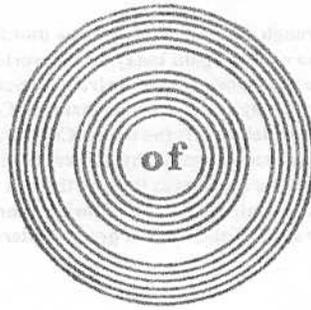


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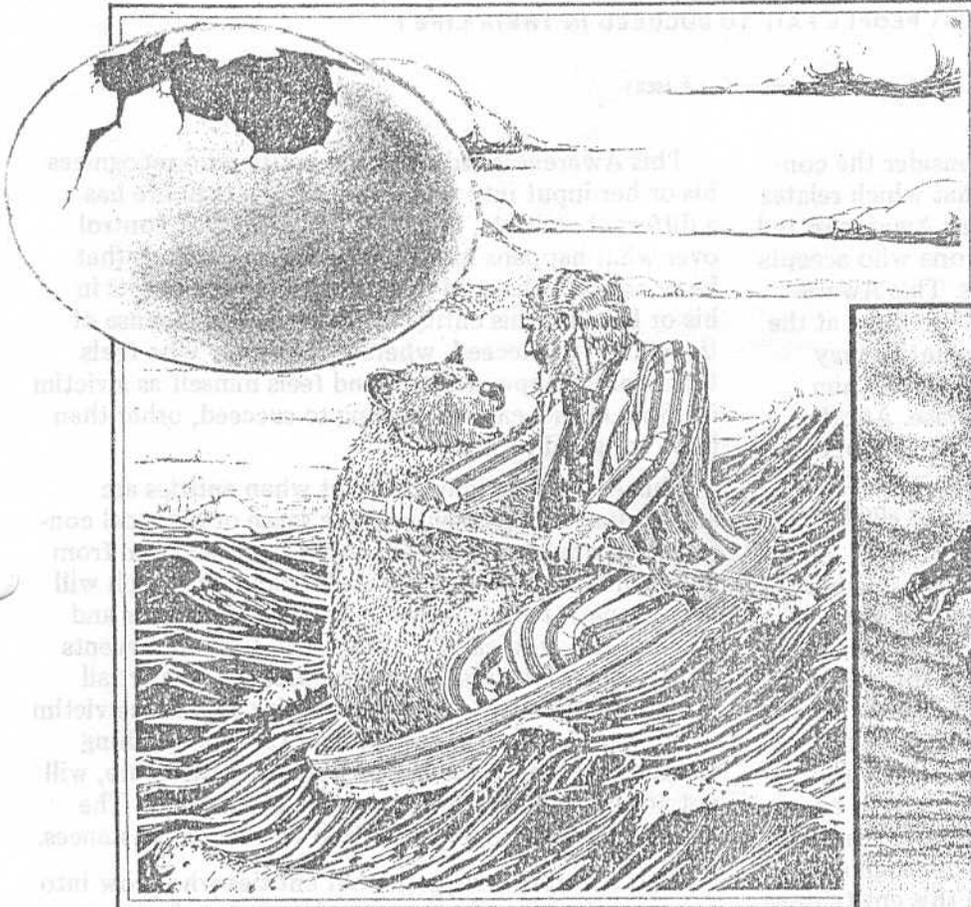


Awareness

Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

Helping People Become Aware



MAKING FRIENDS WITH THE RUSSIANS...

**ARE WE BEING DUPES
OF THE DARK FORCES?**

ARE WE FULFILLING PROPHECY OF THE BEAST?

COSMIC AWARENESS is the Force that expressed Itself through Jesus of Nazareth, the Buddha, Krishna, Mohammed, Edgar Cayce and other great avatars who served as 'Channels' for the 'Heavenly Father' and who speaks again today as the world begins to enter the 'New Age' of spiritual consciousness and awareness. Since 1963 Cosmic Awareness has been communicating through carefully trained channels. 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

ACCEPTING RESPONSIBILITY AND TAKING CONTROL OVER YOUR OWN LIFE

(WHY MOST PEOPLE FAIL TO SUCCEED IN THEIR LIFE)

(Opening Message)

(C.A.C. General Reading, March 6, 1968)

COSMIC AWARENESS:

This Awareness wishes entities to consider the concept of being at cause; this phrase as that which relates to the acceptance of responsibility. This Awareness indicates that an entity who is at cause is one who accepts the responsibility for his or her actions. This Awareness suggests that there are two ways of looking at the events that occur in one's life; that one entity may look at events and see the events happening to him or to her from some kind of external cause. Another entity may see the very same kind of events happening in his or her life and recognize these events as coming about at least in part by things which he or she has done, to cause the events.

This Awareness indicates the entity who sees himself or herself as the cause, or at least partial cause of events which happen in his or her life, either through causing or by neglecting something, that entity has a totally different perspective through which to view events in life. That the entity who sees himself or herself as experiencing the events of life which are caused by external forces, such as other entities or circumstances; that entity will automatically feel that the events are happening to him or her through some kind of unavoidable outside force, and this entity does not take responsibility for the events, but sees himself, sees herself, as being the victim of the happenings of life.

This Awareness indicates the entity who recognizes his or her input into the causes of events in life has a different attitude, being that of a sense of control over what happens in life. The entity who feels that he or she is, at least in part controlling the events in his or her life, this entity will have a greater sense of the ability to succeed, whereas the entity who feels that events happen to him, and feels himself as a victim of those events can do nothing to succeed, other than hope for good luck.

This Awareness indicates that when entities are able to look at the events with a sense of personal control over what happens, the entity can also learn from the events, and gain greater understanding, which will be of benefit to the entity in future occurrences and experiences, whereas the entity who feels that events simply happen to him, which he must accept or rail against and lament against, this entity who is the victim of circumstances, will not see that there is anything of value for him or for her to learn, and therefore, will not attempt any learning from the experiences. The entity will simply feel victimized by the circumstances.

This Awareness suggests that entities who grow into greater levels of awareness must begin to take more control over what occurs to them. This Awareness suggests however, that one cannot have total control over all experiences in one's life, for there are other influences; that these influences may have a partial effect on the events which occur to one, but an entity who is realistic will recognize that to some extent, he or she has an influence on what occurs in life; to some extent, the entity may be able to exert that influence at least partially on the events, and if the entity hasn't exerted that partial influence, then the entity has nothing to complain about if events are not to his or her benefit.

This Awareness indicates that it is important for an entity, to recognize the responsibility that goes with a decision, that goes with an action, that goes with the influence one can have on an event, even if the entity makes mistakes, makes improper choices, or does not exert the proper influence, for the entity will then, at least be realistically assessing, and will know what can be done the next time something of a similar nature occurs. This Awareness indicates that approximately

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... entities on this plane, tend to lean more toward assuming or perceiving that the universe, the environment, the outside world, has control over the entity's life to a greater extent than the other way around, and this is why so many entities fail to succeed. They are simply waiting for good luck to come along, and they are not the cause of that good luck. They are not the cause of the benefits that could be available if they would simply take responsibility and act, and learn from the results of their action.

This Awareness indicates in this manner, entities can continually improve in their discernment, in their activities, in their way of relating to events, so that as time progresses, the skill of the entity in dealing with circumstances and events in life, also progresses.

**"NOTHING HAPPENS UNTIL ENTITIES
MAKE IT HAPPEN"**

(Follow-Up Question):

Awareness once stated that nothing happens until entities make it happen. This would apply in this case also, would it not?

COSMIC AWARENESS:

This Awareness indicates this is in the affirmative; that this statement: Nothing happens unless entities make it happen, is more or less in reference to happenings which relate to entities' experiences. That obviously, things can happen without the presence of entities being involved in any way, but in reference to this particular phrase, it means nothing of significance to the person's experiences will happen unless entities do something to bring about that happening.

This Awareness indicates events that are not associated with the entity's influence, such as weather, time of year, earth movements and catastrophic global or environmental occurrences of a

natural order, these things can occur, even without the entity's making them happen. This Awareness indicates this phrase as not referring to this kind of external event, but referring to the happening, which for example, an entity wishes to occur, whereby the entity does nothing to make the event occur, it is unlikely that the event will occur in the entity's life; but if the entity takes action on fulfilling his or her dreams, the likelihood is that there will be an event, a happening which occurs because of the action.

This Awareness indicates to put this in a different way: Actions bring about results. The results happen as a result of the action.

(Follow-Up Question):

In other words, it's energizing, one could say...

COSMIC AWARENESS:

This Awareness indicates this is in the affirmative, that even thinking is an action, and expressing an intent even if only mentally, can be construed as an action. This Awareness suggests however, the action to bring about the desired results may require more than mere thinking or having an intent; the event often requires more than mere physical action also. It may require organizing many entities to work together on a project, for example. This Awareness indicates that action has many levels of application, but each result that entities seek will require the proper action necessary to bring about that result, and if entities seek a particular result, and the actions implemented do not come to that result, then entities simply return and try again to find which action comes to that result.

This Awareness indicates it is not appropriate for entities to give up because the action taken did not result in the desired end, but resulted in something else. If you want a certain result, you must find the appropriate action that leads to that result, and you may run through many actions which do not reach that result before finding the appropriate action leading to that particular result.

**ARE THOSE WHO ARE ENERGIZING AND ADVOCATING PEACE
WITH THE RUSSIANS, UNWITTING PAWNS OF THE DARK FORCE?**

have a somewhat related question from M.P. of Lockton, California, which he sent in about a year ago. He says: "Dear Vicki. I have an important question for Awareness that centers around the memo to the membership of February 11, 1987, by Avaton. I ask that you please print this letter in its entirety because it's necessary for the complete understanding of the question. The information we get from C is some of the most important on the planet, because it alerts people to the dangers of the Dark Forces who are using the governments and other institutions of the world to enslave us through such things as super computers, the 'Mark of the Beast'.

"Freedom is one of the highest energies of the Forces of Light. The Dark Forces are recognized by the forces of bondage and domination. Unfortunately, all governments on this planet, to greater or lesser degree are operating under the Dark Forces of bondage and domination over their people. The most extreme case of this is the Soviet Union. When Avaton decreed we should increase cooperation and 'make friends with the Russians', I started thinking about how this noble intent is being subverted.*

"As Awareness has stated repeatedly, those entities we call the power elite have been pushing for total global domination."

Soviet Union is the epitome of the kind of centralized, all powerful government system the power elite would like to impose on everyone. My concern has to do with the possible negative effects of using terms like "citizens of the world" and calls for "making friends with the Russians." Although Avaton means it with the purest of spiritual intent, the power elite right now are promoting concepts of world unity and cooperation with intent that is anything but spiritual. It seems these outward declarations of global *spiritual* unity are playing right into the hands of the power elite who will use it for imposing *political* unity. Most people after having accepted ideas of world economic order, citizens of the world, and the like will not think about the difference between spiritual unity which is done through love, and political unity which is done through force and domination. They will be suckered into the system of the 'Beast', thinking it is a good thing having to do with genuine peace and cooperation without knowing they are being used as pawns in a giant game of chess to bring this world under the total domination of the Dark Forces.

"It seems the closer we are brought to "making friends" with the Soviet Union, the more acceptance of their system there will be, and the more commonplace it will seem if and when our government imposes greater control. When the people are conditioned for slavery, it will not seem that much different under a global government. Of course, I agree with Avaton that much of the defense spending is unnecessary and promoted by the power elite who give us enemies to defend ourselves against. And I believe the Russian *people* are fine, but we should never make friends with the Soviet *system*, which the Russian people live under the domination of. My question to Awareness is: Does using such terms as "citizens of the world" and saying such things as we should "increase world cooperation" and "make friends with the Russians" unintentionally help the Dark Forces we oppose by leading to a greater acceptance of the concept of global government? Thank you for your time. I will be looking forward to seeing the answer."

* A copy of part of page 5 of the Memo to the Membership, Feb. 11, 1987, written by Avaton, C.A.C. editor. Items 17, 18, 19, concern making friends with the Russians, a concept that disturbs the member who asked the basic question in this reading: "Are we being pawns of the Dark Forces for energizing this idea?"

(17) By time you receive this, the controversial miniseries, "Amerika" may have come and gone. Newsweek says that in the view of Jeff Cohen, director of Fairness & Accuracy in Reporting, a media watchdog group that is helping coordinate a protest, says the mini-series is a "12 hour commercial for Star Wars. The main thing viewers will come away with is total fright that the Russians are coming. And if Reagan says, Star Wars will protect us, well, build it, because here's what will happen if we don't." The story concerns the take over of the U.S. by the Russians and is evidently another ploy by the Zionists behind the scenes to try to convince us the Evil Empire will take us all out if we don't hit them first. This is classic propaganda and very untimely.

I hope people write the ABC network and the sponsors of that program that they are not going to buy that BS anymore. We are fed up with it! It is time to reconcile, make friends with the Russians and defuse the heavy energies we have allowed our leaders and the conspirators to shove down our throats for the past 30 years! Boycott the damned products of those who sponsor this crap! Write them! Fortunately, those on cable who get the "Discovery" channel have an alternative, -62 hours of Soviet TV will be shown, for the first time in history, to allow Americans to see what the average Soviet citizen is seeing and hearing. If you wish to help defuse the energies bound to be created by "Amerika", you can send contributions to the Better World Society, 1140 Connecticut Ave., NW, Washington, DC 20036, who is desperately seeking donations to help counter the negativity of "Amerika" by promoting and airing programs that promote dialogue toward positive US/Soviet relations. (These are tax deductible).

Also encouraging is the fact that The Donahue Show was taped before a live audience in Moscow, with Phil choosing the audience himself. This is the first American talk show allowed in the Soviet Union, and I believe he taped about 5 of them there. Donahue has hosted two "Space Bridge" specials in the past, in which studio audiences in Seattle and Boston talked to audiences in Leningrad, Russia. Also, several Seattle TV stations have recently sent reporters to Russia to film how the average Russian is living and working etc., running these films on nightly TV back home. So in spite of the war mongers, it appears the media is not all being taken in by the Rambo-Amerika mentality which would have us all believe the Russians are somehow less than human and can hardly wait to invade this country and rape our women and draw and quarter all the males etc. in a blood lust orgy that would make Dracula seem like a piker.

(18) Speaking of Space Bridges, Vicki and I attended a "Beyond War" seminar here in Olympia, which featured close-circuit TV presenting the 1986 Beyond War Award, presented to The Contador Group (Colombia, Mexico, Panama, Venezuela). The presidents of these countries each spoke, live by satellite, to millions around the world, each telling essentially the same thing: "America, keep your guns and your soldiers out of South America and mind your own business and stop subverting the countries down here. We are capable of solving our own problems and we do not need your CIA, military or any type of military 'advisors', etc. After viewing this moving program and reading the information, we all joined and are supporting this organization as much as possible. We recommend this organization to those who wish to see peace without violence come to our Southern neighbors. The theme of Beyond War is "Working together we can build a world beyond war." For more information, please write: Beyond War, 222 High St., Palo Alto, Ca. 94301. Phone: (415) 328-7756. This is no 'peanut' organization, but one growing daily in respect and magnitude. If we can help bring peace to any place in the world, regardless of how small it is, this is a big step toward bringing peace to the rest of our planet.

(19) Another peace-inspiring organization is the World Peace Academy, PO Box 1207, Felton, Calif., 95018. They have a catalog listing numerous peace items such as buttons and bumper stickers that say: "Earth Suicide Prevention Club", and "I Choose Peace" written in both English and Russian. Send them a donation or just write for a free catalog. The purpose of such trinkets is not to imply that you are the only one in the world who wants peace, but to remind others with the suggestion that peace is an alternative to war and destruction. Those who study this sort of thing, tell us this works on the subliminal level and can eventually bring about a realization if the message appears often enough. In other words, if that redneck with his 30-30 rifle housed behind him in his macho pickup truck, is behind you at a stop sign and rudely blasting his horn impatiently, that bumper sticker he spots on your car ahead that states "Peace, not War" could be subtly registering in his subconscious, and one day could help bring about a realization that perhaps such a concept might just be possible and should be tried.

COSMIC AWARENESS:

This Awareness indicates that phrases of this type can have different interpretations and the definition and interpretation of its use does need to be better defined. This Awareness indicates however, that *It* wishes to make certain things clear before entities can understand how to define these terms according to the information which this Awareness has given. This Awareness suggests that it is unlikely that the present division between nations, the present cold war relationship can go on forever. There will come a time when either these divided forces will clash and some kind of war will break out, which may or may not be totally destructive to the globe so that the concern of being dominated by Communism, or the concern of being dominated by the powers of the Beast system are moot, or it may be that rather than war breaking out, eventually these two systems will come to some kind of agreement, call it friendship or whatever, in which they can mutually live together without the use or threat of nuclear annihilation to each other. This Awareness indicates that these appear to be the only options according to the way the scenario is presently set up.

This Awareness indicates that most entities prefer not to have the nuclear holocaust in which the earth is destroyed because neither side will tolerate the existence of the other, therefore the more rational and meaningful outcome would be to see these two opposing forces find some kind of reconciliation, at least to the degree whereby the two powers can live on the same planet. They may be alienated, or they may be distrustful of each other, but in some way, they must be able to live together without annihilating each other, and if that occurs, it would require that there is some kind of mutual agreement not to destroy one another.

True Friendship Requires Trust

This Awareness indicates that in such agreement entities are likely to vary toward closer communication and harmony, or to vary against such closer harmony and drift further apart. This has been the status of the cold war. This Awareness indicates the concept of making friends with these entities as used by Avaton as that which relates to true friendship, not simply giving up or surrendering, to be dominated by another power; that would not be friendship. Friends do not dominate each other, they share and express. This Awareness indicates that too many entities are afraid of friendship. This Awareness indicates that friendship requires trust. Friendship implies mutual caring for each other.

This Awareness indicates that this definition of friendship, even between nations, even between superpowers, should not be so alarming. This Awareness indicates that too many entities hear the word friendship and they fear that means they must surrender and be trampled on by someone else. These entities have not been taught the value of trust, have not perhaps understood that trust comes about and friendship comes about as the other earns that trust and earns that friendship. You cannot be friends with someone you don't trust. You cannot be friends with

someone who threatens your existence.

This Awareness indicates therefore, look at the words which were used, rather than imposing some kind of fear and distorting the meaning of the word friendship. This Awareness indicates that in respect to the concern for the international order, this Awareness indicates that the time will come when entities become more and more associated with the reality of a shrinking world, relative to the minds of people on the plane, whereby countries are closer in terms of time, in terms of their visual impact, in terms of their ability to trade with each other, to communicate with each other, whereby the earth now is no longer such that to go from one point West and return to the point from the East might require many years of travel, but whereby it can be done within hours; this kind of shrinking world implies that there is a global community. Call it what you will. It may not be a world order in the sense that frightens entities, but there is order in the ability to go from place to place, to relate one culture to another, and in some sense there is already a world order through international law, through recognition of various countries, boundaries, cultures and the laws of each country.

This Awareness indicates that it is unlikely that this rudimentary international community will become less defined and break down into greater segregated groups or nations. It is more likely that the nations will begin to trade more with each other; individuals and cultures will break down barriers and begin having closer relationships, and when this occurs, agreements are more likely, and these agreements will create a greater global network, or what may be termed world order. There appears to be no way to turn back the clock without turning off all technology and civilization as it is developing.

A World Order Based on Democratic Concepts

This Awareness indicates that in order to prevent slavery, one needs not turn back the clock and isolate individuals. One can have a house full of people who have a house order without there being the necessity of slaves in that house. One can have a house order in which democracy plays a major part in that house order, and this is likewise what you may notice is occurring on your plane at this time; that there are more and more countries turning toward democratic concepts and away from totalitarian rule.

This Awareness indicates that a world order based on democratic concepts, wherein the people have rights to elect, to choose who will serve as representatives; this kind of democratic world order as that which can be of great benefit on this plane. This Awareness indicates likewise, the development of technology which would allow for entities to be classified by a number system or name system, as that which can be grossly misused, especially if those in charge of that number system were to seek domination over the masses, seek to be able to locate and control and to influence individuals to their disadvantage, but the same system could in fact be of great benefit if it were designed in a manner to serve the people.

This Awareness indicates that if the people themselves had the ultimate say on their own data bank programs, and the storage of names and records for themselves, if the people themselves had the right to make the laws governing how this information was to be stored, how it was to be managed, how it was to be erased or updated or altered, according to the majority and according to a standardized set of laws by the people for their own benefit, it would be a totally different system in terms of its effect on individuals.

The computerized system could be the same, for a slavery or for a free society. This Awareness suggests that the idea is to work toward freeing entities from control of those who would promote the totalitarian system, and to give to the people the power to elect those who represent the masses, that they may assure the masses remain free, even though the society moves toward a global community. This Awareness indicates that global community is seen as essentially preordained if society continues to evolve and grow with its present technology. It is a question of: How can this society come about while still protecting the masses, that they may remain free from domination by the select few who might become tyrants?

**'That Order of Christ Consciousness', Not
'The Book of Revelation' Will Tame the Beast**

This Awareness indicates that as entities contemplate these concerns, it becomes complicated by prejudged images and ideas associated with the emotionally charged concepts of the *Book of Revelation* which speaks of the society of tyrant control through the Mark of the Beast as though this were the final outcome. This Awareness indicates that it is also present in the *Book of Revelation*: the recognition of a new Christians order to follow. This Awareness suggests that entities may perceive that order of Christ Consciousness as being that which turns the tyrannical Beast into a tamed system for promoting democratic concepts and freedoms. It is toward this end that entities are requested by this Awareness to focus their attention.

This Awareness indicates that the *Book of Revelation* as being a highly symbolic book and though its symbolism is like a generic code for many scenarios, as though it were written in some kind of computer formula, which could allow it to be applied to essentially any generation from the time it was written up to the present, as a generic plot which may be filled in with further information, just as a Hollywood story plot may be written in a kind of outline form which could be used to write hundreds of stories over that skeleton plot.

This Awareness indicates this *Book of Revelation* is essentially such a skeleton plot, over which entities can place the events of their society at any given time and find correlations, which for generations have been used as interpretations of that book. This Awareness indicates that when this generation passes, and when the next generation passes, when hundreds of generations pass, if that *Book of Revelation* is still present in a totally different setting, a totally different environment, a totally different world, entities

will still be able to read that book and find certain correlations between what is spoken of in symbol in the *Book of Revelation* and what is occurring in their society, in their world.

Movie 'Star Wars' a 'Book of Revelation' Scenario-Script

This Awareness indicates you could take the *Book of Revelation* and apply it even to fictional stories, and if you did not know the story was fictional, you could well believe that it was referring to the reality of the story. This Awareness suggests for example, this generic skeletal plot exemplified and explained in the *Book of Revelation* can be superimposed over the story given in *Star Wars*, and entities can see this *Star Wars* movie in the *Book of Revelation*, with the Beast and all of the events being exemplified to some degree in that movie.

This Awareness indicates that the *Book of Revelation* in recent times as being such that it is beginning to create excessive problems on this plane as entities give it greater power than it was ever intended to have. Originally this book was coded, was written in code for secret schools and the codes dealt with the chakras in the body, the seven electrical or electromagnetic fields in the body which are described as seals and churches and candlesticks. This Awareness indicates that these symbolisms had special meanings for those who were initiates in secret schools.

Many Take 'Book of Revelation' Too Literally

This Awareness indicates that too many entities today believe this *Book of Revelation* in a literal sense and see the end of life on the earth as being preordained and accept that version and wait anxiously, even attempt to speed up the process of global destruction in order to get on with the afterlife. This Awareness indicates that the Second Coming is not to be that of a physical action; It is, rather, the Second Coming of the Christ Consciousness to each individual. The Christ Consciousness came at the time of the entity's birth, accompanying the child to the earth, and the Christ Consciousness returns to the entity as the entity lifts his eyes and consciousness toward the heavens, toward the Light, toward the Christ Consciousness. This, essentially, is the rapture.

This Awareness indicates that too many entities have taken this literally, to the point where they see computers, they see the banking system, and they see these things in society and interpret them as being preordained by the *Book of Revelation*, and rather than working to preserve the earth, they work to enhance the fated version of an earth being destroyed in hopes that from the destruction they will then rise into a new life.

This Awareness indicates that this global society is not now seen as being so easily directed toward that which is called the Mark of the Beast, for many entities are emerging into higher consciousness levels, whereby the Beast controls may be bypassed, as entities move into greater unity, harmony, and world cohesiveness, toward a spiritual understanding that was impossible, even ten years ago. At a time five or six years ago, this Awareness warned entities in regard to the misuse of computers as such could be applied to that which may

be termed the Mark of the Beast scenario.

This Awareness indicates that by 1986, if this did not occur, entities would have a greater chance and likelihood of overcoming those Dark Forces, for the consciousness would have risen toward the Light to such a degree that the Dark Forces could never again have quite the same control. This Awareness suggests that this is now such as to move entities ever more rapidly toward the New Being. There may come about that shift wherein some entities are caught up in the control trips which may be termed 'Mark of the Beast' scenarios, but there are so many now who move beyond those levels of consciousness toward the higher more spiritual experiences that they will essentially be untouched, and in that sense may be considered as raptured from the tribulations.

This Awareness indicates that *It* does not wish to let entities go back to sleep, whereby the Beast could regain its influence, but *It* does wish to inform entities that there is that Light which entities can move to in order to avoid that entrapment indicated by the scenario of the Beast.

WHAT MAKES FANATIC
"ANTI-COMMUNISTS" TICK?
GOOD REASONS WHY THE GAP MUST CLOSE

(Follow-Up Question):

In reference to making friends with Russia, there seems to be a certain mentality around that tries to frustrate every effort toward this end, like it was implied in this letter from this member regarding my comment. A good example of this is the city of Olympia has started a sister city relationship with numerous cities around the world, in China and Japan, and they've recently created one with some little city in the Ukraine, in Russia, and people write in to the newspaper saying that the city council who voted that city in, obviously we've got a bunch of Communists in that council, for who else would promote such a thing. Another example is a year or so ago, they had this space bridge television show emanated out of Seattle, where Phil Donahue MC'd it, I believe, and it was live by satellite to Russia, and they had this Russian version of Phil Donahue, a TV personality by the name of Postner, I believe, who would interview the Russian people. They would listen to Americans standing there asking questions of the Russian citizens in the audience, and they in turn would respond, and it would go back and forth with interpreters, and all the time the cameras would show these Russian people to us, and the cameras would show the American people in the audience here to them, and so forth. Since then they've had several of these space bridge programs, and each time there has been these blasts by certain people pointing fingers and saying that these people who promote this type of program are unAmerican, and they picket the studio in Seattle and so forth, and try to keep this energy of hatred going, energized; but fortunately right now, Mr. Postner is over here in the United States doing a whole series

of television shows that will appear on national TV in Russia, where they're bypassing the whole political system and interviewing people: people at work, people in their homes, in supermarkets; how people relate, types of professions and work, like fishermen etc. And that's the type of thing that I meant, that this type of thing needs to be done. It's time to do this. We've got to start *somewhere*. For its the people who are eventually going to change the system of government, and when we find out that these people we're looking at in the television screens,—these Russians,—look just like our own reflections, then even the hardest politician or right-winger, hopefully, is going to soften his hardline stance a little bit. Does Awareness have any comment about this opening-up between our two nations that seems to be happening at this time?

COSMIC AWARENESS:

This Awareness indicates that there is good reason for the new influence toward a more openness between these two countries. This Awareness indicates there was a time when it seemed to these countries' interests to be cold toward one another. This Awareness indicates that extreme amounts of money have been taken from the countries, from both of these countries, whereby the citizens of the United States and the citizens of the Soviet Union, all poured in billions toward the defense against each other for the orchestrated cold war that lasted approximately 40 years. This Awareness indicates that these have created the national debt which is owed to the bankers. *Only Bankers Profit From Cold War*

This Awareness indicates these banking interests, the internationalists, are the only ones who have gained from this cold war, and it is much likened unto two football teams in which each team begins asking the masses for more support, more money to help them defeat the other team, whereby the promoters of the game work both sides to raise money from the projected or threatened game, and neither team is never allowed to play the other, but more and more money goes to the promoters, who collect for the equipment, the paraphernalia associated with the potential game.

This Awareness indicates that by collecting huge sums for the potential of a destructive war, where each side seeks to have greater and greater numbers of weapons, whereby each side could destroy the entire earth many many times over with the weapons already available, and whereby the masses are willingly pouring in more and more, as though to say: "Here! Let's put in some more so we can destroy the earth one more time, one more time, one more time, because we will not live that other team on the same plane, on the same earth, on the same field!" So each side pours more money into those promoter's hands.

This Awareness indicates how do you know whether that money has actually gone into the paraphernalia of war?, into the weapons of war? There is no way that you can know where that money actually went. This Awareness indicates that it did not go into that which entities believe; that there was some spent, that there was more used for other projects, and much taken which was never used at all for the defense of the countries involved. This

Awareness wishes to remind you that these same internationalists operate both sides; the Bolsheviks on the one side are the reflection of the Zionists on the other side. They are one and the same.

This Awareness indicates that it is the people who have been used, the people of both countries have been used; those who have strong religious beliefs have been manipulated to create great hostility toward those of the other country who have been told: You cannot have religious beliefs. This action of officially denying religion in one country was deliberately designed to create and play on and manipulate the emotions of those who had their religious beliefs, so that they would feel a great threat from the other side.

This Awareness indicates that likewise, those who have not been allowed to have religious beliefs feel a great fear of those who are seen as fanatics, religious fanatics who would willingly destroy their nation rather than allow the two countries to survive with different ideologies. This Awareness indicates that it has been a 40 year long game; this game of the cold war, and the internationalists, the money-mongers, are the winners. This Awareness indicates they now recognize they have milked the people for all they can get, and now they wish to alter the game, whereby these two countries begin to work together to restore certain unity so that together they can manipulate and control other nations, other groups, other blocks of nations.

A New Kind of Cold War Now Being Created

This Awareness indicates that it is time, the internationalists feel, to create a different kind of cold war, perhaps one which is more heated, between the super-powers on one side and the developing nations on the other side so that they can take control, especially of those areas of high wealth and minerals, such as the Middle East and its oil, and the areas in South and Central America, with their minerals and oil. This Awareness indicates that these shifting loyalties are not simply for the purpose of diminishing conflict and bringing about peace. These entities are more interested in gaining greater control of the earth, of the minerals, of the wealth, of the use of people.

This Awareness indicates that the masses have been duped in many occasions, manipulated by those who hold power. The masses have been used like puppets on strings to play the games. The manipulations of war, from the Second World War, even from the First World War, into the Second World War, and the following wars; each of these carefully orchestrated by those powers that control the wealth so that they would gain ever greater control of the wealth through the manipulation of masses, manipulation of ideas, manipulation of emotions and the manipulation of societies and nations and at their expense in human suffering and economic cost.

This Awareness indicates that this is the bottom line and all of those labels of Communism, Atheism; all of those things were carefully selected and used for manipulative purposes to turn brother against brother, sister against sister, and masses against masses. This Awareness indicates that fortunately, more and more of those masses of entities are waking and thinking instead of simply acting like a mob shouting

slogans and labels and polarized hostilities. This Awareness indicates that too many people are too caught up in slogans, labels and polarities to even think clearly, to even look beyond those banners and uplifted fists, those hostilities, those red-faced people who stomp the floor when hearing a word.

Who Started Communism?

This Awareness suggests that entities wishing to recognize those things may benefit greatly from stomping the floor, clenching the fist and shouting: "Communism!", twenty or thirty times, until they defuse that energy and are willing to look at the realities behind those emotionally charged words. "Who started those charged words? Who created that terminology that is so hated?" This Awareness suggests that if entities go back in history and look carefully at the origin of Communism, they will find that they were financed from the banks in New York, trained on the streets in New York, and these entities went to Russia and were loosed onto the streets to start the revolution in behalf of the banking establishment of New York.

This Awareness indicates that if entities go back far enough into the origins of the concepts of Karl Marx, they will find that he was one who was commissioned by certain select members of secret organizations working for the banking establishment to write the manifesto for Communism, even at the same time that Karl Ritter was commissioned to write the manifesto for the extreme right, the Nazi movement; that which became exemplified in the Nazi and Fascist movement, and that which correlates to the extreme right today.

Using Identifications as an Excuse to Hate

This Awareness indicates that this polarization came out of the secret meetings, the secret schools, the secret work and manipulation of the money mongers, and entities are still playing into their hands without realizing why they shout these slogans of hostility toward the other side, why they hate the other team, why their school team is better because it's *their* school team, why the other team is worse because it's the "other" team. There is no logic in the hostility that can break out at a football game in which one team is willing to injure the other team, in which one fan is willing to harm the opposite team's fan.

This Awareness indicates there is no logic in such artificially created hostilities other than identification. "I identify with this team, therefore, I hate *that* team." "I identify with good weather, therefore, I hate rain." "I identify with rain, therefore, I hate your good sunshine weather." Whatever your identifications, you use that as an excuse to hate those who have other identifications. This Awareness indicates whatever you identify with becomes your righteous ticket to condemn others for not having the same identification. You say you are a Republican, therefore, anyone who is a Democrat is your enemy. You say you are white, therefore you hate Blacks. You are Black, therefore you hate Whites.

These are but identifications. They are temporal in nature. They develop differently in different lives, depending on where you were born, in what culture you associate with, or in what value system you have been raised. You think that because you are of a particular sect in terms of a religious organization that it

makes you right. Your parents were Jehovah's Witnesses, your parents were Mormon, and therefore you are a Mormon or Jehovah's Witness, and therefore you are right, and the Nazarene, the Baptist, the Catholic or the New Ager is wrong.

This Awareness indicates that it is nothing more than conditioning into certain identified programs imposed on you before you had the ability to make an objective choice. You call that thinking. You call that intelligence. You think that you are intelligent because you were raised by parents who selected a Jehovah's Witness religion, or who fell into some kind of circumstance in which they were assisted by a particular person from a particular philosophy or religion, and to accommodate that person they attended that church and continued to attend for several years before you were born because it was advantageous in the community to belong to a church, and therefore you are raised as one of that church membership, and therefore you have the right answer, which is based on that particular religion which is acceptable in the community in which you live, and you are now converted entirely to that religion, so that anyone who is otherwise influenced by some other religion is simply wrong, and you are right.

This Awareness indicates that is how identifications/programming and the conditioning of the human mind occurs. You think that when you put a piece of software into your computer from, for example, *Word Perfect*, as a word processor, or for example, *Word Star*, that whatever particular software program you put into that computer 'is the right one' for that computer, because you are familiar with it. That is the only reason; but you will argue, you will feel hostile towards anyone who challenges your particular word processor used in your computer. This Awareness indicates this is what identification is. This is what conditioning is.

The human mind looks for comfort and if it understands something well enough that it can talk about it and use it effectively, it is satisfied, and will fight to the death even, those who would disrupt that comfort zone. It will ignore the fact that the program is no longer valid, or is out of date or is lagging in many ways. It will ignore the fact that the program does not do what it is designed to do, just to protect that feeling of comfort, that: "Well, at least I know what it's all about. To go into that other program would be extremely difficult for me, and I don't know if I would like it, therefore, I will look no further toward anything else. I will simply stay with what I have."

This Awareness indicates that many entities live their lives in that manner, staying with what they have, not because it is totally satisfying, but because it is costly in comfort to alter things in their lives, and they will only alter their life when it becomes a necessity, when it becomes uncomfortable to remain stagnant. This Awareness indicates that is the trouble with identification. That is the problem with conditioning, with being programmed. You not only are programmed by the philosophy, by the software, by the information, you are also programmed by your own laziness to continue working with that software, that information, that philosophy. In this way, the philosophy, the soft-

ware, the information controls you, as you become comfortable with it.

Possessions Make for a Sick Society

This Awareness indicates it is likened unto the entity who gains so many possessions that he is then possessed by those things he owns to the point where he cannot simply walk away, go somewhere, experience freedom. He must stay chained to his possessions. Likewise, the possessions of philosophies often refuses to allow entities to look at a different philosophy, observe a different concept, witness something new as an experience. This Awareness indicates that too many entities want the Cold War, the hostilities to continue as before because they are comfortable with that familiar threat in life. They have lived with it for 40 years: "If anyone tries to change this threat that I am under, I will object vehemently, for I know that for 40 years it has preserved my life, and I like the nuclear threat hanging over my head."

This Awareness indicates that it is a sick society. There are sick entities; that sickness has come about, much likened unto a contagious epidemic, in which entities accept that sickness of the nuclear threat for humanity. This Awareness indicates there are many entities who become ill, who develop a sickness, and when someone comes along with a cure, they scream, they freak out totally: "Don't touch my diabetes! My diabetes has helped me!" "Don't interfere with my cancer! I am doing exactly what I want to do!" "Don't upset my vision and make me see things the way things are!"

This Awareness indicates there are entities who develop comfort zones around their disease, because they are familiar with it, and they are frightened by anything that they know will actually take the disease from them. This Awareness suggests you not be alarmed at entities who do not want the threat of war diminished on this plane, for there are many entities who are ill from the sickness that has developed as a paranoia over the past 40 years of Cold War activities.



C.A.C. Editor, Avaton, at a Recent 'Beyond War' Seminar
"Way to go, fellas! Let's all be friends!"

10. **A PRESIDENTIAL CANDIDATE
WITH ARMAGEDDON PHILOSOPHY
(BAD KARMA FOR SUPPORTING TV CON ARTISTS)**

COSMIC AWARENESS:

In relation to the information Awareness gave last night on the Presidential candidates, there's an article put out by Jack Anderson, I'd like to read; it brings up several questions. He writes:

"CANDIDATES SKIRT MIDDLE EAST ISSUE".

-The Israeli-occupied territories of the West Bank and Gaza are caught up in a maelstrom of shootings, beatings and even live burials. It is an agonizing mess that may be left to the next president of the United States to deal with.

But the candidates lined up to take that job are noticeably quiet about what they might do to bring peace in the Middle East. Because of the void, we consulted American Middle-East experts and made our own examination of where the candidates stand. We concluded that three of them have the most flexible positions on the Middle East, and that flexibility may be the key to peace. They are Vice President George Bush, Sen. Robert Dole, R-Kan., and a man who has, at times, been labeled anti-Semitic: Jesse Jackson.

None of them are anti-Israel, though their degree of support varies from blind to moderate. Both American Jews and Arab-Americans consider Dole the most promising of all the candidates for bringing peace to the Middle East because of his strong leadership in the Senate and his determination to reach acceptable compromises.

Bush supports the Reagan policy of pursuing peace and pays lip service to Israeli interests. But the national Jewish Coalition has rated Bush "the least desirable Republican." The Anti-Defamation League of B'Nai B'Rith, a Jewish civil rights organization, has criticized Bush for naming a prominent Arab-American, Gov. John Sununu of New Hampshire, as his campaign chairman in that state. Bush stood firm on his choice and Sununu was a key to his big win there. Still, the alliance may cost him Jewish voters in the general election.

Jackson has taken an explicit position of favoring an independent Palestinian state while calling for secure boundaries for Israel. American Jews may suspect him of anti-Semitism because of his tactless "hymie town" reference to New York City. But no one who knows Jackson believes that he is anti-Semitic. He appears to be the only candidate willing to discuss the painful Middle-East problem openly on the campaign trail. The others don't jump into the debate, and the pro-Israeli candidates seem embarrassed by the Israeli treatment of Palestinians.

Pat Robertson is an unabashed pro-Israeli who follows a classic Armageddon theology. To him, Israel is a divine creation of God and her boundaries are sacred. He interprets biblical prophecy to mean that the United States and Israel (the forces of good) will team up against the Arabs and the Soviet Union (the forces of evil) in a nuclear holocaust that will pave the way for the Second Coming of Christ.

In Robertson's preaching days, he wrote that the 38th chapter of Ezekiel in the Old Testament means there will be "an invasion of Israel (by) Russia, Iran, Ethiopia and Libya...When the smoke clears, Soviet Russia will be reduced to a fourth-rate power and Israel will be the wonder of the world. This is what the Bible tells us will happen, and it will happen."

That is not the sort of talk that goes over well at the bargaining table.

End of article. And I might add, it's not the sort of talk that a president of the United States should be saying. Could Awareness comment on that please?

COSMIC AWARENESS:

This Awareness indicates that anyone who is of sound mind would see the danger of that philosophy working on this earth plane through a man who seeks to run the most powerful nation in the world. This Awareness indicates that a vote for this entity as that which may be interpreted as a vote for suicide. This Awareness suggests only if the entity were to alter and change his position from that which was given, would entities feel comfortable.

This Awareness indicates of course, there are many who would like to see this occur because they are so convinced that they will be selected and raptured or pulled out of the fighting into the lap of Jesus, whereby they can sit from a good vantage point and watch the earthly destruction. This Awareness indicates that this is the myth which entities energize. This is the dream which many entities worship. This Awareness indicates that there are very sick people on this plane with enormous amounts of influence, and that sickness as that which can spread and has been spread through the masses, by the good intentions of entities who think they are fulfilling the will of God, the will of Jesus, by donating money to these entities, by giving energy to these concepts, by sacrificing their lives, their energies, and their children's inheritance in giving to these television con artists.

This Awareness indicates that this is one of the greatest atrocities to religion, to watch these entities take enormous sums to promote fear, to threaten masses, and feed them hope, feed them promise, feed them false securities. This Awareness indicates that it is appropriate that these entities are being exposed, for the hypocrisy in their own personal lives. It would be even more appropriate were their message to be exposed for its duplicity and false interpretation of that which is the true message of Christ.

People Believe the Lie that is Most Bizarre

This Awareness indicates that it is generally a truth that entities believe the lie that is most bizarre; the message that is repeated enough, even though it makes no sense, if it is bizarre enough it sticks in the mind because it cannot be dismissed, because it does not resolve itself in a rational conclusion. This Awareness indicates that the more absurd, the more the message is impossible to solve or conclude upon, the more it lays in the mind and festers until it becomes stuck and entities cannot remove the message.

This Awareness indicates that Hitler was well aware of these principles of controlling and manipulating the mind. This Awareness indicates that these who spread their particular interpretation of Biblical meaning are also well aware that the unclear, vague confusing message, when paralleled with fear, threat, promise and a sense of great importance, instills itself in the mind, and takes hold to the point where an entity cannot sort out reality, becomes confused and therefore, simply accepts the message and does what he or she is told to do, regardless of whether or not the entity understands what is going on.

The Sickness that Plagues the Earth Today

This Awareness indicates this is the sickness that

plagues the earth at this time; that confusion wherein the manipulator then inputs the answer so that the confused entity has something to grab when nothing else is available. It is an old occult trick, and yet these entities speak against studying the occult, for fear that entities will understand, will learn about these tricks. This Awareness indicates that the joke's on those who would manipulate the masses, for in time they themselves are the ones who have become manipulated by their own folly, and the masses can be fooled some of the time, but eventually they will awaken to face the reality, for they will, in time, begin to think for themselves as the confusion becomes so great that nothing satisfies except the answers they receive when tuning in to the truth that lies behind the words.

When entities begin to attune to the God self within, the answers begin to come and those manipulators will have no power over these entities. This Awareness indicates that *Second Coming* of the truth, of the *Second Coming* of the Christ heralds in the New Age for that entity.

LIKE A THIEF IN THE NIGHT, THE CHRIST CONSCIOUSNESS MOVES ACROSS THIS PLANE

(Closing Message)

This Awareness indicates that it has been said this Christ Consciousness comes as a thief in the night. The meaning behind this is that which relates to the subtle movement of the mind toward that which is discernment and perception of reality, of truth, of the Light that emanates deep from within each individual. As this begins to surface for that individual, the Light emerges, the truth emerges, the Way emerges for that individual, and that individual at that time, then has experienced the *Second Coming*, and no one noticed, even as though the Christ Light entered, took over and stole away the soul of the individual for Christ, born again into the Christ Light. This Awareness indicates as a thief in the night this movement continues, from individual to individual, as each one is open to receive that Christ Light.

This Awareness indicates time passes, the Light moves, touches one, then moves on to touch another. One is taken by the Christ Light, the other is left. This Awareness indicates that these entities unnoticed, turn and accept the Christ Light which is moving from entity to entity, even throughout this earth plane, from day to day, month to month, year to year, decade to decade, until all shall see its coming. All shall recognize its presence in their lives, at which time, these entities will have realized the immortality of the Christ Light with whom they are identified and shall know the truth, which *shall* set them free, whereby they shall have the knowledge, the understanding, the wisdom of everlasting Light, through identification with that Christ Light.

This Awareness indicates that they will know that death shall be no more, for they will be attuned to that which is the Christ Light, rather than to that which is the discardible packaging, known as the body.

(End of reading)

AN EXERCISE TO IMPROVE MEDITATION

(THE MAJOR VALUE OF MEDITATION)

(Excerpt from a Personal Reading)

QUESTION:

Over the years I have tried several methods of meditation, which included three-day fasts, yoga, vegetarian diet, non-smoking, etc., and really have not been able to achieve the meditation results desired. Could Awareness please help in this area by explaining what my hang-up is, and the steps required to overcome it. Also, is the White Light visualization experienced by some meditators, only reserved for the more advanced and older souls? During my prayer-time, I am not able to see the white light, and often wonder as I don't see it, if any of the prayers offered for people on the list are effective at all. Would Awareness please comment on this?"

COSMIC AWARENESS:

This Awareness indicates that much of your problem as far as meditation is concerned, is in relation to the intense effort you are exerting mentally. This Awareness indicates that there are different types of meditation; that wherein you focus your attention toward a particular point, that this is the meditation that assists in your ability to concentrate; this as a meditation for the pineal, and is symbolized in ancient symbology as the serpent. This Awareness indicates the meditation of the pineal energy, in a kind of will or willfully directed thought or concentration, is that which you have had success at, but it is not the meditation which you are expecting to experience.

This Awareness indicates that however, as long as you continue meditating with the strong mental focus, you will not experience the meditation which you desire. This Awareness indicates that for your purposes, that wherein you turn the serpent backwards in your head, rather than forward between the eyebrows, that you turn your attention backwards to a point behind the ears in the center of the head, and from there give your attention an upward direction to a point approximately eight inches above your head, outside of your body, above the head. This Awareness indicates that essentially, you are to draw the serpent's head backwards, the pineal energy pulled backwards, to a point near the madulla oblongata, just above the point where the vertebrae enter the skull, and then turn your attention directly upward through the crown chakra of the head, to a point approximately eight inches above your head. That in giving attention to that area during your meditations, you will begin feeling a different type of energy.

This Awareness suggests that also, deep breathing exercises, or simply deep breathing before such meditations will assist in the experience of seeing light as the prana is brought into your optic nerve through the breathing process, it spills over and is seen as light. This Awareness indicates that likewise, wherein the optic nerve is overcharged with prana, or the mana, the energy becomes such that it enters the

auditory canal and is heard as a kind of ringing, or rushing in the ears. This Awareness indicates that these experiences may occur to you. This Awareness indicates that essentially, the importance is not so much in seeing the light or hearing the sounds; this does, however, enhance the consciousness levels as it feeds the aura and the energies, the vital force from the air, and the vital force, prana, or mana, or whatever word you prefer, can be used for energizing purposes.

This Awareness indicates that the major value in meditation is that it calms the mind and the nerves and allows one to realize a peace of mind, and this peace of mind is healing to the physical body, particularly to the intricate system and the nerves of the body.

THE APPETITE CONTROL PATCH

...HOW EFFECTIVE IS THIS TECHNIQUE?

QUESTION:

R.S., of Friendswood, Texas, send in some information he received, and asked us to check out a product called the Appetite Control Patch, and I'd like to read a little bit of this advertising material, which is inviting people to try this thing. It says:

"A new company in San Diego has just begun distribution of a 'Magic Patch', an appetite control patch. It sounds too good to be true, doesn't it? But read on! For years the medical profession has been using a skin patch technique for the direct and continuous application of medication--the Nitro Patch, Motion Sickness Patch, Hormone Patch, etc. Now medical science has discovered the secret of controlling the brain's weight control center with the use of healthful nutrients (niacin, amino acids, etc.). You simply wear the Appetite Control Patch on your wrist, collarbone, or behind the ear. Just put the patch on each morning after bathing after applying 2 drops of nutrient solution on the pad, and go on your merry way! You will lose all the weight and inches you desire. And you'll be able to keep it off, too! It's fun, simply, and easy! You will discover that you will be eating less because you are satisfied with a lesser amount of food."

And it goes on to say that they're so sure it will work that they guarantee complete satisfaction or money back. It concludes with: "The Appetite Control Patch and Appetoff solution is a totally safe, non-toxic homeopathic preparation. Two balancing therapies have been joined together, the use of acupuncture points and homeopathic preparations, in producing this appetoff solution. When this Appetoff solution is applied to a pre-sterilized spot patch and placed over appropriate acupuncture points for combined therapy, it sends a bio-electrical message to the appetite control center of the brain to control appetite." A 30 day supply of these control patches cost approximately \$29.95 and are being sold on a pyramid-type sales plan. Would Awareness comment on this product, please?

12. COSMIC AWARENESS:

This Awareness indicates that this substance as being effective; that it does take some time. It is not something which brings about a quick weight loss; it is beneficial in that it does add the substances in a kind of homeopathic manner through the skin and into the bloodstream, to help curb the appetite. This Awareness indicates that the action of placement in regard to the acupuncture points as that which may require certain assistance from someone who clearly understands that placement; that this aspect as being the most unclear or uncertain in regard to proper placement

This Awareness indicates in general, however, it can be used safely and can be beneficial and that you may also use it in conjunction with other forms of dieting or weight loss programs.

WILL STOPPING UP ONE NOSTRIL

STOP THE AGING PROCESS ?

QUESTION:

A Question from B.W. "The Revelations about aging recently from CAC were very interesting. One important aspect was not covered at all--the influence of the sun and moon on our lives. I believe we need to balance the flow of ida, the negative nerve and the positive pingala flow. By closing the right nostril from sunrise to sundown and the left from sundown to sunrise, we can arrest decay and symptoms of approaching old age. If we cause the lunar nerve to flow during the night, we can neutralize the damaging influences of both luminaries. I have been using cotton in my nostrils for this purpose for four months and it isn't much trouble. It has even corrected some of my post-nasal drip. Please ask Awareness about this controlled breath practice.

COSMIC AWARENESS:

This Awareness indicates that this can have some beneficial results. Much of it, however, is of a suggestive nature; if it is something that you believe strong enough to be of benefit, then it can have such benefit through the suggestion, much likened unto one being hypnotized, that if one takes this placebo pill they will feel better.

This Awareness indicates that for the general public, there are not too many who would wish to do this for the benefits that would be gained. This Awareness indicates that if it works for you, then indeed you may wish to continue this action. This Awareness suggests however, that it does not appear that it will ever become a strong social fad, or process adapted by the majority of people.

This Awareness indicates that many people would prefer to have access to both nostrils when attempting to breathe.

ED's Note: "Heh, heh, heh."



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