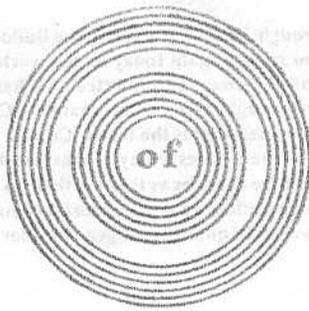


Revelations



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None dare call it
GENOCIDE

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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

THE UNHOLY TRIAD AND THE GENOCIDE MACHINE: DO THEY ACTUALLY EXIST?

(SOMETHING TO THINK ABOUT).....

(C.A.C. General Reading)

October 18, 1988

QUESTION:

We received a rather long letter from G.R.W. in San Francisco, concerning AIDS. I will read the letter in its entirety and ask Awareness to comment. It says:

"Thank you very much for the packet of information you sent. I would like to relate to you some experience of mine regarding the AIDS phenomenon, and see if Awareness could possibly do a reading on it.

I am a person in recovery from Acquired Immune Disease Syndrome (AIDS), and my recovery is based on the principles shown to me by a friend who experienced a dramatic, total recovery from terminal cancer (metastasized lymphoma). I found that the parameters surrounding the dynamics of cancer apply equally to AIDS. I found that the origins of the HIV virus is essentially a moot point, whether it was created in a lab somewhere, as some conjecture, or whether it is a product of Haitian voodoo, or whether, like all disease germs, it is a precipitated product of the mass negativity in the collective consciousness of man,—it really doesn't matter where it came from, from the standpoint of reversing the AIDS process.

Anyway, the following is an article that was submitted to one of the "progressive" local publications. The editor wouldn't print it because it was too controversial, and might offend some elements in the local medical community. This is the article:

—NONE DARE CALL IT GENOCIDE --
More on the 'Missing Dimension in AIDS.'

A Hypothetical Expose of Conspiracy by the American Pharmaceutical/Governmental/Medical Establishment and an Intentional Coverup in the News Media

Suppose that behind the curtain of modern day health care as we know it, and hidden from public scrutiny, there exists an 'unholy triad' directly responsible for the proliferation of all modern-day diseases, including the AIDS epidemic in particular.

Allopathic medicine: That branch of medical practice which treats the *symptoms* of disease without recognizing or investigating the causative factors of disease. Put on a Band-Aid, give a drug, cut something out, irradiate, or give chemotherapy to the *Symptoms*, and pay no attention to the underlying root *cause* of the illness. This is in contrast to holistic medicine,—that practice which investigates *all* aspects of an illness with emphasis on the causative factors. Find the cause or causes of an illness and rectify that, and let the body perform its natural function of healing itself, *without* the overuse of symptom-management. And once healed, maintain the body in a healthy state with proper habits of eating, thinking, and emoting.

But what if a small clique or cartel of super-rich elitists wanted to use *allopathic* medicine as a means of setting up a huge profit-making industry for their own advantage? And what if that is exactly and precisely what is happening at this very moment, day in, day out, year in, year out,—reaping vast amounts of money at symptom-management for diseases that it itself created in the first place? Is this possible? Can there be an elitist core group that's actually willing to perpetuate illness and misery and death, feeding the innocents into the maw of a coldly-calculated, well-oiled, fantastic genocide machine that pales into insignificance the death machine of Hitler? And if this were indeed the case, and if it could be proven and widely publicized, shouldn't there be a groundswell of public outrage so big as to shake this monstrous conspiracy to its very core and topple it?

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Then there's the pharmaceutical companies,--the makers of the nation's 'legal' drug supply.

Then there's the government-backed agribusiness industry, and there's the food-processing industry, whose pesticide-laden, irradiated, processed and refined foodless "foods" set the stage for weakened immune systems and the whole host of 'modern' diseases,--such as heart disease, arteriosclerosis, cancer, diabetes, arthritis, osteoporosis, and on and on. These diseases develop, and even though *preventable* they develop, and an ailing populace becomes a ready-made market for *symptom*-management.

There's the medical schools, underwritten and financed by the pharmaceutical companies, their training format dictated by the pharmaceutical companies (training that does not deal with the *causes* of disease)--churning out the *pushers* of their dark wares, pushers with 'M.D.' behind their names. 'Licit' drug trafficking on a scale that makes the cocaine and heroin syndicates look like the cub scouts, and the Mafia look like a quilting bee.

Then there's the government's FDA,--that goon squad that enforces the dictates of the Colossus, eliminating any and all modalities, holistic or alternate therapies that it perceives to be a threat to the Colossus and its *genocide machine*. And the government-subsidized tobacco industry ties into all this, creating a disease that milks billions of dollars from smoking-induced illness. And yet, none dare call it conspiracy, and none dare call it genocide.

There's the AMA and the A.M.A. aligned physicians sworn to the Hippocratic Oath, who go on ignoring the causes of preventable man-made diseases, go on pushing the pills and the drugs, the chemos, the surgeries, and forcibly eradicating the simple, inexpensive holistic cures and therapies and preventions. Can any M.D. with a brain to think with and a mind to reason with, really live with himself or herself, blindly following the dead end (no pun intended) of allopathic medicine alone? Can any M.D., who really and genuinely cares about truth as a health care practitioner, not see through this enormous fallacy? And upon seeing, can he not then see that he/she has been an accessory to murder?

Take the AIDS/ARC phenomenon as a case in point.

Suppose, just suppose for a moment for hypothesis' sake, that the following points about AIDS/ARC are true:

- (1) AIDS/ARC is not the cause of a weakened immune system.
- (2) AIDS/ARC is caused by a weakened immune system.
- (3) The HIV virus is *not* the root cause of AIDS.
- (4) An already weakened immune system, weakened by causative co-factors such as poor nutrition or malnutrition, drug intake (including 'licit' drugs), chemical pollutants, smoking, negative habits and overindulgence of every kind,--sets the stage for the virus to become active and begin replicating. As with any disease, the germs are not the *root* cause. They

3. proliferate and flourish in an already-polluted and weakened system.

(5) AIDS/ARC is not 100% fatal, as attested to by many patients who are in remission, are making recoveries and have already fully recovered, even from full-blown and terminal AIDS.

(6) The AIDS/ARC process can be arrested and reversed at any point short of complete degeneration of organs and systems, if the patient realizes the pathology need not be fatal, and has the will to recover.

(7) The blanket statement that "AIDS is always fatal" is a lie, and is a form of malpractice if coming from an M.D.

(8) Giving drugs to symptom-manage AIDS/ARC patients further suppresses the immune system.

(9) Giving more drugs to *prolong* the degeneration process (with the ruse of prolonging life) is predicated upon the lie that AIDS is inevitably fatal. The financial bonanza of a drug company is founded upon that lie. Case in point: The drug AZT and the Burroughs-Wellcome Co.

(10) A huge, sophisticated, high-tech financial empire designed to "find a way to combat the virus" is also founded upon that lie and upon the lie that the virus is the root cause of the illness.

(11) The AIDS/ARC process can be reversed by eliminating the intake of chemical pollutants, eliminating or minimizing 'licit' drugs, by initiating a program of good, wholesome unpolluted food intake, eliminating negative habits and practices, and developing positive, uplifting thought patterns and emotions.

(12) All disease, including AIDS/ARC, has as its root cause *Toxemia*--uneliminated metabolic waste as well as uneliminated toxins that were injected over years or decades.

(13) A supervised fast, such as a fruit juice fast, can be a very efficient means of quickly cleansing the body of toxins and clearing the way for the organs and systems to begin regenerating as nature intended.

(14) AIDS/ARC occurs when the immune system has *already* reached the saturation/breakdown point that provides fertile ground for the HIV virus to replicate in.

(15) Germs and viruses, including the HIV virus, remain dormant in a system that is not already weakened or malfunctioning.

(16) A person can recover from AIDS/ARC and lead a full, healthy, normal life while still carrying the HIV virus in stasis, as many have done and are doing.

(17) A quantum unfoldment in consciousness occurs in understanding the AIDS phenomenon and the reasons for its being, and the physical healing itself can be said to be a by-product of that unfoldment.

Now, if the foregoing hypothesis about AIDS/ARC are true, and if *proven* to be true by living, breathing recoverees, why is it not being shouted from the rooftops and emblazoned across the headlines and in all the news media??

Or, is there indeed a hidden, all-powerful genocide machine that *needs* AIDS,--as well as it needs all the other diseases of its own creating,--to feed itself on?

In addition to the 'unholy triad' suggested earlier, can there be yet another more sinister aspect of this scenario, --a 'Thought Police' that controls the very media, the minds and thinking of the entire populace, drumming out the "AIDS is fatal" hysteria, while extinguishing any claims to the contrary, and, with all the power of a planetary voodoo hex, telling a large segment of the population, "You're going to die,"--and so it dies...?

Or, is this all just a fantastic hypothesis of some kind, a hypothesis which, if proven true, is a truth eclipsing the most fantastic Orwellian fiction? Or will none dare call it genocide?

Something to think about.

Well, that was the article, presented as a "hypothesis" in order to make it more palatable to the local editors. There's a new group just formed here in San Francisco of recoverees who should all be dead or nearly so, had they continued to follow the medical establishment. There's a group in New York, some 300 strong, and one forming in Seattle.

It seems that AIDS is a "cosmic kick in the pants" to get people to evolve or perish. Harsh but true, those who either can't or won't evolve are culled out by the epidemic. And then there's the question of the hemophiliacs and little babies and old ladies, who seemingly are caught by it, like some hapless forest creatures are caught by a forest fire. I certainly don't know all the answers, and hope that Awareness might elaborate on the subject a little.

Thank you for your time and consideration.
Sincerely, G.W."

COSMIC AWARENESS:

"Global 2000" Behind AIDS Epidemic

This Awareness indicates that the entity has analyzed the situation with considerable accuracy and that there has been some information given on this previously. This Awareness indicates that it is indeed a kind of biological warfare that has been presented for the purpose of eliminating a certain number of individuals. This Awareness indicates that there has long been this threat of what has been termed the 'Global 2000,' by which one third of the earth's population was to be destroyed by the year 2000, --this through starvation, through war, through biological warfare.

This Awareness indicates that AIDS as but one of a number of approaches to this kind of biological warfare; that the AIDS virus, as it now stands, as that which is on the brink of an even greater explosion, such that within the next five years could begin to have a most serious effect on even those nations which have not heretofore experienced this difficulty. This Awareness indicates that the intention of the forces behind this is indeed to reduce the population of the earth. This Awareness indicates that there is of course, the indiscriminant approach which AIDS does have in terms of affecting different types of entities, even those who would not appear to be candidates for such.

Newer & Bigger AIDS Strains are Coming

This Awareness indicates that there is seen still another version or strain of AIDS which may be even more difficult to overcome, which will become more pronounced and visible in approximately three years. This Awareness indicates that the approach for healing, as given by this entity, through strengthening the immune system, as well as the use of carefully dieting and protecting oneself in terms of food and medical approaches that do strengthen the immunity, and also those substances that have been given previously for strengthening the immunity system and cleansing the body; this including the H₂O₂, and Super Oxide Dismutase, and Germanium, and other antioxydants; that these various approaches can be used effectively for some benefit, even after entities have contracted the disease.

Don't Trust Those in High Places

This Awareness indicates that of course, the most appropriate and sure way of avoiding death through this disease is to avoid catching the disease in the first place. This Awareness indicates that the action of joining together as survivors and forming groups in order to publicize and in order to get the word out is that which may bring about a totally new approach to this problem; that there are indeed quite a number of entities, who, using nonconventional approaches, have overcome this disease and are now able to live normal lives. This Awareness indicates that by getting the word out to others, it makes it possible for others to see that there is indeed a hope and a way of dealing with the disease other than following the conventional prescribed methods of going quietly to the grave with only the hope of diminishing pain. This Awareness indicates that it is important in dealing with this or any other disease, that entities not trust those in high places, those who call themselves authorities, for these entities have not shown themselves to have the patient as the highest priority.

This Awareness indicates that therefore, entities wishing to survive when the highest authority says the situation is terminal, should be willing to look in other directions rather than to the entity who truly believes or promotes the belief that there is no cure. This Awareness indicates that it is important that much attention be generated from these groups of entities who have already been healed; that there will not be a media coming to these entities in order to announce the healings, there will be only the ability of the group to make such announcements in spite of the vast ignoring of such healings by the media; therefore, it is the responsibility, as well as the right and privilege of those who have been healed, to inform others who might not otherwise know of such healings.

This Awareness indicates it is a way of informing others so that they too can have the opportunity of survival. This Awareness suggests this as being a most noble action, wherein such entities join together to bring out the truth. This Awareness indicates that it is important also that entities keep their immune systems at optimum levels through the use of vitamins and minerals; that any antioxydant is beneficial; that beta-caroten

and the regular vitamins,--Vitamin E, Vitamin C, and the B complex vitamins,--all are beneficial; that niacin can be helpful.

This Awareness suggests that certain foods, such as sugars and yeast-producing foods should be avoided, especially if there is Candida in the system which can use up much of the body's immune activity and compete with any healing that might otherwise occur. This Awareness suggests that it is important not to introduce into the body anything that would put a drain or demand on the immunity system; it is important to add those substances that can enhance the body's ability to ward off disease and strengthen the immunity system.

This Awareness suggests that also, exercise can be beneficial and the introduction of oxygen into the system, both through exercise and through such anti-oxidants as has been mentioned and the SOD, especially that of the wheat grass version, the Food Doctor brand, or that of Biotech, being basically the same, and also the use of Evening of Primrose Oil, also linolic acid, or that acid that is from linseed oil. That these are all beneficial.

This Awareness suggests that the RNA and degree or small amount of Selenium and also acidophilus culture which is good for the cleansing of the colons and strengthening of the ability to eliminate toxins from the colon, and to enhance the digestive system, --these are all beneficial. This Awareness suggests also, fresh fruits and vegetables are seen as beneficial. All of these things can go far in helping to strengthen the immunity system. The sooner entities begin using such, the better their chances. This Awareness indicates of course, the use of H₂O₂ in its pure form as that which does need to be taken with great care according to instructions available for this use. Indiscriminant use or misuse of this substance can be fatal.

WHY IS AIDS SO PREVALENT IN CENTRAL AFRICA?

(FOLLOW-UP QUESTION):

He tacked on a couple of questions in case we had time to ask. He wants to know: "Why is the AIDS epidemic so prevalent in Central Africa among the heterosexual population, if not for the severe malnutrition, setting the stage for the virus to become active?"

COSMIC AWARENESS:

This Awareness indicates that this is indeed a great reason for this to have taken hold in that area. This Awareness indicates also, that it originated from the experiments introduced in monkeys; that it was also such as to be released in that area through the monkeys. This Awareness indicates that the entities behind this action were deliberately targeting certain groups of individuals whom they wished to eradicate, in the process of that Global 2000 program; that much of this information has been given previously.

WHY IS AIDS SO PREVALENT IN HAITI?

(The Perils of Using Antibiotics)

(FOLLOW-UP QUESTION):

His other question: "And why the Haitian connection? Is there something related to the left handed use of the Voodoo religion involved, or is the Haitian AIDS epidemic which is almost entirely heterosexual, caused by the vast amounts of antibiotic drugs which are known to be used in Haiti for disease control?"

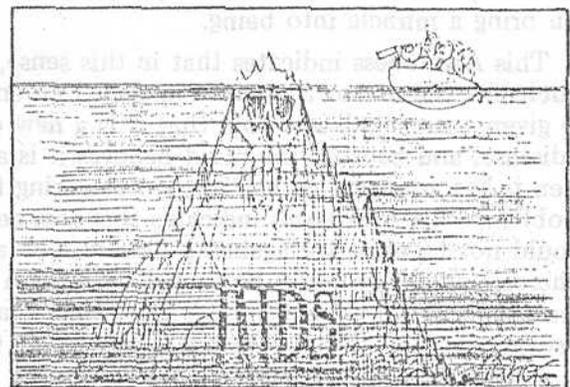
COSMIC AWARENESS:

This Awareness indicates that the antibiotic drugs do tend to have the effect of weakening the immunity system; that the high use of antibiotics increases the probability of the Candida yeast infections and that this increases a diminishing of the immunity system. Also, that this area as having been such that it, along with other areas, was subject to early contacts with this disease; that the earlier contacts in an area tend to bring about the spread of that disease.

This Awareness indicates there also were certain spreading of the disease through the use of heroin by some subjects in this area. That in Africa, one of the causes for the spread was from the poor medical system, in which doctors would use needles repeatedly, for different patients, because of no refrigeration, blood being stored or taken for transfusion would often need to be taken directly from an entity and given to another without refrigeration or storage or time to check the blood as would be done in the United States, and this contributed also to those problems.

Mosquitos Spreading Some AIDS

This Awareness indicates that the medical system in Africa as that which contributed greatly to the spread of this disease; that it is still not up to standard and that there are many entities in those areas who carry the AIDS virus and who are still giving blood for transfusions. This Awareness indicates that although most medical authorities on AIDS deny the spread through mosquitos or other bloodsucking insects, this Awareness suggests that these, although very remote in terms of percentage, these insects can also transfer AIDS from person to person, especially when the mosquito moves from one person to another in quick succession.



THE TIP OF THE ICEBERG

This Awareness indicates that the mosquito normally, in taking blood does not eat for several days afterwards, and therefore, would not inject the blood into the next person until it had been thoroughly digested and neutralized of the AIDS virus. However, if the mosquito's eating is interrupted, and it has not completely received the amount of blood desired for its meal, it would go from one person and then go to another, and in the process could transfer the AIDS virus to the second person. That this is a cause of some of the transferences, even though it is of a minor degree or percentage, but it is worth recognizing this in areas in which there are high numbers of mosquitos in a populated area, such as Haiti, or such as certain towns in areas in which there are many mosquitos. It will be noted that there are high incidences of AIDS in some of those areas in which there are many mosquitos, even though the other factors associated with increased AIDS are not present.

THE SPIRITUAL HEALING OF AIDS

FOLLOW-UP QUESTION:

At the end of his letter he says: "Here are some higher acronyms for the AIDS/ARC abbreviations:

ALWAYS IN DIVINE SAFETY	ALWAYS REMEMBER the CHRIST in you
----------------------------------	---

I wonder if people would energize these instead of the other, if this might help in the reversal of this disease?

COSMIC AWARENESS:

This Awareness indicates that the mind, focusing on the higher aspects of any situation can energize certain substances within the body that are helpful toward healing, whereas the mind, if fearful and if anticipating that which is a negative aspect, it tends to secrete substances into the body that enforce or reinforce the negative which the mind is programmed to fear, thus, spiritual healings can be effected at least to some degree, if not totally, and in some instances, miraculously; the mind, expecting a miracle, can bring a miracle into being.

This Awareness indicates that in this sense, it is much like the use of a placebo in which an entity may be given a sugar pill and told that it is a new cure for a disease, and because the mind believes it is a cure, then it has an effect of healing, if not curing the problem. This Awareness indicates that this generally would not be effective against a disease such as AIDS, whereby an entity could be fooled by using a placebo, because it would generally take more than that simple a suggestion and this Awareness is not trying to imply that AIDS can be treated with placebos.

The Power of Suggestion as Treatment

This Awareness indicates however, there is indeed power in suggestion whether through placebos or through one's affirmations, or through hypnosis in which an influence can be effective on the body, either positively or negatively in the sense of a suggestion, thus the entity who is told: 'You are going to die,' and who believes this will begin physically shutting down those functions in the body and moving toward that demise. This Awareness indicates that on the other hand, an entity who is told: 'You can make it! You will survive!' will tend to feel totally different, and even begin to secrete certain chemicals and substances in the body based on the belief of becoming healed, so that the chances for healing increase.

This Awareness indicates of course, every individual will respond uniquely and differently to suggestions and influence and there is no hard fast rule that can assure that anyone who receives a positive affirmation is going to be healed or that anyone who is given a negative affirmation is going to succumb to that suggestion; that it is simply another tool that can help an entity move toward healing or could, if misused, push an entity toward greater depression and acceptance of the undesirable results.

Subliminal Tapes & Hypnosis

This Awareness indicates that suggestion, the use of healing affirmations and suggestions, even subliminal tapes and hypnosis; all of these things can be beneficial, along with the other actions previously mentioned to help strengthen the immunity system. This Awareness indicates that it will also depend greatly on the individual and how he or she accepts and responds to what is happening and the general strength of the individual. Some entities have great vitality and others may have the ability to strengthen the immunity system even after it has been depleted in a short time through the ability to reabsorb certain substances, while another entity might not be able to recuperate, even using the same substances for the same length of time, because the body might not be able to absorb or might have more toxins, so that it does not throw off toxins as quickly as another entity.

This Awareness indicates that the attitudes held by these entities will have an effect, thus, it becomes impossible to say that there is a certain cure, even if it were to exist through these methods, for not all entities respond physically, mentally, emotionally, or spiritually to the same degree. This Awareness indicates however, there is a route in which one can move to increase the odds of recovery, and it is this which can be of great importance to those who wish to recover. That is the step which would be used, once an entity has already contracted the disease.

Of course, the best approach is to avoid the disease to begin with.

IS AIDS A "COSMIC KICK IN THE PANTS?"

(FOLLOW-UP QUESTION):

The statement this entity said: that it seems to him that AIDS is a cosmic kick in the pants to get people to evolve or perish. Would Awareness agree with that?

COSMIC AWARENESS:

This Awareness indicates that this as one way to describe an experience. It is not necessarily accurate so much as metaphorical. The cosmos is not attempting to pull some kind of lever to make entities evolve, or perish. It is simply that there are events in which some entities are caught, either through personal actions or through circumstances beyond their intended or behavioral action, and the results come down on them in such a manner that they either have to respond positively or negatively. They have to do something or succumb to the problem.

This Awareness indicates depending on how an entity looks at what happens to them in situations, would determine whether they perceive this as being something from a cosmic level or something from an environmental level, or something based on personal experience. This Awareness indicates that it is a matter of how one wishes to describe or to discern and perceive their position in a circumstance or situation. This Awareness indicates however, that if this entity finds some benefit, as is apparent in sensing that the cosmos or whatever that may mean, is kicking him in the pants to make him perform in a certain way, giving him the choice of either performing or perishing; this perception may be what is necessary and helpful in the entity's mind, to get him active in the right direction.

This Awareness indicates that many times, the interpretation an entity places on a circumstance is that which the entity needs in order to overcome that circumstance. There is no real harm, and may be much good coming from such perception. This Awareness indicates however, this is not something which could be prescribed for everyone in terms of a blanket statement that everyone who has AIDS is being given a cosmic kick in the pants to make them perform in a certain manner or perish.

IS AIDS A PUNISHMENT FROM GOD FOR THE PEDERAST?

(FOLLOW-UP QUESTION):

The fundamentalists, of course, are putting out propoganda that this is God's way of showing his disapproval for homosexual activity.

COSMIC AWARENESS:

This Awareness indicates that the fundamentalists have long been attempting to speak for God. This Awareness indicates that the fundamentalists have a rather low mentality when it comes to understanding the nature of God.

7. --THE MUTATING VIRUS AND ITS EFFECT ON THE "GLOBAL 2000" PLANNERS

(What goes around, comes around)

(FOLLOW-UP QUESTION):

Recently, there was a story in the local paper on the AIDS virus, which I'll read and ask Awareness if this might be what *It* was referring to earlier:

"Los Angeles--The AIDS virus is mutating rapidly and research will have to come to terms with the extensive genetic variability of the deadly pathogen, scientists said yesterday.

Two teams of researchers found great differences in the DNA of several AIDS viruses, suggesting the virus that causes the incurable acquired immune deficiency syndrome can adapt itself to new functions once inside the body.

George M. Shaw of the University of Alabama reports in the current issue of the British scientific journal *Nature* that as many as 17 different variations of the virus may be found in one patient. Shaw and his colleagues studied HIV-1, the AIDS virus commonly found in patients in the United States. HIV-2, which other scientists say is also mutating rapidly, has been detected only in AIDS in Africa.

Robert Gallo, chief of Tumor Cell Biology at the National Institutes of Health in Bethesda, Md., suggested in another study reported in *Nature* that mutation of the virus is occurring in different parts of the same body. Thus, the AIDS virus isolated in brain cells will have a different DNA sequence and function from those found elsewhere in the body." (That was the end of the article).

COSMIC AWARENESS:

This Awareness indicates that this as that which was not expected by those who created and helped to start the movement of this virus, and it is now creating some distress with them, for the vaccine which they preserved for themselves and their elite group is no longer sufficient against the various transmuting that has occurred in the virus. The mutations are so widespread that they are now concerned that they may not be able to stop the disease when they are ready, or may not be able to protect those whom they wish to protect, with the vaccine which they have available.

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This Awareness indicates essentially, they did not release this disease until the vaccine was present, but they did not expect mutations of the disease. This Awareness indicates there appears to be a particular strain that will become exceedingly strong in approximately three to four years, which will have greater danger, even than that which is now present. It is for this reason that entities need to be aware of those substances that can be used in the healing of the body to strengthen the immunity system and also to destroy the disease viruses. This in particular the antioxidants: those things which introduce greater oxygen into the system, for these diseases cannot survive except when oxygen is low, under a normal condition, and when the oxygen content in the body is higher, such as more oxygen in the bloodstream and tissues, the disease, whether tumor, cancer or AIDS or other similar types, cannot survive.

This Awareness suggests entities refer back to the information given previously on H₂O₂, and also on Super Oxide Dismutase, made from wheatgrass, for more information on this. This Awareness suggests that entities hold on to these messages given on this topic, for in several years, you may be turning back to these in order to get information to help yourself or your loved ones.

ALTERNATIVES TO HYDROGEN PEROXIDE THAT WILL INTRODUCE OXYGEN INTO THE BLOODSTREAM

QUESTION:

S.B. in Alabama had a couple of questions while we're on this subject. I'll read his statement and the four or five questions, and then reread them if Awareness requests. He writes: "Instead of hydrogen peroxide therapy, is there another method or ways of using oxygen for the disease of AIDS, cancer and other afflictions of the human body? (1) Would an ozone generator do the same thing? (2) Would strenuous outdoor exercise, with deep breathing be effective to introduce oxygen therapeutically? (3) Are there any foods, plants, herbs that could prepare the human body cells to utilize the oxygen better? (4) Is there a time cycle, year, month, day, etc. that the human body has for extra reception or utilization of oxygen? (5) Is there any method that the lungs can be improved to utilize oxygen better?"

THE OZONE GENERATOR

COSMIC AWARENESS:

This Awareness indicates that these be repeated singularly.

(Question): Would an ozone generator do the same thing?

COSMIC AWARENESS:

This Awareness suggests that the ozone near the earth as that which can have certain hazards, that breathing of ozone can be hazardous if not understood and used properly. There have been benefits through certain injections and use of ozone, wherein doctors have worked with patients with this substance and helped to inject or infuse the entity with certain amounts of ozone, which in turn brought about oxygen into the bloodstream, but this is not something a layman or layperson should consider without supervision by someone who truly understands what they are doing.

EXERCISE AND DEEP BREATHING

(Question): Would strenuous outdoor exercise with deep breathing be effective to introduce oxygen therapeutically?

COSMIC AWARENESS:

This Awareness indicates that exercise as that which does benefit because it helps to bring oxygen into the cells and does have such effect as increasing the movement of oxygen through the circulatory system. This Awareness indicates that there is something associated with the previous question regarding ozone introduction that may be available for consideration; that this in reference to that substance known as magozone, that this appears to have been remanufactured under a different name; that magozone as first introduced by Dr. Koch, as that which made use of substances that introduced ozone into the bloodstream through a laxative, an oral drink that served as a laxative, which in turn introduced high amounts of oxygen into the system and cleansed the body while also infusing the body with oxygen. That this would be one way to absorb and use ozone.

There is another substance; this appears to be available from somewhere in Idaho. It appears that the editor has made mention of this in a recent mailing; that this is one approach that can be beneficial in helping to combat AIDS as well as cancer and tumors. It also is beneficial in terms of other diseases that are caused by viruses. *

* ED's Note: I believe Awareness is referring to a memo regarding a source for Magozone I happened upon. It now is going under the names of Homozone, Calozone and Magozone. The stuff is very difficult to locate as the AMA conspirators, knowing of its powerful healing ability, have gotten it banned and off the market. You can find more information on these products by writing: International Oxidation Institute, Inc.-ASMM P.O. Box 1360, Priest River, Idaho 83856 Or phone: (208) 448-2797.

(It is available, and these people may tell you where in your particular area).

For more info on Magozone, how to use it, and the personal experience of yours truly who ate some of this substance, please refer to Issue No. 88-10 (\$3.00 from CAC).

OXYGEN FROM FOODS, PLANTS, HERBS

(Question):

Are there any foods, plants, herbs, that can prepare the human body cells to utilize the oxygen better?

COSMIC AWARENESS:

This Awareness indicates that germanium, selenium, magnesium; also the antioxidants; also the acidophilus culture, aloe vera; these can be helpful. This Awareness suggests also, beta carotene. This Awareness suggests that evening of primrose oil, is also seen as beneficial, and linolic acid, that carnitene (sp?) is also seen as having benefits. The question also should include foods which themselves help to bring oxygen into the system. This Awareness indicates that all green leafy vegetables and the vegetables of a garden variety, especially those from vines or plants above ground, and tomatoes and squashes and melons are seen as beneficial in helping to create hydrogen peroxide naturally in the body; that as they break down in the body, they create natural hydrogen peroxide. That also, the legumes, when taken with the pods, such as pea pods, can have similar benefits or effects.

This Awareness indicates that green peppers, okra, beans and peas, and carrots and those foods of the cabbage family, such as broccoli, brussel sprouts, cabbage, kale, spinach, collards and mustard greens...these are all seen as beneficial. Lettuce, different types of lettuce; all of these introduce hydrogen peroxide into the system as they break down and are digested.

CYCLES WHEN MORE OXYGEN IS AVAILABLE

(Question):

Is there a time cycle: year, month, day, etc. that the human body has for extra reception or utilization of oxygen?

COSMIC AWARENESS:

This Awareness indicates that this is not necessarily based on a time cycle; that when the body is sleeping, it tends to bring in greater amounts of oxygen through the breath, especially during very sound sleep. This Awareness indicates that when the body is awake, it may bring in more oxygen when eating those foods just described, or when exercising, but there is no particular time when the body will absorb more oxygen except for circumstances associated with the activities; at least, this is so in terms of any significant level.

CAN THE LUNGS BE IMPROVED TO BETTER UTILIZE OXYGEN?

(Question):

The final question: Is there any method that the lungs can be improved to utilize oxygen better?

COSMIC AWARENESS:

This Awareness indicates that deep breathing can help to improve the lungs; exercising, in which there is deep breathing can help to improve the lungs. This Awareness suggests also, there are certain herbal substances that may be beneficial to the lungs. This Awareness sees that formula from the Dr. Christopher book referred to as Breathe-Ease. It appears to be available through a formula within his book. There also appears to be some formula that has been put together in tablet or capsule form; that this can also be helpful, but it appears the greater help would come through breathing deeply, as in a meditative action of deep breathing for a period of time, or through physical activity that forces deep breathing.

HAVE THOSE WITH AIDS

CHOSEN THE EXPERIENCE?

(Follow-Up Question):

To conclude this subject of AIDS, there's one final frame of reference I'd like to ask Awareness about. Whether it is indeed prevalent, and if so, how prevalent is it. This is from a newsletter called *Bi-Lines*, put out by the Brandlen Institute, channeled by Peter Brandlen, who channels an entity called 'Zoroaster'. It's very short, and I'll read this and ask about it. It says:

"...But along with the humor was a passion to convey information to an audience of skeptics, most of whom had never attended a channeling before, and some of whom have been diagnosed as having AIDS or ARC, (AIDS Related Complex).

After explaining that each of us has the power and the free will to make choices and control our lives, and that the soul chooses various life expressions to experience emotions and learn, they stated that those who have AIDS have chosen to go through that experience for their own purposes. Why would somebody choose to experience the agony of AIDS, or any other catastrophic illness for that matter? The answer is that we are not our bodies. We are not our minds. We are both of those, true, but we are also a spirit, a soul, and the soul is not subject to the pain, decay and death of the body. It seems to learn through many life experiences and no one is better or worse than another.

These souls then have chosen to hold a mirror up to humanity, to reflect humanity's own bigotry and prejudice and fear. They are sacrificing themselves to learn and to teach that each person, whatever their choices of lifestyle or personality, is a precious part of the whole, to which we are all connected and need to give and receive love. Also, any person can choose at any time to say: "I no longer wish to take part in this. I choose another purpose for my life, and I will not succumb to AIDS," or one may understand that his or her purpose in this life expression is to become a part of the lesson and allow oneself to go through with the experience.

The editor of Bi-Lines comments here: "This is a hard nut to swallow, and I especially did not understand this need for people to sacrifice their lives. My understanding, both from my Christian upbringing and from Zoroaster's teachings, is that Christ was the last blood sacrifice, so I asked why it was happening again."

"Don't you understand," said Zoaraster. "All time is simultaneous. There is no past or future. It is all happening now. Christ is dying now, and your brothers and sisters, who are part of the mystical body of Christ Consciousness in humanity are reliving the passion and reaffirming the Covenant. It is a disease of the blood. They are the living examples of Christ, who died, not for your sins, but to set you free of the belief that the body was all there is."

"Then I asked, does that mean that there will also be a resurrection for our brothers and sisters as there was for Christ?"

"Yes," said Zoaraster. "There will be a resurrection, and you will see them, and you will recognize them in each other's eyes."

Needless to say, at the end of 3 hours of double channeling, the audience was left moved and somewhat stunned, but definitely changed by the information that was given." (End of quotations).

Does Awareness have any comment on that perspective?

COSMIC AWARENESS:

This Awareness indicates that this as seen as a perspective that has merit for these entities and can in a general sense serve these entities as a way of perceiving their situation so that there is greater understanding. This Awareness indicates that the message generally speaks for itself. It is not something that can be contradicted, or should be contradicted. It speaks clearly and entities can questions parts of the message. This Awareness indicates that in a general sense, it puts the responsibility onto the person, who, up until that time might have considered himself a victim. This Awareness indicates that this may or may not be satisfactory to the individual, to have the responsibility for what is occurring to him or her.

This Awareness indicates that there is really not much that can be said in regard to the message because it is generally complete. It is only a question of whether the entity wishes to accept that responsibility of being the cause of having chosen the experience that is being presented. This Awareness indicates that of course, the entity does not consciously choose this suffering; that these things appear to happen to the entity without his or her conscious choice.

This Awareness generally wishes to see entities not only acknowledge a certain degree of unconscious participation in the experiences that occur to them, realizing that they unconsciously have brought this on themselves, but this Awareness is more concerned about entities being able to become consciously aware of things that occur and how to deal with them.

It is important that they move more from the unconscious levels or the mere acceptance of responsibility on the unconscious level, to where they can consciously work with or deal with their problems. This comes through discernment.

This Awareness indicates however, that even discovering and discerning one's situation, part of that discernment is to recognize those things which they have unconsciously brought into their lives. This Awareness indicates that if indeed they no longer wish to participate on an unconscious level, and if they can consciously make the transition to renounce on all levels, including the subconscious level, their encounter with the disease, then they can be healed. This Awareness indicates such renouncing must occur even to the subconscious level. To consciously say: "I do not wish this," is not sufficient, if the unconscious is still participating and involved.

This Awareness indicates that the Interpreter does need to come from trance.

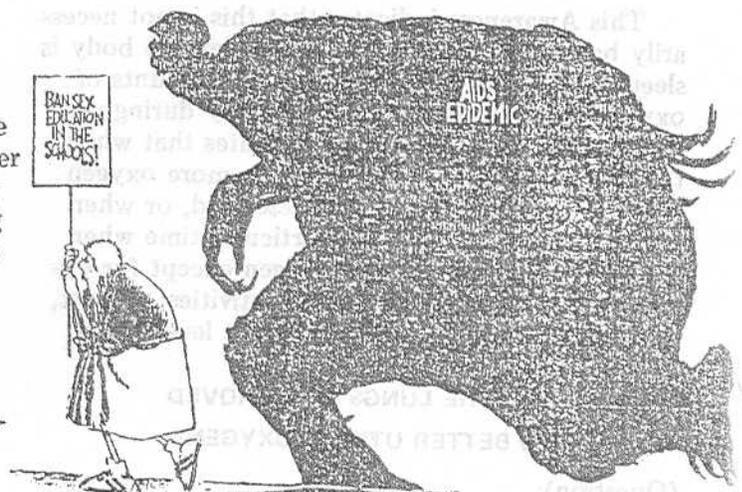
(The Law of Gratitude is given)

*ED's Note: Bi-Lines is the monthly newsletter of the Brandlen Institute, 7161 N. Mona Lisa Rd., Tucson, AZ 85741. (\$10 per year)

For more information on "Global 2000", please refer to 'Revelations of Awareness' issues No. 81-20; 82-04; 81-24; 87-8; 85-9; each \$3.00 from CAC.

For more information on Hydrogen Peroxide, AIDS, Cancer, etc. Please refer to issues No. 88-4; 88-6; 88-10; 88-13; 88-15; 89-1; 89-3; 89-6; \$3.00 each from CAC.

For more information on SOD, please refer to issues No. 88-6; 88-9; 88-12; 88-13; 88-15; 89-6; \$3.00 each from CAC.



CHRIS MADDEN

AIDS cases could reach 5 million worldwide, U.N. health agency says

The Associated Press

More than 5 million new cases of AIDS could develop during the next decade with more than quadruple the number of AIDS-virus carriers by the end of the century, the World Health Organization said Thursday.

Between 5 million and 10 million people currently are believed to be AIDS-virus carriers, who do not necessarily have the disease.

In the United States, meanwhile, the national Center for Disease Control reported that AIDS is being seen more and more often among drug abusers, even though homosexual men still are the most common U.S. victims.

The projections are "much worse than what we have experienced during the '80's," Jonathan Mann, chief of WHO's AIDS program, told the 166-nation organization's annual meeting in Geneva Thursday.

About 151,000 cases of acquired

U.S. to revise immigration rules on AIDS travelers

Persons who have AIDS will be allowed to enter the United States to attend conferences, conduct business or receive medical treatment under new rules being drafted by Immigration authorities.

Foreigners infected with AIDS or the HIV virus can apply for 30-day visas provided they do not seek to travel to this country as tourists, the Justice Department said Thursday.

INS traditionally asks foreigners seeking to enter the country to state whether they have a contagious disease. Congress added AIDS to the

list two years ago.

The new regulations, to be issued shortly by the Immigration and Naturalization Service, will allow foreigners infected with AIDS to visit relatives, conduct business, seek medical treatment or attend conferences.

The regulation change follows last month's dispute over a Dutch AIDS patient who was detained while en route to an AIDS conference in San Francisco. An immigration judge later ruled that INS could not bar him from the country.

— The Associated Press

□ AIDS conference/28

Homosexual and bisexual men still account for most AIDS cases in the United States. The CDC reported Thursday that they made up 63 percent of the AIDS cases reported last year, down from 70 percent in 1987 and 72 percent in 1985.

But the proportion of adult or adolescent men with intravenous drug abuse as their lone AIDS risk factor jumped from 14 percent in 1987 to 20 percent in 1988. The percentage of cases listing both homosexual activity and drug abuse was 8 percent in 1987, 7 percent in 1988.

In the agency's latest monthly AIDS statistics, 56,783 of the nation's 94,280 reported AIDS cases were homosexual or bisexual men; 18,819 were drug abusers, and 6,620 were both.

immune deficiency syndrome have been reported to WHO to date, but the agency estimates the actual worldwide total at about 375,000.

AIDS is a disease in which a virus attacks the body's immune system, leaving victims susceptible to a wide

variety of infections and cancers.

Mann said up to 1 million new AIDS cases and 5 million infections with the virus could be prevented in the 1990's by pressing the global campaign for safe practices by high-risk groups.

AIDS is most often transmitted through sexual contact. Other means of transmission include transfusions of tainted blood or blood products, and the sharing of contaminated hypodermic needles or syringes by drug abusers.

Daily Olympian, May 18, 1989

ARE ENTITIES MACHINES THAT ARE ASLEEP AS GURDJIEFF CLAIMS?

(SELF-AWARENESS & COSMIC AWARENESS)

QUESTION:

A question from R.J., Gilroy, Calif. "G.I. Gurdjieff in the *Fourth Way* discipline teaches that entities are machines and are asleep. Self-consciousness exists in potential. The reality of this plane is evolution hindered by laws and maya. Self-remembering and self-observing are methods that when applied demonstrate clearly the difficulty of self-awareness.

Most entities cannot remember themselves beyond the span of a few seconds. When one studies the Quabala it is noted that the energy flows from Kether to Malkuth. The flow is out away from the Godhead. Evolution becomes similar to the salmon swimming upstream. This reinforces the *Fourth Way* precept that entities are asleep and are machines bantered about by the caprices of laws beyond their control and awareness. Could Awareness comment on this in light of the theory of free will? Does self awareness exist only as potential and Cosmic Awareness somewhere beyond?"

COSMIC AWARENESS:

This Awareness indicates that the entity Gurdjieff, in his teaching, and as also parroted by Ouspensky, uses the analogy of the machine, because during their particular era of activity, machines were the forefront of technology, and because it served as a reasonable metaphor for explaining conditioned behavior. Essentially, they are speaking of people being conditioned to react without thought, to react automatically by, and because of, their conditioning. This Awareness indicates that this alone does not make a machine, but the machine can serve to express the cause and effect attitude associated with conditioned behavior.

What Self-Awareness Really is

This Awareness indicates that in terms of self-awareness, that the effort to be self-aware is often misunderstood; wherein an entity believes they are self-aware if they are looking out for them-

selves. This Awareness indicates that this is not what is meant, and yet many entities will presume that they are self-aware simply because they are self-centered. This Awareness indicates that being self-aware has more to do with observing yourself in your relationships with others, and with that which is outside of the self, observing your own actions and reactions, as though you were an outsider, watching what you do.

This Awareness indicates that the technique suggested by Gurdjieff and Ouspensky of observing yourself observing, wherein you put yourself outside of yourself and watch your behavior; watch the mind, watch the voice, watch the speech, as you go through your processes and behavior during a day, even for a few minutes or moments,—this action of being self-aware or observing yourself observing is that which can teach you much about yourself which you would never otherwise notice, if you were simply looking from inside out at your world, and relating the way entities normally do.

How to Attune to Cosmic Awareness

This Awareness indicates that in terms of Cosmic Awareness, the action of attuning to the Cosmic Awareness level requires that the entity let go of the self, forget your desires, goals, wishes, personal needs or fears, your emotions and your feelings, feelings being defined as the concern for that which is occurring around you; emotion being defined as the desire or fear of things: the desire to achieve, acquire or get something; the fear of being influenced, or in some way affected by things, and by setting aside these emotions and feelings, along with the mind, which has to do with your personal beliefs and thoughts, you become a blank slate.

It is in this blank slate that the Awareness can be expressed. It is not that you then want to express the Awareness, rather, it is that it is possible

for Awareness to be addressed, for if you *want* to express Awareness from that state, there is a personal goal, there is a will, there is a personal desire and you have not yet let go of emotion. This Awareness indicates that when you are truly attuned to that 4th level, that level of Awareness, and have let go of the first three levels: mind, emotion and feeling, you have no particular will at all to express or not to express. You are simply lying there or sitting there, or attentive, not even as a self, because what entities normally think of as *themselves* are their ideas, their wishes, their emotions and their feelings, and these have been temporarily placed aside.

This Awareness indicates by placing these aside and simply being blank, it is possible for entities to address that pool of blank energy, that awareness, that consciousness, that virgin consciousness, that pure consciousness, and to receive answers, because, when that consciousness is asked some questions, the entire energy associated with that level of consciousness, envelops the question, devours the question, and the answer comes forth, automatically; it is almost automatically, in terms of the energy that comes from the enveloping process, then creates a kind of image or impetus, which the Interpreter then attempts to describe as best he or she can, which then is the interpretation of the answer to whatever the question was.

This Awareness indicates that therefore, the potential for tuning to that which is termed Cosmic Awareness follows when the entity is capable of laying aside mind, emotion and feeling. The potential for self-awareness occurs when the entity can step out of self and observe self from out there, in a dispassionate manner, as though looking at someone else, but having all of the understanding that has been achieved through the close relationship with oneself.

ED's Note: It is through this very process that the C.A.C. has been able to mail you these Awareness messages all of these years.



DOES A SOUL HAVE A DEFINITE LIFE SPAN?

QUESTION:

M.H. in North Carolina would like to know: As a soul migrates through time, space and dimensional consciousness, does it have a definite life span?

COSMIC AWARENESS:

This Awareness indicates the soul as that which exists in a permanent sense, but the density of the soul, the cohesiveness of the soul is that which needs to be understood and considered, for a soul can dissipate, to the point where its parts, its energy is scattered into different expressions, or the soul can become centralized and strong and full in its unification of itself, and this is what entities generally refer to or what is meant by the soul enduring and surviving.

This Awareness indicates essentially, the soul is a center of consciousness, but if that center dissolves, is scattered, or loses its focus and becomes distorted and pulled by different attachments, so that it has no centralized portion of self, in effect, the individuality of the soul is lost, even though energies of the soul may still be present in various places, they may be caught up in fragments, may be caught up in plants, animals or in fragmented pieces here and there in various places of the universe.

This Awareness indicates that in order for an entity to keep the soul intact, together, the entity must have some central core of being that is what may be termed an integrated part of self; in other words, integrity and principle of a nature that holds the entity together as an individual, a central core belief, as it has been called, a solid foundation, a basis for being, a house built on stone, a soul built on a solid foundation or basis. This Awareness indicates that in order for entities to build their soul on something that is enduring, which never fails, the entity can best do this by attaching to the spirit or concept of the Divine, the everlasting Divine Energies of the universe, thus, entities select terms for this; they call it God, or they call it by some name, symbolizing eternal life, and then the soul, resting on that, can take on other attachments, other values, and grow accordingly along with the various experiences that occur, but that central core attachment to the Divine Being, the highest and best, and most eternal in the universe; that is the seed, the core, the most enduring aspect around which the soul can build itself an eternal life.

This Awareness indicates that if the soul wraps itself around money, lust, power, greed or other force of a temporal nature, when those things fail, the soul would dissipate, and fall apart. It is for this reason that in order for a soul to endure, to have everlasting life, it must attach itself to ever lasting life.

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Communications

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