facing the Light. If you turn toward the Light, the shadow automatically moves behind you. This Awareness indicates that this is how you deal with Dark Forces: you simply turn to the Light, or, if you wish, you shine the Light on the Dark Force, for the shadow cannot exist when the Light is turned upon it.

## NEGOTIATING WITH THE DARK FORCES

### —HOW LONG HAS THIS BEEN GOING ON?

(HOW THE TIBETANS SURRENDERED TO DARK FORCES)

(Follow-Up Question):

The idea of negotiating and trading entities with the Dark Force conjures up an image of a great cosmic chess game between God and Satan, or something like that. Is this negotiation business something relatively new, or has this always gone on for eons?

COSMIC AWARENESS:

This Awareness indicates that it is not so much a game between Light and Dark Forces, it is more likened unto a decision that is made by the higher selves of entities, much likened unto that action of the Tibetans. The Tibetan monks when invaded by the Communist Chinese, instead of fighting as they could have, simply surrendered and departed their homeland, either through physical departure or through allowing themselves to be slaughtered by the Chinese. The action was one of surrender to the negative force in order that the negative force have its appetite satisfied, so that it would not make greater mischief elsewhere.

This Awareness indicates that it was a kind of personal sacrifice and choice in which these entities saw that there would be greater chaos were they to resist the onslaught of the Chinese. They would lose anyway, but would lose with a kind of disruption to their spiritual values, and therefore, when they did not return the fire, did not struggle to retain their place, their homeland, they took away any semblance of glory and victory from the Chinese conquest.

This Awareness indicates that even today, the Tibetans who survived express no hostility toward the Chinese for their action, for their invasion, and therefore the Chinese have not achieved a victory, even though they have achieved a conquest. This Awareness indicates that wherein an entity is sacrificed to such Dark Force, it is not so much that there is someone up there deciding to sacrifice the pawn in order to save some other group, it is more that this pawn has chosen to allow himself or herself to be sacrificed, even though this decision may occur on a subconscious level or may have been prearranged prior to the entry on the stage of life.

When the Spiritual Crutch is Removed

This Awareness indicates that in this instance, this was the case; that these entities knew that they were ready to move on, their spiritual development was such that they had learned what they

could learn on this earth plane; though they could be of influence to others, comfort others and help others, they also saw that they could hinder the development of others by causing others to rely too heavily on them. This Awareness indicates that when one becomes a spiritual crutch for another, the question comes: How long should that crutch remain as a crutch?, and when should the crutch be removed?, for when an entity has leaned on the crutch long enough to have absorbed what it needs to develop the qualities within itself, then the crutch needs to be put aside.

This Awareness indicates that these entities were ready as far as their own souls were concerned, to move on to something else, and most of the entities whom they had touched needed to be weaned from depending on them, from leaning on them, from taking energy from them in order to continue in the Light, and thus, when the teacher is removed, the student then must become the teacher and he then serves others as they themselves have been served. This Awareness indicates that life is not based on fairness; that each individual may feel that life has in some way cheated them, but life is based on lessons, lessons which can bring great meaning and which can assist entities to find those meanings and apply those meanings so that they themselves grow and develop into Light Beings, whereby they themselves can serve others also, even as they have been served.

It is not the will of these Light Beings to cause those who remain to be bitter at life for having taken them. It is much better that entities are pleased with life for having provided them with such friends for as long as the friends were present. This Awareness suggests that in looking at this situation, consider the blessing that was given you by life in having had such close, such wonderful guidance, such friendship, and such teaching in your life. Worry not or fret not that life has taken this blessing from you and left you with memory, for not everyone was given this blessing.

This Awareness indicates that of course it is painful. It was painful when entities lost their guru, their messiah, their teachers of the past. It is always painful to lose those who are guides, influences, leaders, examples, and it leaves one feeling lost, somewhat hopeless, but this Awareness asks that you not be bitter, for that was not the purpose in these entities coming here. They did not come to leave entities bitter at their departing.

This Awareness suggests that if you truly appreciate and truly love these entities, then take from them that which they gave you and refine it, and give it forth to others, that they too might share in the energies these entities brought to you.

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ED's Note: For related information on this subject, please refer to 'Revelations of Awareness' No. 82-20 (The Murder of Christ) on understanding violence; \$3.00. Also issue No. 88-7 (How to Deal with Grief When a Loved One Dies); \$3.00 from CAC.

## WHAT IS "TORNADO ENERGY" FELT AFTER MEDITATION SOMETIMES?

(CAN IT BE USED FOR HEALING OTHERS?)

### QUESTION:

A question from D.F. in Colorado. It's in the form of a note she sent to Vicki. I'll read it.

"I ordered the booklet, *The Fountain of Youth* book from Orville Nevers\*, and I've been practicing for a week. Have you received any feedback from anyone on it? I do feel a warmth through my chakra area and I'm going to continue practicing. I experience a super blast of what I call my 'tornado energy' around my head after a few days of the exercise. I'd written several years ago asking if you knew anything about this energy which I call the tornado energy. Avaton felt it was my kundalini energy. I'm still puzzled as to what to do with it. I send it to people for healing, but never know if it really helps them. This energy is like an intense wind. It happens sporadically, usually after I meditate and take a short nap. I'm awake, but in a dream-like state. The last two times I've left my body with it and have journeyed outward. I feel it has a real purpose for me, but I'm frustrated as to what the purpose is. It is so real! Any ideas? I can't as yet make it happen. It comes when it wants to, always in a semi-conscious state. I do experience a "hot box", a sexual desire, when it comes. When I read *Journey Out of the Body*, by Monroe, it occurred to me, that maybe it is a time of being conscious, of leaving my body that most people sleep through, but the energy with it is so intense it seems it could or should be harnessed for a constructive use. Let me know if you can give any insights on this."

Will Awareness explain what this energy she calls her "tornado" is all about?

\* Ed's Note: the book: *Ancient Secrets of the Fountain of Youth*, by Peter Kelder explains the ancient 5 Tibetan Rejuvenation Rites, 5 simple exercises, if done 5 minutes daily, reportedly will extend the lifespan and give one the energy he or she had at age 18. This book is available for \$5.95 plus \$1.00 postage from: E. Orville Nevers, 160 Parkside Ave. Ste. 5J, Brooklyn, New York 11226.

### COSMIC AWARENESS:

This Awareness indicates that this is what some refer to as the kundalini energy; that it is also that which has been referred to as Odic Force. It is also that which may be simply termed 'life energy'. It is energy that comes in to the body from the resonating electromagnetic energy of the universe. This Awareness indicates the universe is filled with energy and the body can draw this in through its chakras, and this energy can be used for enhancement of the vital force or life energy of the body. It can also be used for sending to others as healing energies.

This Awareness indicates that even though you may not receive feedback, the energies do have an effect, for energy follows thought, and if your thought sends energy to another, that energy will arrive for that other to use. Of course, the other may not understand why they feel better that day. It may be simply experienced as: "Yesterday I didn't feel so good and today I feel better." This Awareness indicates that it is good that you can have some control or activity in managing and increasing and gaining such energy. This Awareness suggests the practice appears to be very beneficial for you, and as long as it is benefiting you, this Awareness suggests you continue working with it, understanding it, and trying to gain better and better understanding and control of this energy.

#### Endorphins and the 'Second Wind'

The more you continue working with it, the more it will come under your own control so that you can better have it at your disposal. This Awareness indicates that indeed, it does come best when you are in a semi-conscious state. This Awareness indicates that it relates also to that which is called endorphins; that when you put forth a certain amount of energy for enough time, there is an alteration which takes place in the hormones of your body whereby endorphins are released. The endorphins are pain-killers, much stronger than opium. These are natural pain-killers, and they are released in the body, giving the body a sense of extreme well-being. This allows for the body to then refocus energies into higher frequencies and vibrations. This helps to trigger off the Odic Force and the kundalini, freeing these energies for other purposes.

This Awareness indicates that the endorphins also will be released when entities exercise on a sustained basis for 15 or 20 minutes or more. This is often called the 'second wind', and even the third wind. There are entities who run, who jog, who exercise just to have that experience, and this can create a kind of addiction for some entities, where they become addicted to jogging and jog just to get that hormonal shot of endorphins throughout their system. It makes them feel really good. This Awareness indicates that they may also continue in order to get the third wind, or the next shot of endorphins.

This Awareness indicates that if you will recall the movie *Rocky*, wherein the entity was in the ring boxing with the champion, and the entity was being more or less beat to smithereens, and suddenly the entity stopped and nothing seems to hurt him, and then the entity began to return the punches toward the champion, and the entire boxing match turned around. This is the kind of feeling or energy that entities get when the endorphins kick in from the hormonal alterations; when the hormones release and the endorphins kick in, an entity suddenly has great strength and great power. It is not the same as adrenaline, because the entity does not any longer feel pain. The entity has both the adrenaline

plus the pain-killer operating, so that suddenly, they have enormous strength and ability, beyond that which is normal for them.

This Awareness indicates that when entities exercise on a daily basis, it is good if they keep their activities going on a sustained level. It does not need to be difficult or strenuous so long as it is sustained, and continue in that sustained action until those endorphins kick in. These endorphins not only kill the pain within the system, but they are also healers and will do much to heal the body. This Awareness indicates that generally, approximately 15 to 20 minutes is sufficient, if the action is sustained, such as in a relatively quick walk. A slow stroll is not likely to have such effect in bringing about a second wind; that for some people, they may wish to jog for approximately that amount of time. In jogging, it may occur as early as 12 minutes. This Awareness indicates that normally, 15 or 20 minutes is appropriate timing for this event.

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### ANY ALTERNATIVE TO REPLACING HIPS BY SURGERY?

#### QUESTION:

A question from L.D., of Montreal. "Recently, X-rays have confirmed the need for two hip replacements, but I am concerned because they are not permanent and require further replacements. I have had pain for many many years and am now still in my 50's. Rather than undergoing surgery, I am very willing to give the hydrogen peroxide therapy a good chance." Does Awareness see this as helping this person?

#### COSMIC AWARENESS:

This Awareness indicates that there appears to be some benefits from this, but it appears that there will need to be other actions also. This Awareness suggests that the use of acupuncture is seen as having some benefit for this entity, and also supplements; those supplements being especially related to magnesium, calcium; the magnesium being of greatest importance. Lecithin is also seen as having some benefit. This Awareness indicates that the entity Dr. George Shahbaz as seen as one who can assist this entity in terms of advice or suggestions relating to this and to the acupuncture treatments that could be used; that there are also other substances in combinations that could be useful in helping to build cartilage and tissue and strengthen the bone in the area.

This Awareness indicates that the H<sub>2</sub>O<sub>2</sub> as that which can be beneficial; that magnesium also can be beneficial in assisting this entity, by reducing pain and this may be used with considerable benefit in conjunction with other actions for further improvement. This Awareness suggests the entity talk with Dr. George Shahbaz regarding the use of acupuncture and other supplements.

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## ALL THOSE PROJECTS YOU MEDITATED AND ENERGIZED UPON AND WHICH FAILED TO MANIFEST: WHERE DID ALL THAT ENERGY GO? WHAT HAPPENED TO IT?

### QUESTION:

A question from Robert and Lisa B., Phoenix, Arizona. He asks: "Could Awareness please explain, where does the energy go? All the attempts to energize legitimate projects, plans and dreams, all the good intentions which pave heaven or hell, unrequited love and so forth, the goal which just missed it by that much; where does the energizing go, when it does not obviously return or trigger the ideas into which it was put? Does some of it return in unappreciated form? Does some of it go into an entity's Cosmic Bank Account for later use?"

Does some of it get discharged by a negative energizing unconsciously also done by the entity? Does some of it 'linger' around the project until the energies of others needed for completion get sent out? Does some of it just end up as 'hot air', warming the countryside, but little else? Are so many entities' attempts at energizing so inefficient or at such low voltage that manifestation is impossible? Sure, many entities may just be going through the motions of paying lip service to their goals, plans, dreams (talking here of those Light Workers, ordinary persons, Dark Workers all), but do so many plans seemingly fail with no chance at all of succeeding? (Or is it that we should be surprised at how many *do* succeed/manifest?) Great plans, little plans,—are they more to seed other dimensions than our at this time? Thank you."

There's many questions there, but I think Awareness gets the drift of the basic question.

### COSMIC AWARENESS:

This Awareness asks this entity to visualize a basketball game; that you see one team dribbling down to the other end and laying up a basket; that the other team then takes the ball and goes back and puts in a basket. This continues for several quarters; this continues throughout the first half and you have a break to reflect. This Awareness indicates that one team is ten points ahead of the other and one of the players sits down and says: "Where does all the energy go? We have worked hard to lay up our baskets and to get ahead of the other team, yet the other team is ahead of us by 10 points."

This Awareness indicates the entity begins to become concerned about whether it is really worthwhile to have put forth so much energy when there is no reward for the efforts. This Awareness indicates that the entity is looking at the game as though it were over, when in fact, it is only *half* over. That the entity may say to himself: "If the game is only half over and we are only ten points behind, then it is obvious that by the time the game is over, we will be 20 points behind." This Awareness indicates that this is one way of thinking about the game.

This Awareness indicates that another way to think about the game is to recognize that you are practicing, you are learning, you are spreading the energy, you are putting forth energy as to keep from being 40 points behind, or 50 points behind. This Awareness indicates that the energy you put forth on these projects as that which allows that much more positive energy to be placed in the basket of life. This Awareness indicates that you may not be gaining that much, but you are also not losing any more.

This Awareness indicates that as you continue chipping away, putting one basket in after another, even though you may be outnumbered, even though your team may only have 5 players, and the other team has 100 players, and those 100 players keep racking up more and more baskets and your team can barely rack up even a few,—it does not matter, as long as you *continue*. This Awareness indicates as previously, if you are the only one who is chipping away in granite, trying to get through the mountain, as long as you continue to chip, there is that potential, there is that possibility that someone will come along and help, and then there will be two who are chipping away, and if there are two who continue chipping away in granite, trying to get through the mountain, there is that possibility that someone will notice and offer to help, and then there will be three.

This Awareness indicates that as long as those three continue chipping away, there is that possibility that another will join, and another, and another, and as long as someone keeps chipping away, the possibility of chipping through the mountain is a reality; but if these three, these four, these hundreds, these thousands, all decide that it is pointless, the chipping away in granite is too hard, then the mountain will not be pierced. This Awareness indicates that one can say: "What happened to the energy of those who chipped away at a mountain? Where did the energy go?" It went to make that tunnel, that went as far as the chipping went. It had its effect, it scarred the mountain, it made its mark. This Awareness indicates that is all you can say about any positive action that you have done, or that you ever will do: "It makes its mark on the face of life," and those who keep chipping away, add to that greater mark on the face of life, and as these positive energies are added, it just means that there is that much more positive energy on the face of life, and if you are not adding positive energy, what kind of energy would you be adding to the face of life?

This Awareness suggests that if in fact your energy in the basketball game resulted in a score of 51 to 50 in your favor, you still would have made it a worthwhile game, for it would have been nearly balanced. This Awareness indicates

that if you had not made the 50 points, and they had free will to make as many as they desired, then would the game have been worthwhile? A hundred points to nothing,--would that not have been an unusually lopsided and meaningless activity?

This Awareness indicates that the game of life requires that entities give forth energy. The energy may be for or against the good of all; that those who opt to place their energy for the good of all, even if they sacrificed that energy without gaining the glory of success, they have at least added that much energy to the good of all. This Awareness indicates indeed, energy that carries with it wholesome healthy intent does have its effect in bringing about a bettering of situations, a benefit to counter opposing energy that would otherwise be to the detriment of others. This Awareness indicates also, that yes, indeed, those efforts to be of benefit to others, to serve others, these efforts and the energy involved does go into your Cosmic Bank Account. It also furthers your own self-image, to make you feel satisfied or better about yourself. Can you ever regret having done good for others?

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### IN SPITE OF THE CONSERVATIVES, MANY WILL WATCH OUT FOR NO. 2

(Opening Message, C.A.C. Gen. Reading)  
October 15, 1988

This Awareness indicates that in terms of the energies which are occurring at this time, in order to put this into a perspective which entities can better visualize, this Awareness suggests you imagine a group of entities who have been travelling through a swamp-like misty area for many miles. Let us, for example, call this swamp the Piscean Age. You are now coming into the outer edges of this swamp where there is a clarity on the horizon. Let us call this the Aquarian Age. Many entities are anxious to get on with the movement into that plateau wherein there is something different from the mystical confusion, swamp, and the traps and quagmires of the Piscean Age, and in their anxiety to get further ahead, they promote activities which are called by some as radical behavior, excessive, or too liberal.

Meanwhile, others who still cling to the habits and traditions of the Piscean Age hold that: "Care must be taken! Look out for number one! Don't worry about others! Do not get caught up in trying to help others! Protect yourself! Protect your loved ones! Protect yourself in order to survive this extreme condition! The environment is dangerous!" This Awareness indicates that the movement toward that new age and away from the swamp is a transitory movement that will continue for several decades before the situation becomes more solid and firm so that entities can begin to feel comfortable about moving into a more social orientation, for at present the majority of entities are still conservative, looking out for number

one, for their own identifications with self, family, country, and cannot find it within them to look out for the other family, person or country.

This Awareness indicates this will change in time, but until the confusion, until the swamp has been traversed and the feet are on more solid ground, you can expect the conservatives to continue their approach and attitude of looking out for number one. This Awareness indicates that it is appropriate for this time that there be those who are focused in this manner. It is also appropriate that there be those who are beginning to enact the future and look out for number two, look out for others who are in need of help. This Awareness indicates that these energies, between these two, coming into focus at this time of the election symbolize that which is occurring in consciousness, and as those who are beyond the need of excess focus for self begin focusing on the needs of those who are in dire trouble, who are caught in the quagmire, those who are homeless, those who have little solid substance in their lives; these entities who are in effect, sinking from the oppressions of the environment truly appreciate the help that can come from those who are willing to look out for the other person as well as for themselves.

This Awareness indicates that it is important that entities be aware of where they stand on such basic human issues as whom to care for and how much. It is important that entities attend to those whom they are responsible to: themselves, their loved ones, their friends, their community, their nation. It is also important that when they have these cared for sufficiently, that they be willing to reach out a hand to the other, and to assist those others in need.

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### HYDROGEN PEROXIDE IN GEL FORM: WILL IT REMOVE CANDIDA PROBLEMS?

( MORE ON THE NEW SUPER SOD )

#### QUESTION:

A question from B.J.S., Juneau, Alaska. "I read with interest the past two issues with information on H<sub>2</sub>O<sub>2</sub> and Super SOD, but I have a question: If H<sub>2</sub>O<sub>2</sub> is applied externally in gel form, does it reach the Candida in the gut and eliminate it? I am using it this way, but have my doubts that it affects the Candida."

#### COSMIC AWARENESS:

This Awareness indicates that this does eventually have its effect but that it is not as rapid as when it is ingested internally through oral use. This Awareness indicates that it can be applied in both ways at once for most efficient use in this regard. This Awareness indicates that it may be of benefit for some entities to use the H<sub>2</sub>O<sub>2</sub> internally for a period of time whereas for others it may not be necessary at all to use the H<sub>2</sub>O<sub>2</sub> internally. It does depend

largely on what particular problems an entity has, or wishes to attend through the use of H<sub>2</sub>O<sub>2</sub>.

This Awareness indicates that *It* wishes to comment on the use of SOD; that it has been pointed out that Durk Pearson in his book *Life Extension*, has stated that SOD dissolves in the stomach, or is digested in the stomach in such a manner as to render it useless when taken orally. This Awareness indicates that this may be correct in reference to the SOD that was on the market at the time this entity wrote his book. However, that since that time, and with this new Food Doctor SOD and the way it is taken, the problem has been overcome.

This Awareness indicates that the Food Doctor SOD as coated so as to resist the stomach acid and digestion and is recommended in its use to be followed by certain amounts of water on an empty stomach so that it passes through quickly into the digestive tract where it can, in fact, there be digested and enter the bloodstream. This Awareness indicates that also, Durk Pearson mentioned that it would be useless to take SOD because one would need a thousand times as much SOD as is available in the 2000 unit tablet to be of any value. This Awareness suggests that the use of the Food Doctor tablets is 700 times as much SOD as the older tablets of 2000 units, then according to this entity would not be efficient, that the solution would be for those who wish to follow this entity's suggestion or teaching, the solution would be to take two of the tablets or more.

This Awareness indicates that this as a response to one member's concern regarding the use of SOD as suggested in recent readings.

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Ed's Note: For more information on Super SOD, please refer to 'Revelations of Awareness' No. 88-6 (\$3.00 from CAC. This same issue also has information on H<sub>2</sub>O<sub>2</sub>. Super SOD is available from the USS Goodship, P.O. Box 1116, McMinnville, Oregon, 97128.

### IS THE PERSON YOU DREAM ABOUT DREAMING OF YOU AT THE SAME TIME?

#### QUESTION:

A question from B. Sh., Eatonville, Washington. He writes: "I have a question to ask that I believe many have wondered about. [That's questionable.Ed.] Maybe this has already been answered. Many times in my dreams I see myself with others that I know. I always dream in color. What I'd like to know is: Is the other person who I know that's in my dream, dreaming of me at the same time?, and is that the reason we are together in that dream?"

#### COSMIC AWARENESS:

This Awareness indicates that this is not usual for entities to share in the same dream, but on occasion this does happen; that more likely, and more commonly, the dream is a reflection of your own subconscious working through certain energies in which that other entity participates. That generally, a dream comes from the individual only, and

yet it may encompass energies of a relationship so that the entity dreaming will work off energies that are part of the relationship with others. This is why some entities say that everyone in the dream is yourself.

This Awareness indicates that the individuals in the dream may be aspects of yourself in terms of attitudes and relationships with others. There are those rare instances in which entities will dream a similar or near identical dream wherein they take part in the same story or scenario and then may come together and describe their dreams, realizing that they each had similar dreams with corresponding parts, in which case it is more of a kind of psychic connection between the two entities during sleep.

This Awareness indicates that this can occur especially when entities are deeply involved with one another during that time of sleeping, during that phase of life wherein they are closely linked emotionally and psychically to one another so that even in sleep they are drawn to each other. This is especially common among entities who are deeply attached or attracted to one another or held together from some other type of bond; that generally, when individuals are not that closely tied, this type of dream-sharing does not occur.

### IS IT RIGHT TO PRAY TO DIVINE FORCES TO TAKE THOSE WHO SUFFER?

#### QUESTION:

A question from S.R., Columbiana, Ohio. I believe Awareness has covered some of this in the past, but there may be some new information. She writes: "I have a question for Awareness. I have several elderly people on my prayer list who are very ill, suffering pain and wishing to die. It seems the compassionate thing to do is to ask God: 'Please take these people quickly into the spiritual realm.' But is it wrong to think this way? I have trouble asking for healing for these people, when in my heart I know they are just existing and have no desire to stay on this plane. How do you pray for these people?"

#### COSMIC AWARENESS:

This Awareness suggests that, rather than asking they they be removed from this plane, it would be better for you to ask that the deity assist these entities in whatever way is best for them. This Awareness suggests that many times, the suffering an entity experiences can be of great value to that entity. It may not be as valuable at a particular time as entities would wish, but there can be much learning during times of suffering. This Awareness indicates it also may be a form of karma that is being worked off during such suffering.

This Awareness indicates for example, if an entity brings on the suffering through poor health practices, or through some kind of mental or psychic attitude of hostility toward someone during their life which later results for them in a physical pain, then this

may be a karma which the entity needs to experience for some time, so that the entity will not again bring on such attitudes as would result in this kind of suffering. This Awareness indicates that it is not the responsibility of an outsider to ask God to remove these entities so they do not suffer. It would be much better just to ask the Divine Force to give them what they need, to attend to them, to serve them, to help them; this is sufficient. Let the will of the Divine determine how best to help them. It is not your prerogative, not your ability to make such discernments.

### TO WHAT EXTENT SHOULD ONE TRY TO ASSIST A FRIEND IN CRISIS?

(AN EXAMPLE OF THE VICTIM/RESCUER SYNDROME)

#### FOLLOW-UP QUESTION:

Vikki and I have a question along this same line. One of those "I be cruel only to be kind" questions. We find ourselves in a real dilemma because Sam's Tarot reading showed that an indigent friend of ours, a friend we have bailed out many times in the past, is about to have a long serious health crisis, and that it was karmic in nature, and therefore the Tarot warned us not to interfere. I felt we should do what we could, and if it was karmic, it would make no difference; our help wouldn't work anyway. Vikki felt the Tarot warning meant that we shouldn't attempt to lessen the intensity that was about to come down on this entity, because the karmic lesson was more important than trying to ease his problem and situation, which, according to the Tarot, he had brought upon himself. So where exactly does one draw the line? On the one hand, we're drawn to help a friend in need, a friend in crisis, and on the other hand we're concerned that if we're too helpful, we'll interfere with him having to learn the lessons needed for his soul growth experience on this plane. He does appear to have chosen the path of suffering, and in the past we have numerous times given him assistance in one way or another. So, according to the Tarot, if we were to make it too easy for him, he supposedly won't learn or grow from the experience. The question appears to be: Do we stand back like parents and watch him fall down on his own, or do we do what we can when he cries out for assistance? Also, if it is really possible to interfere karmically with a person's trip, would Awareness please expound on that subject?

#### COSMIC AWARENESS:

This Awareness indicates that this relates to that which has been referred to as the rescue syndrome. This Awareness indicates that the victim/rescue and persecution syndrome in which entities move around these forms of behavior as that which leads to involvement with other entities. This Awareness suggests that this entity as having presented certain actions in which he persecuted himself and by which he became the victim of certain activities relating to that persecution of self, and in which he may in turn ask to be rescued from his own activities, and whereby you, in your relationship with him are being sucked into his triangular movement so that you

feel a need to perhaps persecute him by letting him suffer alone, or rescue him and in some way feel better about this and hope that the rescue would be the final fix to put him on his proper path.

This Awareness indicates that you may also feel yourself the victim of his behavior by being put in a position wherein you are asked to rescue him. This Awareness indicates that in order to extract yourself from this syndrome, which is not your own responsibility, for it is his action which initiated this; in order to extract yourself, it is better for you not to be playing that game or feeling obligations at all. It is better for you to simply decide what makes you feel best, and to do what you wish to do, not because this entity needs it, but because it makes you feel better.

This Awareness suggests that when entities stop feeling a responsibility to rescue others, but when they do something that perhaps helps another, if it is based on the entity's own feeling of: "I want to help this person because it makes me feel happy," then that action has no hooks or strings that would bind you to the other person, or expect anything out of them. If you give something and expect the entity then to behave in a manner that you prescribe, you have a hook in that entity and you are trying to control that entity, and you may resent the entity for not doing things the way you would like him to do, and this then makes you the victim of the entity's behavior; therefore you are caught in that syndrome, and you may feel angry and express anger in some way, and thus persecute the entity, while feeling yourself to be the victim for having rescued the entity, and for the entity not responding properly to your rescue.

Therefore, to avoid this syndrome, you only do what you do because it makes you feel better. This Awareness indicates that as long as you feel good about what you do, and that in itself becomes your reward, then your gift is proper. It has no strings attached. If you do not feel good about helping, then that action is proper. Your reward is in how it makes you feel, and let that be the reward. Do not feel it is your obligation, unless in some way you are in fact obligated. Did you cause this entity to take the path, to behave in the manner that he has, which led to this problem? If so, then you may have a karmic responsibility to assist this entity. But even in this case, how far, and how many rescues are required before you are free of the obligation? This is for each entity to determine.

This Awareness suggests therefore, the idea is when you give, when you help, when you serve, serve because it makes you feel good. Give because it makes you feel right. You do not need to feel that it is an obligation, unless there is in fact an obligation which is necessary for you to feel comfortable by fulfilling your part of the obligation.

This Awareness indicates that many times entities do not grow when they are constantly being rescued. The messiah complex as that wherein an entity feels crucified for having rescued too many people at the

cost and sacrifice of themselves. Sometimes at the cost and sacrifice of other innocent people, such as family or others. This Awareness indicates that many times an entity will gain some kind of self-importance by rescuing another, and when you begin to feel: "I am certainly important in this entity's life," that may be your reward; therefore, if there is a complaint or problem, you may actually have no reason for such complaint, and in fact you may have injured the person by taking away their opportunity to learn from a situation or to grow from dealing with the situation themselves, and in so doing, you may develop karma with that person by having rescued them unnecessarily, or too often.

This Awareness indicates that one must be careful not to take away the learning opportunities that entities have from the trouble they get themselves into. This Awareness suggests that it is important to help those up who cannot help themselves, but it is equally important to tell those who can help themselves *how* they may help themselves, and let them get up on their own. This Awareness indicates when such entities learn how they may take charge of their own lives, how they may help themselves, they have gained something far more than you could supply in rescuing them when they fall.

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ED's Note: For more information on this topic, please refer to 'Revelations of Awareness' issue No. 88-14 (The Victim/Persecutor/Rescuer Syndrome): \$3.00 from CAC.

## DOES THE DIOXIN IN PAPER PRODUCTS POSE ANY SERIOUS HEALTH THREAT?

(SHOULD WE THROW OUT THE KLEENEX & TOILET PAPER?)

### QUESTION:

A question from E.O., in Canada. "I saw on a program called Marketplace, that all of our paper products are contaminated with dioxin, a byproduct of a bleaching process. Could you ask Awareness if this poses a great health risk, as they said this dioxin accumulates and stays in the body for life, and the specifically mentioned facial tissues are the worst, toilet paper, tampons, paper towels, paper plates, paper diapers and napkins?"

### COSMIC AWARENESS:

This Awareness indicates it appears there is a trace of this in most of these named products; that this appears to be related to the cooking process of the pulp; that it does not appear to be of any significant amount. This Awareness suggests however, that if entities were to be ingesting this material over a period of years, it

could perhaps have sufficient cumulative effect to create problems. This Awareness indicates that it appears the mere touching and use of this, even in the amount of the normal use of paper plates, is not sufficient to create a health hazard.

This Awareness suggests that if entities use paper plates on a daily basis over a period of years, this might create a problem; that chelation and actions that help to purify the body can help to remove dioxin, this includes fasting, this includes drinking purified water over long periods of time; this also includes the use of those substances that increase the oxygen in the body. This also includes diets high in fresh fruits and vegetables. This includes also diets which are designed to cleanse the circulatory system: the use of Vitamin C and Germanium, hydrogen peroxide, GH3 and SOD.

This Awareness indicates that hydrogen peroxide is manufactured automatically in the body through the use of fresh vegetables. These are ways whereby the body throws off excess toxins such as that contained in the production of paper. This Awareness indicates that not all paper products are thus tainted by dioxin. It depends largely on the process used and the location of the plants.

### (FOLLOW-UP QUESTION):

Then the use of tampons by women would not necessarily pose a threat for using those either then. Is that correct?

### COSMIC AWARENESS:

This Awareness indicates that this does not appear to be of sufficient nature to pose a health hazard although there may be some rare instances wherein an entity, depending on the diet and other conditions of the immunity system for example, or the ability of the body to throw off waste, it is possible that an entity could have some toxic buildup from this, but this is seen as being rare and highly unlikely, if other things are within a reasonable normal range.

This Awareness indicates there are far more dangerous sources of contamination than the contamination in paper products. However, this is seen as being one of the reasons for tobacco having an adverse effect on entities, because of the paper in which the tobacco is wrapped. This Awareness indicates that the paper in this case has many chemicals such as dioxin, and the breathing of the smoke and inhalation of this as that which can be hazardous over a period of time.

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For more information on Dioxin, please refer to 'Revelations of Awareness' No. 88-10 (Can Anything be Done About Dioxin Poisoning?)



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