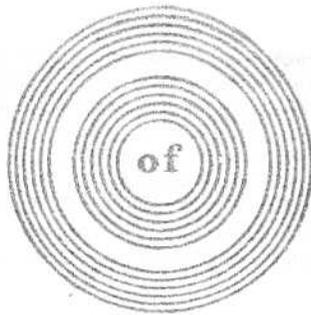


Revelations

Awareness



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The New Age Cosmic Newsletter

Cosmic Awareness Communications

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Helping People Become Aware

ISSUE NO. 343



HELL FIRE PREACHERS THAT HAVE VISIONS
AND HEAL OTHERS. HOW DO THEY DO IT?

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

A SPECIAL HEALING FROM COSMIC AWARENESS TO ALL MEMBERS OF COSMIC AWARENESS COMMUNICATIONS

(Opening Message, C.A.C. General Reading)
March 20, 1989

COSMIC AWARENESS:

This Awareness wishes at this time to present a healing for each and every entity in the *Cosmic Awareness Communications* organization, for each subscriber to the newsletter. This Awareness indicates that energy is now being gathered for this healing to give these entities an additional assistance in their lives so that they can enjoy benefits that come their way, so that they can ward off any negative forces that might otherwise come their way. This Awareness wishes to enhance the good for these entities and their loved ones through this healing.

This Awareness indicates that this healing as also that which each entity within the organization can effect for themselves and for others by following the directions to be given as each entity is touched by these energies; that the direction for such healing as to be described as the healing takes place. This Awareness indicates that in effecting a healing, such as a group healing or that of an individual through this action of visualization, there is the necessity first to tune in to the energies of the universe that are essentially consciousness.

This Awareness indicates that in tuning in to the Universal Consciousness, addressing the Universal Consciousness, recognizing the existence of the Universal Consciousness, and that It is omnipresent, everywhere present; this Awareness indicates that in touching this Universal Consciousness, the entity then can proceed with the healing by moving from the unity or touching of the Universal Consciousness to direct this energy to flow through the lives, through the forms, through the experiences of the individual or groups of individuals for which the healing will be conducted.

This Awareness indicates that any form of physical movement, ritual or action accompanying this psychological visualization can be beneficial as a kind of grounding action. This Awareness indicates that at this time It is moving the Interpreter's arms in circles to form the *Law of Love*. This Awareness indicates this is not a necessity, but some form of physical action or some form of physical grounding as that which helps to manifest the movement of the energy into its purpose and fruition. This Awareness indicates that by gathering energy in this manner, psychically gathering the energy of the universe and directing this energy to the individuals for whom it is intended, with the intention of showering these entities with Light Energy for healing purposes, to heal those imbalances within their personal lives, to assist them and their loved ones, this energy then becomes a force that acts upon the information that has created the individual and his or her life and circumstances.

This Awareness indicates you are in effect, adding new information to that which was already present in this entity's life or in the group of entities and their lives. This Awareness indicates that It now has gathered energy from the universe as Light Force, as Light Energy, and brings this energy into the aura of each and every one of the subscribers and their loved ones, for whom they wish to pass this healing. It brings this energy into their aura, into their physical forms, into the information processing that occurs within these entities, adding this Universal Energy to their own energy to bring about the healing that brings harmony and balance to those troubled areas which these entities

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may now endure so that these problems which entities are experiencing at this time may be quickly resolved to allow them to move on to other actions of a greater and more productive nature, whereby they may find opportunities to enhance their own enjoyment of life and to improve the lives of others through their service and concern for the welfare of others.

This Awareness indicates that this energy as now having been infused upon the lives of these entities and now is fixed in their aura and that this energy shall have its effect.

This Awareness suggests that each entity within the organization, whether it be this organization or any



VERONICA LEUKEN AND OTHER HELL FIRE AND BRIMSTONE PREACHERS THAT HEAL, HAVE VISIONS, SEE JESUS AND THE VIRGIN MARY. HOW IS ALL THIS ACCOMPLISHED ?

(Those Who Prevent Entities from Becoming One with the Father)

QUESTION:

A question from D.C., Bayville, New York. "Would you please ask Awareness this question. It deals directly with what the last CAC newsletter, and what a lot of CAC newsletters are always talking about,—the Christian, fire and brimstone, eternal hell philosophy. There is a woman from Queens, New York, Veronica Leuken, who has been having visions of the Virgin Mary and Jesus for about 10 or 15 years now. Magazine articles have been written about her, hundreds of people attend her vigils, and apparently she really does see the Virgin Mary and Jesus. Healings have occurred, and photographs have been miraculously altered. The message that the Virgin Mary continually pounds out is that you better be good, you better be a Roman Catholic, you better pray for mercy all the time, or else you're going to burn in a fire forever. Awareness has stated that It is offended when Christian preachers threaten their listeners with these teachings. Then why does the Virgin Mary herself, and Jesus himself, say these same things through a Catholic visionary? The visions of Veronica Leuken made me nervous for a while. It's still confusing. Would you please ask Awareness this question and have it printed in an upcoming newsletter? Thank you. Sincerely, D.C."

COSMIC AWARENESS:

This Awareness has *not* indicated that *It* is offended by these threats and coercive actions to press entities into a particular belief, *It* is, rather, *distressed* by such methods. This Awareness indicates however, that *It* also understands that this is part of the manner by

other who wishes to affect a similar healing, may do so by simply tuning in to the life force of the universe and willing it, directing it through the intention of consciousness, the intention and focus of mind toward that purpose of healing, for any individual or group of individuals. This Awareness indicates that this as having been completed.

ED's Note:

As Awareness began this opening message, the hands of the Interpreter were raised into the air, then making a circular motion (the left hand moving counterclockwise, the right hand moving clockwise) forming the symbol of the Law of Love. This physical movement of the arms continued through the entire reading.

which entities in the evolution of their development and thinking from polarized concepts toward these concepts which are reconciliation, must follow.

This Awareness indicates that the mind is a place of its own, and whatever it is programmed to believe, it will find substance in its manner of perceiving to allow it to prop up and enhance its own belief in its programming. This Awareness indicates there are not only entities who believe that hell awaits those who fail to follow a particular belief, there are also entities who believe that the gremlins are going to get them if they don't eat a certain food or if they don't obey a certain action, or if they don't follow a certain path. There are entities who believe that snakes and spiders are out to get them or that Russians or spies are out to get them.

There are entities who have all manners of beliefs. These beliefs can range from anything associated with reasonable concepts to bizarre concepts, and can be as believable for one as they are unbelievable for others. What entities believe, they generally find some kind of evidence to support such beliefs. They do not always find other entities who will support those beliefs, who will agree with those beliefs. To the extent that they cannot find other entities to support their beliefs, they are called insane, even though they may have strong evidence sufficient to support their own belief, within their realm of reality, within their manner of perceiving.

This Awareness indicates that when a belief or perception of reality by an entity or group finds sufficient support from others, it becomes a phenomenon that is seen as more potentially accurate and real than when a single individual holds a belief without the support of others. This Awareness indicates that

wherein a group of say, 60% of the people on earth share a belief, that belief then is considered real. Wherein only 2% have such a belief, even though they all consider it real, and the remainder considers it some kind of illusion or fantasy, that belief held by those 2% is just as real for them as the belief held by the 60%.

This Awareness indicates the number of believers does not in fact determine absolute truth. One person could have absolute truth, while all of the others on earth could have some sort of illusion regarding absolute truth. This Awareness indicates that truth is What Is, and yet, there are so many entities who perceive so many different views of truth, that seldom do any two entities agree totally on what is true, so the question is: Is there any absolute truth apart from one's own perception that all entities can share?

This Awareness indicates that everyone sees a different absoluteness when they look out at the universe, and that truth which they see may parallel only in certain areas the truth that others see, and it is those common areas wherein entities share similar perceptions that draw them together, and it is generally the opposing views that pull entities apart from each other. This Awareness indicates that were there no words available to describe these truths which entities see, there would be closer understanding and entities would simply see each other, observe What Is, and be unable to describe, define or influence each other in terms of What Is, or the perception of What Is, yet this is not the way things are, for entities do have words, and entities cling to those words as explanations of What Is.

This Awareness indicates that when an entity is raised from the nonspeaking child into an adult who is programmed to have certain words, certain language describing What Is, it is not reasonable to expect the entity to see the same truth that another entity in a different culture might see when observing What Is from that other culture, and the words associated, thus, the entity who is told of Jesus will have those words to describe What Is, and even if seeing the same What Is, these entities will have different descriptions because that is what they were given in order to describe What Is.

This Awareness indicates that when one goes beyond the programmings that have been dispensed through the various cultures, to look beyond the words to the reality of What Is, when one begins to incorporate all of what is seen, all of what is known about life that lies beyond belief; the facts of life, the reality that entities tend to adjust to their own programmings, to the programmings of their society, and that these programmings are not necessarily universal in nature, but are limited to that particular society, one begins to see that you cannot rely totally on these social programmings, and therefore, you must look beyond towards something more.

This Awareness indicates that in looking at the various myths of society, the various programmings of society, and looking at these different patterns of societies for something that is remarkably similar between those cultures, and seeing that those patterns have something to say to humanity regardless of the society, and overlap into other

4. cultures who use different words to describe those patterns, then it becomes a higher language still, a language higher than the words used, a language which observes patterns, patterns that are perhaps interlocking or interthinking of other cultures, overlapping the same patterns in different cultures, requiring a different name, a universal title to explain that pattern.

This Awareness indicates that where one society uses the name Jesus, another may use the name Esau, or Heysu, or Krishna, or Christ, or may use other titles altogether to mean the same thing: the Great Spirit, Allah. This Awareness indicates that the stories of these entities may alter slightly from culture to culture or may remain much the same from culture to culture. There are overlapping patterns in these various religions which indicate a common mother. This Awareness indicates that were entities to move on beyond this earth, this tiny particle in this corner of the galaxy, and visit other planets and entities who live thereon, they would not find the same story, the same details of the Cosmic Gods; they would find other stories, other myths, other explanations of the creation, and yet there would be a common pattern, even though the names, the details, the stories might be quite different. Which then is true? Is there a need to select one philosophy over another?

Of course each entity will assume that the one he or she accepted, was given from childhood, has to be correct, regardless of whether it originated in this country or that continent or a different planet, or wherever, regardless of whether this entity was born here, there or somewhere else, in another planet, each of these entities will be most certain that his or her beliefs are correct, because they were given this as an explanation to the mysteries of life from childhood, and to deny their own beliefs based on these mysteries would be most difficult for them, for their language and everything they have learned would need to be reexamined. It is like unravelling the sweater that makes up the mind, unravelling all of the knitting that went in to formulating one's thoughts, one's ideas, one's beliefs, one's language, one's culture.

Therefore, entities hold on to those things with which they have come to identify their own individuality with. This Awareness indicates that there are entities who because of childhood training or cultural influence, believe in hellfire and damnation as a literal reality, when in fact, from the view of this Awareness, all of these concepts of hell are but symbolic of the torture that the soul must suffer when it is separated through its own desire from the Divinity of Universal Consciousness.

This Awareness indicates when an entity separates, there is pain. When an entity joins, there is comfort, and this joining together of one's soul with another, and another, and another, and with the Universal Soul, brings the entity into that emotional and psychological and cosmic level of consciousness that is bliss. This Awareness indicates the separation is a great torment. When an entity feels separated and alone, even though it may give the entity a feeling of great significance, it still creates great sorrow and suffering.

This Awareness indicates that this has been symbolized as that which is the burning and suffering eternally in hell, wherein one's emotions are burning the entity's

soul with great sorrow and suffering because of this separateness between the individual and the separation from the Divine. This Awareness indicates that wherein this was originally symbolic, it has become interpreted as a literal experience, and when entities have a belief that something is literal, then they begin to energize this as a literal experience, and believing it is literal, will tell it as though it were literal.

This Awareness indicates that so much of that which is religious in your culture is actually metaphorical in reality, and yet entities take it as literal, and believing it is a literal reality, interpret and perceive life in a totally different way than that which was intended by those who brought forth these messages, these myths, these stories, these deities to guide entities in their evolution and development; these mythical stories having had a purpose of giving entities certain qualities to live by through story form, through parable, through metaphor. Finding that these metaphors, myths and parables are being taken literally, such teachers would be shocked.

Movie "Star Wars"-- A Future Religion?

This Awareness indicates for example, assuming in two thousand years, when many of the present day records have been lost, someone comes across the story of Luke Skywalker, and finds all of the answers to the ancient mystery of creation, of human origin, as being evolved from a *time, long ago, in a distant galaxy*, in which Luke Skywalker, Obi Kenobi and Darth Vader entered into a conflict that brought forth the events that followed in this particular matter, in this way, and the story then becomes a historical perspective of human origin, stemming from a *time long ago, on a distant galaxy*. If you can imagine two thousand years from now, entities coming across this and believing it to be true, forming a religion around this, elevating Lucas and Spielberg and others involved as apostles telling this story so that they are seen as historical reporters and that these entities Luke Skywalker, Obi Kenobi, Darth Vader and the struggle between the empire and the rebels and being part of a scenario that occurred between the Force of Light and the Force of Darkness, this could very well become a future religion which entities take literally, as though it were absolutely true, historically.

This Awareness indicates it is most interesting that many of the biblical stories can be found in earlier writings of heathen origin: the garden of Eden having a source from Babylonia; many of the stories of Christ having come from earlier writings in India, some of these being several hundred or thousands of years older than the New Testament stories, yet paralleling precisely, often in the same words, the stories told in the New Testament. This Awareness indicates that many of the passages in the biblical writings of the New Testament are found in ancient, more ancient Egyptian writings.

Absolute Opinions Can Create a Healing

This Awareness indicates that entities often prefer to believe those things which are given as guiding parables, stories, metaphors, allegories, as being historically accurate, than to recognize what they are in truth,--stories that assist and guide the masses, informing values and standards by which to live. This Awareness indicates that, yes, there is that phenomenon of

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the entities who have certain opinions, absolute opinions, unquestionable opinions, that they can in fact, through their belief in what they see as reality, affect a change in consciousness so clearly that healings can occur. One may do this through certain Christianity formulas. Another may do the same through formulas based on Buddhism. Another may do these healings through some formula based on shamanism, or from the teachings of the American Indian, or from some individual techniques developed by the certain believer, the absolute believer in gems or herbs or allopathic medicine or a trinket that was purchased in Japan or Taiwan, or from some homemade device.

Altering Matter Through Mind

If the belief is strong enough and the patient or receiver of that healing and belief is receptive enough, the change can come. This Awareness indicates this is magic, the ability to change consciousness. This Awareness indicates it is also magic in that in many instances physical matter can be altered by mental matter. The mind in its most focused and absolute energizing, can indeed alter matter. Matter is the outgrowth of mind. Matter is the outgrowth of spirit, and therefore, one who has a strong enough mind and is attached to spiritual energies can indeed alter matter. The Kahuna who can repair perfectly a broken leg when the bone has protruded in fact from the body is using mind over matter, is altering matter through the use of mind.

This Awareness indicates in reality, the entire universe is living mind, and all entities are living mind within that, and the outgrowth and imaging of that mind creates the matter that is perceived, creates the organs that perceive the matter, creates all of the variations and densities of matter that reside within that Universal Mind. This Awareness indicates this Universal Mind does not have a prejudice in which it favors this group over here because they have 'this' belief over that group over there because they have 'that' belief. The Universal Mind does not care what the entity's beliefs are. It does not care if these entities believe in copper trinkets in order to effect healing or that this group over here believes in eating certain magical potions, or that this group over here has a certain type of altar and deity, or that this group over here, on this other planet believes in ancestry and worships their ancestors. It does not care if this group over here worships children, or that this group worships cats, or that this group worships a certain god by a certain name that shows up whenever it thunders, or that this group worships this god that is high and mighty, capable of wiping out enemies of its favorite people.

What the Universal Consciousness Would Prefer

The Universal Consciousness does not care what religions entities hold, for the Universal Consciousness simply sees these religions as an effort by these entities to satisfy their own need to understand. What the Universal Consciousness would prefer and would like to see is that these entities find the truth, that these entities look to reality, forget their beliefs and seek to understand from whence they came and to understand the consciousness that they hold is like a room that has many doors, each opening into a larger room,

and still a larger room, whereby the consciousness continues to expand, ever expanding from room to room toward universal comprehension and understanding, so that these entities eventually realize they are part of Universal Consciousness and that they need not be confined to their little belief, their little group, their little prejudice, their little confinement and identification with their family, their locale, their nation, their planet; that they may, in fact, expand their consciousness to understand all things, to experience all things, to be the reflection of that which is the Universal Consciousness.

This Awareness indicates that *It* does not care whether these entities pursue Universal Consciousness under one banner or under another, whether the flag is red, white and blue, is Christian, is Buddhist, or whether the flag even exists; *It* only wishes to see that these entities pursue the Universal Consciousness in order that they may find themselves and ever expand their awareness to be that which they are in fact.

This Awareness indicates that the problem with coercion, psychological coercion, emotional coercion, as taught by threats of hellfire and damnation, is that it shoves the consciousness into that little eddy in which the entity, out of fear, clings to this little belief that is itself limiting, and does not allow further expansion of the entity's consciousness to move toward that which is universal in nature; thus, while the story of Jesus teaches and shows by example an entity who becomes one with the Father, one with the Universal Deity, the followers are taught: Go into this little eddy, hole up, don't change your thinking, worship the name of Jesus from inside that little eddy, and don't move out of it. Don't expand any ideas or thoughts. Don't try to become one with the Father. Remain apart from the Father, and simply worship Jesus as the Son of the Father, and if you move, you'll go to hell and burn forever.

This Awareness indicates that this is the great danger of the literal interpretation that so many now teach in regards to the Christian philosophies, that the great teacher, the example given and the message presented are being distorted in such a manner as to lock entities into a tiny narrow state of mind, preventing them from becoming one with the Father, for fear they might be competing with Jesus, when in fact, Jesus admonished them that: "These things I do, you too will do and even more!" This Awareness asks: How can you do more if you cannot get beyond Jesus up there, and keeping yourself limited and subservient?

This Awareness suggests that the action of Jesus was to serve as an example and to be an example for others; Jesus intended that others emulate and pattern their lives after his to the degree that they might move toward oneness with the Universal Deity. This Awareness indicates that so long as entities lock themselves into feelings that: "Jesus did it all for me, I don't have to do anything now," then with this consciousness, how is the entity ever to progress? This Awareness indicates that it is the difference between taking the story of Jesus in a literal historical perspective or seeing it in

reality as a metaphorical story that gives hints and examples of how one can progress, to give one's life to serve others and to fulfill the requirements and wishes of the Universal Consciousness.

Wherein one places oneself upon the cross of spirit and matter, serving spirit through matter and through the service to others, one then is requested into spirit and into that higher dimension of consciousness. This Awareness indicates that this metaphorical story serves as a road-map for consciousness to raise ever and ever toward that which is the Universal Consciousness and identification with that mother or father from whence all things came.

The Basis of All Religions

This Awareness indicates the basis for all religions is not centered on material things such as the historical facts, it is concerned with that invisible realm, the spiritual realm, the realm from whence all things come, and it matters not whether these historical things occurred in the flesh, it matters only that entities understand this from the spiritual perspective and what is meant, and how this meaning is applied to assist in the evolution of one's soul, in its sojourn back to the father/mother creator.

The Power of Hypnotism

This Awareness indicates there are hypnotists who can hypnotize masses. All that is necessary is that in mass-hypnosis, all those who are hypnotized believe what the hypnotist is saying. A hypnotist can, in hypnotizing the masses, bring forth healings, or the entity could even bring forth sickness, if those words suggested sickness and entities believed in such. This Awareness indicates many stage hypnotists have hypnotized numerous individuals simultaneously on the stage so that the audience can see that all of these entities are hypnotized. They may be hypnotized to believe they are drunk, that the water they are drinking is making them drunk. They may be hypnotized to believe that they cannot move their arm, or they cannot open their eyes. These things are commonly presented for entertainment, and everyone sees and understands that this is the power of hypnotism.

This Awareness indicates that these entities make no claims that they are doing anything other than hypnotizing. This Awareness suggests however, that what they are really doing is giving suggestions to entities who are receptive to suggestions, who will accept suggestions. This Awareness indicates when you watch the work of many of those expounding religious concepts, and the entities give suggestions based on religious concepts and teachings or preachings with great emotion and great fervor, and entities in the audience or on the stage accept those suggestions, and experience the inability to counter the suggestion, the entity experiences the feeling that he or she is being healed, and indeed, experiences that which is the healing. Is this any different from the hypnotist who tells an entity: "You cannot bend your arm, even though I stand on your arm. You have super strength." When he proceeds to do so, is not this a miracle. Except under hypnosis, this would be extremely difficult.

This Awareness indicates that there are entities who, under hypnosis, have been made to lie rigid, like a bridge

between two chairs, and someone can sit on them; yet, when not hypnotized, it is impossible for these entities to hold that weight, even their own weight between two chairs, with the feet here, and the head there, but under hypnosis they hold the weight, and someone can sit on them. This Awareness indicates that it is *suggestion* at work, and the acceptance of that suggestion.

How Hypnosis Can Effect a Healing

This Awareness indicates the same is so with the actions based on healing. There is a force that lies beyond the physical of entities, that when touched through suggestion and through the power of suggestion and the acceptance of that suggestion, has an effect that is supernatural, beyond that which is natural. Therefore, an entity who has strong enough psychic and emotional influence over others can give these suggestions, either through hypnosis or through spiritual counselling, preaching or suggestion and can have the effect either of healing or of doing something impossible, otherwise impossible, miraculous, in fact.

This Awareness indicates that there are many miracles brought forth through this technique of suggestion, through religion or through hypnosis, which in fact are using the same principle. This does not mean that religion or religious healings are fake. Indeed, they are effective. It is however, a principle that is natural and is not exclusive to the particular belief or religion being expounded. It is a natural phenomenon, one which can be called scientific, if science were ever able to understand the principles involved.

The Information Universe--The Science of the New Age

This Awareness indicates that when science begins to recognize the universe as a mind, a conscious living being, and all matter within as being imaged, created by the imaging process of that mind, then all of these miracles, all of these healings, all of these phenomena connected with hypnosis, religion, belief, and these various mysteries associated with occult and spiritual or supernatural phenomena, these then will all be explained. This Awareness indicates with the new quantum theory and those factors which are moving beyond the quantum theory, science is approaching that understanding of the Universal Mind.

Science is becoming, gradually becoming aware that the universe functions not as matter, not as physics, but as intelligence and as a kind of intellectual pattern or process in which various mental processes occur, moving information in certain patterns that perpetuate and create living phenomena. This Awareness indicates it is a universe of information rather than a universe of matter, and the matter evolved out of the information and the new science that will emerge will be a science that studies the information and its processes and its mannerisms, and the way it functions rather than being focused exclusively on the cause and effect of material phenomenon. The new science will not be that of the materialist, will not be based on materialism, but will be based on the information that lies beyond materialism and creates the matter of the material world.

This Awareness indicates that this is the science of the Aquarian Age, though it is not certain at this time as to what this science will be called. This Awareness indicates that this new science will explain, study, research, and clarify and unify that which has in the past been fragments, --fragments of religion, science, psychology, sociology, biology, geology, astrology and astronomy. All of these things will come under and be clarified by this new science which recognizes the universe as an information processor.



THERE'S MORE
TO HYPNOTISM
THAN MEETS THE EYE

(Follow-Up Question):

Awareness, in reference to hypnosis, is it really all suggestion? There's been so many books written that state not everybody can hypnotize others, that there's certain people endowed with a certain type of mysterious magnetism that they emit from their body by pointing their fingers at the person to be hypnotized, or it comes through the eyes. Is there any truth to that, or is it strictly the suggestive force that they put out verbally and by their actions?

COSMIC AWARENESS:

This Awareness indicates it is more than suggestion, that for example, a computerized voice could for some entities express a suggestion which might for some entities influence them, but if the entity is aware that it is coming from a computer and does not see the computer as being anything other than a machine, or if the suggestion is coming from a tape recorder which has no personal will, the entity is not as likely to be influenced to the same degree as if this were coming from an individual within the room speaking to the entity.



This Awareness indicates it is in part the will of the hypnotist, the will being that which projects an energy toward the recipient of the suggestion. This Awareness indicates that in many instances words of suggestion need not even be expressed. An entity can simply will that someone move or do something, get up and go get them something to drink or eat, and the entity, without words being expressed, will do so, thus, such circumstances indicate the energies emitted by one with a strong will and the ability to project that will can have a suggestive effect, even without verbally expressing that suggestion.

This Awareness indicates there are many times entities will find themselves doing favors for someone without understanding why they are doing them. They may even feel somewhat annoyed to find themselves doing this for that person when that person never seems to appreciate, or never seems to do things for them. It is because that entity has a certain kind of energy that influences them, in a suggestive manner, even without the entity having to speak to that respondent.

How Babies Use Hypnosis

This Awareness indicates that when an entity has this kind of energy or will power over another, and has the optional or additional power of suggestion, it creates a situation in which one can have very strong influence over the other through both suggestion and through will; that children, especially babies, often have the greatest amount of this kind of silent power. They may project the power in great sound, as a siren, the wailing and screaming, which in order to shut off the noise requires certain actions from the mother or attendant, but often the child can be in total silence and still have influence over everyone in the vicinity. It is not unusual that a sleeping child can keep an entire room in whispers, or that child lying silently can have twenty people looking at it, neglecting other things of importance to them.

This Awareness indicates that the energies of a child in a room can be felt as the strongest energy in that room. It is because of the potential power of that child which is not controlled by the entities present, which is not controlled and cannot be controlled by those adults who themselves are limited to certain behavioral patterns that do not have or include any form of control over that child's potential behavior, thus, the adults will whisper to avoid arousing the child. The adults will stare at the child, neglecting their other duties out of respect for the child because of its potential power to upset the entire office with one wail.

How Psychic Power is Created

This Awareness indicates that much of this energy of the child and its potential power to throw off balance that which has been carefully balanced, is similar to that kind of power which hypnotists or others who control masses may have over them; that when a hypnotist or an insane person or someone else who has the ability to disrupt the balance and stability of a setting, or of an individual, that entity holds power, psychic power, just even by potential use of that ability to disrupt harmonious

balance, and when an entity is aware there is someone present who is able to disrupt harmony and balance, they generally tend to make room and not rock the boat, and not disturb that entity so as to prevent the balance and harmony from being disrupted. This is how psychic power is created. It is how psychic power is used to maintain control over others.

This Awareness indicates that it is not a mysterious power that an entity possesses, it is a power that is held by the entity through the threat of disrupting harmony of that entity over which it holds its power. Many leaders of countries use this kind of psychic power over those around them. Those around them know that the leader is capable of saying one word or pointing the finger and in that action they are either dismissed from their jobs or terminated from their lives, or some other threatening experience befalls them.

This Awareness indicates these rulers do not need to quote law, they do not need to carry weapons, they do not need to assert threats, so long as those around them realize that they could disrupt the harmony and balance which they enjoy. This Awareness indicates that these rulers may have others around them who carry weapons, who make threats, so that those further down the line know that their harmony and balance could be disrupted by the weapons carriers.

This Awareness indicates that in terms of hypnotists, when an entity puts himself or herself under the domination of a hypnotist, it is either through trusting the hypnotist and surrendering control to the hypnotist and thus, not wishing to break the bond or trust or disrupt or harm the relationship of the hypnotist which in turn would disrupt the harmony and balance which the entity enjoys, and therefore the entity follows and adheres to the suggestions of the hypnotist, and in this manner the relationship continues, based on the feeling of bondage to the hypnotist, the bondage being loyalty, for loyalty and bondage are two things, two sides of the same coin.

Bondage and Loyalty in Marriage

Likewise, in a marriage entities who are loyal to each other, or in partnerships or friendships wherein there is loyalty, the influences are strong on one or the other, or both entities, because of the potential for one or the other to disrupt the harmony and balance that holds the relationship in bondage or in loyalty. This Awareness indicates that it is this energy that is a kind of psychic bond between two entities, for fear that the relationship might be disturbed or thrown out of balance which allows entities to compromise and sacrifice their wishes to strengthen the relationship rather than to strengthen their own position by holding firm.

This Awareness indicates that it has been given that marriage is a relationship in which both parties surrender again and again, more and more of their ego, to make the relationship strong, so that both parties end up sacrificing to the marriage and the marriage then strengthens and gives something back to the parties who have sacrificed to it. That this is a form of loyalty. It is also a form of bondage, but the bondage and loyalty

in a marriage, mutually agreed upon, can be that which brings benefits to both parties. Problems may arise when one sacrifices, and the other demands and gives little or nothing more in return to the marriage. When one seeks to gain from the marriage and from the partner and gives nothing back to strengthen the marriage, such leads to depletion of the energies of the marriage and eventual failure.

This Awareness indicates likewise, with the hypnotist and the patient, when there is that agreement, and the entities working in harmony so that one receives suggestions that are totally compatible to his wishes and needs, then there is no adverse karmic consequences to that interchange, but when a hypnotist begins to assert and put his or her will on the other through suggestions which the other does not particularly wish, does not desire, but which the other may accept simply to keep the relationship together, then there is a kind of imbalance in which one dominates the other. A true and healthy hypnotic relationship with another would take place only where the hypnotist serves as a kind of agent for the one being hypnotized, the agent being there to serve that person, to speak the words and send the suggestions that the person wishes to give to his or her subconscious.

How to Discern a Proper Hypnotic Relationship

If the hypnotist is willing and sending suggestions to influence or control the one being hypnotized, it is an infraction and karma-creating situation, one which is unhealthy. The way to distinguish whether one is in a proper hypnotic relationship with another would be to ask: If I were doing self-hypnosis, hypnotizing myself, giving myself suggestion, would the suggestion this hypnotist is giving to me be what I would give to myself? Would it be compatible to that which I would give myself if it were autosuggestion or self-hypnotism?

This Awareness indicates it is because of this potential for misuse of hypnotic suggestions and the control one entity can place over another that many entities believe hypnosis to be evil and dangerous, and indeed, there are potentials for misuse. This Awareness suggests however, that most entities who, as professional hypnotists are simply serving for a fee and for no other reason except perhaps to help the public and to help individuals through their personal wish to be of service to those individuals. If they are simply hypnotizing to serve another and to collect the fee for that service, it is highly unlikely that any problems would occur, but if an entity uses hypnosis on another in order to extract some kind of psychological, emotional bondage or response from the other for themselves, such as manipulating the other to behave toward them in a favorable way, to benefit them, to benefit their ego, or to benefit them in some manner that is other than proper, or agreeable to both parties, then that hypnotic session is out of balance and inappropriate.

The hypnotic session that is appropriate would be only appropriate if it is satisfactory to the one being hypnotized on all levels, whereby the entity could be in total agreement without, if the entity were not hypnotized. Thus, if the entity can agree, while not

under hypnosis to all things that occurred, to all things that were said, to all things that transpired, if there were total harmony in the communication between the hypnotist and the one being hypnotized, then, in such a case, it would be appropriate. It is inappropriate when one, hypnotizing another, takes advantage of the fact that the other is being hypnotized.

This Awareness indicates that these energies of hypnosis, basically, are associated with a combination of will or willed energies, and the suggestive words that accompany. This Awareness indicates that the energies sent through the pineal, with the words that are expressed simultaneously, both have effect; that if one does not believe in what one is saying, and actually wills something different, though the words are being spoken to affect or to imply a certain meaning, if there is a conflict between what one wants and what one says, it will not have the same effect as if one states something and wills that statement at the same time. This Awareness indicates that will carries energy and that energy accompanies the words and has a double strength, more than the words alone.

THE INVISIBLE GROUP MIND

(Closing Message)

This Awareness indicates that more and more in the coming century, entities will be made aware of that realm which exists everywhere present, but which is invisible to the senses. Entities will become more and more aware of that which lies beyond the senses; that the senses will be seen as valuable, fruitful tools, tools that allow entities to experience and to learn and to check things out, but more and more, entities will be informed on vibrations, concepts, energy patterns that lie beyond perception.

For example: What is the pattern, the energy that holds together an anthill, that keeps it functioning, even without a central commander to give orders to all of the ants, so that if there is a disruption, instinctively all of the ants respond to that disruption? There is a group mind, invisible to the sight which governs these colonies of ants. There is no single ant in charge. Even the queen is but playing a role and does not give orders. The worker ants and the soldier ants all follow directions from that invisible group mind that accompanies the ants.

This Awareness indicates thus it is with schools of fish, with many different creatures on this earth, with civilizations, even with your own nation there is that invisible group mind, made up from the collective consciousness of all entities involved, which in turn, guides the nation. This Awareness indicates that in this coming century, more and more, it will be part of the development of consciousness to become aware of these invisible forces that guide civilizations, groups, collections of energies and entities. Each of you has within yourself that group mind which serves all of the cells, atoms, molecules, organs, extremities and parts of your physical body, and that group mind is that what you term your consciousness and your subconsciousness, and yet it is composed in such a manner that it has effect on every cell in your body, on every atomic particle that makes up the cells of your body.

This Awareness indicates yet you cannot see it. You cannot measure it. You cannot recognize it in terms of time or space, yet it is there. It is the cause of that which is seen and perceived by the senses. This Awareness indicates that more and more this invisible realm will become the topic of science and researchers in the future century.

(End of reading).

The Law of Gratitude is given.

IS THE PROMOTION OF HYDROGEN PEROXIDE "A DANGEROUS SCAM"?

(ANOTHER A.M.A. SYCHOPHANT IS HEARD FROM)

QUESTION:

In relation to the hydrogen peroxide information, several members have sent in a newsletter called the VIM Newsletter, published by the Institute for Whole Health Studies, Inc., Woodland Hills, California. On its letterhead it lists a number of Ph.D.'s, M.D.'s and one D.D.S. as its board of directors. Two of our members: L.G. in Ohio and G.W. in Maryland sent copies in to us in the last few days. G.W. writes: "Concern has arisen as a result of the attached article. By this time I'm sure your attention has been directed, as this is not the first such reference this source has produced, still, I would like to know Awareness's view of what is stated herein."

On the front page of this newsletter it says: "A DANGEROUS SCAM. It has been brought to our attention that a couple of health food manufacturers who are either misguided or just don't give a damn, have been advocating and selling hydrogen peroxide to be taken internally. This is so dangerous we are appalled. Hydrogen peroxide in the blood stream is able to penetrate cells wherever the blood carries it, and in so doing, to cause changes that ultimately lead to cancer. We are careful to take our anti-oxidant vitamins every day because they prevent the conversion of lipid molecules into hydrogen peroxide. Taken internally, hydrogen peroxide causes nausea and vomiting and, being strong enough to bleach hair, is also strong enough to ulcerate the stomach.

"True, hydrogen peroxide is an effective disinfectant when applied to wounds and skin lesions. But we have had to warn against it in this respect also, because of the possibility that it can sometime get into the blood stream from a wound. Dental hygienists used to recommend a dilute solution of hydrogen peroxide to disinfect bleeding and infected gums. This also works efficiently, but the dental profession has warned against it because of the possibility that some of the hydrogen peroxide might be swallowed.

"Yet a couple of people within the health food industry, looking to introduce a new product and make a fast buck, are selling hydrogen peroxide to be taken internally. Sometimes they try to claim that this is different

from the hydrogen peroxide you can buy in the drug-store. It is "food grade" they say. We know of no such thing as food grade hydrogen peroxide nor does any of the authorities we have consulted. The product they sell is also cut to one-half of 1% hydrogen peroxide, which is considerably weaker than the 3% hydrogen peroxide we buy in drugstores. That is supposed to make it non-toxic but it is admitted that even at this low level it will cause stomach upsets and vomiting. And even if it didn't, that much hydrogen peroxide in the blood stream is nothing but danger.

"Needless to say, if a few bunko artists will sell you hydrogen peroxide to take into your body, they will not shrink from making false and exaggerated claims for what this poison will do for you. We beg you to be careful. It can only do you harm--great harm."

That's the end of the article. Will Awareness please comment?

COSMIC AWARENESS:

This Awareness indicates this as being an effort not only to stop the use of the hydrogen peroxide therapy, but also to warn entities against the use of this substance. This Awareness indicates that it is true as the literature of those who promote hydrogen peroxide therapy indicate, that the substance can be dangerous when used improperly. It is also true, although not noted in this particular article, that hydrogen peroxide therapy has been used for many years prior to the introduction recently.*

This Awareness indicates that the Catholic church has at times, in the past, had advocates using and promoting hydrogen peroxide for cancer cure and similar treatments. This Awareness indicates that the fact that SOD, when used in the body creates hydrogen peroxide; that many of the substances which entities eat, in terms of vegetables, creates hydrogen peroxide in the body, and that the body itself does create hydrogen peroxide. This Awareness indicates that in using highly diluted amounts of hydrogen peroxide, as suggested, the dangers of the use is nil, and the benefits are there in that the hydrogen peroxide creates certain oxygen content which helps to destroy those viruses and those substances in the body which cannot live in high oxygen content.

This Awareness indicates that all of this has been discussed in the literature; the literature also contains the various background for research and studies that have been done in the use of hydrogen peroxide. It is not unusual that the medical groups would attack this process. This Awareness indicates that the same was done with magozone, and other substances that have been used in the past to introduce oxygen into the system. This Awareness indicates however, that the use of hydrogen peroxide internally, even as given with the accompanying literature in which warnings are provided and instructions for taking are provided can be misused, and entities can become over-zealous in their use of the substance, thinking that if a few drops are good, then many drops should be better, and this is where the danger comes in.

It is true, that many entities cannot follow instructions, cannot follow directions and will become adventurous. They will want to see if they can take more and more drops, working their way up to higher amounts. This Awareness indicates that this is where the danger lies in the use of hydrogen peroxide. It is not so much the substance when used properly, but the discipline of individuals who cannot hold to the guidelines that have been provided, and who want to experiment or who become careless in their actions.

New SOD a Good Substitute for Hydrogen Peroxide

This Awareness indicates that, also, some entities becoming careless or not following the guidelines are more prone to damage than others who might do the same thing. Much of this depends on the body's size, or the body's makeup; the cellular linings and so forth. This Awareness indicates that there is considerable danger when entities cannot and do not follow instructions or when they become careless; that for this reason, this Awareness suggests that the use of SOD would be a safer route for there is no harm in the use of the SOD such as that provided by the Food Doctor brand made of wheat sprouts.

This Awareness indicates there is some danger of SOD being misused or excessively used when the SOD comes from animal products, the bovine-type SOD which is available in most stores. This Awareness indicates that this bovine SOD is also much too weak to have a beneficial effect on the individual. However, the SOD made from wheat sprouts, being thousands of times more effective and powerful than the bovine SOD, does create the natural hydrogen peroxide in the body, adds the oxygen needed to reduce and remove the free radicals and toxins from the system.

This Awareness indicates that there is no danger of side-effects from the use of this SOD, even when taken in larger than normal amounts, for it is nothing but food. This Awareness suggests therefore that entities who have any apprehension or fear that they may not be able to discipline themselves properly in using hydrogen peroxide would do well to switch to and use the SOD.

Peroxide won't cure anything

Health bulletin

By Dr. John H. Renner

Among the weird, foolish and even bizarre health beliefs and activities, none is so strange as the belief in the health benefits of swallowing or injecting hydrogen peroxide.

This "remedy," which is not only foolish but potentially dangerous, is being marketed by newsletters, advertisements in some newspapers, conferences, books, audio tapes, some health food stores and some "health" magazines, and even some church groups are being approached for sales. Hydrogen peroxide was sent by mail order for a time until the U.S. Postal Service intervened in one famous case where it was being sold as a treatment for acquired immune deficiency syndrome and cancer.

There is even a "foundation" that promotes its use and says it can help you find a physician trained to give intravenous hydrogen peroxide. This same foundation suggests hydrogen peroxide has been used "with varying degrees of success" in treatment of angina, irregular rhythm of the heart, asthma, shingles, parasitic infections, AIDS, multiple sclerosis, rheumatoid arthritis, diabetes, Parkinson's, Alzheimer's and blood and lymph node cancer. The foundation even published a how-to-do-it booklet for doctors.

The supporters of hydrogen peroxide promote a 35 percent "food grade" solution, not the 3 percent household solution that is clearly labeled for external use only. Even the 3 percent solution must be diluted with equal parts of water to be used as a mouthwash, according to bottle directions.

However, those who recommend the use of the 35 percent hydrogen peroxide warn you to dilute it in water or fruit juice, using up to 25 drops, three times a day, in 5 ounces of water ("but not carbonated").

This use is stated to be for purging the body of toxins. This is utter nonsense.

Some persons who have used full-strength 35 percent hydrogen peroxide have had serious medical problems because this solution can quickly destroy tissue in the stomach.

Hydrogen peroxide may have germ-killing capability in a test tube, but swallowing it or injecting it for germ control has no known scientific validity.

The medical community

Swallowing or injecting hydrogen peroxide for germ control has no known scientific validity.

has begun to look at hydrogen peroxide more skeptically with respect to its usefulness as an antiseptic, in contrast to years gone by, when it was Mother's favorite household medical remedy," says Dr. George X. Trimble, a nationally known medical archivist.

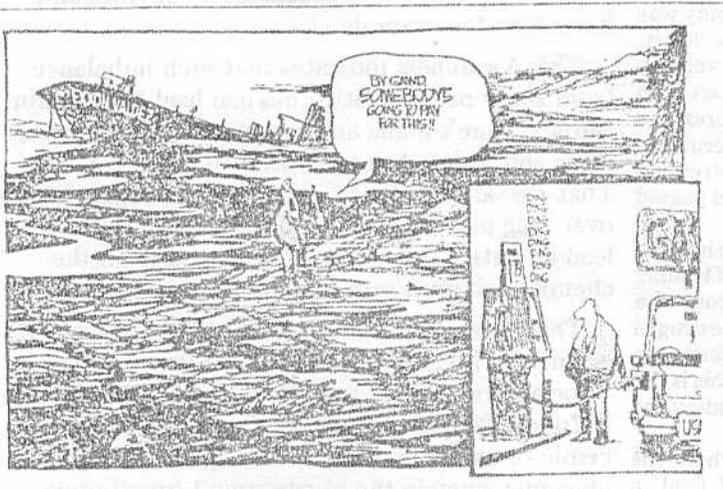
One promoter of hydrogen peroxide recommends that if you have a "tolerance problem" with taking it, you might mix it with aloe vera and recommends a particular brand name already pre-mixed.

Some speakers and promoters have collected elaborate references from research and medical journals and quote out-of-context statements that sound scientific to some people but boil down to double talk and in many cases outright fraud.

The push to sell this "universal remedy" has resulted in many suggestions on how to use it, including as a vegetable soak, as an insecticide, as a replacement for bleach in the washing machine, in the shower, as a douche, enema or colonic and for pets and ailing cows. This is a salesman's approach, not a logical or prudent one.

Taking hydrogen peroxide orally or intravenously as a remedy for anything is foolish and wasteful of time and money. Anyone who recommends and sells it as an internal treatment for illness is violating several laws and should be reported to the authorities such as the U.S. Postal Service; the attorney general's office in your state; the local Food and Drug Administration consumer affairs office; or your state's medical licensing board.

If you have literature with claims for hydrogen peroxide or have been harmed by using it, you may write to the National Council Against Health Fraud Resource Center, P.O. Box 413213, Kansas City, Mo. 64141.



ED's Note:

Although stories are being planted by the AMA debunking the use of hydrogen peroxide therapy, their own publication over 100 years ago claims it was being used effectively even at that early date, as this article in the *Journal of the American Medical Association* of March 3, 1888 will testify.

March 3, 1888

PEROXIDE OF HYDROGEN AS A REMEDIAL AGENT.

BY I. N. LOVE, M.D. . . .

. . . The commercial peroxide of hydrogen is a 3 per cent. aqueous solution, and is prepared on a large scale for the bleaching of animal products such as feathers, hair, silk, bone, etc. . . . From its very nature this agent should be a powerful antiseptic and a destroyer of microbes; anything which accomplishes oxidation as rapidly, if it can be applied safely, must be an excellent application to purulent surfaces for its cleansing effect. It has been administered internally for diabetes, but without success. Its recommendation for some forms of atonic dyspepsia, would seem to be reasonable, since we know that condition to be frequently due to a catarrh of the gastric mucus surface accompanied by excessive secretion and fermentation. . . .

The clinical application of a remedy is the best test of its value. As a contribution to the fund of knowledge upon this subject, I herewith present the following cases:

Scarlet Fever and Diphtheria.—R. H., aged 4 years, an unusually intelligent and interesting boy, developed scarlet fever Dec. 22, 1887. A pronounced case, temperature vibrating for several days from 102° to 104°, throat quite sore, some disposition to ulceration upon both tonsils. Within a week symptoms much modified. . . . At this time diphtheria became a complication, involving the pharynx and the nasal passages. The secretions from all the mucus surfaces were very profuse and purulent in character, and suffocation at times seemed imminent from its accumulation, and the odor was extremely offensive to the patient as well as the attendants. A well organized fibrinous exudation appeared over the surface of the tonsils well forward to the palate, and upward to the posterior nares. The submaxillary and sublingual glands were much enlarged and engorged. Wherever a mucus surface was visible, if not covered with diphtheria membrane, it was violently inflamed nearly to the point of ulceration. . . .

Having been using the peroxide of hydrogen in various strengths for some months as a purifying and stimulating wash for purulent ulcers, sinuses, and fistulae, as well as diphtheria, I concluded to use it as an application in this case. Diluting it with one part to two of water for application to the nasal passages by means of a syringe, and using it in its purity by means of probang and absorbent cotton to the pharynx. I soon had the satisfaction of seeing the pus, and accumulated mucus cleaned out from all the surfaces as if by magic. The child was a bright little hero, and, though semi delirious, he helped materially in its application, and also in the removal of the oxidized purulent matter. The nasal passages, front and back, were soon cleared out, the fauces as well were kept in a comparatively clean condition. A good opportunity was now presented for applying the solution in its purity to the membrane direct, and the disintegration of the same was accomplished after repeated application in a very decided manner. Wherever the solution came in contact with organic matter, a marked effervescence and bubbling ensued, and a breaking down of the accumulation or exudation and throwing off of the same occurred. The beneficial effect of the application was apparent, all the distressing symptoms were much abated, and within three or four days they had passed away. . . .

Cancer of the Womb.—In this affection I have had great satisfaction in using the peroxide in its purity as a cleanser, deodorizer, and stimulator of healing. . . . One who has never observed the horrible stench in the room of a neglected cancer of the womb can have no conception of the value of the drug in this connection. Dr. Joseph Grindon, a dermatologist of St. Louis, informs me that he has used the agent to remove pigment spots from the skin. This is the main remedy furnished by dealers to weak-minded women for blinding the hair.

It is needless for me to continue to cite cases and conditions where the peroxide of hydrogen will prove of value. I think it worthy of trial in gonorrhoea. . . .

(JAMA 1888, 10:252-265)

ED's Note: For more information on hydrogen peroxide, please refer to 'Revelations of Awareness' issues No. 88-4, 88-6, 88-10, 88-13, 88-15, 89-1, 89-3. For more information on the new super SOD, please refer to issues no: 88-6, 88-9, 88-12, 88-13, 88-15, these available from C.A.C.

HOW TO OVERCOME FEAR
AND STAY ALIGNED WITH SPIRIT

QUESTION:

K.G. in Portland, Oregon writes: "Many times fear really overcomes me and it's so hard not to be led around by it. What the fear is of seems unimportant, and I know when I am aligned with my spirit, and I can step out of my attachments to earth, the fear goes away. My question is: How do I stay aligned with my spirit? How do I not lose touch? What practice or exercise or method can I use, especially in times of fear, to realign myself, to hold the hand of my High Self."

COSMIC AWARENESS:

This Awareness indicates that fear is caused by lack of faith and a concern for being isolated or alone in a hostile universe. That when an entity begins to feel separate from the Divine, this can often lead to a feeling of paranoia in regard to the other parts of the universe; the feeling of separateness and fear go together. That often this feeling of separateness is brought about simply from times when one's mana is low.

This Awareness indicates that this may be associated with the need to create greater mana from the use of breath and the blood-sugar; that when one's mana is strong, an entity generally feels closer and more at one with the universe. This Awareness indicates that the weakness in one's mana can also be an indication of something going out of balance in the physical system, either through alterings of attitudes which affect the chemical balance; an unhappy or frustrated attitude of any type, a negative attitude can for example cause an imbalance in the physical conditions of an entity, leading to the inability of the body to utilize certain vitamins and minerals, or other substances: enzymes and hormones for example.

This Awareness indicates that such imbalance from those negative attitudes can lead to a diminishing of one's mana and can leave one feeling separate and isolated, moreso than at other times. That also an imbalance caused by improper dieting over long periods of time, or caused by stress can lead an entity to become imbalanced from the chemical/vitamin/mineral standpoint.

This Awareness indicates that hypoglycemia essentially is caused by stress, and yet it is closely associated with diet, and the use and abuse of sugar in foods. This Awareness indicates that a hypoglycemic or entity having a tendency toward hypoglycemia wherein the organs aren't functioning properly; either the cells do not absorb the sugar properly, or whereby for example, the adrenaline,

the liver or other organs do not properly do their job, the entity may experience a frustration of physical stress, but often this physical stress and the inability of an organ to function is brought on by prolonged mental stress or emotional stress.

This Awareness indicates that there can also be dietary stress, wherein certain foods have not been allowed in your diet; certain nutrients that are necessary have been missing, or wherein toxins have been taken into your diet. That once an entity has a tendency toward hypoglycemia, not only sugar must be considered, but those foods and substances taken into the system which create sugar in the system must be considered; for example, alcohol turns to sugar in the system, carbonated water turns to sugar in the system.

This Awareness indicates that there are grains which turn quickly to sugar; that other foods may not turn so quickly to sugar; that proteins are much slower to be digested. That these foods and these imbalances can very easily lead one to have an imbalance in the aura or mana of one's system, even with the efforts of breathing intensely to build up one's mana, there can still be some feeling of let-down. That this can occur also from planetary effects, whereby a weakness occurs, particularly when the sun is directly opposite your birth date.

Mana Strongest on Full Moons & Birthdays

This Awareness indicates that the moon being opposite your sun sign is another time when there is a greater vulnerability and weakness in the level of mana. During times of the full moon, entities' mana generally is stronger. This Awareness suggests that at one's birthday, entities' mana is generally stronger. This Awareness suggests that the strengthening of one's mana through keeping one's health clear with proper vitamins and minerals and diet and nutrition and plenty of physical exercise; this is valuable in avoiding feelings of fear, for fear is often but a physical feeling of low blood sugar.

Likewise, depression is often a feeling of low blood sugar; that many of these attitudes which entities feel result from physical symptoms that are indications of an imbalance in the system. That on the other hand however, many of these physical symptoms are caused by attitudes of fear, attitudes of depression and so forth; that they feed each other. The body reflects the mind; that whatever the mind dwells on in terms of an attitude will eventually reflect into the body condition so that the body then reflecting that chronic attitude, takes on a chronic disease that is a reflection of the attitude.

This Awareness indicates that if you feel emotional fear at times, it might be a good time to get a physical check-up to determine your vitamin/mineral balances in your metabolism. This Awareness suggests also that the use of the Bach Flower remedy as that which is an adjustment to attitudes, whereby attitudes such as fear or anger or resentment or being identified and locked into a past experience; these may be

broken or altered by the use of the Bach Flower remedy, and these attitudes once broken can then allow new attitudes to enter whereby the disease that has formed or is in the process of forming from the reflection of that attitude will also be altered with the new attitude.

This Awareness indicates that prolonged anger and stress, wherein an entity feels trapped by circumstances that he or she cannot control, but which are closing in and causing adrenaline to flow through the system without any outlet for the adrenaline; when this occurs over long periods of time, wherein the entity is under chronic stress from over-adrenaline, without release through activity, this generally leads to circulatory problems, including diabetes and heart disease, or arteriosclerosis, or similar conditions. This may also include rashes and other diseases associated with anger.

How to be Cancer-Prone (The "Poor Me" Attitude)

This Awareness indicates that attitudes associated with cancer are those which are triggered by feelings of rejection. That wherein one has a sense of rejection, a poor self-image, a feeling of not being wanted, of not belonging, a feeling of having lost touch with that which was vital; this type of feeling, this attitude, if dwelled on long enough, makes an entity who is cancer-prone.

This Awareness indicates an angry person is seldom cancer prone; that it is the "poor me" type that become cancer prone. That there is also a sense of resignation in the attitude of "poor me"; that wherein an entity is angry, the entity may also experience the "poor me" attitude but is not resigned to accept that state. This Awareness indicates that the feeling of resignation and the "poor me, poor rejected or alienated me" attitude as that which is closely associated with the cancer-type.

This Awareness indicates that the jealous-type, the entity who feels great envy, as one who may suffer from headaches and from backaches and from bilious conditions; the liver problems,—that there are a number of attitudes which reflect upon the physical body and lead to a tendency toward certain ailments or diseases. This Awareness indicates that *It* may give more information regarding this at a later time.

This Awareness indicates that essentially, the feeling of being afraid as that which is associated with separateness, the feeling of separateness and the feeling of being insignificant and without faith and strength; that faith comes along with mana; that if you wish to strengthen your mana, you must strengthen your health and strengthen your attitude of faith. That this may be done through the use of more protein and calcium, avoiding carbohydrates for a short time; this in the event of creating a more long or enduring strength.

How to Get a 'Quick Shot' of Mana

This Awareness indicates if you simply wish a quick shot of mana lasting for an hour or so, then the carbohydrates such as fruit, sugar or grains may be used. That grains create a longer duration than sugar; that sugar is the quickest build-up of such

energy; fruit lasting somewhat longer; that grains last even longer, but that if you wish to build up a general strength in your system, overcoming the tendencies toward hypoglycemia, whereby you have a stability that lasts for days, an endurance that lasts for weeks at a time, or wherein you do not experience these low periods at all, you must have sufficient calcium and protein in your diet.

This Awareness indicates that the mood swings are directly related to the use of sweets, the reliance of sweets in your diet; that the more you rely on sweets and carbohydrates, the more the mood-swings increase; that wherein you have a sustained use of protein and calcium in your diet and keep this as steady, on a daily basis, you will not have the mood swings which lead to feelings of fear and isolation, and depression.

The Acid-Alkaline Foods Needed

This Awareness indicates that it has been said that 80% of one's diet should be alkaline forming foods; that alkaline forming foods are foods which generally are acidity in nature. When in the mouth they tend to have a strong taste of an acid-like flavor, --this not always so.

This Awareness indicates that nearly all fruits except dried prunes are acid in nature and form alkaline in the body, and this Awareness indicates that many vegetables are also of this nature, to a lesser degree. This Awareness indicates that the foods which are more alkaline in the mouth, such as the protein-type foods, which when ingested into the body often cause acid in the body, creating for example stomach acid, or creating the condition wherein one feels he or she has too much acid in the system; these types of foods, --alkaline in the mouth and acidity in the body, --should be approximately 20% of one's diet.

This Awareness indicates that anything less than 20% is more damaging than if these foods were increased to 40% and the alkaline foods were decreased to 60%. This Awareness indicates that it is better to increase the acid-forming foods than to decrease the acid-forming foods, for that 20% is needed more than the 80% alkaline foods. That with the acid-forming foods, the proteins and calciums such as dairy products, cheese and so forth; these foods create a steadiness in the system, a strength which allows for the acid to become stronger in the body, and thus ward off disease that might be otherwise caused by viruses for example.

This Awareness indicates that when one's body acid is high, one is not likely to acquire a virus that is harmful to the system or takes hold of the entity. This acid level can be determined in urine tests to discern how high the acidity is in one's system. That when the acidity level is too low, much lower than the 20% and the alkaline level is higher than 80%, the entity can expect to have mood-swings and to become weakened in times, so as to be more vulnerable to colds or to viruses.

Chicken Soup to Ward off Colds

This Awareness indicates that strong protein during such times can be very helpful; that if this virus has already attacked, it may not be very effective using the protein. This Awareness suggests that in reference to colds, that entities should avoid pasteurized milk during such times and that chicken soup as that which is of great benefit in warding off colds for those who eat fowl. That otherwise, there are the proteins and foods available through the vegetarian diet; those which contain some oils and proteins are of benefit when one has a cold.

How to Make Prayer Really Work

This Awareness indicates that wherein the condition passes the state of cold and enters the state of flu, wherein fever occurs, that this use of protein should be limited somewhat and that more liquid be taken, --juices and water in particular, teas also. This Awareness indicates that even when entities have colds or flu that deep breathing can be helpful in building up the aura or mana which can be used for healing. That those around an entity who is sick may also breathe deeply and create a surcharge of energy which can be sent to the entity's Higher Self, for purposes of healing.

This Awareness indicates that this is the way whereby prayer is effective in healing others; that when a number of entities get together and begin to pray for the welfare of another individual; these entities are essentially sending mana to the High self. That regardless of whether they know this is occurring or not, this is what is happening. This Awareness indicates that if they better understood what they were doing, and facilitated the action by deep breathing and by ingesting some food which would up the blood-sugar just prior to the deep-breathing and prayer, the effectiveness would be much greater, for the mana which is sent to the Higher Self would be greater.

It is this mana which the Higher Self, the Light, the Lord, uses to heal the entity who is the subject of the prayer.

THE LAW OF SUGGESTION

This Awareness indicates the *Law of Suggestion* is such that a statement carries with it an impact associated with the *Law of Description*. When given through certain levels of consciousness and moments of expression and situations of experience, such suggestions may have a terrific impact upon the psyche of oneself or another.

(Example): **HOW TO USE IT IN HEALING**

This Awareness suggests that when a healing is given for entities, that the healer also give the suggestion; this in particular to those who find it difficult to accept a healing for any particular length of time or a permanent healing. This Awareness suggests that when an entity gives a healing to such entities, that it be stated that "This healing appears to be good for 'X' number of months, at which time other forces within your own psyche are capable of taking over and continuing the healing." This Awareness indicates that such a suggestion has that which can be beneficial for these entities, that this as related unto the *Law of Suggestion*.



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