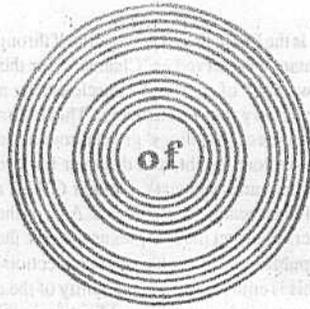


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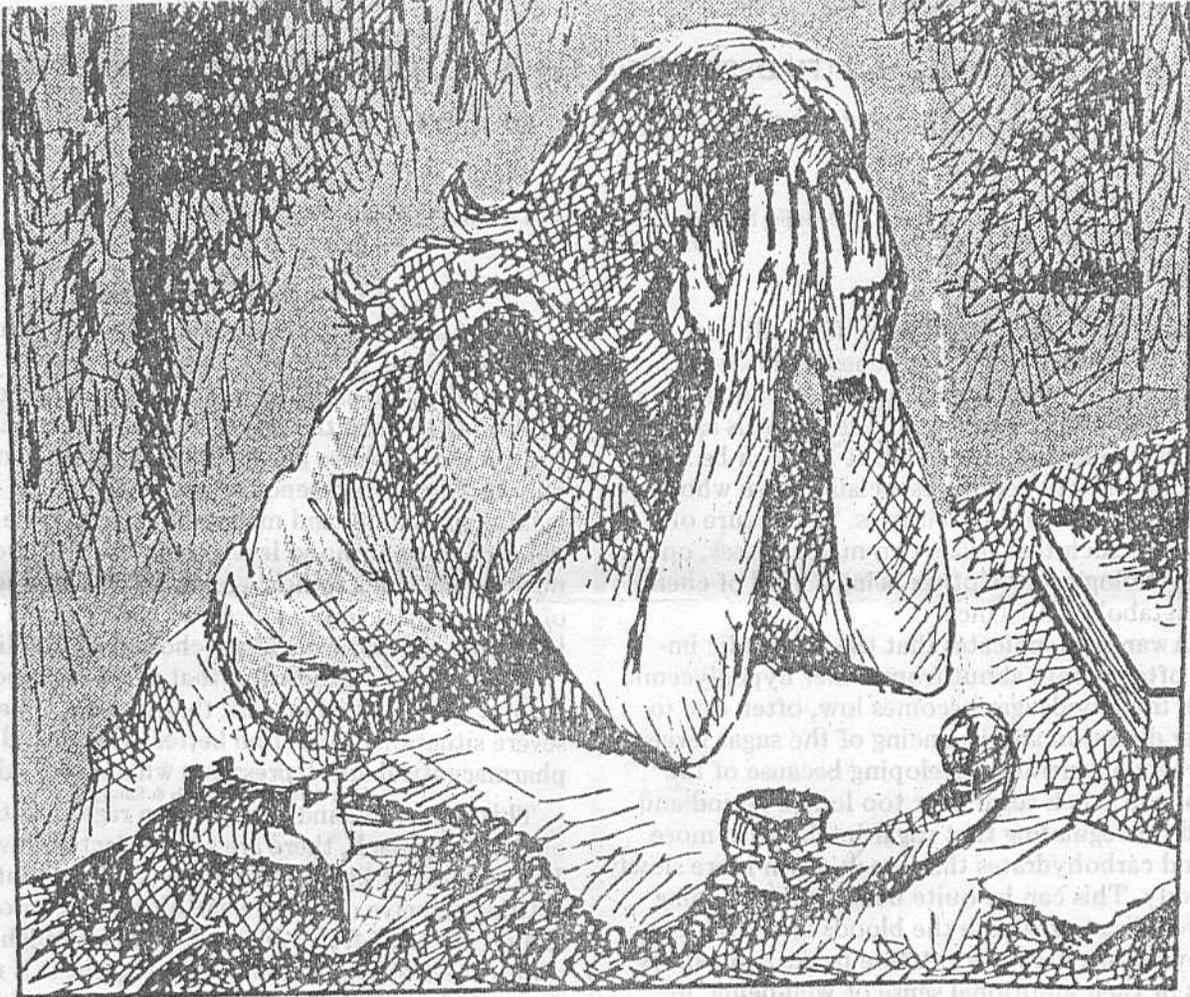
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DEPRESSION and SUICIDE

A GROWING PROBLEM FOR YOUNG PEOPLE & THE ELDERLY

AND WHAT TO DO ABOUT IT

ALSO

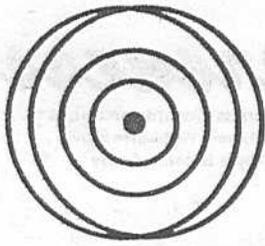
IN THIS REPORT:



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Paul Shockley, Interpreter



HOW TO DEAL WITH DEPRESSION, SUICIDAL PEOPLE, LOSS OF A LOVED ONE.

...THE PERSONAL "PASSAGE PERILOUS" OF AMERICA'S YOUTH AND THE ELDERLY

(Opening Message, C.A.C. General Reading)
January 20, 1990

COSMIC AWARENESS:

This Awareness wishes to address the condition known as depression. This Awareness indicates that this is especially a problem for young people in their late teens and early twenties; that it is in this age bracket that most suicides occur. It also can be a problem for elderly people, especially those who have had setbacks or losses in their lives. The nature of depression is such that it has two major causes, one being psychological, the other being a kind of chemical or metabolic imbalance.

This Awareness indicates that the metabolic imbalance often comes about from either hypoglycemia, in which the bloodsugar becomes low, often due to improper digestion and balancing of the sugar levels; hypoglycemia generally developing because of the intake of too much sugar over too long a period and the need for regulating that sugar intake with more grains and carbohydrates that break down more slowly in the body. This can be quite beneficial in helping hypoglycemics to regulate the bloodsugar level so that they do not have the extreme peaks and valleys in terms of their emotional sense of well-being, in terms of their moods.

Dealing with Mood Swings

This Awareness indicates that there are also benefits in receiving sufficient amounts of protein in the system; that the various amino acids can be beneficial in helping to keep the mood in a kind of stability, thus, if entities have great swings in terms of mood, it may be from a deficiency in protein; that the diet lacking in calcium and magnesium can also be a contributor to poor mood levels; calcium with proper magnesium tends to help entities maintain a sense of stability, not only in terms of their general health level, but also in terms of psychological stability.

This Awareness indicates that these are especially helpful in regulating moods; that entities, unless under severe situations, would be better off to avoid the pharmaceutical antidepressants which have side effects.

(The Effects of Minerals & Sunlight)

This Awareness indicates that in regard to the psychological approach, there are several factors involved. The amount of light, particularly sunlight that some entities perceive or receive can alter their mood levels and create or alleviate depression. The sunlight as having some effect on the Vitamin D levels, but it is more that the sunlight affects certain elements in the pineal to secrete substances into the endocrine system which can be helpful for these entities.

It is not that everyone needs sunlight to avoid depression, but some entities will benefit from more sunlight and become quite depressed during cloudy days. A lot of this is more of a psychological mood created by expectation than by chemistry; that some entities just associate cloudy days with bad days and associate sunny days with good days, and if they have dark, dismal, rainy or cloudy days for several consecutive time periods, they begin to feel very disgruntled about it and associate this with depression.

This Awareness indicates that many entities associate sunny days with times when they can get out and about and be physical and enjoy nature, and therefore see this as a more pleasant time; that entities who tend to have little depression influenced from cloudy days do not consider cloudy days as hindering them. They may in fact not particularly like the hot sun and they might enjoy getting out in

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the rain or in cloudy and cooler times, and avoid those hot sunny rays on their skin, and this allows them to enjoy those cloudy days more so than does the next person. Therefore, they do not feel depressed by cloudy days as do some entities.

Thus, if either of these is the case, you might want to look at this carefully and note that it is not the cloudiness or the sunlight that is the main influence on depression, but your attitude toward whether or not you can deal with sunlight or cloudiness. If you can deal with either, then there is no need to feel depressed. If you can bundle up and get out there in the rain or snow or cool cloudy weather, and enjoy a walk, or enjoy going somewhere, then that need to be out and about is satisfied, and you do not need to feel the same kind of depression that another might feel if afraid of the cool cloudy weather.

Likewise, the entity who does not like the sunshine might consider taking a sun umbrella and going out, keeping the sun off of self with a large hat or sun umbrella and still being out and about during the bright sunny hot weather.

When Disappointment Creates Depression

This Awareness indicates that another factor is more psychological than this in that entities often tend to become depressed when they have had disappointments in their lives, in which they feel there is no reprieve, in which they feel great disappointment and loss of some wishful goal, or lose something that they held dear.

If they are denied something that they wanted or had, they may feel great depression, a sense of uselessness, as though all had been ruined for them, and there is no further need to go on. "How can I go on without you?" they might say, after losing a mate or a loved one. They might become greatly depressed over this. They might ask: "How can I go on without you when you left me for that other person?" It becomes, in some cases, a form of self pity, wondering how this person whom they loved so much could go for another and leave them alone.

This Awareness indicates that this departure may be triggered by death or by rejection. Either one can cause the sense of loss, or the departure may be caused from some kind of violation or from an accident wherein perhaps there is a kidnapping; an entity simply disappears or loses touch with reality or enters into a coma, or loses the ability to communicate as before. These things can cause great depression for those around that entity.

The Cycle of Grief

This Awareness indicates that there are stages which entities will normally pass through in relation to such losses. There is the grieving stage. Of course the shock comes first. Then the denial that this is real, and that denial may be only fleeting. It may create anger that it happened, and then there is the grieving and the self pity and the blaming, wherein one may blame oneself or blame others for what happened, and there may be the thrashing about for a desperate direction: "What should I do now? How can I ever go on?" These questions, these thoughts, these arguments may be extremely compelling to the entity.

3. Then there is the reliving of events and experiences. This Awareness indicates that all of these are normal stages. If an entity gets locked into one of these stages and does not move on through the next and next and next, and eventually into letting go of the past, the entity may begin to lose touch with reality, living in any of those levels in which the entity harbors resentment and holds blame, for others or for self, or perhaps the entity grieves continuously for years following and pities himself, or the entity may look back and attempt to relive experiences with the entity holding onto memories and making all of present life relate back to previous experiences.

This Awareness indicates that these times in which entities get locked into those stages of loss are those which can do considerable damage to the entity in terms of his own present opportunities or future opportunities and relationships with others, and though the entity may not care about such things, there is still a life to live and he cannot change the past, and entities need to realize this; that the past must be allowed to be free and you cannot pull back those who have departed.

This Awareness indicates that there are too many entities who, when things are hopeless, carry on too long trying to make them work; and they suffer greatly for this, and they also cause others to suffer. This Awareness indicates that a way of overcoming these levels of disappointment in which someone's plans fell through, a desire was not attained, or a loved one was lost, or some goal was denied; the way to overcome these disappointments is to set about creating new goals, new directions, new interests and new activities that have the potential for intriguing you.

What to do When you Lose a Loved One (Perils of the Rebound Relationship)

This Awareness indicates if you lose a loved one, after the normal or proper degree of grieving and reaction, it is important to get out and meet other people. If, for example, a loved one has simply rejected you, as in the case of many young people, rather than committing suicide and feeling this is the end of your world, get out and meet someone, particularly someone who gives you a bad time. If you can find someone who wants to argue with you and who wants to harass you or give you a negative time, who triggers your emotions of anger, if you can find someone like that, where you can become emotionally intertwined with the entity, you will find that your emotions can be totally distracted or untied from that past attachment and you can quickly be relieved of the grieving that the past rejection has caused.

This Awareness indicates it does not mean you must tie yourself into the life of this new entity, but for temporary purposes, it can be helpful in letting you disattach from the previous relationship, even if it has no permanent value to your future. You may wish to have several such relationships; the more of these that you can develop, the better off you will be emotionally. It is not healthy, when rejected by the loss of a loved one, to go out and try to find someone to take his or her place.

You cannot simply buy a new puppy because your puppy died. This Awareness indicates that often parents in teaching their children, when their children

lose a pet, the parents will say: "Oh, it's alright! We'll get you another!", and entities in growing older, move into a romantic relationship with someone and that someone jilts them for somebody else, and their first thought is: "Oh! That's alright! I'll just go get me someone else!", but if they are strongly attracted and attached to that entity and they go out seeking someone who is much the same, they may find themselves greatly disappointed, or they may find themselves becoming involved on the rebound of a previous relationship so that they attach themselves to someone else out of spite to the first entity who rejected them, and before they know what they're doing, they are attached legally or otherwise and romantically to someone whom they hardly know, or whom they later discover they cannot stand to be around.

This Awareness indicates such rebound relationships are unfair to the entity who is the subject of such attachment, for they are simply being used by the one who has been jilted as a tool to get back at the one who jilted. Therefore, rather than going from one relationship in which you were hurt, into another, trying to find security and help as a substitute for that relationship, it is better to get into a relationship, even a one-time date, or short term friendship with someone whom you don't really like that well. Get into a relationship with someone who makes you angry rather than whom you see to be a close substitute for the one you wanted.

This action of getting involved with someone who angers you helps you to alter the focus of your emotions, and gradually, by repeating this action with different entities, not seeking romance, but simply seeking human interactions of emotional kind, you gradually begin to have other emotions, rather than those which depress you, and call you back to previous memories and feelings of rejection.

That along with this, pick out some goals for your future, that you know you can pursue and have a good chance of attaining. One cannot get into the mood for suicide if one has a goal which they wish to attain and feel it is possible. It is only when you see no joy in the future that you can even consider concepts of suicide, and depression is basically caused by a feeling of inability to cope with the future. You see no way out of your present dilemma, by continuing as is toward the future, therefore, you are depressed.

Enthusiasm and a Goal Can Help End Depression

This Awareness indicates that enthusiasm, which is the opposite of depression, is that which allows you to rush toward the future with great hope, and you can only have enthusiasm if there is some kind of goal, or something desirable in the future that you feel you can attain. Therefore, if you know someone who is getting depressed or who might be suicidal in their thinking, try to get them involved in some attainable goal in the future that would give them considerable amount of joy. Give them something they can look forward to.

Tell them, for example, "We'll take a trip to Hawaii this summer!", or tell them: "We'll do something together next week!", or "Let's have a party!", or "Would you like to attend school somewhere?", or help them in some way to pick out a goal that they

4. themselves really have long wanted to attain, and in the meantime, while they are developing a future for themselves, something in the future to hold their attention to make them want to stick around; while they are doing this, keep them active in short-term future projects. "Call me tomorrow. I'll call you at three. Let's go have lunch tomorrow at ten," something to keep them looking forward from moment to moment so that they do not ever feel that they have been left alone with nothing in the future to lead them.

Do not let them feel that they are not responsible; make them feel they are responsible to meet you, to meet someone, to be somewhere, and that it is important for them to be there. Make them feel that they are important to your life, that they have a purpose, not only in long-term levels, but tomorrow, this afternoon, twenty minutes from now. If the entity is especially desperate, make them feel that they are obligated in twenty minutes, a half hour or an hour, to meet you, to do something.

Dealing With the Suicidal Entity

If you can keep them looking forward to something in the near future so that they gradually can keep moving from moment to moment and do not have the opportunity for dwelling on the moment of suicide, they will likely continue. It is when they feel deserted, there is nothing to look forward to, the whole future looks blank; that is when entities begin to feel suicidal.

This Awareness indicates that there is much that can be done for entities. Generally, they let you know when they feel depressed, useless, worthless. There is one problem that you may come across. Too often, the entity who is suicidal has made enemies of all of his friends. They are so hard to deal with, no one wants to be around them, and this makes it difficult. You almost feel: "So what! They keep threatening to kill themselves! All they want to do is use me."

This Awareness indicates it is much better, if you cannot deal with the entity, at least help them to realize that you know they have the ability, and when they are ready to get over their self-pity, you want to see them, you want to be with them, you want to visit them, you want to be friends. You do not have to have a permanent attachment, but you are willing to be friends with them, and if necessary, suggest to them certain places where they may receive help.

If Suicide Does Occur--Do Not Feel Responsible

This Awareness indicates a final consideration: you cannot be responsible if the entity should ultimately decide to commit suicide. To hold yourself responsible, even if in part you are, is to create guilt for yourself, and to hinder your own well-being and future life. You are not responsible to assure the survival of everyone else. It is your responsibility to do what you can do according to your ability, to help others as much as is within your scope of responsibility, but you are not openly the final party in charge of the outcome of a situation such as when another commits suicide.

This Awareness indicates that entities understand this; that it is important to do all you can within your own level of competency, and when you have, if it isn't enough, don't then feel guilty or energize guilt

for not having done more. This Awareness indicates that ultimately, suicide is self-killing, and though there can be many influences from others that contribute to the decision of self-killing, those influences are not generally the deciding factor. The deciding factor is generally based on the individual's own weakness and loss of hope. This Awareness indicates that when an entity loses hope, the entity has a choice of suicide, or of simply waiting around.

An entity can, for example, think along such lines as this: "I could kill myself now, because I cannot cope with the future. I can see no reason to continue. But then, maybe something would change in the future. If I kill myself, I will never know. Perhaps I have something really good coming in the future, but if I kill myself, I will miss it. Perhaps I should just kill the pain that I am carrying, let all my sorrows die, let all my self-pity die at this stage, pretending I have committed suicide, kill all of my concerns and worries about myself, and let my body hang around afterwards, just to see what happens in the future. That way I can have my cake, my suicide, and eat it too, in the future!"

This Awareness indicates that in this manner, you let go of all those things that would drive you to suicide by pretending that they died, and you can still go on to see if perhaps something more, something better comes your way. This Awareness suggests that you never forget that all things pass, all things are born anew. The *Law of Change* takes away the old and brings the new, and that which would lead you to depression or suicide today may be gone tomorrow, and something else may arrive.

This Awareness indicates you cannot live your life by circumstances that are outside your control. You cannot be a victim of all those influences that come into your life from moment to moment, from day to day, feeling that "because these influences are too hostile to me, I can't go on," rather, you must realize yourself to be a cause, one who can deal with all the negative that are thrown at you. The question whether to suffer the slings of a thousand arrows, to go on, or to succumb and die, you go on, because you are a force, and as a force that is in control of itself, you can write your script, make your world, follow through from one point of time and space to another, reap rewards that may be waiting down the road at the next bend.

The Personal "Passage Perilous"

This Awareness indicates that often the very negative, the most frightful, the most depressing experience becomes the catapult that leads the entity into greatness, that leads the entity into doing something truly worthwhile with their lives. You look back at any great individual, and there have been those great moments of distress, but these entities overcame those moments of distress. What if they had committed suicide or given up?, and indulged in drugs or alcohol as an excuse to go no further?

This Awareness indicates that greatness comes about not because of lucky breaks, but because of the hardships that entities go through and which do not defeat them, which they manage to pass through. These personal hardships are likened unto the *Passage Perilous*. When you go in, you know not whether you

will survive, and you have many choices. You can either give up and die, grab drinks, grab alcohol, grab drugs, or some other form of escapism, you can go insane, you can go into a depression, or you can hold steady and keep sailing through that passage, determined not to be swept under by those outside forces.

This determination of individuality is that which creates the captain of one's soul, the one who can set a course and stay the course, or vary the course as necessary, but not lose control of one's ship and soul to outside forces.

THE RISING RATE OF DEPRESSION AND SUICIDE AMONG THE ELDERLY

(CAN ONE GET AWAY WITH "RATIONAL" SUICIDE?)

QUESTION:

It so happens I have an article here that talks about how more elderly are resorting to suicide, and I'd like to read a little of this:

"Reversing a half-century trend, the suicide rate among elderly Americans steadily increased in the 1980s, according to government records.

The 25% increase from 1981 to 1986 perplexes health care experts, who note that the elderly are generally more financially secure, healthier, and live longer than their forebears. But some experts speculate that the technological advances extending the lives of the elderly sometimes bring a quality of life that they cannot accept.

"There's no other group showing that kind of an increase," Dr. John L. McIntosh, associate professor of psychology at Indiana University, said this week. "Teen-age suicide peaked in 1977, and is going down."

McIntosh, who with Dr. Nancy J. Osgood wrote *Suicide and the Elderly*, says that the increase in suicides among the elderly suggests that medical technology may have created physically longer lives, but it also has created new concerns.

"People say 'I'm going to live longer. But is that going to be the kind of life I want to live?'," and it goes on, and it brings up an interesting thing here:

They say, "there's a much greater awareness of Alzheimer's disease and other incurable disease, and people know they're going to become helpless and the costs are going to be great; but the big influence is there's been an attitude that suicide is an acceptable solution to life's problems, especially those of the elderly, and it's mainly due, they think in many cases, to their family, that the family feels that in some way suicide might be justifiable, mainly because they're using up what they think is their inheritance in very high dollar facilities like hospitals and medical treatment."

I had a question on that: Some health experts note the growing acceptance of the concept of a rational suicide by which older people calmly examine their lives and examine whether they are worth living. I'd like to ask: If a person has lived out his life more or less, and he's elderly and he's confronting something like Alzheimer's disease or something of a similar impact, is the karma extracted in cases like that, or at least not with full intensity, or would it be less?

This Awareness indicates that this would be less. The question might be asked in regard to suicide and in regard to the taking of a life: "How much of the life has been taken?" This Awareness indicates that the taking of a life of a young person, for example, is taking a much greater portion of a life. The taking of a life of an elderly person, while the elderly person has lived most of the life, the question might be asked whether the remaining part of the life is as of much value to the entity, and because it is not, the karma would be less; but there are also other considerations.

That life has spent enormous amounts of time struggling and learning and working to develop or acquire certain skills and certain assets. If these assets and skills that have cost enormous amounts are taken by the taking of the life, this too would add to the karma, to the karmic debt. If, on the other hand, the entity sees that all of the assets that he or she has developed over the lifetime which he or she wished to leave to others are being taken by strangers such as the hospitals or doctors, and in such realization, they see their children or their loved ones being robbed of their lifetime endeavors and decide to take their lives, what little they have left, the karma would be much less in such an action.

ANY KARMA FOR THE FAMILY OF SUICIDAL PARENTS ?

FOLLOW-UP QUESTION:

This article adds that: "rational suicide often masks the complicity of grown children who tacitly agree with an ailing elderly parent who knows that his medical treatment is draining the family resources and that "You would be better off without me." By not protesting, children encourage the parent to commit suicide. Often the neutral stance in favor of rational suicide is actually collusion, because a parent is really reaching out to the child for affirmations of a desire to live," says this man who is the editor of the handbook for the study of suicide.

"The concept of rational suicide thus creates an expectation of suicide." I'd like to ask: Is there any karma involved for the children of these people, elderly people in a case like this by not protesting or by...?

COSMIC AWARENESS:

This Awareness indicates that this would be a situation in which the children would be acquiescing to taking greater gains for themselves at the expense of the parent's life, therefore, the children would be taking on a certain degree of karma by being acquiescent to that decision. This Awareness indicates that were the children to object and the parent to override the objections, then the children would not take on any karma from receiving the benefits and assets of the suicidal parent.

This is not unlike soldiers in battle, in which a hand grenade, for example, might be thrown into a cluster of men and one of the persons, knowing that the hand grenade, if exploding, would kill everyone within the cluster, throws himself onto the hand

grenade and is killed, but saves the rest of the people. This is a decision of suicide, in behalf of others, to save others. Has this entity acquired negative karma? This is 'no,' the entity has acquired positive karma, for the entity has saved the lives of others.

Have those who stood around, each seeing the hand grenade, but not having the nerve to throw themselves on the hand grenade, who benefitted from this entity's suicide, have these entities acquired negative karma? This Awareness indicates that they have not, though they may have acquired a realization of themselves as being in debt to that entity. The karma as that which to some degree is in effect because they owe their lives to that entity, but they themselves have not acquired negative karma, for they did not throw the hand grenade, and they are in a situation in which if they have acquired any negative karma, it would be from their involvement in the war,—if there was some way they did not have to participate,—but they do not have any positive karma from the action. There is more of a tendency of negative karma, but these entities also, because they are still alive, at the expense of this other who made the decision himself, therefore alleviating any karma on their part, these entities have the opportunity to work off their debt to this entity by helping others during the rest of their lives, by doing worthwhile things, and may, in that time period remaining, develop positive karma equal to or greater than that which the entity acquired by throwing himself on the hand grenade and saving their lives.

If the entities do not develop positive karma, but simply waste their lives or create negative karma in the future, then they have been undeserving of that extended life and owe greater karma to that entity that saved them, at the expense of his own life.

DECLINING QUALITY OF LIFE PROMPTS MANY SUICIDES OF ELDERLY ENTITIES IS THERE ANY SOLUTION ?

FOLLOW-UP QUESTION:

This article concludes with a study of elderly suicide by the American Association of Retired Persons, which noticed that elderly white males, 65 and over, have the highest suicide rate, 43.2 per one hundred thousand, or nearly four times the national average. The ratio of male to female suicides in the 65 to 69 bracket ranges 4 to 1, but gradually increases to 12 to 1 by age 85. 'It's an accumulation of losses that just keeps getting worse,' says Dr. Susan Mercer, professional social worker, who prepared the AARP report. "It's loss of spouse, friends, health, status, and a meaningful role in society,' but more older people are committing suicide, not out of depression, but because they just don't want to go on living, Mercer says. "They are projecting what's ahead and just don't want to go through with it. They're living longer, but the quality of life is not that great."

My question is: Is there any way that this situation could be changed?

This Awareness indicates that there is also the element of their sense of responsibility. Often they feel that by committing suicide, they are saving others from having to care for them, as they see themselves becoming weaker. They feel this kind of emasculating quality in which they have lost their control of themselves to the point of being unable to care for themselves correctly and they do not want to be a burden to others. For this reason some will commit suicide.

This Awareness indicates that it may be out of respect for others, but too often it is simply self-pride. "No one's going to have to take care of me! I'll keep control of things until I can't do it any more, then I'll control my own death!" That this is a way of controlling their own lives and not giving up control, and these entities may commit suicide for such reasons.

There are certain degrees of karma involved in this, and depending on the motivation, the act of suicide may carry different degrees of karma, depending on the motivation; even if the entities are the same year old and living in the same circumstances, they may carry different karmic repercussions for the suicide. If one does it out of self pride, this surely does not carry the same karma as the one who just doesn't want to be a burden to his loved ones or his family, because he loves them too much.

This Awareness indicates that even this, however, can get into fuzzy areas, because often, entities at these ages cannot think clearly or their emotions and their understanding of things becomes distorted through the use of drugs, medications or age factors. Therefore, these areas are all subject to different degrees of karma according to the circumstances that may be involved. This Awareness wishes entities to realize, laws of man attempt to set out rules, but rules cannot always be precise to every situation, because of all the many mitigating circumstances.

This Awareness indicates that each action carries a unique karma all its own, in accordance with the unique circumstances of the action.

NO NEED TO GIVE UP FOR LOSS OF SELF-ESTEEM.

THE ELDERLY HAVE MUCH TO OFFER ENTITIES

FOLLOW-UP QUESTION:

This question of giving up, because they've lost their self-esteem and so on...

COSMIC AWARENESS:

This Awareness indicates that when an entity becomes older, they often feel that because they can't do the things they could do when they were younger, they have no purpose of value to anyone. It is good for entities to develop certain assessments of themselves to determine exactly, "What good can I offer at this age, at this stage of my life?" for many of these entities who were great carpenters or handymen or workers of some type during their day, they are no longer able to function in those fields they once knew so well, but they may have within them a gold mine of other valuables. They may have stories to write, stories to tell, they may have lessons to teach. They may have the ability to assist young people, to teach children, to share information with those who need to learn.

There are certain groups that have been formed, made up from retired people, who offer the skills of retired people to help in non-profit organizations, and to assist schools and communities with the skills that those entities knew,--retired accountants, retired attorneys or others often wish to be useful and will volunteer their time to some organization that is in need of such skills but can't afford the conventional expert. There are many who are skilled at business who would love to work with small businesses, to advise them, to help them get organized. They may have done such work for 30, 40, 50, or 60 years, and may have such knowledge to impart that they could help a new business in its early days to do quite well, but because no one asked them, or they do not know where to go to let their skills be known, they sit and feel useless as though they were has-beens.

Many Firms Want to Hire the Elderly

This Awareness indicates that it is important that these entities be given continuing roles in society where and when they wish, and where and when there is the opportunity. This Awareness indicates that the McDonald's chain has found it profitable to hire elderly people, realizing that they are more dependable than most of the younger people. They show up on time, they take their job seriously, they have had years of discipline in terms of work. They know what it is to make a living.

Many of the young people are still in the stages of play, barely out of childhood and do not as readily accept responsibilities for a job. They do not necessarily feel that they want to spend their life selling hamburgers or making French fries, so they are looking forward to some other job and are quick to quit when any opportunity arises, therefore, they see the elderly as being a good resource for steady employment.

This Awareness indicates that there is a likelihood that this trend will continue to develop, wherein many of the retired people will find themselves in demand, particularly if they make themselves available; that it is also possible that retired people who have not the ability to be mobile can still be of considerable value to companies which manufacture small items through hand assembly. They may simply take their work to these entities and let the entities work at them in their leisure and pay them for assembling these small items in a kind of cottage business.

This Awareness indicates that there is still a great room and use for the skills of people who have passed retirement age, if this resource can be properly assessed and accessed.

ED's Note: Both Vikki and myself know a local couple who ran a music and record store for many years. A chain bought them out some years ago and they retired. One thing they both did was to take up bicycling; they ride their bikes everywhere, even joining a senior citizen's bike club and going on long tours to places like Mt. Rainier, for picnics, photographing nature etc. Several years back I ran across them in a local store and mentioned that I hadn't seem them biking around lately. I was told that they still bike, but not as often, because they had purchased a computer (a MacIntosh) and were now spending much of their time 'playing' with it. They told us how fascinating a computer was and the amazing amount of software available, and how they had a modem that enabled them to talk to other computers, get information from 'bulletin boards', join computer clubs and families all over the nation, making all kinds of friends, etc. It reminded me

of another retired couple, who finding nothing to do, bought a CB radio, which proved to be so fascinating they talked and listened to it almost round the clock, making all kinds of friends and providing many services to lost and stranded campers, etc. They have even saved the lives of people, many miles away, whom they have never seen, but who sent out distress radio messages which were picked up by this couple, who in turn relayed the information to those search and rescue parties, the Coast Guard and various Sea and Rescue groups. Awareness has predicted that in a few years, 60% or more entities will be staying home and working with their computers for a company that pays them regular salaries. Retired people, or those who plan retirement ought to most certainly consider the computer in their future, for there is never a dull moment if they use them correctly, and it could well provide much needed income in the future.

HOW ABOUT MORE ELDERLY PEOPLE WRITING AN AUTOBIOGRAPHY ?

(THE VALUE OF ONE'S ANCESTRAL PAST)

QUESTION:

Many years ago, my grandfather who was in his late 80's wrote a sort of an autobiography, I believe it was at the request of someone in the family, and nobody seemed to know this was even in existence, until a few years ago it surfaced, due to the advent of the copying machine, and I received a copy some 50 years later, and it was titled *Cogitations of An Old Codger*, and it was an extremely fascinating account of his life. Now in those days it was more exciting. He came West about the time Custer was fighting the Indians and so on, but there was a sort of spiritual aspect in this little book that he could see, looking back over the years, and it was sort of addressed to the younger people coming up in the family, and the thought occurred to me: Why don't organizations or somebody suggest to the elderly people to write some type of autobiography, like they had to do originally back in gradeschool, but this time in their twilight years, write something like that or tape-record something like that for their posterity, because surely, in that many years they have acquired some wisdom that should be passed on.

COSMIC AWARENESS:

This Awareness indicates this is absolutely right, and for such entities it would be great therapy. It would be an action that would help the entity to summarize his or her life in a way that allows them to feel there is something worthwhile remaining even after they have passed. Also, this can be done for those who are unable to write, either through poor vision or arthritis or inability to write; this can be done through video, talking with them, letting them talk their story into a video camera or cassette tape wherein this could be then passed on to the generations of the family in the future.

It could be a form of video geneology, wherein each member of the family, beginning with the oldest living member, tells his or her story, reflecting on the family and children and then wherein following this, secondary videos interview the children of that entity, with discussions of the favorite or main memories that stand out for each of them and how they found their mates and what children they had, then it could be passed on to *their* children that they too might give their story; and as the generations age, these videos are passed on to the children's children,

8. and each generation adds to the video so that you not only hear the story or understand the events, but you see your ancestors on film.

This Awareness indicates the value of knowing your ancestral past has to do with the setting of personal values. One might say: "Who cares where I came from! I don't know who my parents are! I'm here! That's all that matters!" or "I know who my mother was, but I don't know who my father was!", or one might say: "I know who my mother and father are, but I don't know anything about my grandparents or any of the previous ancestors. But who cares anyway! What is the value of knowing your family tree?"

This Awareness indicates the value of knowing your family tree is that it tends to create a sense of perpetuity, a sense of longevity, a sense of continuance; that when an entity does not have any sense of continuance but simply appears, that entity, not knowing any ancestors or roots or history of the family, tends to look at life in a very short span, a short-sightedness, it does not look at long-term purposes and values, but looks at momentary gratifications. The entity may want this, want that, want some of this, want some of that, but only because it pleases at the moment.

The Long-Term Approach to Life VS the Short-Term

The entity does not tend to think in terms of: "What do I want to do? What legacy do I want to leave my children?, or to my grandchildren? What can I tell them about myself that would be valuable to them? What philosophy can I give them that will help them to have a better life?" Entities who do not care for family or family history tend by nature to be more involved in momentary gratification and short-term pleasures. Those who have a sense of permanence in terms of genetic roots tend to think in terms of long-term endeavors, purposes, goals, actions, meaningful pursuits, rather than momentary pleasures.

This Awareness indicates that entities who have long-term goals and pursuits tend to have higher values. Entities who have desire for momentary pleasures tend to be drawn to the lower, meaningless values, the cheap thrills of life, and these entities often become victims of the carnival aspects of life, falling into drugs, cheap sex, cheap relationships, cheap thrills, and cheap jobs. This Awareness indicates that they degrade themselves to become cheap in their souls, wherein those who have a longer term, an elongated view of life, tend to think more in terms of careers, in terms of purposes, vocations, families, higher values, a sense of direction, meaningful actions, and they become more of the pillars of society, the strong oak; the people can depend on them because they are always able, they have it together, they are the backbone, the spine of society.

This Awareness indicates that it is two different approaches to life; the long-term approach of dealing with higher values, with long-term values, and those that seek cheap momentary thrills, often at the expense of the future. Of course, there are many children who do not know their family background and cannot find any roots. This does not mean that these entities must by nature follow cheap thrills. It simply is that if they understand their geneology, they have

an easier time thinking along the line of long-term greater purposes and life goals; but even one who does not know one's parents, such as an orphan, will tend to speculate and imagine a genealogy, will imagine and realize that there are ancestors back there somewhere, faceless, unseen, unknown ancestors and can focus on this realization, even saying: "I have no idea what my ancestry was like, whether they were Catholic, Jew, Protestant or Atheist, but I know they were, because I'm here. There were parents, there were grandparents and there were great great great grandparents. They are unknown to me, but I myself am here, and I myself can give forth to my future generations something meaningful.

"I can give to my future generations values that I believe are important," and therefore, even an entity without a genealogy tree can develop long-term values. It requires a little thought applied to your own situation. This Awareness indicates that it is important that entities think in long-term scenarios because your values become more meaningful, and with meaningful values, your accomplishments become greater because you put your energies into something for a longer period of time.



THE WEB OF CONSPIRACY: (THE ALIEN PRESENCE)...Continued

MORE FLESH FOR THE SKELETON (PART 3)

(C.A.C. General Reading)
May 3, 1990

THE NEW REALITY: THE UNREAL BECOMES REAL

(Even the Hardest Skeptic Will Recognize It)

This Awareness indicates that the energies during this time of transition as that which will allow entities to become more focused in regard to values and truths, wherein entities begin to understand with a greater sense of intensity the need to be truthful, the need to discover truth, and the need to set values in accordance with those discovered truths; that in the past it has been of such lackadaisical experiences for many entities that they could create values in accordance to the imaginings or beliefs or concepts and ideas which they supported over others, without great consequence.

Now it is becoming essential that entities focus carefully and with considerable awareness in order to discern What IS from that which is but illusion and fantasy. This does not mean that entities should forget fantasy or avoid fantasy; it simply means that they should know the differences between fantasy and reality. There are of course, many things which entities have believed to be fantasy in the past which is becoming recognized as realities, and many things which entities have perceived in the past as realities which are now being seen as fantasies.

This Awareness indicates that much of the realities of certain religious beliefs that many entities hold will soon be seen as having been but fantasies; the perpetuation of a big lie. Many of the things which entities in the past perceived to be delusions or illusions or fantasies of the masses will soon become reality to the masses. This Awareness indicates even the hardest skeptics will have to admit to their reality.

This Awareness indicates that those who are successful in life are those who set out to do something and continue until they do it. Those who are unsuccessful are those who set out to do something and when running into obstacles, quit, and make excuses. This Awareness indicates that entities who have long-term goals tend to stay with them. Entities who have long-term higher values, tend to stay with those values. Entities who jump from cheap thrill to cheap thrill tend to bob about like a moth around a lightbulb, getting nowhere fast.

(This Awareness suggests the Interpreter be brought from trance.)

(The Law of Gratitude is given)

ED's Note: For related information on these subjects, please refer to the following 'Revelations of Awareness' newsletters: 79-29 (A special 28 page report: Suicide: A Growing Tragedy in Today's Culture);\$4.00; 85-2 (The Nature of Youth);\$3.00; 85-13 (What To Do With Mom and Dad?);\$3.00; 88-7(How to Deal with Grief When a Loved One Passes Over); \$3.00 from C.A.C.

This Awareness indicates in this sense, the world is changing. That which was once unreal becomes real, and that which was real becomes unreal. In this regard, these values, these systems and the beliefs and structures which celebrate these values and beliefs, these truths, these hallucinations, these fantasies; all of this becomes twisted and turned about so that new values are formed, new realities are recognized, and old things are put aside.

Religion Will Soon be Perceived as False & Lies

This Awareness indicates that there was a time when entities could be burnt at the stake for not agreeing with the authorities about some perceived reality which, in looking back at a time in the near future will be seen as but an illusion, and those entities will be seen as having been insane or out of step with reality to have so perceived their realities as to burn someone at the stake for not accepting their false belief. That likewise, there are those who have seen things out of this world which others have claimed to be illusions, fantasies and worthy of the name insanity or crazy, and yet these entities will in the near future be seen as having had a grasp on a reality that most entities missed at the time.

This Awareness indicates that the world is changing; that what was once seen as real is now being questioned, and that which was unreal is now being looked at more carefully with greater seriousness. This Awareness indicates that there have been many who have dabbled in metaphysics, many who have perceived that certain things could possibly be explanations for the reality, and there have been those who have been hard skeptics to see that the so-called reality had no room for meta-

physics or such frivolous concepts, and these entities are now becoming archaic and those who are now the hard-nosed scientists and physicists, are beginning to recognize the importance of metaphysical concepts and ideas in regard to the ultimate reality.

This Awareness indicates also that many entities who were involved in experiments and experiences in which unexplainable events occurred to them, are now entering into a time in which these things will be unveiled so that the experiences will have more meaning, more reality, a basis in reality. That you are entering in to a new era, in which thought will undergo great changes, perception will be altered. People will recognize realities that have an inverse appearance, coming out of mind rather than coming out of matter, wherein matter will be seen as the reflection of mind, and mind as the ultimate creator.

This Awareness indicates that many entities in this generation, many entities born and alive today will experience a new kind of perception during their lifetime, and their entire thinking will undergo changes which will allow for that which may be termed 'magical events' to become more commonplace. In earlier times, such events would be worthy of and bring about the castigating of the individual, the ostracizing of the individual, or excommunication, or even extermination of the individual as being a heretic to the church or to the scientific body or other authority that did not perceive things in this way.

This Awareness indicates that now entities shall discover Who in fact they really are; that they are, in fact, echoes and fingers and tributaries of the Divine Being emanating themselves into the realm of the perceived reality, though in fact that perceived reality is, in fact, an extension of the Universal Mind in its processing.

UFO Phenomena Will Trigger the New Physics

This Awareness indicates that there has recently been much exposure in regard to the UFO phenomena, and this as that which shall serve as a trigger to bring about a speeding-up of the new physics, the new realities that are associated with these perceptions and the events and associations with the religions, thinking processes and physics involved in and associated with the UFO phenomena.

This Awareness indicates that indeed the phenomena stretches back into time and history throughout early stages of mankind's presence on earth and beyond. Indeed, the UFO phenomena, when looked at carefully, reaches into the realms of physics and metaphysics to tear at the doors of time and space, creating new realities, new understanding, new perceptions of what is, in fact, this realm of reality which entities perceive. Careful observation of the UFO phenomena as that which threatens the very existence of humanity's presence on this plane, which indeed offers also a new and sudden evolutionary growth for humanity if it moves in the right direction at this time.

10. The Pleiadeans and Other Human Aliens Now Present

This Awareness indicates there are great changes coming that are subtle, but which are indeed dramatic. An area which this Awareness wishes at this time to touch upon in regard to the UFO phenomena as that which relates to the Pleiadeans and other human types of aliens. There have been reports of human types of aliens through the past several decades, some of these as claiming to have come from local planets such as Venus and Mars. This Awareness indicates these entities generally were simply stating the location of planets or places which earthlings at the time could identify with, knowing at the time that earthlings could not really comprehend people coming from any place further away than within the solar system itself, and knowing that most earthlings did not realize the nature of Venus and Mars as having poor living conditions for human types.

This Awareness indicates that many of those claiming to be from Venus or Mars or some other planet, were in fact from much further away. There is that group which refers to itself as the Council of Andromeda; that these entities are not truly from the Andromeda galaxy, but use that term. They are in fact from this galaxy. This Awareness indicates that there are those entities popularized by Billy Meiers in his photographs who refer to themselves as Pleiadeans; that these entities are essentially the cousins or indirect ascendants or ancestors of humanity on earth. They are closely related to humans on earth.

Physical Description of Pleiadeans, Our Ancestors

This Awareness indicates their difference is only in slight genetic engineering alterations. They appear very similar in nature. They are, however, somewhat more highly evolved in a spiritual sense than are those entities on earth. In appearance, their hairline is lower on the forehead. Their earlobes tend to be larger. Otherwise, they are very much like average humans on earth. This Awareness indicates they generally tend to be light skinned and have blonde hair; or are light in hair color. It was these entities of the Pleiadean system that came to earth in the Caucasus area and settled and brought about the white race on earth, some seven thousand or so years ago.

Greys Are Winning the War with Pleiadeans

This Awareness indicates that the Pleiadeans have been involved in wars, much as are earthlings, yet their wars tend to be in space, and generally tend to be with those who are known as the Greys, the Reticuli and the Orion types and the Reptilian types. The Reptilian types from Draco, the Orion types, referring especially to the tall Orion types, and also the Zeta Reticuli; these entities have been extremely hard on the Pleiadeans, giving them much difficulty, making it imperative that they defend themselves against annihilation. Already these Greys have taken over a number of planets. It appears there have been six in this general sector of this galaxy that have been taken over and the earth will be the seventh, if it is taken over.

The Pleiadeans, in contacting Billy Meiers, attempted to assist him, to warn him and to warn others around the earth in regard to the dangers that the earth was pursuing in its lack of spiritual focus, and how this could lead to subjugation by these Greys. This Awareness indicates that the Pleiadeans have contact with the Council of Andromeda and have been attempting to intercede in behalf of earth, to keep earth from being conquered by the Greys, who also are arguing at the Council that they have a right and claim on the earth because they have been here for some time, not only in recent times, but also in ancient past, and have had great influence on humanity and that humanity has generally accepted them with various treaties and pacts.

This Awareness indicates that providing there is some success for the Pleiadeans, there is the possibility that the earth can be helped and may remain free of the domination by the Greys, but it is not yet certain. In fact, the odds at this time tend to be contrary. It appears that by 1993, this will become clearer as to whether the Pleiadeans can have any influence in earthly affairs, or whether they will simply be struggling for their own survival in their own homeland. This Awareness indicates if they have not made further contact with earth by 1994, you can assume that they are unable to make such contact, in which case, mankind will be on its own to deal with the Greys as they can.

By 1996 a Showdown with the Greys

This Awareness indicates it does appear that by 1996 or 1997 there will be a great potential for a showdown in the sense of conflict between the Greys and humans for rulership of the planet earth. It will not be long thereafter before the Reptilians begin increasing and coming into this plane, providing that the humans have not gained an upper hand by that time. This Awareness indicates that this generally is a brief scenario of the potential in regard to the alien scenario. All of this, of course, is subject to changing and shifting energies, depending on humans and their responses, their management and ways of dealing with crisis as well as the Greys and their own manners of dealing with situations.

This Awareness indicates there are some Greys who are less hostile than others. Approximately one fourth of the Greys are extremely hostile towards humans. About three fourths are less hostile, and some are quite friendly. Much will also depend on how these entities relate to each other in the future years in regard to the human presence on earth, and how they will eventually decide to deal with and relate to humans. The Greys generally do not like being on the surface. They prefer being underground, away from the sun, away from the bright rays of the sun. This is an advantage for humans, but they do come out at night without hesitation.

The Intergalactic Space Confederation: Hot Air!

This Awareness indicates that *It* has attempted to give a general overview of areas that have not been

11 fully covered in regard to the UFO phenomena. One other area that many entities tend to concern themselves with relates to that which has been termed the 'Intergalactic Space Confederation,' such entities who are perceived as being a kind of special military command, those flying around in spacecraft as Captain Hilarion and so forth; this type of entity whom many channel, and who come through the many different channels, giving various messages. This Awareness indicates these entities have in the past played almost no role at all, other than to influence entities in a kind of mental and spiritual and emotional sense, and have offered no presence in any crisis, wherein they might interfere or assist those in need, in a physical sense. Their role tends to be more that of comforter: a mental, spiritual, emotional comforter in terms of concepts, ideas, and belief levels.

There is seen no particular value from these entities in terms of actual interference with forces that would move to gain control of your planet, your governments or your societies, other than what might occur just from their mental and psychological influence on individuals through the various channels who channel these entities. This Awareness suggests that entities not count on help from the Galactic Space Command; it serves more as a kind of spiritual hierarchy rather than a physical reality. It is much like speaking of angels, and expecting the angels to come out of the blue to rescue humans during a war of reality.

This Awareness indicates that this is not to say these entities don't exist. The question is whether they exist as realities on your frequency, or in other realms and other frequencies; that this latter appears to be the case for most of these entities; that they exist in altered states of reality rather than within your own reality. Given enough time, they could manifest, given enough energy they could manifest into your reality as full sentient beings, but at this time these entities do not yet have sentient bodies to be able to enter into your actual reality.

How Pleiadeans Traverse Light Years in Seconds

This Awareness indicates that the Pleiadeans are real, and have the ability and technology to move from place to place at speeds greater than the speed of light, through a kind of time-warp process in which by raising frequency levels to a certain speed level, and setting a coordinate to another spot to where those two locations have a corresponding frequency vibration, they are able to traverse time and space instantaneously by jumping from one such vibratory rate to the other projected vibratory rate, which they have created and move into. It is in this manner that these entities are capable of travelling many light years within a matter of seconds in terms of your time. It is likened unto setting a frequency in motion at Point A, and a corresponding frequency at Point B, with A being where you are and B being the target of where you want to be, and when these

frequencies are both increased to a high enough rate that they become as one, vibrating in total sympathy and harmony above the speed of light, then they escape material reality. They escape from the confines of materiality, enter into antimatter levels and transverse from one place to another by the simple throwing of a switch so that they then move down the frequency levels into the new place, and thus, they have teleported, rather than traveled from one place to another.

This Awareness indicates that it is possible for entities to traverse in this manner over many light years in a matter of but a few seconds. It is this same principle that allows those UFOs to appear and disappear instantaneously before entities' eyes.

"SOMETHING ELSE IS HAPPENING WHICH IS BEYOND OUR ABILITY TO UNDERSTAND"--Wm. COOPER.
WHAT EXACTLY DID HE MEAN BY THAT ?

QUESTION:

In the William Cooper release, he summed up with four paragraphs the threat and suggestions of what to do. Number four, however, was vague; he said: "Something else is happening which is beyond our ability to understand at this time. We must force disclosure of all of the facts, discover the truth and act upon the truth." Could Awareness tell us what he meant that 'something is happening which is beyond our ability to understand?'

COSMIC AWARENESS:

This Awareness indicates that this Awareness does not choose to give away military secrets or secrets that are classed as military secrets, so *It* will not touch on some of this information. This Awareness wishes, however, to remark to some areas which may be semi-related to what this entity refers.

This Awareness indicates that first of all, the government has, since the 1950s, especially the late '50s, has an understanding of the principles of UFO technology and in that understanding has been working with this technology.

This Awareness reminds you that even in the period of 1943, during that which is termed 'The Philadelphia Experiment,' in which the navy created the effects of having a ship disappear and reappear elsewhere, including the crew; that this experiment as that which was involved in and using the similar technology that is associated with the UFO technology. Thus, entities need to be aware that your own government is not helplessly twiddling its thumbs and waiting hopelessly, or simply relying on the good will of the aliens to grant it some of their technology.*

*'Revelations of Awareness' 80-9 (Project Invisibility);\$3.00.

This Awareness indicates that even when the moon shot had occurred, technology was available that far surpassed the rocketry and the systems involved for landing man on the moon at the time. In fact, there were *already* entities on the moon in bases that were taken there by higher forms of technology. That likewise, the inner circles are aware of far more than most of those who are giving out information such as Cooper

12. and Lazar and Lear; that the aliens and their associates, the Reptilians, cannot be trusted and that were they to move to Mars as a group of human entities setting up a base there to escape what is happening on earth as many have suggested; that these of the inner circle simply want to save their asses by going to Mars and leaving the rest of the earth and all the inhabitants to the aliens to do with as they shall. This Awareness indicates that these entities know that their little outpost on Mars would be the least safe place. It would be even less safe than being on the Gobi desert, for there would be no protection whatsoever on Mars, and the more energy they put into their outpost, the more valuable it would be to the aliens; therefore, the idea of them moving to Mars in order to escape for themselves to carry on humanity, while abandoning humanity on earth to the aliens; the whole concept is of no logic or meaningful base.*

*ED's Note: Awareness actually said it. We all heard it. The first slang phrase I believe ever recorded in sessions.

The idea of escaping to Mars and setting up an alternative and abandoning the earth, though it was once considered, has been seen as futile. The value of a base on Mars has more to do with a kind of strategy for the potential of creating another station, another place from which to operate and to grow and to develop, so that the planet itself, the planet Mars itself, can eventually become habitable for humans. This Awareness indicates that in order for Mars to become more habitable, it needs a warmer climate and more liquid, and therefore, certain energies of a chemical flux need to be added, and thus, over long periods of time, it can be created in such a way as to give it the seeds for restoring its own vegetation and its own atmosphere.

U.S. Government Well Aware of the Reptilian Threat

That meanwhile, those of your government are aware of the potential threat of the Reptilians. They also are aware of the strengths and weaknesses of the Greys and are concerned and are working in what may be termed 'contingency planning' for various scenarios that may come about, developing contingencies for what to do in the event of various scenarios. This Awareness indicates that they are also aware of the Pleiadeans' offer to assist under certain conditions, and while having rejected these in the past, are more open to these at present.

This Awareness indicates that the Pleiadeans have not in recent years made any significant contacts with earth entities, and because of this, there is a question as to whether these entities will return in 1993. There are many who believe that the Pleiadeans are losing their war and this Awareness suggests that this does at this time appear to be the case. This Awareness suggests however, that this could well change in the near future.

This Awareness indicates the entity Cooper as being aware of some of these contingency plans, but this entity knows that much of this is so secretive that it should not, cannot be exposed. That to expose certain information would be to tip off the aliens as well as inform humans, and human curiosity is not sufficient reason to tip off the aliens of the plans.

HOW ALIENS HAVE DESIGNED & MANIPULATED RELIGIONS AND THE SECRET SCHOOLS

QUESTION:

A question from A.B. in Santa Monica, California. "In reference to the statements made by the entity William Cooper in his report *The Secret Government*, that "Throughout our history, the aliens have manipulated and/or ruled the human race through various secret societies, magic and the occult." I would like to ask Awareness specifically, *How* have the aliens done this?"

COSMIC AWARENESS:

This Awareness indicates that this entity also included religion; that the references have to do with the priestcraft. If this entity were to read *The Twelfth Planet* by Zecharia Sitchin, and perhaps the entire *Earth Chronicles* books, this would become much more clear for the entity. This Awareness indicates that the aliens set up a priestcraft after the deluge, and having established a kind of government in the Mesopotamian area in the area of the Middle East, they set up a training for the priestcraft. The priestcraft carried on the writing of history, the writing of the exploits and accomplishments and mythologies surrounding these entities in such a way that it established religious writings that later became the foundation for religious beliefs.

They also established priestcraft schools that later became the secret schools. They also established certain secret teachings and systems of thought that were later incorporated in or evolved into or allowed for what may be termed certain occult, or secret types of information: the cabala and the Tarot and the letters having within them, such as the Hebrew letters being philosophical in meaning, carrying certain information in themselves; all of this, along with the symbologies involved are incorporated as a kind of system, thinking system, that allowed for messages and information to be passed from one to the other within secret organizations and schools, to give power to individuals who had the knowledge, and to allow them to use that power and that knowledge for personal gain and control over the masses, and in this way, these entities manipulated the growth and development of societies.

Sometimes this was influenced by other forces such as the actions of the Pleiadeans when they brought forth their own type of teachings, which then interfered with and altered some of the teachings of the Greys. This Awareness indicates there are also certain things within the Greys wherein they have tended to take greater claim for the influence of humanity than they actually deserved.

This Awareness reminds you that there were many alien forces involved in the ancient history of earth; that not only were the Greys present, this in reference especially to those from Orion, the Reptilians were present and also the Pleiadeans were present. There were also others. That these entities were basically using the earth much the way Australia was once used, as a place to put the dregs of their societies. This Awareness indicates Australia is seen as likened unto having been a penal colony, wherein they were banished from the rest of Europe and the world into this remote area of Australia.

13. Likewise, the earth, as being in what may be called the outskirts or outlands of the galaxy. It is by no means anywhere near the heart of the more advanced civilizations within the galaxy. It is in a very remote area, and many of these entities from various star systems would tend to scatter and take their experiments or their people who did not fit well, experiments that had gone wrong or people who did not fit well in their society; they would take them to these more remote areas such as the earth.

Why Earth is the Insane Asylum of the Galaxy

This Awareness indicates there are some that are even more remote than the earth, wherein entities lag much further behind those of the earth. The earth, in fact, during the past two hundred years has progressed considerably in comparison to many of the others. This Awareness indicates that in bringing entities into these remote areas and casting them out from the heart of the greater societies in the galaxy, they planted seeds of civilization, so that the entities could have some sense of organization.

This Awareness indicates that they were also deposited in kind of tribal groups so that this tribe here, that tribe there, another tribe elsewhere, all of these being different types from different races, or different origins, were sparsely located, so that they had their own unique culture and their own area. Over the thousands of years, these areas have begun to relate one to another, wherein the cultures spill out beyond their own area, their borders into the borderlands of others, and the cultures, the language, the manner of cultural development becomes confused, and merged between the various types of humans on earth, and it is from this that a totally new type of creature is emerging; that it is a kind of melting pot on earth.

It is for this reason that this Awareness once described the earth as having been the insane asylum of the galaxy. It is not the only one, but it is one of a number in which it was simply a dumping ground for many different types of experiments, genetic experiments and creatures and beings that did not fit in the other places. This Awareness indicates that over a period of centuries there have been more highly evolved beings who have been sent to earth to attempt to help raise the vibration of the earth plane. This Awareness has referred to these as Wanderers. There is also the terminology of Star People.

The Influence of the Wanderers

These are entities who have certain evolved qualities that allow them to remain unaffected by the dense qualities of the earth so that their vibrations do not sink into the mire, so that they do not become attached to the earth and its lower vibrations. They see themselves as being more universal in nature than earthly in nature. This Awareness indicates that for these entities, over periods of time, there has been a great deal of reincarnation on earth, a great deal of effort by these entities to alter the vibration and frequency of earth, and to influence the earthlings into developing toward higher beings. This has been somewhat effective.

It is because of all this that much of the earth conflict has gradually given way to a kind of merging or melting between the various cultures so that the cultures now are coming together in a more creative expression rather than in a destructive conflict as previously experienced. This Awareness indicates that great creativity

comes when entities of different cultures come together in constructive ways. Great destruction comes when entities of different cultures come together with purposes of conflict, but the creativity is now gaining greater forces between the cultures on earth.

HOW THE ALIENS CONTROL THE BANKERS AND OTHERS WHO WOULD ENSLAVE ENTITIES

(More on How Walk-Ins are Created)

QUESTION:

These entities also, I assume, manipulated others through groups like the Illuminati and through the bankers, using greed as a motivating force. Did these aliens reincarnate in human form into these wealthy banking families, for example, in order to perpetuate this manipulative type thing they've been doing for an end result, (the One World government), or do they manipulate them somehow from the outside?

COSMIC AWARENESS:

This Awareness indicates that many of the influences of the aliens on humans has found a way, not so much through reincarnation, but as the walk-in, wherein they take over a body that is being abused through alcohol or drugs, wherein they can push the owner of the body out, enter the body and have possession of all of the memories and experiences that are recorded on the brain, and also the features and personality of the entity. This Awareness indicates that their motives of course may change considerably, once the body has been taken over by an alien.

This Awareness indicates that it is possible for aliens to reincarnate into humans, but generally not before they have experienced human conditions through the walk-in process. Once they have made that form of identification with a human, then they can more easily identify sufficiently to reincarnate as a human.

How the Aliens Destroyed their Astral Bodies

This Awareness indicates however, aliens having no subconscious in the sense that humans have, and having a much different type of spirit or soul, would have difficulty reincarnating as a human; the alien having a kind of energy wherein the mind, emotion and subconscious all tend to be fused into a kind of conscious awareness that has no emotion. This Awareness indicates the aliens spent many lifetimes engineering and breeding out all emotions from their system. In so doing, they destroyed the astral body, and in destroying their astral body, they almost destroyed the soul, other than a mere atrophied aspect of soul that is undeveloped and insufficient to reincarnate as such.

Therefore, they re-clone themselves. They have no passion or compassion. They do not have attraction to each other in terms of sexual or emotional attraction. If two of them have been friends for centuries or many cloning lifetimes, and one is to die, the other simply recognizes it as an event, and there is no emotion experienced. They will then attempt to, if they wish to recreate the entity, attempt to re-clone the entity to have back a similar replica, but as humans would feel grief, these entities do not feel this kind of energy, and they have this strange fixation with

humans in regard to their emotional and passionate qualities. Drug Abuse Among the Aliens

This Awareness indicates in fact, for these Reticuli Greys, which this Awareness speaks of, they tend to desire the experience of emotions. They seek ways to re-establish within their race some kind of emotion, so that they can rebuild the astral body, if possible. Meanwhile, as their genetic engineers work on this through various experiments with humans, they seek momentary pleasure from the glandular substances of humans to give them adrenaline rushes. The chemicals that humans feel from their adrenaline can be extracted and taken by these aliens to give them a kind of high, adrenaline high, which is for them a valuable substance. It is the ultimate drug trip for these aliens.

They see this as likened unto a drug of great value. It is for this reason that many of them are involved in abductions and mutilations of people and also cattle; that cattle also produce certain amounts of these glandular substances. It is somewhat different, and less satisfying for them than is the human glandular secretions.

THE WORLD'S MAIN TROUBLE MAKERS

—ARE THESE MOSTLY 'WALK-INS'?

FOLLOW-UP QUESTION:

In reference to the manipulatory factor; for example, the so-called Zionists or Bolsheviks have been indicated as the current trouble-makers on this planet in recent history. Would Awareness say then that most of these entities, or a good percentage of them, are actual walk-ins of these aliens and they're using human bodies to perpetuate this mischief?

COSMIC AWARENESS:

This Awareness indicates that the question as pointing out certain entities as trouble-makers. This as being somewhat misleading; that there is a question of: Who are the trouble-makers for who? There are, of course, some who make trouble for others, and they would say that they're only making trouble because others have made trouble for them, and the Bolsheviks and Zionists would perceive that there are other groups in the world that are trouble-makers, and therefore, it is a relative concept. This Awareness requests that the question be rephrased with that understanding.

QUESTIONER:

Okay. Without naming a specific group or small group of entities, are those factions that seem to stir up trouble, that try to create First Strikes and wars and so on, which would seem to back up the alien philosophy; are these, or how many of these are actual walk-ins possessed by aliens who wish to perpetuate this type of mischief?

COSMIC AWARENESS:

This Awareness indicates that this as a difficult question in regard to the way it is worded; that is, the question asking in terms of percentages or wars triggered by groups and individuals and how many percentages of individuals are involved, or the number of individuals who are walk-ins that might have participated in starting a war; that the question as being

15. broad and vague as to the general meaning. This Awareness suggests however, that in a general sense, there are numerous occasions in which entities who are walk-ins or have been taken over and influenced by disincarnated aliens, aliens who have left their body to step into the body of a human through an action of replication; there are a great number of these, and this has occurred down through the ages.

Aliens Have Replicated Humans for Eons of Time

This Awareness wishes to suggest, as this has not been indicated before, that the aliens had this technology for replicating individuals for thousands of years, for tens of thousands of years, depending on which aliens you are speaking of, and therefore, they have been able to manufacture replicas of humans, which they themselves could then enter into and operate from, using the recorded memory of the human and speech patterns, language skills, personality, and the entire person as if they were that individual.

This Awareness indicates that with this understanding, the robotoid and the synthetic, which were spoken of in the late 70s through the Dr. Beter tapes and through this Awareness, are not necessarily new. The replica as that which has been around down through the ages, and which the aliens have been able to duplicate for their own use at will, whenever so desiring.

This Awareness indicates that this cannot be described in terms of a certain number or percentage, but it can be said that these have been used quite frequently down through history, to alter events, to control history, to create tyrants in government or to destroy tyrants in government or to move a society in a different direction.

ED's Note: for info on robotoids and synthetics, please refer to Issues: 79-25(UFO's); \$4.00, 80-14, 81-9; 81-16; 85-1; \$3.00 each from C.A.C.

WHAT PERCENTAGE OF GREYS ARE HOSTILE TO HUMANS?

FOLLOW-UP QUESTION:

Would Awareness say that for the most part these entities doing this are malevolent in nature, or are a good percentage of the entities doing this benevolent in nature?

COSMIC AWARENESS:

This Awareness indicates that in reference to these Zeta Reticuli, about 25 percent of these entities are so hostile and arrogant that they see no reason to even bother attempting to negotiate in regard to humans and believe that they have the right to simply take over by force. About 50 percent feel that they should negotiate treaties through their own cleverness, even if they do not abide by the treaties, and then take over in order to save themselves trouble from humans. Approximately 25 percent believe that they should, in good faith, enter into relationship, negotiations, partnerships, or joint ventures with humans and attempt to get along as portrayed in the television series, *Alien Nation*.

This Awareness indicates that in regard to the Greys from Orion; these are the taller Greys; these entities tend to be more political. Their interest is in controlling through politics and through the use of money,

and through the use of corporations and influence that they can have on corporations. In other words, they are more into the hierarchy control patterns rather than attempting to control through the use of war technologies, and these entities tend to be more indirect in the sense that rather than coming out and simply killing a person, they would first attempt to get what they want from the person through some kind of coercion or agreement or manipulation. If that didn't work, and killing the person would solve their problem, then they might evolve this kind of action.

The Recent UFO 'Healing' in Russia (That Garden of Human Parts)

This Awareness indicates that they also have certain recognition of the value of good public relations, and therefore, on occasion, will do things in order to get good publicity, such as the action of picking up a crippled person and then, after an operation in which the leg has been healed, depositing the person, to let the person show that they have been healed by this flying saucer, this UFO. This Awareness indicates the fact in that case in Russia was that these entities were involved in the growing of human parts in a kind of a mass flesh genetic grouping of material in which legs, arms, and other human parts are grown out of this mass to be cut off and used for replacement parts here and there.

This is designed not only for their own needs, but for future purposes, when they want to show how benevolent they are in attempting to assist people who are needy and who are desirous of being healed. This Awareness indicates that they do intend at some future time to gain great benefits from this type of technology of healing entities who have been maimed or who need organ parts; they in fact creating these organ parts from genetic engineering in a kind of gardening of human parts.

Characteristics of the Pleiadeans

This Awareness indicates that the Pleiadeans have a kind of gentleness, tenderness and compassion that is much closer to that of humans of the more highly evolved type. These Pleiadeans are not necessarily martyrs. They do not care to martyr themselves and will fight and will engage in warfare, but only out of self-defense and necessity. They do not go forth in an effort to conquer. Their attitude is that others should be left alone unless others need them and request and require their help.

They made an offer to help entities on this plane and gave suggestions that if entities on this plane could raise their spiritual sights to new heights, then there was a chance for humanity, but if humanity does not improve by 1996 to the point where it truly is a spiritual world, it will be swallowed up by the conquerors from Orion, and the Reptilians from Draco. This Awareness indicates that the Draco Reptilians as being the greater threat. The Orion types being but subservient to these.

Descriptions of Reptilians & Other Aliens

This Awareness indicates the Draco Reptilians are approximately 7 feet tall. The Orion types, the tall Orion types range between 7 and 9 feet in height. The Zeta Reticuli are approximately 5 feet and under, and the short Greys with no nose from Orion are approx-

imately 3-1/2 feet. The tall Orion type have a large nose. The Zeta Reticuli have very limited facial features and no nose to speak of; these have small holes but generally not in the sense of a protruding nose; the mouth being very small also.

ARE THE ALIENS AT ALL CONCERNED WITH THE EVOLVEMENT OF HUMANS?

QUESTION:

Although it may be part of the 'Divine Plan' as indicated, that "these entities are moving consciousness forward;" in truth, these aliens are not really concerned at all with the advancement of the souls of entities on this planet, are they?

COSMIC AWARENESS:

This Awareness indicates this is not of their concern. In fact, they do not believe in the soul. They do, however, envy humans for having an astral body and for having compassion and emotions. They themselves once had these features, but through many thousands of years bred them out through genetic engineering or through their own earlier breeding processes, and in an attempt to increase their intellectual capacity by ridding themselves of any emotion. In so doing, they made it impossible for themselves to continue their race, except through the cloning process, and in that action, their sexual organs totally atrophied and their digestive tracts, since they had no desire for food or no emotions or passions for anything; their digestive tract also atrophied so that now they only have the ingestion of juices under the tongue and absorption of juices or substances through the skin. The skin serves as a kind of external liver, processing and accepting and digesting nutrients for them.

Those Half-Breeds Being Created by Aliens

This Awareness indicates that they seek to find in humans the missing link in their culture, that which was extracted from them. They are seeking to bring it back through the genetic experiments with children and have created half-breeds, half human and half alien types in an effort to create a new being for themselves that will carry on the qualities of their own race through the continued combination of human and alien genes. This does not mean that they believe there is a soul connected, but rather that with the emotions added to their half-breeds, they will be able to reinstate sexual reproduction and birth in the new beings, or at least, give their cloning a new beginning.

How Aliens Have Recloned Themselves to Death

This Awareness indicates that at present their cloning process has been carried on for so long that they need recloning more and more frequently in order to survive. They cannot survive long periods of time and must continually reclone themselves. It is a problem like making a copy of a copy, and so forth, until the copies are so weak that they are barely visible. Only in this case, the copies are so weak that they are barely livable. They cannot maintain for long periods of time. They are essentially a dying breed.

16.

WHAT IS AN AVERAGE DAY IN THE LIFE OF A GREY ALIEN LIVING UNDERGROUND? (HOW DO YOU PROGRAM A GRASSHOPPER?)

QUESTION:

To better understand these entities, in comparison to humans, what do these Greys get out of life other than getting high on human bodily juices? For example, what do they do in these underground cities, and these space cities for example, to pass the time? Having insect genes in their body, is their lifestyle more like a hive, or a colony similar to insects?

COSMIC AWARENESS:

This is in the affirmative. They simply carry out their programming. It is though that were their purpose, and being their purpose, they pursue it without deviation or variation or alteration. For them to have freedom to do something else is a unique and unusual experience, thus, when they were given, for example, the strawberry ice cream, the entity given strawberry ice cream developed a liking for it. This was almost likened unto the temptation in the Garden of Eden: Eve giving Adam the apple. To develop a liking is to develop a desire. This entity, developing a liking of strawberry ice cream, developed a desire for something that had never been experienced before.

This Awareness indicates that over a period of considerable time, it would be possible to reinstate some degree of desires in these entities, and this has been one of the psychological scenarios, whereby efforts have been made to give these entities certain pleasures, certain experiences based on ideas of freedom. Thus, when it has been said that they have never experienced freedom like that which they enjoyed on earth, and the possibility that because of their enjoyment of freedom on earth, they might turn against their Reptilian masters; this is a potential. The only problem is that freedom for these entities is not any thing as compelling as freedom to a human being.

The freedom a human being puts forth to follow his or her desires can become a compulsion worthy of life and death struggles. To these entities, it is simply a phenomenon which they notice, and a puzzlement for them to examine. Whether it is enough to cause them to rebel against their programming, this Awareness suggests this is unlikely, though it is also a possibility. It would depend on whether humans might be able to influence a different and more effective programming for the entities, coupled with their desires and pleasures, strong enough to help them overcome the previous programming given them by the Reptilians.

This Awareness indicates that it comes down to a question: How do you program a grasshopper, when the grasshopper has its own internal instinct of survival, and knows what it needs to do in order to perpetuate itself or its hive, its family, and if you can program the grasshopper, you must consider those survival instincts as part of the programming, as a major part of the programming.



WILL THE HUMAN RACE JUST DISAPPEAR ?

(The Importance of the Elohim Gene in Entities)

QUESTION:

Does Awareness have a closing message?

COSMIC AWARENESS:

This Awareness indicates that there are a great number of aliens on earth. Many of these come and go without being seen. Some are interdimensional. Some are extraterrestrial. Some reside here on a permanent basis but are not seen by humans. The few who are discussed at present,—the Greys, the human types,—are being discussed because they are now an important influence on the human race and its history,—the human race being at a turning point in its history. Not simply a turning point, but a kind of quantum leap that will occur, wherein not only will the course of history be changed, but the nature of humanity will undergo a transformation.

The nature of that transformation is not yet clearly seen. It is possible that the new being will be a fusion of alien genetics and human genetics, or it is possible that the human creation will take a great spiritual leap and become so highly evolved spiritually out of necessity, that mankind is never again the same creation. In which case, the human body itself would follow the consciousness of humanity to become even more balanced and beautiful in its human form. It is possible that there can be other turns or transformations.

Creators of Humans Were Evolved Gods

It is possible that the human race itself could disappear entirely from the plane of earth, likened unto the dinosaurs of old, and that a new race of entities, of half-breeds or Reptilian types will in the future inhabit the earth. This Awareness suggests however, that it does appear that there will soon be great changes in the human attitude, human nature, that will allow the

human creation to become its full potential, for in the creation of the human, there were certain genetic principles involved within the genes of that creation, the more highly evolved creations of the universe, deities or Elohim who were within their own nature, evolved gods, and when these genes are implanted in any creatures or creations, they tend, over time, to dominate the other genes in that creation, so that the other genes become more recessive and the Elohim genes become more dominant.

Some Humans Have Genes of Fish & Birds

Thus, entities of human nature evolve toward godhood, even though many have within their genetic background elements of Reptilian or insect-type of genetic qualities. This Awareness indicates that there are even some entities who have genetically within their makeup, elements of fish genes and bird genes. The fowl, the fish, the reptiles and the insects all have been used to contribute genetically to the creation of humanoids, but the most lasting and greatest of these creations which evolved toward divinity are those that contain the greater amounts of Elohim genes, the genes of the Gods of Creation who were involved in the creation of the planets.

This Awareness indicates that these are present in humans and give humans the edge in terms of evolution and longevity of the race; that the Reptilians also have some Elohim genes, but they have a greater abundance of Reptilian genes and the Reptilian genes tend to lack the ability to evolve in the sense of growing spiritually. Such entities will tend to move more and more back toward reptiles rather than toward the Godhead, whereas humans will tend to move more and more away from animal background toward the Godhead.

(The Law of Gratitude is given)

BACK ISSUES, BOOKS, TAPE RECORDINGS, OTHER SOURCES TO RESEARCH THE ALIEN PRESENCE

- 79-1 (Web of Conspiracy, Part 1): The Gathering Storm; \$4.00
 79-18 (A Cosmic History of the Illuminati)
 79-25 (Web of Conspiracy, Part 2): Secret of the UFOs; \$4.00
 80-27 (Alien Invasion & Robotoids):
 82-24 (Web of Conspiracy, Part 3): The Forces of Ahriman; \$4.00
 83-18 (Bigfoot and Other Weird Items):
 85-1 (Walk-Ins and Aliens):
 85-15 (The Dark Side of the Moon):
 86-1 (Some Mysteries Explained):
 86-6 (Walk-Ins and Aliens):
 86-7 (Cattle Mutilations):
 86-8 (Inner Earth):
 86-13 (Alternative OOG):
 86-14 (A Peek at Life on Venus):
 87-11 (Radionics and Robotoids):
 89-1 (Some Possibilities in the Coming Months):
 89-7 (ET's Go Home!):
 89-15 (Jehovah Harvesting his Clones):
 90-2 (The Web of Conspiracy, Part 5): The William Cooper Papers: The Alien Presence & the Secret Government Exposed; \$5.00
 90-3 (Is There a NASA Coverup?):
 90-4 (The Alien Presence: What was Missing from Dr. Beter's Info):
 90-5 (The Hidden Crisis: The Quandary of the Secret Government):
 90-6 (The Third Prophecy of Fatima: The Alien Connection):
 90-7 (The Drug Crisis: Are We Being Set Up for an Alien Takeover?):
 90-8 (The Crystal Pyramid, Alien Walk-Ins, Descriptions of Aliens, etc.):

- 90-9 (The Web of Conspiracy, Part 6: The Servents Awaiting their Masters: An Overview and Update on the Zetas & Reptoids):
 90-10 (Nightmare Hall: The Underground City at Dulce, N.M.) Special Report: \$5.00
 90-11 (More Flesh for the Skeleton: Part 1) (Reptoids, Cooper, Ramtha):
 90-12 (Part 2): The Cooper-Lear Lawsuit Against Congress for Treason!
 90-13 (Part 3): (The New Reality: The Unreal Becomes Real):

Note: Except where noted, all the above reprints are \$3.00 each, available from C.A.C.

INTERESTING BOOKS AVAILABLE FROM C.A.C.

The Gulf Breeze Sightings, by Ed Walters. \$19.95 plus postage
 An Alien Harvest, by Linda Moulton Howe, \$45 plus \$3 postage

Communion: A True Story of Alien Abductions, by Whitley Strieber. \$15 plus postage (Hardbound edition).

The Earth Chronicles, by Zecharia Sitchin. Comprised of the following four books:

The Twelfth Planet... \$4.95
 The Stairway to Heaven... \$4.95
 The Wars of Gods and Men... \$4.95
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U.S. government working side by side with aliens

MILITARY UFO experts are being killed in a desperate attempt by the U.S. government to keep top secret information under wraps!

That's the astounding claim of Milton Cooper, a former Navy intelligence officer who says he has seen classified reports that prove the government is working hand-in-hand with UFO aliens.

Terminated

Writes Cooper in a recent issue of UFO Universe magazine: "The documents stated that many military and government personnel had been terminated when they had attempted to reveal the existence of UFO aliens."



DR. M. K. JESSUP

Timothy Beckley, a UFO investigator and the publisher of UFO Universe, is keeping an open mind regarding Cooper's report.

But, he notes, there have been a number of mysterious deaths

among UFO researchers.

"The case of Dr. M.K. Jessup certainly has to be one of the most bizarre deaths I know of in the field," Beckley told the EXAMINER.

"He was an astronomer who had written a few books about UFOs, and supposedly he had information on the propulsion system of UFOs and where they originated. He was found dead in his car in a park in Florida.

Suicide?

"His death was originally reported as a suicide, but it was investigated pretty thoroughly, and determined that it would have been very difficult for him to have killed himself the way it allegedly occurred."

- DON VAUGHAN

64-4117-1A2

Assignment asteroids

Vice President Dan Quayle, chairman of the National Space Council, thinks Americans are too complacent about the possibility that the Earth might be hit by an asteroid, like the one thought to have wiped out the dinosaurs 65 million years ago.

It's hard being vice president and having to carry these heavy burdens virtually alone. But Quayle has an idea on how such a collision can be avoided, and somebody ought to listen.

Quayle and the American Institute of Aeronautics and Astronauts champion the idea of a \$5 million telescope to watch

out for such "Earth crossers" and, maybe, shoot off a nuclear device to push asteroids off course before they smash us.

In March of last year an asteroid bigger than an aircraft carrier traveling at 46,000 mph just missed the Earth by six hours. But no one saw it until it had passed. Had it hit, it would have released the equivalent energy of 2,500 one-megaton hydrogen bombs.

Even if an asteroid fails to show up on Dan Quayle's watch, it's a relief to know that President Bush has found a task worthy of his vice president's talents.

ED's Note:

Awareness has indicated that it is important that the people of America be told the truth about the Alien Presence, particularly before the government releases its own "official" version, which in all probability will not tell the full story, particularly about the violations: abductions, operations, genetic experiments, egg stealing from women and young girls, mutilations, etc. Our government and its leaders have sworn, under oath, to protect its citizens and they are not doing so, as indicated in the indictment filed by William Cooper and John Lear, who also mailed every senator and Congressperson in our state and federal governments copies of "The Secret Government: Operation Majority". So most of our leaders do know about the alien presence. What to do about it is another matter, for they probably feel, (and rightly so) if they tell the truth to the people, they could be charged with murder and treason. Can we coax these politicians to tell the public the truth if we write them reassuring letters? It's worth a try.

On your right is a brilliantly worded appeal to our leaders, written by Minister of Awareness, Robert Hanzel. The delivery is gentle and undemanding, yet it informs them that we know that THEY know, and there is still time for them to tell the truth to a forgiving public, if they can stop the horror and violations to U.S. citizens. I urge you to read this letter carefully, use it as a guide and send it to your Congresspeople and others in government, religion and media. If we can convince them that WE know that they know, they may do the right thing after all. It's worth a try, gang! Go for it! (Avaton)



REVELATIONS OF AWARENESS is a cosmic newsletter, published every three weeks for members of Cosmic Awareness Communications and the Universal Church of Awareness. However, you do not need to be member to subscribe. Members are encouraged to study the Awareness philosophy as well as other philosophic and secular material in their search for truth and Who in Fact they Really Are, and to integrate those 'Gems and Nuggets' they discover into their daily lifestyle and basic premise of life, and to act as role models to others. C.A.C. is a not-for-profit, tax exempt organization. Dues and donations are exempt from Federal Income Tax. All revenues are used to spread the Cosmic Awareness philosophy to others. Donations are encouraged! We desperately need them at this time! INDIVIDUAL & FAMILY MEMBERSHIP: \$30 per year. CONTRIBUTING MEMBER: \$52, SPONSORING MEMBERSHIP: \$144, PATRON MEMBER: \$1000, ENDOWING MEMBER: \$5000.

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AN OPEN LETTER TO ALL ARIZONA U.S. CONGRESSMEN

July 18, 1990

Gentlemen:

Over a year ago you received, as did all U.S. congressional leaders, the Cooper & Lear information on the UFO situation. Since that time Bill Cooper has been on Japanese TV four times in shows lasting an hour or more, the twenty page article you have in your possession entitled "The Secret Government" was aired, as was a show on the alien presence in New Mexico.

In Nevada, a series on prime-time news released an enormous amount of information on the U.S. government's involvement in testing alien spacecraft within the confines of the Nevada Nuclear Test Site (Area 51). In addition to this, absolutely indisputable alien pictures appeared in the recently published book, *The Gulf Breeze Sightings*, and these pictures have been picked up by the networks. And now Robert Lazar, a young scientist working at the secret UFO testing factory in Nevada no longer can look the other way and is telling what he knows to as many people as possible. Photographs of alien ships being tested at night at the factory, a result of Mr. Lazar's confessions and taken by people who were made aware of the situation by Mr. Lazar, have been aired in Los Angeles, Nevada, and other places.

You would be amazed at how many people know what is going on and you would be amazed to know how quickly the truth is spreading. The Aliens in New Mexico are cloning more aliens. These aliens have for too long been siphoning off funds from the American people to build their underground bases. These aliens have for too long been abducting humans for their research and personal needs. These aliens have for too long not been living up to the agreements they made with the U.S. government and others.

I, and others, would like to know what you are going to do. Are you going to let the people of this great nation know the truth or are you going to be talked into declaring martial law so that the secret government can release their "favorable" version of the situation so that they can continue their quest for absolute control? We sincerely hope and pray that you can truly understand and put into practice the immortal wisdom of one of our country's greatest leaders, Abraham Lincoln: "Let the people know the truth and the country will be safe." You have my firm support.

Sincerely,
Robert Hanzel
Minister
4861 E. Speedway #245
Tucson, AZ 85712

Copies to:
People of influence in
Government, industry, religion
and the media.