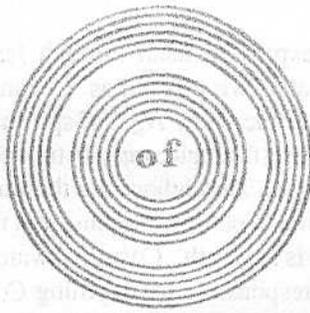


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Awareness

Cosmic Awareness Communications
P.O. Box 115, Olympia, Washington 98507
Helping People Become Aware



THE LIFE AFTER DEATH SERIES (Continued):



TRACKING THE JOURNEY OF THE SOUL AFTER THE PASSING OVER

ALSO, AN UPDATE ON THE THIRD FATIMA PROPHECY

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

GETTING YOURSELF TOGETHER AFTER EXPERIENCING THE PASSING OVER

(COSMIC AWARENESS DRAWS A MAP OF THE JOURNEY OF THE SOUL)

QUESTION:

A question from R.E.E. "Regarding the immediate post mortem condition: Several types of conflictive research has been published by clairvoyants and para-psychologists. Some assert that the decedent is at once conscious in the astral body, either in his after-life abode, or of his former physical life. Others hold that all undergo a period of semiconscious stupor lasting from about 12 to 72 hours, wherein the consciousness is in the etheric or vital body, interfacing the astral and physical reviewing of the scenes of the recent past life; this state lasting as long as the translated could normally remain awake in the previous life. Then the silver cord breaks, this etheric body collapses and remains over the physical body to disintegrate, while the consciousness awakens on the astral plane. Some state that departed relations or astral helpers escort entities to Celestria from their death beds, using various subtle energies to induce euphoria or unconsciousness, easing the experience. Would Awareness please comment on this?"

COSMIC AWARENESS:

This Awareness indicates that there is that which is the moment of death. It is at such an instance that there are opportunities in which an entity can make contact with the White Light of truth; this a form of absolute merging with the White Light, or that which has been termed the Christ Light or Buddha, Amitabha. That this moment of death is that which is the ultimate bliss, but there is also at the moment of death, an alteration

in the sense of time and that moment can become extended for the individual in terms of his or her perception of time, to appear to last for many hours.

This Awareness indicates that this portion of consciousness that reaches the Clear Light as that which may be associated with the entity's own High Self, higher frequencies of the self. While this is occurring in this moment, other aspects of the entity may not have moved that far, may be still hovering around the corpse, may even be observing the corpse, and watching entities trying to revive the corpse; that this portion as that which is associated with the mental and/or astral aspects of an entity's being; the more conscious areas. In some instances, this mental or astral or both aspects of the being travel through that which is described as a tunnel, leading to that which is the White Light, or a reflection of that, and the entity will visualize perhaps those who have departed previously, meeting old friends who have already passed over.

This Awareness indicates that in some instances, the astral will remain and not follow the mental body into this tunnel, but will remain behind, confused and lost, and not knowing where it is. It can, in fact, if the attachment to the body is great enough, or if the attachment to the physical world is so strong, or if the attachment to something or someone is strong enough, it can remain in the same area of the passing over for even years thereafter, in some cases, even centuries, or until someone somehow coaxes it to move on to some other realm or to find its mental body for attachment.

This Awareness indicates that essentially, that portion that moves most instantaneously to the White Light is that which carries the essence of the soul. It is likened unto the Higher Self taking and caressing the soul and carrying it to that place of the White Light,-- that land of a thousand rainbows, that land of Essence. This Awareness indicates that this is the important movement; that the astral body which carries some of the lesser attachments and emotions can get stuck in areas associated and identified with the life that has been terminated, so that it remains

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in the same area as a kind of ghost, and entities can say that place is haunted: "The ghost of old so and so, who was killed here, still haunts the house."

This Awareness indicates that the mental body tends to move on into that area which many entities like to associate with the afterlife or heaven, wherein the entity sees their old friends and witnesses peace and joy, and this mental body will remain in that dimension in a state of comfort. It is the conscious mind. This Awareness indicates that when it comes time for an integration to take place, wherein the soul and higher spirit of the individual, the High Self and the soul, or the essence of the soul begins to move away from the pure White Light, if this occurs, this High Self and the essence of the soul then begin to move into that which is the lesser lights, and as this occurs, there is a rejoining of the conscious self, a gradual rejoining of the conscious self to this Higher Self and the soul, and the entity starts to take on personal identification again, in that realm which entities have associated with as heaven.

This Awareness indicates this pure White Light essence to which the soul and High Self travel is in effect the same as that known as Sach Kahn, where the souls are created. It is generally but a brief moment, a split second in earth time; it can be of great duration to the one experiencing it, for all things become clear; truth becomes everything and everything is seen in a moment of truth. It is said in *The Tibetan Book of the Dead*, which accurately portrays this, that entities must cling to that pure White Light state for as long as possible because they gain so much spiritual essence in that moment, but entities generally cannot take that high vibration and frequency for any great period of time, unless their lives have been lived in a high frequency, in which little or no karma calls them back, in which case their mental and astral bodies would have followed them into that White Light at the moment of death.

If entities still have mental or astral karma, then they begin to move from that White Light back toward that which is referred to as heaven, collecting their conscious or mental body, then eventually, when and if ready to leave that state of heaven, which lasts only so long unless the astral body has also followed; in other words, if the mental body has gone into heaven and the astral body is able to detach itself from earthly things, giving up all claims to earth, it too can follow the mental body into heaven, and the entity will then, along with the astral body, reside in heaven on a more indefinite basis, returning only when desirous or if desirous to the earth.

The 'Heaven' Experience

This Awareness indicates there is always a time in which the entity from heaven will be called back to earth, because heaven is still under the control of those forces associated with material being and essences. This Awareness indicates that if the entity has not been able to bring the astral body into heaven, when the Higher Self and soul return to the mental body which is in that heaven state, and the astral body is still hanging around where the entity died, trying to reattach itself somehow to something, that heavenly experience will

be cut short and the entity will begin to recall or seek reattachments with the astral body on earth. This may not come for some long periods of time. There are ghosts which have hung around castles and places for hundreds, even thousands of years, waiting for the return of the body that is residing in heaven, but eventually this must occur or otherwise, that astral body must attach itself to some other entity, taking possession of that other entity and hoping in some way to get a free ride.

This Awareness indicates that generally the mental body will somewhere along the line reclaim the energies of the astral body, or if it abandons the astral body totally, then the astral body may attach to something else, or eventually disintegrate into parts or pieces of desires and emotions that float around seeking attachment to something or someone. Many of these astral body energies attach to plants and remain with plants while the plants grow, and upon the return of the entity toward reincarnation, the astral bodies then leave the plants and seek reattachment to the native from whence they came or in some cases they remain with the plants, if it is more satisfying to them. It is a kind of limbo experience for these astral energies.

This Awareness indicates that once the entity has reincarnated, if they have all of the elements back, including the astral energies that have been discarded, they generally begin anew, with whatever wisdom they have gained from the visit from the White Light, along with any other insight from the heavenly experience, along with a recharging of vitality and life force, and they are in a new body which needs to grow and develop. They will have whatever karma follows the memory that they have carried over.

The More Evolved Entity Can Take a Short-Cut

This Awareness indicates that the more evolved entity, upon the moment of death, whose attachment to physical things is not as great as the attachment to the spiritual essences, when this spiritual attachment is genuine, so genuine that it penetrates not only the spiritual and soul levels, but also the mental and emotional or astral levels, (this Awareness reminds you the astral and emotional levels being the same), whenever this is strong enough to penetrate and permeate the entire being, then when the entity goes to the pure White Light at the moment of death, all of the entity goes. It is like nothing is left to linger in limbo or purgatory, and the entity may even surpass the levels of heaven entirely, going straight to the Godhead, and becoming One with the White Light; at such time, at such moment, time no longer exists in terms of relativity, because there is nothing to relate it to, and the entity can remain for as long as desired, in absolute truth-realization of everything, as a part of the Godhead, but not even realizing the entity is a part of it, because it is too much likened unto being the whole of the Godhead.

This Awareness indicates for example, do you think that if ocean water had the knowledge of knowing itself to be ocean water, that any part of the ocean water would be aware that it was only part?, for if it is all the same, is there truly any part in its evaluation of itself? Thus, when an entity becomes absolute, and

enters into absolute total serenity and absolute surrender to God, the entity becomes One with God, and no longer thinks of itself as being part of God, for there is no self left; it has all been given. This Awareness indicates that this becomes the ultimate end of the journey for entities seeking the path to absolute enlightenment, but there are many many lifetimes for most entities. There may be thousands, even millions of lifetimes before this becomes a final experience.

This Awareness indicates there may be many times when entities touch and experience this moment of absolute unity with the Divine, but they may break off after a certain amount of experiencing to go out and reexperience as a separateness, to go through experiences and then come back, much as the prodigal son travelled away from the father, experienced and then returned. This Awareness indicates that this then is the map, but the map is really a picture of your journey; the *experiences* of your journey are what really give it meaning and value.

ARE THOSE REALLY FRIENDS AND LOVED ONES WHO GREET THE ENTITY AFTER PASSING OVER?

(FOLLOW-UP QUESTION):

Awareness, in many of the accounts of entities returning from a near death experience, where they're going down the tunnel, they often see friends and relatives as Awareness just described, waving at them and smiling. Other times, they see these entities beckoning back the other way and shaking their heads and saying "No, it's not time yet," and my question is: Are these really the spirits of friends and loved ones who manifest at that particular moment, when they think that this entity is dying, or are these entities strictly projections of the mind of the person going through the death experience?

COSMIC AWARENESS:

This Awareness indicates that these are the conscious mind's....this may be better understood as fragments of the individuals. This Awareness reminds you that when an entity is in the physical body, there is an integration that has taken place, wherein there are the emotions, the astral energies, the soul which is a more permanent center around which the astral energies reside, and there is the conscious mind, which includes everything, all images and thought-forms that the entity consciously perceives and there is the Higher Self, which is the guardian of the entity's total being.

This Higher Self is essentially the Christ Consciousness, or what may be termed a ray from the Godhead, and when an entity departs the physical body, separations occur. The White Light High Self Consciousness takes the essence of the soul toward the White Light. The conscious mind goes toward the tunnel and fragmentations from the conscious mind will often emit or project images familiar to the conscious mind of those things which it recalls. In some cases there are entities who have passed over who are not simply waiting on the vibratory plane for that entity, but they are there when the entity arrives and in some cases, they recognize that the entity is not ready, and warn the entity back. In other cases they are there to greet the entity.

This Awareness indicates that these are not the full integrated aspects of the persons who are passed over. They are cast off portions; they are part of the conscious minds of the entities. In some cases, their High Self may have returned to them, but they are generally not totally integrated as they were on the earth plane, with all of their aspects. That the emotional or astral parts of the individual may still linger in the astral planes or astral levels, not necessarily confined to the same place as the death occurred, but generally confined to some kind of limbo state in which they had desires but cannot fulfill those desires. This is an aspect of the entity which may be said to be burning in hell. The burning situation as that which is the burning desires that cannot be fulfilled. It can also be a burning or waiting for delivery and thus, the feeling is that the entity must wait for eternity. This Awareness indicates that these descriptions of hell generally are descriptions that relate to the astral body, the emotions which the entity has had during their lifetime or at the moment of death; the attachments that have not been released at the time the entity passes over; these are the areas that continue to suffer, because there is no way whereby these attachments, desires and fears can be fulfilled.

Thus, if an entity has a drinking habit, a narcotics habit, or if the entity is so emotionally attached to someone and can't give that someone up, then that entity will be suffering in regard to the astral level, the emotional level, after the passing over, yet the entity's conscious mind will have moved on in all likelihood and the entity's spiritual and soul essences will have moved on. This Awareness indicates those astral shells known as ghosts are but the cast-off energies of the emotions which the entity experienced during the living period of his or her existence.

DO NOT BREAK YOUR COMMITMENTS

(Closing Message)

This Awareness indicates that it is important for entities to realize that they always have the choice to be attached, and to break attachments, to honor their commitments or to break their commitments, but it is important also that entities make those attachments while living that allow them to develop their highest and best qualities and that when preparing and when ready to die, or even when living and knowing that one must eventually pass on, that they set the greater priority in their lives as the attachment to God the Creator, their own Higher Divinity, and let this be above their attachment to their mate, or even to their children, but let them give their devotion and love and energies into fulfilling their commitment to their loved ones, to their mate and to their children and their family, so that they do not need upon passing over to feel the astral shell feelings of having failed in their commitments and needing to come back to fulfill karma for not having already given their all, their love, their energies, to their commitments, to family to loved ones, to mates, so that while entities serve their god, they also serve their god by giving service to their own commitments and family; those things for whom they have committed part of their earthly life.

Thus, by serving your children, your mate, your loved ones, you are serving God. This Awareness indicates there are many entities who find it difficult to distinguish how to put their priorities. They think that if they serve God, they do not have time to serve their children or their mate, and they become annoyed at their children and their mate for taking them away from their spiritual obligations. This Awareness reminds them that their spiritual obligations are their children and their mate as well as their devotion to the creator. There are others who put their obligations into their children and mate and do not have time for spiritual obligations, and they feel that hopefully God will understand and overlook the situation.

This Awareness indicates that they then may go about their mundane activities to the point wherein they totally forget about the spiritual obligations, but when it comes time for passing over, rather than realizing that they have the first priority; that of serving the Divine Creator of their souls; that of joining with this, they may feel that they have greater obligation to their husband, wife or child, and so may turn their attention in that direction.

This Awareness indicates when this occurs, the High Self and essence of the soul still will go to that White Light, but it may be pulled back quickly, and the conscious mind may then, rather than moving toward the heavenly aspect, may be facing more toward the obligations to children and husband or wife, and thus the entity does not feel ready to pass over, because there is much more left to do, in which case, the entity may return to the body and such action results in that which has been termed the near-death experience.

This Awareness indicates that the entity then has the opportunity and time as well as the inclination to again place priorities in which not only the service toward those on earth become a priority, but also the realization and attachment to the Divine Creator becomes a greater reality for the individual, so that the individual then never again fears death, knowing that it is a peaceful experience, a warm experience, but knowing also that there are things the entity needs to reconcile so that the next time the entity does not feel obliged to return to finish.

This Awareness indicates it is for this reason that many who have had the after-death experience begin spending the rest of their lives making sure that no karma or no unfinished actions are taken that would cause them to feel guilty or to feel earthbound. This Awareness indicates that this movement for these entities into that experience known as the after-death experience, wherein they return to tell about is rare and should be considered a blessing, for those who experience it, and in most cases is.

Those Accounts of Experiencing the Hell Fires!

This Awareness indicates there have been rare cases in which the entities move into an after death experience recalling only the negatives; there have been some few who saw or claimed to see the fires of hell and found themselves descending toward these flames. This Awareness indicates that this as that which came about because the entity had extreme burning astral energies and desires and hostilities and fears and prog-

ramming in the conscious level to project those energies and feelings into images of fire and brimstone. This Awareness indicates that this was the metaphorical illusion the entity created as she moved into those astral energies with her conscious mind.

This Awareness indicates that this is most rare and occurs only temporarily, and occurs only to those who have very disturbed emotional and distressed astral bodies. That for the most part, the passing over experience is that which entities will find most blissful, but it is also a very crucial time wherein future lifetimes are determined so that entities should give highest priority to integrating all of their being, including the astral and mental aspects of self into travelling toward the White Light at that moment of death, without looking back or trying to hold on to the physical body, or its attachments.

This Awareness indicates that *It* does not advocate that entities leave, prior to necessity, but that once an entity knows there is no return, *It* suggests you integrate your all and go toward the White Light rather than letting yourself become split and having the astral body ripped from you because of attachments it cannot release or having the mental body taken from you because it expects to see somebody there, or to go to some paradise. It is far greater that entities go directly to the source of their being; the pure White Light of the Absolute Creator.

If they can integrate their body to follow the soul so that the astral and mental bodies accompany the soul, they will become unified and total, and become future masters, Christs, representatives of that Light, even if it is but for a brief moment that they bask in the pure White Light of truth. (This Awareness suggests the Interpreter be brought from trance.)

The Law of Gratitude is given.



THAT "SPIRITUAL" HIERARCHY AND THE SO-CALLED 'LORDS OF KARMA'

QUESTION:

A question from W.E. of Minneapolis, Minnesota. "I have read about the spiritual hierarchies from the Awareness readings and other sources, but I would like Awareness to comment on a spiritual hierarchy that supposedly enacts its decision-making for this solar system, namely, the Lords of Karma, or the Karmic Board as they have been referred to. It is my understanding that the highly evolved entities that are members of this tribunal make decisions on a cosmic scale from another planet in our solar system, perhaps Saturn. Just what exactly is their function? Are they some form of spiritual judicial body that edicts penalties or rewards to entities who either break or obey the Cosmic Laws? Are they a branch of the Intergalactic Space Confederation with the intent on enforcing the Universal Laws on the Ahriman Forces? Could Awareness provide some enlightenment, please?"

This Awareness indicates that this as being from teachings of certain other groups of channeling information. It appears related to that which is with or associated with the Summit Lighthouse and groups of a parroting nature; those which parrot some of the information from the Summit Lighthouse material. This Awareness indicates that there are numerous channels who parrot the information from other channels. It appears that this as being more of a metaphorical reality than actual reality; the Lords of Karma as more of a reference to the Saturnian qualities in terms of astrological meaning.

This Awareness indicates that Saturn as being the supposed place for these Lords of Karma to meet and dole out their judgments in regard to behavior and activities of others. This Awareness indicates however, that in actuality, this is but a kind of metaphor; that the astrological qualities of Saturn as being that which is the equivalent to a karmic sentence or passing of judgment on an entity so that what Saturn symbolizes in astrology terms is the area wherein an entity must pay penance, or pay attention and face responsibilities.

This Awareness indicates that in this sense it is a symbolic meaning to refer to the Lords of Karma for the type of energy emitted by the presence of Saturn in a particular place in one's chart. This Awareness indicates that the concept of a tribunal sitting in judgment on Saturn is in error. It is accurate in the sense of a metaphorical image and meaning. That this is likened unto thinking of Mercury as being filled with messengers waiting to deliver messages to entities on earth, or thinking of Venus as filled with entities who are preparing aphrodisiacs for entities on earth. It is all but metaphorical.

SHOULD WE JUST IGNORE THIS TYPE 'CHANNELING'?

(HOW KARMA GETS BALANCED OUT IN TIME)

(FOLLOW-UP QUESTION):

There have been numerous channelings through various entities supposedly from this particular part of the hierarchy and dictating all sorts of demands and so forth, so for the most part entities should just ignore that kind of information, should they not?

COSMIC AWARENESS:

This Awareness indicates that it is not necessary to ignore; it does have the possibility of being a valuable message; the message is that which counts. Does the message carry proper substance of worth? If you are concerned about irritating a Karmic Lord who is sitting on Saturn who might coerce you or punish you for not being obedient, you need not worry about that. This Awareness indicates however, that if the message is such that has meaning and value, then let the message itself be seen as valuable. This Awareness indicates there are however, on Titan, one of Saturn's moons, entities who are of high evolution; this being a place that serves as a kind of way-station for travel beyond the solar system and within the solar system.

6. This Awareness indicates there are no alleged Lords of Karma sitting there passing judgment on individuals, that karma is part of the Divine justice in the Universal Mind and all entities are subject to karma in the sense that in order to become harmonious and balanced with Universal Consciousness, they must pay the price of imbalance and actions resulting from being imbalanced so that they can be readjusted into balance, and that is the nature of karma. It is their own higher awareness of their own behavior and activities that were imbalanced. However, for dramatic purposes, and for making a point, the concept of the Lords of Karma is much more stunning and significant sounding, and has an ominous overtone that may attract greater attention from the entity, extracting more of a response.

In other words, it is much more dramatic to think of Lords of Karma sitting around a table talking about you, deciding what to do about you, determining your fate and your punishment or reward, as the case may be, but it is all just metaphor and imagery. This Awareness indicates that in reference to group karma, or planetary karma, there are forces that also bring about balance and justice for any form of imbalance in these areas, so that when a group, nation or culture behaves in a manner that is out of harmony with Universal Law, adjustments must eventually be made to bring that group, nation or culture, back into balance.

In some cases, individuals, groups, nations or cultures will act on the one hand in a negative manner, while simultaneously doing something of a positive nature that is of benefit to others, so that the negative and positive karma tend to balance each other out somewhat. That for this reason, some nations seem to get by with murder, while at the same time, they are expressing some form of gracious behavior toward others, so they are both devil and angel in their appearance, and the karma of that nation tends to balance itself in some ways so that the great evil conducted may never be repaid with the same degree of evil, nor the great rewards ever be repaid in the same level of greatness.

It is the same for individuals. Depending on the nature of such positive and negative karma, individuals such as this, or nations such as this may also experience some kind of great loss and great reward of extreme nature or great suffering along with great happiness, on the other hand so that the extremes of behavior result in extremes of results at some future time. It depends on the kind of pain they may inflict on others as well as the kind of joy they may give others, whether these become cancelled out so that little pain or little reward and joy is felt, or whether they must pay in like kind of pain and receive like kind of reward. This Awareness indicates that much of the karma an individual, nation, group or culture receives for negative behavior will depend on the remorse that entity feels in regard to what it, she or he has inflicted on another. If there is little or no remorse, the karma will be greater.



THE THIRD PROPHECY OF FATIMA: AN UPDATE ON THE PHENOMENON

(Opening Message, C.A.C. General Reading)

(Jan. 18, 1990)

COSMIC AWARENESS:

This Awareness indicates there is a brief time period here in which a certain amount of focus will be given to that which is the UFO phenomena, this in relation to the recently released information from William Cooper. This Awareness indicates that it has been suggested that this information as being generally accurate in so far as it goes. This Awareness suggests also that there is much which is not released in relation to this information; that the phenomena as that which may be surfacing here and there during the coming decade, eventually being released in part by entities from within the government and outside, who have speculation or various sources for such information.

This Awareness indicates that there is also in the near future, the likelihood of heavy disinformation and discrediting of the entity's material; a campaign to discredit this entity is seen as being a possible scenario if the entity's information becomes widespread or has an influence on things. This Awareness indicates that because this organization is relatively small, and because the average person would pay very little credence to the source of information coming through *Cosmic Awareness Communications*, much can be presented that could not be presented through other more socially creditable sources, and that which can be presented as that which can be presented more accurately, without entities who read the material being obligated to do anything, or feeling they have special authority or credibility by referring to the source of information.

Therefore, there is a relative safety involved in giving certain information relating to this entity's exposure. The entity himself, Cooper, as being somewhat in danger for having released the information, yet because the entity has taken such a daring position, if anything were to occur to this entity, it would only add credibility to his stories.

This Awareness indicates that with this understanding, there will be some additional comments related to the material which this entity has released. This will be limited; that it does not appear that there is any need for great additional release of information in regard to this entity's material, but because many will have further questions in addition to the entity's material, this Awareness wishes at this time to give certain commentaries relating to some of the information the entity has released.

This Awareness indicates that there is, within the entity's release, a reference to the Fatima prophecy, being that which the aliens pulled out of the future, wherein the aliens claim to have the ability to see into the future and have helped to bring about this apparition; this Awareness indicates that these as having

been presented in such a manner as to imply future events. You will reflect back that this Awareness gave information some time ago in regard to the third prophecy of the Fatima prophecies as being that of a nuclear war.*

*Issue 81-16 (*Cosmic Awareness Reveals the Third Secret Fatima Prophecy*); \$3.00 from CAC.

This Awareness indicates that this prophecy of a nuclear war as that which was kept hidden from the masses; that the pope refused to release that prophecy and to this date, the entities have not been informed as to that prophecy. This Awareness indicates however, that even when this Awareness indicated it as being a prophecy of nuclear war, this was not the full prophecy or full scenario of the prophecy. This Awareness indicates the alien factor as that which was such as to contribute to that nuclear war and it was in part the intention of aliens to bring about enough devastation so as to make the planet easily conquered, while still retaining a certain degree of lifeform, whereby with certain technologies they could therefore then eliminate the radioactive contamination and inhabit the earth without any threat of human domination.



This Awareness indicates that this scenario of the Fatima prophecies is *not* that which is cosmically ordained or divinely ordained. It was rather the timetable for the alien factor; their plans for conquest of the earth. This Awareness indicates that it is a potential, a possibility that within this decade, alien and human species will clash in combat over domination of the earth. There is the potential that this will be open or covert, a hidden war, or an open war; that the possibility of reconciliation is more remote as these forces seem less ready to negotiate a situation in which coexistence can occur.

This Awareness indicates however, that is not to be ruled out as pressures are now being put on the aliens which may lead to a more conciliatory stand. This Awareness indicates that the release of information regarding UFOs as that which has become more open and will become, in the near future, more readily available to the public, but much of this information will not be accurate, and will be deliberately misleading in some instances. This Awareness indicates that *It* does not *Itself* intend to help entities sort out the inaccuracy or misinformation from the correct and accurate information in regard to these entities, at least not at this time.

Not All UFOs Are Friendly Little Fellows

It is unnecessary for the masses to be informed simply to satisfy curiosity. There is a certain need to be informed in that a certain degree of information can help entities to be prepared when unexplainable events occur, so that they are not panicked or misguided, so as to act in a manner that is contrary to their best interests, and it is for this reason that this Awareness wishes entities to realize that not all UFO inhabitants are friendly little fellows from the Galactic Space Confederation, angelic hosts, or ascended masters, or avatars from outer space.

Many of these entities are on the equivalent level of cannibals, in the sense that they see humans as being inferior to their species and they are carnivorous in regard to human species. This Awareness indicates that some of these creatures referred to as the Greys, especially two and three versions of the Zeta Reticuli, in the Cooper material, are such as to feed upon glandular secretions of humans and are quite capable of killing humans for that secretion, or in abducting humans and extracting glandular secretions for themselves.

This Awareness indicates that some of these beings have no digestive tract and eliminate through their skin, and to eliminate, they need to pass the substance through some part of their body, much in the way plants eliminate through their skin or through their outer shells; that they use hydrogen peroxide for helping in the elimination. They eat not in the way humans eat, but rather by digesting certain glandular secretions into their mouth, into a corner of their mouth where it sits and digests.

The Tall Greys Out of Orion that 'Heal' Entities

These entities not having stomachs as humans; this is in reference to those who are referred to as being likened unto, akin to insects, these the Greys. That there are also those tall entities from Orion; these being grey in color also. These entities were the ones who were featured in the story out of Russia, wherein 9 foot space invaders dropped their craft into a park, got out and were seen by children. These entities were

the Orion types. These being hostile to humans, but also they have certain powers and technologies that allow them to perform certain actions that appear miraculous.

This Awareness indicates for example, in one tabloid article an entity whose leg was injured or damaged and deformed to where she needed to walk with crutches, these entities were said to have picked her up into the ship and she appeared some thousands of miles away in a small town in the Siberian area, and then being released, her leg was healed, and she was able to walk without a limp, without injury.

This Awareness indicates that these entities did not heal her leg, but rather transplanted a leg onto hers. These entities from Orion would give the impression that they are benevolent toward humans, but in fact, they are into genetic engineering in such a strange manner that they may use humans as guinea pigs to conduct various types of experiments. For example, the growing of arms and legs and other body parts in a kind of fleshy matrix made from human flesh without any respect for shape or form, whereby a leg might grow out of a torso, hands might grow from the middle of the torso's stomach, and so forth, simply through the injecting of certain genes into flesh that is stimulated with electromagnetic charges that cause the growth much as the growing of robotoids and synthetics.

This Awareness indicates that in this manner, they can grow body parts for humans, or for themselves. They can grow glands and substances which they themselves use for their own purposes, or they can grow these things to transplant and heal humans who have been injured or deformed by injury, or birth defects. This Awareness indicates that this as seen as having the potential to be used for good purposes as well as for negative purposes. It is based on a science that is obviously abhorrent to humans to think that part of humans would be used for the stimulation of the growth of human parts.

The Government is Buying Time

This Awareness indicates that the planet as presently situated is undergoing considerable change, in part due to the realization that the alien presence is not as friendly as many would believe, nor is it as tolerable as government officials of the past have been led to believe it would be, but by being tolerant, the government officials have bought time, keeping the planet from being totally taken over by aliens, because by working with certain agreements with the aliens, the government has kept them from using force to take control of the planet.

This Awareness indicates that this has given greater time for technology of humans to close the gap with the technology of the aliens; that the Star Wars technology is essentially designed to assist in dealing with the alien factor, the potential of conflict with the aliens. This Awareness indicates that there are seen threats of mother ships invading with additional alien beings within the future; the greatest of these is seen as approaching the year 2020 or thereabouts, in which some 30 million aliens are expected or planned to arrive on the earth plane.

This Awareness indicates that meanwhile, smaller numbers are seen as approaching; these entities having certain high technology but not necessarily having high spiritual qualities. That it is because of this that much of the cold war is falling aside to lead to greater human cooperative spirit so that humans can work more closely together in the event that the aliens are not as amiable as would be desired.

The Blonde Human-Like Aliens From the Pleiades

This Awareness indicates that in reference to those who are seen as human-like aliens; these have been reported as blonde and fair-skinned beings. There are the two types: that type which comes from the Pleiades,--these entities being genuine highly evolved spiritual beings who would have liked to help humans; these being in part associated with the Intergalactic Confederation. The entity Sam Jess (Spelling? Not known) as being one such entity who has communicated to humans from this group. These entities being true friends to humans.

There is also the other blonde fair-skinned types who work as subordinates to the Greys; these entities having been abducted or having been offspring of abductees, raised and trained by the Greys as servants; that these entities obey orders from the Greys. This reference to the Greys as being the Zeta Reticuli from the Bernard Star.

More on Teros and Deros

This Awareness indicates that the Deros and Teros have been discussed previously as being civilizations underground: Teros being more friendly and helping to keep the Deros, who are more demoted, from having excessive power. This Awareness indicates that the so-called Little Green Men that entities have reported are actually the Grey Zeta Reticuli of the types from Bernard Star; that they tend to turn green when they have not received sufficient food in their glandular appetites. They also are more vicious during such times in terms of their need for energy, in terms for the need for the food substances they live on.

These entities are involved also in the cattle mutilations, using certain substances from the glands of cattle; that these types have been on this plane for centuries, off and on, travelling here and there at some times staying more frequently and establishing contact with humans, and some of the legends of the past, such as leprechauns and trolls and such are actually references to these and to Deros.

This Awareness indicates in general, the public is not likely to run into such beings unless they go into those areas which are remote, where these entities happen to be; that the Zeta Reticuli have their bases in New Mexico and in Nevada; the Orion types having bases in the Aleutian Islands. There are other bases in other places. This Awareness suggests that entities should avoid those caves which are man-made, in order to avoid crossing paths with these entities.

Avoid Caves with Smooth Floors

This Awareness indicates that those caves which are natural generally would be safe as might be expected, but if entities in exploring a natural cave

suddenly came into an area in which the walls are carved straight with flooring that is smooth as a highway, then the entity would know they were into an artificially created cavern or underground city. This Awareness indicates such areas are to be avoided if entities wish to continue their existence on this plane.

This Awareness indicates that likewise, entities in seeing a spacecraft would be foolish to walk up to or approach the spacecraft. It would be wise to avoid such for those who have been abductees do not generally report great benefits. Those are quite rare. Generally such entities are used as guinea pigs for experimentation or may simply disappear permanently.

This Awareness indicates that the development of the Star Wars program makes use of much of Tesla's technology which the Russians have already been working with for some time; this including laser cannons, ray guns, and certain types of shielding, fields which can protect entities from being detected, whereby they may meet, speak, and not be monitored by alien technology.

This Awareness indicates that *It* does not wish to comment in much greater depth in regard to this topic. The underground bases of these entities are quite extensive; in some cases, running many miles, being likened unto underground cities. This Awareness indicates that excessive discussion, further questioning in regard to this topic, as that which carries a certain intrinsic danger, as this touches into areas which are generally secret, or beyond secret, and this Awareness does not wish to expose these things which are classed in such degree of secrecy. It is not necessary nor is it the will of this Awareness to expose secrets.

How the Alchemy of your Knowledge Works

It is rather the will and intent of this Awareness to prepare a certain small portion of society of aware people, so that their consciousness in being made aware, can have an alchemical effect on the mass-consciousness in a way that depolarizes and balances the energies on this plane. This has to do with quantum physics in which polarized energies, being resolved in part, tend to affect the greater mass so that wherein the greater mass might have certain fears, the fears diminish as the fewer parts having already perceived and gone through the energizing of these concepts, harmonizing or reconciling these polarities, these fewer points of light help to defuse the fear and polarization of the greater masses.

It is a principle in quantum physics that need to be understood, in order that entities better recognize why certain elements of consciousness in a small percentage can have profound effects on the greater mind of consciousness. When this Awareness speaks of consciousness, *It* speaks of the collective consciousness of humanity. This Awareness reminds entities that *It* is not playing favorites with humanity over the aliens simply because *It* is speaking through a human channel. These alien beings have certain intrinsic rights. This Awareness does however, recog-

nize certain principles as being proper and appropriate and a certain manner of behavior as being appropriate, and wherein aliens are inappropriate in their behavior or wherein humans are inappropriate in their behavior, this Awareness must express concern for that inappropriateness and tends to seek to influence reconciliation.

This Awareness indicates that wherein there is fear, whether within aliens or humans, this Awareness tends to seek to eliminate the fear, for fear tends to create greater problems, and courage tends to solve those problems. This Awareness indicates that *It* is not seeking to cause entities alarm. *It* would not tell most entities what is being given here to those who have been longterm recipients of messages from this Awareness. Those entities who are aware or who have the capacity to listen to that which is unusual without flinching, without fear, are those entities who are blessed and who are precious in that they can help to defuse the negative energies that might accompany such information, and in so defusing the negativity and fear that others might feel, they become open to the possibility, and in so doing, harmonize the polarities associated with such information for the mass mind to consume.

It is likened unto a digestion, wherein part of the mind digests the information without becoming frightened and throwing up. If part of the mind can digest the information, then it breaks down the information to such levels that the rest of mass-consciousness begins to accept the digested information on a subconscious level, so that when, indeed, the events transpire that pertain to the message, the entities are not so easily thrown off balance or into states of fear or into radical reactions.

The Dilemma of the U.S. Government

This Awareness indicates the government,--this in reference to the Majestic 12 and those who have been subordinate to this group, as having done everything it felt was appropriate for the intense situation of having aliens inhabiting the earth, aliens whose technology was much greater than that of earthlings. It has done all it felt was proper to preserve the peace and to gain information from the aliens in order to develop higher technologies and to work hand in hand, where necessary, or to hide information and shield certain areas when appropriate from alien

knowledge. It has functioned in a manner as they perceived to preserve the interest of humans of the nation for its own sake, yet they have also been caught in a predicament wherein they could be misjudged as having worked in collaboration with foreign invaders. Had they opposed these foreign invaders it could have led to mass destruction of humanity, for these foreign invaders did have much greater technology for destruction than did humanity, even considering the nuclear power of atomic weapons which have little usefulness in dealing with those foreign invaders.

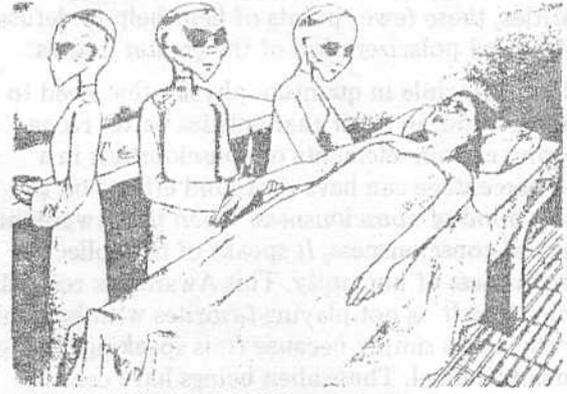
Keep Cool. There's Nothing You Can Do!

This Awareness indicates that for this reason, there is a need to be tolerant and understanding of the government's lid of secrecy in regard to this alien factor. When and if the government feels it is important for the masses to realize the alien presence, this will be then given by the government. Meanwhile, those entities, those few who receive this information and who receive the information of Cooper may just simply consider yourselves privileged to have the information regarding the UFO factor, and do not feel that it is urgent for you to go out and start campaigning or doing something to further spread the concerns about the alien presence.

There is really very little that can be done at this time. When the time comes, *if* the time comes, that a problem erupts, entities will be given guidance by those who are in charge and who are authorities within your government, those who know what is occurring and your responses to those directions and guidance may then be considered, but at present, consider this as simply the exposition of information that may have long lain dormant in the back of your mind, awaiting clarification and answers in regard to the UFO factor, and consider that having this information does not compel or demand or authorize you to stir up trouble for anyone.

It is a very touchy situation. This Awareness gives this information only because when a few entities become aware, that awareness influences the mass-mind to prevent chaotic reactions in the event that something later of a surprising or sudden nature might occur. For example, if everyone were suddenly shocked into the realization that there were aliens present, the reaction would be much more volatile than if the masses, suddenly discovering that aliens were present, had with them entities who could say: "Oh, yes. I know about that. I heard about that several years ago. This is what they're like. This is what they do. This is where they are. This is how they have related to us," and then the masses have an authority who can tell them something about this unknown factor that suddenly has come into their consciousness and they will adjust more readily without the chaotic shock, that might otherwise occur.

This Awareness indicates it is much better for a few entities to be aware than for all entities to be ignorant, and then suddenly have information exploding upon them from some event that may not be controllable.



FRIGHTENING EXAMINATION: Artist's sketch shows aliens using a sharp blade to take skin samples.

This Awareness suggests that entities in receiving this information would be wise to speak very little or not at all about this, for most people will consider you as odd or insane if you begin talking about such information and especially when they ask: "Where did you get your information," and you tell them: "From Cosmic Awareness!"

Fatima Prophecy--An Alien Timetable for Takeover

This Awareness indicates that you could very easily become the subject of laughter and ridicule, therefore, you may simply receive the information, digest it as you will, and keep it to yourself or to your closest associates. This Awareness indicates in regard to the Fatima prophecy; that this is that which is the alien timetable for their planned takeover of the earth. It is scheduled to begin in February. It is not preordained by spirit or by Divine Law. It is simply an intention by the aliens.

It was intended by the aliens that the information be released into consciousness so that the mass-consciousness would be prepared to accept the alleged inevitable outcome, and the aliens had hoped to trigger some type of event in which a certain number of nuclear weapons were exchanged which would then be suddenly stopped by the interference of the aliens who would then pass themselves off as Divine Beings, bringing forth the millennium.

This Awareness indicates that because this has not been released to the masses, the masses not expecting this nuclear war, the timetable for the Fatima prophecy is of little value to the aliens. There may be some disturbances such as political and geophysical disturbances, which the aliens may trigger and this may begin in early February, but this Awareness suggests that these energies do not appear as such that will follow the plan, the timetable.

Aliens Implant Entities--Wish to Bring Down Gorbachev

This Awareness indicates that there are certain elements attempting to stir up heavy conflicts in certain areas, particularly around Russia in order to bring down Gorbachev, and his reforms. These are being influenced by the alien factor, through certain of their agents. This Awareness indicates there are many entities, individuals who have been implanted with certain chips to act as agents; this has occurred over a number of years; that these entities can be activated for serving those aliens.

However, it does not appear that there will be sufficient energies for the aliens to carry out their intended plans at this time. This Awareness indicates also that the money supply for the aliens which they have extorted from governments and government agencies, as that which has been gradually diminished, being cut off, causing a hindering of their construction and development of many of their projects and plans.

This Weakens them, even as governments of the world become stronger in terms of technology and increased economic value. There is that which may be recognized as a hidden war in progress that is not highly charged. It is on a kind of quiet competition between the aliens and the governments of the world, but there are certain

11. elements in the human area that work hand-in-hand with the aliens in trying to regain control of these governments which the aliens once controlled.

The Book of Revelation Scenario for 1992

This Awareness indicates that in reference to the *Book of Revelation*, that this does not apply at this time. It applies to the 7th root race; you are only now leaving the 5th root race. This Awareness indicates however, that there will be certain efforts and elements which entities seeking to manipulate the masses by using the *Book of Revelation* will attempt to create the appearance of a coming messiah. The masses will not buy the scenario. This is to begin in approximately 1992.

This Awareness indicates that the Christian era as that which relates to the heart chakra and began 2000 years ago, this timetable moving up now to the throat chakra; that the Beast and the rapture do not occur until the energies reach the pineal and pituitary level; this will be several thousand years hence; that this is referring to a kind of prediction mathematics related to the movement of mass-consciousness. It has nothing to do with the calendar per se, other than as it refers to earth ages, and the influences of planetary and stellar energies acting upon mass-consciousness as the sun moves through its cycle and the earth follows.

By mass-consciousness, this Awareness refers to the mass-consciousness on earth, as that which is the mass or collective consciousness in regard to human destiny. This Awareness suggests that if there are any questions or observations that have been overlooked in regard to this entity's recent release of information on the UFO phenomena, that these may be brought out at this point. This Awareness may not give further information in regard to the UFO topic after this.

COOPER INSISTS THE INFORMATION MUST GET OUT TO THE MASSES

(FOLLOW-UP QUESTION):

Well, William Cooper seemed to emphasize very strongly in his release that the information needs to get out immediately and to as many entities possible. He stresses that very emphatically with the statement that this situation must be dealt with. He didn't say *how* it was going to be dealt with, but he did seem to stress that the information needed to get out to the masses.

COSMIC AWARENESS:

This Awareness indicates that this is in the affirmative; that the entity Cooper's wish to promote this information as seen as being quite beneficial. This Awareness indicates however, that much of the material which this Awareness has given as that which, if accompanying the Cooper material might tend to distract more than add to the credibility of the Cooper material, especially since the masses are unfamiliar with what this Awareness is, and would tend to see this as simply some kind of occultist group or strange and bizarre information, whereas Cooper himself as having a kind of background credibility that is commonly acceptable to the majority of Americans or other entities of the earth.

This Awareness indicates that it is simply a matter of credibility factor. The message this Awareness has given to your membership as that which is for their consumption more so than for the masses; that if your membership wish some way to share the material with close friends who also have been exposed to and accept information from this Awareness; that this then could be appropriate. This Awareness indicates that were entities to attempt to put the two papers together promoting Cooper and supporting Cooper with this Cosmic Awareness reading, it would tend to detract from Cooper's credibility, more than add to his credibility, for most entities.

This Awareness indicates to understand this you might ask yourself, if you had received the Cooper information in an envelope or accompanied by a cover letter, or accompanied by a channeling from some entity who claimed to be God, would you give the Cooper information as much credibility as if you simply received the Cooper information on its own? This Awareness indicates that this is rather an unusual situation in which this Awareness wishes entities to avoid presenting *Its* message on the grounds that it would discredit the Cooper material, if it accompanied and added further information along with the Cooper material, but this Awareness is referring to the average man or woman on the street, and the way they would perceive the information.

There are of course, exceptions. There may be exceptions to such a degree that entities who read the Awareness material will perceive the Cooper material as having greater credibility because of the message from this Awareness, but these would be exceptional, rather than the rule. The rule being that the average person on the street will tend to accept the Cooper information with greater credibility than this Awareness's message, and if the message from this Awareness accompanies the Cooper information to the man or woman on the street, they will tend to think less of the Cooper information than if they received it alone. It is simply a matter of being realistic.

(Questioner:) I was referring just to the Cooper information in the question. But that's a good point that the members will be able to see that on their own, they should not send those two out together.

THE DRUG PROBLEM ALIEN RELATED: MAY BE OVER IN LESS THAN 3 YEARS!

(FOLLOW-UP QUESTION):

There's one other question people are already writing in about. W.H., for example, who wrote this question just a day or two before we sent out the Cooper information; he says: "Cosmic Awareness said in a recent issue that the drug problem would be effectively over within three years. I was more than a bit surprised to hear this. Can we expect a follow-up on this letter?"

COSMIC AWARENESS:

This Awareness indicates that the drug problem as that which is closely related to the alien problem; that

12. the aliens have essentially blackmailed the United States into given them great amounts of support, money and support for their underground constructions and much of the money has come from certain private individuals and sources of various natures, including some drug-running funds that were channeled to the aliens.

This Awareness indicates that there were also other factors involved; that the aliens also took money from private corporations for their constructions. This Awareness indicates that there has been, by the curtailing of the drug flow, there has been a cutting off of funds to these aliens; this is the beginning of efforts to take the power away from these aliens who have broken their agreements.

This began in 1987. This Awareness indicates that the entity Noriega was in part involved in helping to set up that chain that assisted the aliens; this entity very heavy into UFO research. This Awareness indicates the entity being put out of business as a strong signal that this pipeline to the aliens will no longer be open; that as a result of that, the Colombian cartel has already begun movements seeking to find amnesty for their cooperation in quitting the drug business.

This Awareness indicates that it appears this drug scene may end even before the 1993 time period.

HOW COOPER WILL BE DISCREDITED

(Follow-Up Question): Vikki:

In relation to the Cooper material being discredited; is there some kind of other source of discrediting that we might see being attempted on his material, and if so, what form might it be?

COSMIC AWARENESS:

This Awareness indicates that mostly, this will be in regard to the discrediting of the entity as having any inside knowledge. It will be more along the lines of implying that the entity made up or gathered information from various sources and threw it together for some motive of his own. This will not come through normal channels, but will come through those magazines and newsletters in the form of articles and exposes.

There will also be other forms of information released that are simply fabrications that create other scenarios for entities to believe or disbelieve in regard to the UFO phenomena so that by the time it is well into this year, many different scenarios will be floating around with entities unable to decipher which one is true and which isn't.

This Awareness indicates that mostly, this will deal with the influence of this entity's work on any individuals who have influence; that so long as it is just a group of UFO curiosities or individuals who have curiosity about UFOs, these entities are not necessarily the target for this, but wherein Cooper's material is taken seriously by credible people, these will be the target for the efforts to discredit Cooper.

(Closing Message):

This Awareness indicates that the very fact that the information is out, whether it is discredited or not, allows something to be in consciousness that was not present before, which helps entities to have a scenario by which to measure future events, to see if they fit, whereby in the future events when things occur, entities may look at this scenario and say: "Aha! That fits with what Cooper said!" This Awareness indicates that gradually, truth tends to surface and become stronger once it is out, even if it is floating with the debris of all types of fabrications.

(The Law of Gratitude is given)



"...A REPUBLICAN PRESIDENT IN FAVOR OF DEFENSE CUTS; NELSON MANDELA FREED; A MULTIPARTY SYSTEM IN THE SOVIET UNION; MIKE TYSON KO'D BY AN UNKNOWN FIGHTER;--- THERE'S NOTHING LEFT THAT'S NOT BELIEVABLE !!..."

FULL SPECTRUM SUNLIGHT: HOW IMPORTANT IS THIS TO YOUR EYES?

(EVILS OF SUN GLASSES & FLUORESCENT LIGHTS)

QUESTION:

A question from S.K. "I recently read the book *Health and Light*, by John Ott, in which he claims that we need full spectrum sunlight entering the eye for optimum health and that our eyeglasses, window glass, windshield and artificial lighting all obstruct this full spectrum light. I found out from an optometrist that I can order these full spectrum lenses for my eyeglasses for \$20 extra but he claims that ultraviolet light is damaging to the eye and causes cataracts. Who is right?"

COSMIC AWARENESS:

This Awareness indicates that full spectrum light as that which is recommended; that the ultraviolet light can be damaging when it is excessive; that entities can gain through full spectrum light other rays which are beneficial. This Awareness indicates that it is to some benefit for the ultraviolet light to be filtered out, especially in those extremely bright sunlight days, when the ultraviolet tends to burn excessively; that the ultraviolet can come through even on cloudy days, but this Awareness suggests that in a general sense, the ultraviolet that comes through is not nearly so dangerous as fluorescent lighting, which is not of a full spectrum type.

This Awareness indicates that the ordinary household bulb gives off a light which is not full spectrum; this is not seen as damaging in any way, and entities will tend as a general rule, to receive enough full spectrum light in the ordinary activities of being in and out, that those hours under artificial lighting are not likely to be damaging, except in the case of fluorescent lighting; the fluorescent lighting as that which can be damaging to eyes and to teeth.

This Awareness indicates that in the case of working under fluorescent lights for many long hours at a time, it would be beneficial if you could purchase those full spectrum lamps which are available and replace the ordinary fluorescent lamps with those that are full spectrum. That in regard to ultraviolet lighting, excessive ultraviolet lighting can be damaging; that this can be avoided without harming the eyes; that when entities wear sunglasses, most of the sunglasses do not filter ultraviolet light, but filter out other colors and the darkening of

the light from wearing sunglasses tends to dilate the pupil, opening up the eye more than would normally occur, and in this case it allows the greater entry of ultraviolet light because the eye, instead of closing down to the excessive brightness, remains open because of the sunglasses shading the eye, and the ultraviolet light goes on through in greater amounts than the eye would normally receive if it were not wearing sunglasses. This can be a danger.

This Awareness suggests that entities wearing sunglasses should wear those which block out the ultraviolet light or should avoid wearing sunglasses for long periods of time. It is better to let your eye become accustomed to the strong light and close, so that they filter out the ultraviolet, along with the brighter lights. This Awareness indicates there is that sunglass out now referred to as Amber Vision, or Blue Blockers; that these can be beneficial in eliminating certain damaging light to the eyes; that they do not increase the amount of ultraviolet light. They do decrease the blue light, and they do not appear to open the pupil excessively as would a lens having a darker hue.

This Awareness suggests that for ordinary sunglasses, there can be some benefit in the wearing of full spectrum glasses; that this is not however, of any significant concern or value, It would be in a general sense, a very subtle or minor benefit; that watching television can be more damaging than wearing glasses that are not full spectrum. This Awareness indicates that even an hour of television would probably not damage the eyes any more than a day without full spectrum glasses.

ED's Note:
 Vitalite Company is a large national outfit that sells only full spectrum bulbs and fluorescent tubes. Look under the Yellow Pages of the phone book under "Lights, Lighting Fixtures etc." Vitalite Full Spectrum Lighting" is their ad and they list local dealers.

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