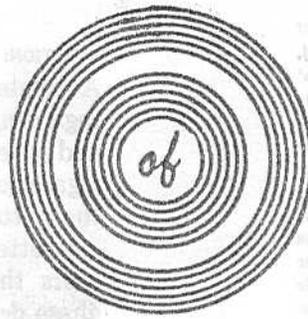


Revelations

THE NEW AGE COSMIC NEWSLETTER



Awareness

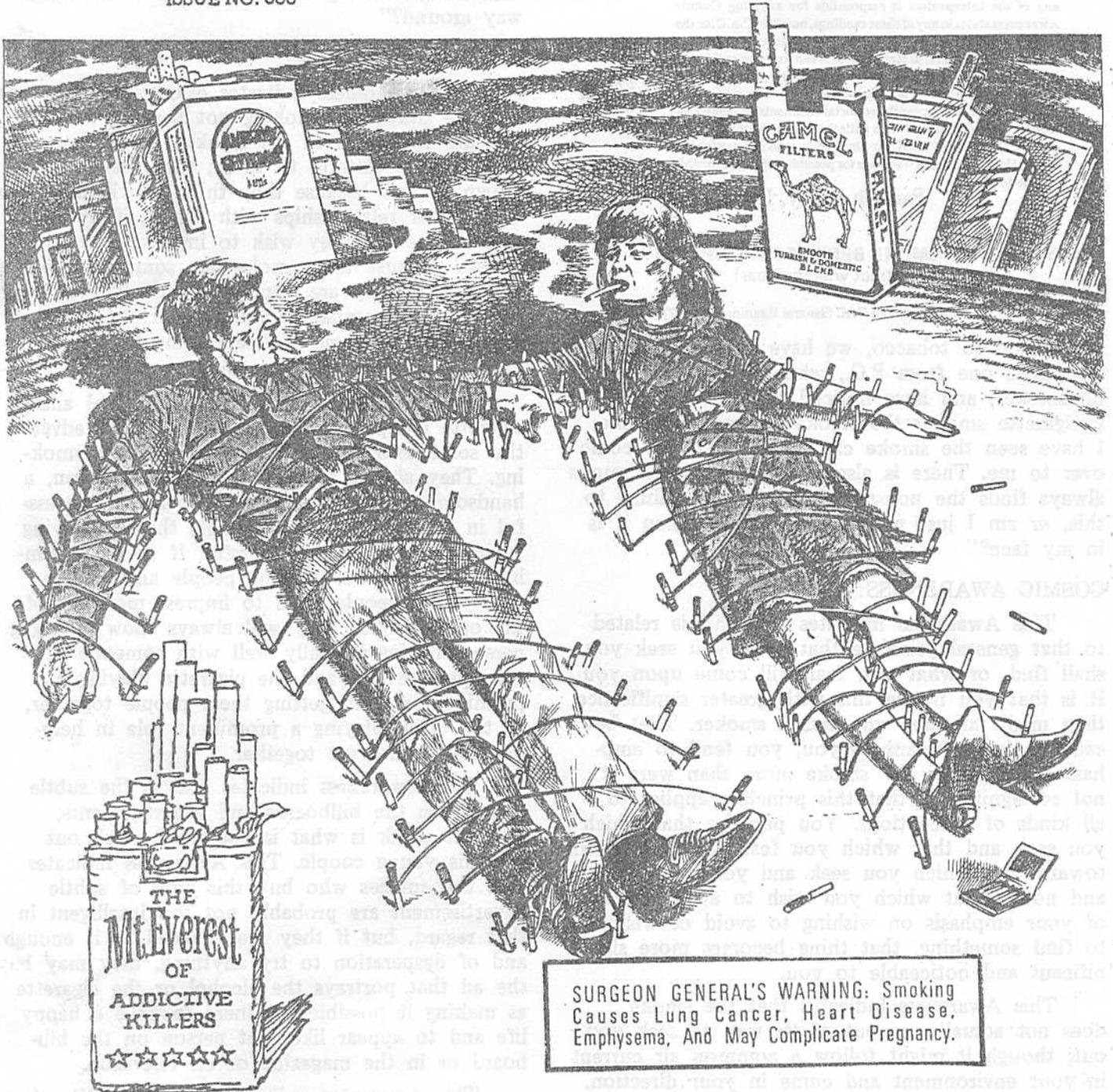
Cosmic Awareness Communications

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SPECIAL REPORT
ISSUE NO. 388



SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

HOW TO QUIT

COSMIC AWARENESS is the Force that expressed Itself through Jesus of Nazareth, the Buddha, Krishna, Mohammed, Edgar Cayce and other great avatars who served as 'Channels' for the 'Heavenly Father' and who speaks again today as the world begins to enter the 'New Age' of spiritual consciousness and awareness. Since 1963 Cosmic Awareness has been communicating through carefully trained channels. This information is for those who desire to help in bringing in the New Age. Throughout the thousands of 'Readings' given through these various channels, Cosmic Awareness tells us not to believe anything, but to question, explore, doubt, and discover for yourself, through your own channel what is the truth. Cosmic Awareness will only 'indicate' and 'suggest'. Neither C.A.C. or any of the Interpreters is responsible for anything Cosmic Awareness states in any of these readings, nor does C.A.C. or the Interpreters necessarily agree with the statements of Cosmic Awareness. The Interpreters interpret the energies as they see them in trance levels and are not personally responsible for what is said. The Interpreters published herein have no connection with, nor control over the editorial comments and material, including illustrations. This is entirely the responsibility of the editor. Members of C.A.C. are invited to send in questions of general interest to ask Awareness for possible publication in this newsletter.

Paul Shockley, Interpreter

WHY TOBACCO SMOKE BECOMES SIGNIFICANT
(How we attract what we fear)

QUESTION: (Excerpt from a CAC General Reading of 1987)

In relation to tobacco, we have a couple of questions, one from P.C., who writes: "I'm a nonsmoker, and have noticed that when around a cigarette smoker the smoke seems to find me; I have seen the smoke change directions to come over to me. There is also a saying that the smoke always finds the nonsmoker. Is there anything to this, or am I just noticing the smoke when it is in my face?"

COSMIC AWARENESS:

This Awareness indicates that this is related to that general principle that what you seek you shall find, or what you fear will come upon you. It is that you notice this with greater significance than might another who was a smoker. That because it is significant to you, you tend to emphasize and notice the smoke more than were it not so significant; that this principle applies to all kinds of perceptions. You perceive that which you seek and that which you fear. You are drawn toward that which you seek and you are in awe and notice that which you wish to avoid. Because of your emphasis on wishing to avoid or wishing to find something, that thing becomes more significant and noticeable to you.

This Awareness indicates that the smoke does not actually go out of its way to seek you out, though it might follow a common air current in your environment and come in your direction.

This entire issue concerns the habit of smoking, its many negative effects on the smoker and those around the smoker. It also contains information on how anyone addicted to tobacco can stop the habit, and stop it NOW!

QUESTION:

A related question, from J.J. of New York City, regarding the effects of cigarettes on personality and one's will etc? In regard to the effects of cigarette smoking, she asks, "Does the drug cause them to want only to litter the planet with their cigarette butts, and cigarettes and alcohol give their users their 'who gives a damn' type attitude? Does these drugs destroy character, or is it the other way around?"

COSMIC AWARENESS:

This Awareness indicates essentially, most entities are drawn to smoking not because of the pleasure they seek in the smoking itself, nor because it is tasteful to them; they are generally drawn to this because they think it will help them have better relationships with others. They think that the people they wish to impress will be impressed because they smoke like someone else does whom they are impressed with. That is why the cigarette companies and alcohol companies always portray their products being in a very desirable atmosphere or setting.

This Awareness indicates that alcohol and cigarette companies, for example, do not advertise some scroungy individual drinking or smoking. They always advertise a beautiful person, a handsome person, one who is obviously successful in the ways that the people they are trying to hook want to be successful. If they are aiming their ad toward young people and assume that young people want to impress members of the opposite sex, they will always show a young person making it really well with someone of the opposite sex, and the cigarette playing a prominent role in getting these people together, or the drink playing a prominent role in helping the entities get together.

This Awareness indicates that is the subtle message in the billboards and advertisements; that the drink is what is making it work out for this young couple. This Awareness indicates that the entities who buy this kind of subtle advertisement are probably not too intelligent in that regard, but if they are exposed to it enough, and of desperation to try anything, they may buy the ad that portrays the alcohol or the cigarette as making it possible for them to have a happy life and to appear like that person on the billboard or in the magazine or on television.

This Awareness indicates that the entity then begins trying the approach which has been presented, by either smoking or drinking, or both, and sets out to conquer the world to reach that happy which has been imbedded in his or her mind through the advertising process. This Awareness indicates that the dream never completely fulfills itself, but they may receive some encouragement when they sit down before a beer with a cigarette

in their hand, and someone of perhaps their own sex comes over and talks with them and they have a pleasant evening. This is not what they bargained for, but it wasn't unpleasant either, so the cigarette and the beer has reinforced their self-esteem to a small degree, for they did have an enjoyable moment.

This Awareness indicates that this may be repeated time and again and there may be occasions when what they are looking for they receive: perhaps someone of the opposite sex sits down with them and enjoys a brief conversation. Little do they know perhaps the entity doesn't want to get any closer because they have dragon breath, and acted kind of silly from over-drinking, and does not call them again, but they think the path they have embarked on does seem to show some possibilities, so they continue their habit, until it becomes part of them, and they no longer even bother to associate it with their success or failure, it is simply something they do.

This Awareness indicates that were advertisements to be put out showing the entity being rejected because of smoking, because of drinking, and the entity finally throwing away the cigarettes, throwing away the alcohol, and then being accepted; this could be a countertype of advertisement for non-smoking and non-drinking. The only problem is that: Who would pay for the advertisement? Only if non-smokers and non-drinkers become concerned enough to join together and put out such advertisement is there any likelihood that the advertisements would ever be aired, for there is no profit in telling entities: 'Don't buy something!'

This Awareness indicates that it is not that the entities who participate in this kind of alcohol and cigarette promotion are actually intending to disrupt the environment or want to annoy their neighbors; it is more that they feel a loneliness and want to be accepted and have bought into the belief that the cigarettes and the alcohol are part of the paraphernalia needed to be involved. If they throw their cigarette butts around, or if they become then careless in their driving and their treatment of others because of their drinking; this is not so much because their character has deteriorated because of the alcohol or cigarettes. -this could occur, but it is more likely that the reason is because the entity has become frustrated. Nothing is working the way the entity wants it to work. It may not be any better or worse than before the entity began smoking, but the entity is simply dissatisfied and feels rebellious toward the outside world, and thus, throws the cigarettes or is careless toward other entities.

This Awareness indicates there is a rebellion factor involved, which in itself may be a character flaw, but this character flaw is not necessarily evolved from the cigarettes or the drink. It may have come simply as part of the entity's own packaging, and whether the entity smoked

or not, the character flaw might still be there. Such an entity might simply be one who chews gum and throws the wrappers everywhere. This Awareness indicates that there is, however, a sense of rebelliousness that can develop when entities smoke and/or drink, and are feeling rejected by society, whereby these props which they may use are carelessly thrown about, such as those who leave their beer cans in the road, or their cigarettes carelessly disposed of.

This Awareness indicates there even may be, in some instances, entities who, feeling a disgust for themselves for smoking and drinking so much, may throw their cigarettes with a kind of hostility and a 'not caring' attitude, so that the cigarettes catch fire or otherwise placed in an improper disposal, but their anger is toward themselves, and perhaps they don't like themselves, but they take their action against the outside world. This Awareness indicates there are many ways wherein entities can cross-current themselves to project the self-hostility out towards others. Entities are a dichotomy, in terms of emotional feelings associated with self-image and rejection, and sometimes, what appears to be a hostility toward another may actually be a hostility toward oneself, but played out against another.

This Awareness indicates there is no single answer as to why entities do something, because every individual is different, and one may be choosing an expression of one type, another an expression of a different type; though their actions may be the same, their behavior is due to their own individual perception, and not a rule of thumb for all smokers or all drinkers.

SOME AIDS TO HELP ONE QUIT SMOKING

(FOLLOW-UP QUESTION):

It's also true that many smokers are actually really addicted to the substance. We know of people, a large number actually, who know better. They're aware of the cancer potential, but yet they have a cigarette in their hand almost every minute, or they will jump up every three or four minutes and run and take a puff on a cigarette, as if their very life depended upon it. Is there any way that these people who claim they have tried every way to stop smoking, could actually end the addiction? Does Awareness have a solution?



COSMIC AWARENESS:

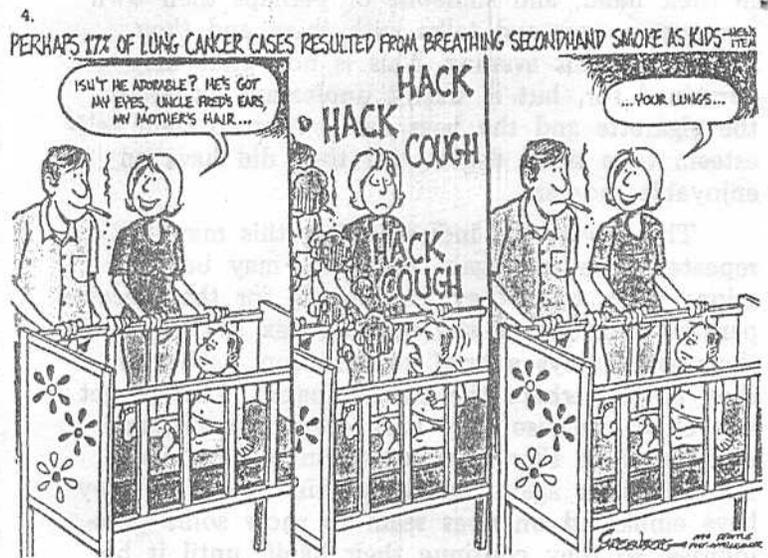
This Awareness indicates that if these entities truly wish to stop smoking, they must first decide that it is more important to stop than to continue. Once that decision is made there are various ways whereby entities can receive help. There are those clinics, such as Schick, there are various substances on the market that will help entities to quit smoking. There is a product which can be used as a tea, which is most helpful for those who want to quit smoking.--this is called De-Nic. [Phonetic spelling, Ed.) This Awareness indicates it takes the nicotine out of your system so that you quickly stop craving nicotine; that this works for most entities who are serious about quitting; that this as one of many types of products; this is composed of herbs and is available through the Goodship.

Murder by Proxy: How to Get Yourself Some Bad Karma

This Awareness indicates that there are other substances advertised on television and in various magazines which entities may look to, and may find assistance in quitting their smoking. Some entities find it more difficult to quit smoking than to quit drinking. This Awareness suggests that if one wishes to quit smoking, it is possible, but there may be a need for help. The Schick program is one which has helped many entities. There are some who say this is a very good program. It appears that there is a kind of reversal approach wherein one of the techniques used to help entities quit smoking is to prick the finger or to have some kind of pain every time they smoke, and before long they begin to associate the smoking with the pain, so that it loses more and more of its appeal, until they simply don't want to do it anymore. In such a case they do not need to use will power, they simply need to be sure the pain is administered each time they smoke.

This Awareness indicates there are also concerns regarding smokers as to what it does to the non-smoker in proximity, especially if it is a spouse or a child, for there are many cases in which the spouse will die of lung cancer, while the smoker does not; this especially has been prominent in Japan, where statistics have been taken and gathered to show that more of the spouses are dying from lung cancer than the smokers. This is because the second-hand smoke is far more hazardous than the smoke itself, for the entity does not always inhale the smoke, and the smoke is puffed in the mouth, then emitted out and the spouse breathes the smoke.

This Awareness indicates that in terms of the effect on children; many children now are growing up with lung diseases and lung problems simply because their parents are stuffing them full of cigarette smoke. This Awareness indicates it is a form of murder by proxy, over long periods of time. This Awareness indicates that



this does create karma because of the negligence of the smoker to protect those around, and it is not sufficient to argue that one has the right to smoke around non-smokers as an expression of oneself, just as the non-smoker has the right not to smoke, because the non-smoker is not violating the smoker's environment, whereas the smoker is definitely violating the environment of the non-smoker.

THE VIOLATORS PUFFING IN RESTAURANTS

(Still Hanging On to Mamma's Nipple)

(FOLLOW-UP QUESTION):

Yes, we have observed in restaurants, even though many of them now have a small non-smoking section, that the smoker will very often violate the sign and smoke in the non-smoking section, and when it's called to their attention, they sometimes get very antagonistic and almost threaten violence; it's almost like they have the God-given right to smoke in public and particularly in restaurants, and it's getting worse, rather than better. Many of these drug addicts flout their addiction in public places, many are organizing and getting rather militant about the whole thing.

COSMIC AWARENESS:

This Awareness indicates that it is likened unto their holding onto their identification stick; that stick which they hold helps to provide them with part of their identification. To take away an entity's cigarette, when an entity is so highly attached to it is likened unto pulling off a finger, or taking something from them which they are highly attached to. This Awareness suggest you consider what it feels like as a small baby, to have your nipple taken from you when you wanted it, or to take away your bottle so that you can't drink.

This Awareness indicates if you recall, babies don't like that. It is the same feeling for the smoker. This Awareness reminds you of the concept of symbols, for the cigarette is a symbol, even as the drink is a symbol of that nourishment which comes from the mother through the

bottle or the nipple; that these symbols are highly important to the subconscious, and when they are threatened by removal, the emotions of the child come out. This Awareness indicates that it is the same also with food. If you are eating at a restaurant and were to walk over and take someone's dish from them, they would be very upset.

SEN-SEN: IT REALLY WORKS!

ED's Note: For many years this editor smoked a pipe and good Cuban cigars, until the government shut off the importation of these delicacies and my cigar club could no longer deliver a box of these to my mail box every two weeks. When that occurred, I stepped up the pipe smoking, and although I did not inhale the smoke, the hot stem of the pipe would often make my mouth sore. One day my dentist, during a checkup, made the comment that I had a 'precancerous mouth' and I learned for the first time that smoking hazards were not confined just to the lungs. I asked him what exactly he meant by a 'precancerous mouth', and he said that is the condition (little bumps and various lesions and red spots on the roof and sides of the gums) a mouth gets just before it becomes cancerous. I asked him how would they treat such a condition, and he said they simply take a knife and cut out all the cancerous lesions etc., which usually is spread to the throat, larynx voice box, cheeks etc., and turn you loose and you walk around looking sort of like Freddie, the character in a "Nightmare on Elm Street." I went home and stood in front of a mirror and shined a flashlight into my mouth, and sure enough, the mouth and cheeks did look like what the dentist described. Of course I freaked and cussed myself for indulging in tobacco, always figuring that all those dire consequences I heard about could never happen to me. So

I decided to quit smoking, and quit right now--cold turkey. Although most of my friends said this couldn't be done, I did it. I knew that if I could go two weeks without surrendering to the crave for nicotine, I would have the habit broken. At first I tried candy and fruits when the crave hit me, but these didn't seem to really work. I tried various herbal teas but they didn't work either. The crave was driving me crazy, particularly for the first two or three days. Then I remembered a product I used to use when I was a kid,--tiny little licorice type things called Sen-Sen. After trying almost every store in town, I found a mom and pop store that had Sen-Sen. The little red foil package had gone up from a nickle to fifty cents, but it was worth it. Everytime the craze for tobacco hit me, I stuck a single Sen-Sen on the tip of my tongue and immediately the crave was satisfied. The Sen-Sen would dissolve very slowly, about 20 minutes, which was ample time. I continued to use these tiny little Sen-Sen's and in about 10 days I no longer required them, my tobacco habit had been broken. I have never smoked since, and within a year absolutely all evidence of the 'precancerous condition' had disappeared to the amazement of my dentist. Over the years I have bought Sen-Sen and given them to friends who claimed they wished to stop smoking. Some did, many did not, because they did not stick with them and did not really seriously want to give up the addiction. I am telling you this little personal story in hopes others will give Sen-Sens a try. There are many products on the market which are supposed to help one stop smoking, but to my knowledge Sen-Sen is the only one I know will really work (and the manufacturer doesn't even suggest they will; I believe they say Sen-Sen are 'breath fresheners'). So if you are struggling with the tobacco habit, and you really want to quit, --give Sen Sen a good try!

QUIT SMOKING WITH 'VITA FLORUM'

QUESTION:

In a letter to Vicki, Mrs. R.F. wrote: "But what is even more strange; I got up the other day and decided it was time to quit smoking. I have tried and tried because of my husband's asthma. Go outside or upstairs and never smoked around him, but couldn't quit. I have been taking the Vita Florum pills ever since my husband started taking them for his asthma, the last of January. Lately the smell of smoke irritates me and they taste terrible, but I still insisted on smoking them. You know how it is! It's truly an addiction, but no amount of rationalizing on my part could convince me to go through the quitting process..

Anyway, I just got up one morning and knew I didn't want a cigarette. I can't honestly say I have quit. I smoked 6 cigarettes yesterday and hated every one of them, but that is down from 2 packs a day, so I can only think that this Vita Florum must be a consciousness-raising thing of some type, and something quite weird is going on."

I'd like to ask Awareness, is the Vita Florum she's taking have anything to do with losing the habit of smoking?

COSMIC AWARENESS:

This Awareness indicates this is in the affirmative; that this is removing toxins from her system, including that which is of the nicotine toxin. This Awareness indicates that by removing the nicotine toxin from the system, the entity is losing the addiction to the nicotine; that it also has other beneficial effects in regard to the system which the entity is feeling.

ED's Note: Vita Florum water is prepared in England by Elizabeth Bellhouse. Emitted in suspension in the water are the homeovidic impulses of some 20 flowers and herbs, which according to testimonials produce great healing powers. Tablets, each equivalent to one dose of Vita Florum water are also available, as is massage oil and lotion. For more information, please write to the distributor and ask for information brochure and price list.

Vita Florum Products
Box 85, Station A,
Toronto, Ontario, Canada M5W 1A2.

(Small Computer Most Promising)

(Excerpt from a CAC General Reading)
July 22, 1991

QUESTION:

A question from L.D., Montreal, Quebec. Awareness has given information on this before, and I am compiling it, and it will go out soon, but it hasn't yet, in regard to smoking cigarettes, and I'll read her question to see if there's any updated information that could go with that reading. She writes:

"Has Awareness ever given a method for quitting smoking? Nothing I've tried has helped me to break this vicious habit *for good*. How to surmount that urge which returns after a week or so after quitting? This is the crux of it and I can't get past this critical point. Cigarettes here in Quebec are \$7.00 a pack. Can Awareness help? Not with the cost, that is, but how to quit?"

COSMIC AWARENESS:

This Awareness indicates that there are a number of programs that are effective. Many of the programs use different methods that are sometimes not so pleasant. The use of pain as a punishment is a common procedure for some of these whereby the entity pricks a finger every time he or she lights a cigarette so that one gradually begins to associate the cigarette with a painful experience, and begins to prolong or put off the smoking in order to avoid the pain.

The only trouble with such is that the entity does not feel compelled to prick the finger and therefore may simply stop doing the program and continue smoking. This Awareness indicates that there is another program that has recently been introduced commercially relating to a small computer, hand-carried computer, that is about the size of a small calculator, which tells you when you can light up.

This computer starts with your usual smoking pattern and very gradually slows down its permission, and you find over periods of days or weeks that you are going between cigarettes on longer and longer time periods, until it eventually reaches a point where you are so far between cigarettes that you might as well quit. The computer spaces out your intervals in a way that allows the body to compromise between smoking and non-smoking without great stress being involved.

This Awareness indicates that this is advertised on television and in some tabloids and magazines. It appears to be the easiest way for entities to quit, providing they can have some influence over their environment. Of course, if an entity is among certain friends, under certain circumstances, they may simply forget the computer and decide to smoke, even though it isn't yet the right time, according to the schedule, but in general, it would be the easiest approach for most entities.

This Awareness indicates this allows for the nicotine in the system to be gradually reduced as the intervals increase, the times between smokes. There are also some methods in which entities use herbs or other substitutes for tobacco. The detoxification of the body, wherein nicotine is taken from the body, helps to relieve the urge for a cigarette and there are some of these programs that give you substances that help to take away the nicotine craving, but this does not deal with the habit and pleasure of smoking that some people have, and they would, even if they didn't have the craving, perhaps still want the cigarette for social purposes, or for something to do with their fingers.

This Awareness indicates there is also the psychological consideration regarding the cigarette. Many entities have accepted the programming of advertisers that cigarettes are helpful to your social life. The advertisements usually show people smoking in fond and friendly circumstances, among friends or with pleasant-looking people, so that the message appears to be: "If I smoke, I will have friends around me."

This Awareness indicates that many entities still carry these images, and associate them with their cigarette, and many believe their cigarette is a tool for friendship and this makes it psychologically difficult to give up the cigarette. If they could see that the cigarette does not create the friendship, but in some cases, causes people to back off, they might release this kind of psychological dependency.

This Awareness indicates that generally, smoking people are people who have a sense of loneliness. They are not happy with their social life and are trying to find something that lets them tie themselves together with others and they believe that the cigarette either helps them to fit with others, or they use the cigarette as a kind of prop to indicate they are content with themselves and do not need others, and thus, they continue to promote their own separateness.

The Cigarette--A Symbolic Weapon for the Insecure

The stick with fire on the end becomes likened unto a symbolic weapon showing others: "I don't need you. I have my weapon here. I have my cigarette. I have my strength and my weapon in my hand and I do not need to have you getting too close to me." This Awareness indicates this becomes a kind of approach that allows the entity to reject others on a non-verbal level through the body language before others can reject them.

It is for entities who have a rejection complex, and who fear being rejected by others. They simply carry their little weapon with fire on the end, as a way of warding off anyone, a way of telling others: "I reject you because I don't need you," and thus, by carrying this symbol or weapon, they inform others that: "You can't reject me, you can't hurt me. I am shielded from any pain you might inflict on me."

It makes it difficult for them to have a close relationship with others, but it also protects them from any pain of rejection that close relationships might bring. It serves as a kind of barrier of protection for them. This Awareness indicates that once an entity becomes addicted to



RESEARCHERS CONCLUDING THAT SMOKING MUST IMPAIR HEARING, TOO...

7.
their weapon as a social and psychological prop or tool for protection, it becomes difficult to put it down.

They may experience great anxiety as though naked and vulnerable without their fire stick. That in this sense, the cigarette serves many different purposes besides the nicotine addiction, and therefore, entities may find themselves using one method that overcomes perhaps the nicotine addiction, but still they may have the need for some kind of prop for a social and psychological problem, that they have not addressed.

It is suggested that all of these areas be looked at and attended when entities consider the need and desire to quit smoking. This Awareness indicates for the psychological purpose, an entity might substitute a pencil, a sharp pencil or a sharp pen, and hold the pen or pencil in one's hand as a kind of protective device to use as an interim weapon while the entity is weaning himself or herself from smoking. Later, the entity may put down the pencil or pen and realize the weapon is not needed. Or the entity may find it helpful to have something to carry in the hand in lieu of the cigarette, even for several months or years after the end of the smoking habit. This Awareness indicates that some people will feel insecure if they do not have something that could serve as an innocuous type of weapon; a rolled up newspaper, a rolled up report, or something can be of psychological benefit to such entities.

It is important however that the entity be aware of this kind of shield and weapon of defense and not to make this kind of weapon a permanent part of his or her life, but to gradually reduce the anxiety of being weaponless so that the entity does not need these barriers against others who might come too close to them in one sense or another.

SECOND-HAND SMOKE: ARE THE REPORTS VALID?

(FOLLOW-UP QUESTION):

There's been literally hundreds, it seems like to me, reports in the last year in the media, about the dangers of second hand smoke to non-smokers working in work places around smokers that have very long-term deleterious effects, and it appears that the smokers in public either ignore this information, or they don't believe it, because they still puff smoke all over the room and into the faces of people, even though laws are being passed in the work-place and state buildings and so on, banning smoking altogether. I'd like to ask specifically, are most of these reports, these dire reports of the dangers of second-hand smoke to the non-smokers; is that valid information?

COSMIC AWARENESS:

This is in the affirmative; that there have been extensive tests, especially in Japan among smokers and their spouses, and these tests have proven that the spouses of smokers suffer much more lung damage than those of non-smokers; that it is also being tested in the United States more recently and the findings are the same. There are findings that children who grow up in families in which the parents smoke have considerably more health problems in terms of smoking; that in fact, the children tend to be stunted in their growth if they are exposed to smoking parents for long periods of time; that the smoking tends to stunt the growth of children as well as cause lung and breathing problems, including asthma and other respiratory problems.

Roswell Park Memorial Institute



Many smoker would rather die than switch. Smokers with cancer-ravaged throats frequently smoke through trachea devices. Each puff brings the smoker ever closer to oblivion.

The Denial Syndrome in Smokers

This Awareness indicates that smokers like anyone else tend to experience denial when confronted by something unpleasant. Most people will deny the facts of an unpleasant realization. The entity who is told of a medical problem first wants to deny it, and that is the reaction that most smokers feel toward this kind of information. They would rather deny the accuracy of the information, or deny having heard the information than to quit smoking in the presence of their children, or spouse, or co-workers.

The Spittoon May Once Again Become Commonplace!

This Awareness indicates however, that there has been considerable improvement over the past several years in that more and more people have stopped smoking. It is still a high number of smokers, but because it is diminishing and losing popularity, it is becoming more of a problem for the smoker. There are greater restrictions on the smokers. It is no longer seen as a status symbol. It is now seen as a symbol of degradation, and smokers will likely, in the next ten years, be looked at as low class, by many. It is much the way people would look at someone who chews tobacco; however, this Awareness suggests that in coming years, entities might witness a resurgence of chewing tobacco among people, whereby, if they can't smoke, they can chew, and the smoke or the tobacco being chewed does not receive as much condemnation from those about in the environment.

This Awareness indicates that the time may come wherein entities again witness spittoons in various stores and places for those who chew tobacco.

This Awareness indicates that if it isn't one thing, it's another.

World's No. 1 addiction

Dr. Richard Pollin, director of the National Institute on Drug Abuse, says cigarette smoking is now the most serious and most widespread form of addiction in the world — even worse than heroin.

"The foremost preventable cause of excess death in the United States — smoking — is rarely mentioned on the death certificates of its victims, now numbering more than 350,000 per year," Pollin said.

Smoking kills seven times more people each year than automobile accidents, he said. The Environmental Protection Agency now lists tobacco smoke as the country's most dangerous airborne carcinogen. How cigarettes damage heart, lung and other vital tissues is widely discussed in the medical literature.

(FOLLOW-UP QUESTION):

There are certain groups that are trying to either ban or label this stuff which they call snuff or snoose tobacco, because teenagers are sticking that in their lips while they're in school and so forth, and it's turning out that after a few years, many are developing cancer of the mouth.

COSMIC AWARENESS:

This is in the affirmative, and this is likely to increase until this too is outlawed or given a stigma in society. This Awareness indicates that there have been stages in which entities in earlier generations went through the snuff and tobacco chewing stages, and there were many who developed cancer of the mouth at that time, but during those times, most entities did not make the association between tobacco and cancer. At this time it will become more notable because the connection between tobacco and cancer has already been made; therefore, it is not seen as being quite so likely that the use of tobacco in the mouth as chewing or in the form of snuff will become as common as in the early part of this century.

This Awareness indicates that there are entities who have self-destructive tendencies, and who are drawn to substances that they realize are dangerous to their health and it does not bother them, even to read the warning on the package, because for them it is a badge of courage. It is as though they are saying: "I know this is dangerous, but I'm brave. I'm courageous. I can take it!", and thus, they think of themselves as being beyond the power of death.

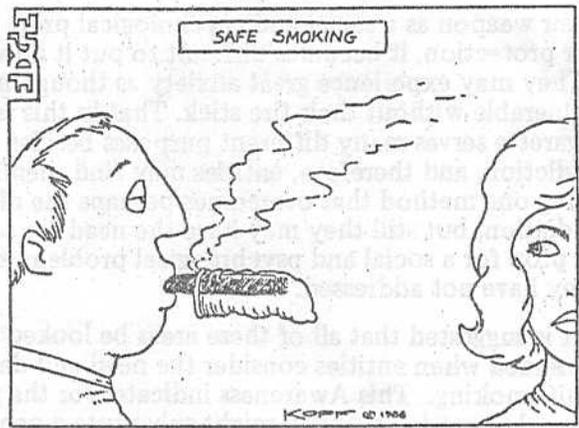
The younger the person, the more they are convinced that they are beyond the danger of death. This, of course, is not in reference to children who see themselves as weak in relation to others of society, for children recognize their vulnerability, but children are focused on becoming strong and big and powerful, and thus, when they grow to a size that measures closely to adulthood, they cease to worry about being bigger or stronger and look more toward the qualities of challenge and seek to challenge authority.

The Warning that Should be on Cigarette Packs

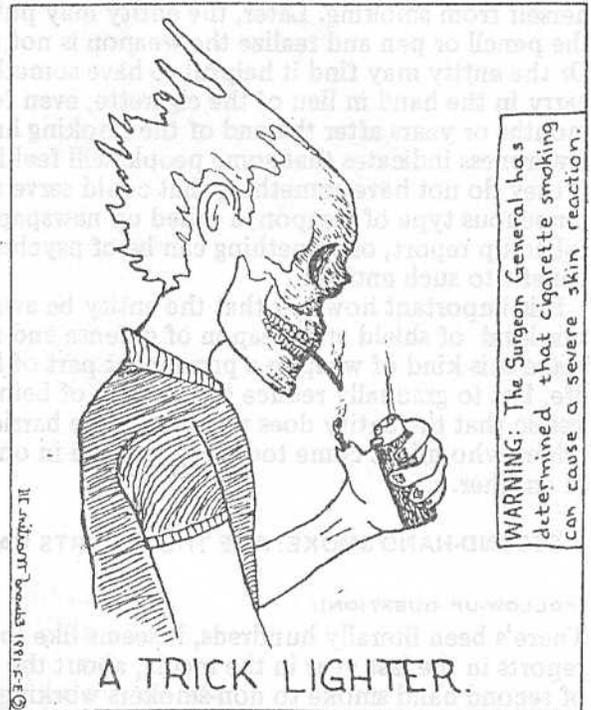
They become rebellious to authorities in society and the statement by the Attorney General on a package of cigarettes that it can cause cancer, is not always sufficient to deter them. It may even serve as a challenge. This Awareness indicates that for young people, a more potent deterrent against smoking would be a statement indicating that smoking is a sign of a lonely person, smoking is the sign of a person who does not have good self-esteem.

This Awareness indicates that few young people would like to think of themselves in that way, or be thought of in that way. These are not likely to be put onto cigarettes packages, but parents can tell their children these things, and let them see that there is a social stigma about smoking that is not appealing. This will help to counter some of the cigarette ads.

This Awareness indicates that very few entities begin smoking after they have passed their teenage years. Most smokers began smoking as teenagers, in their early twenties or before.



Bullets Are Cheap by Edward Martin III

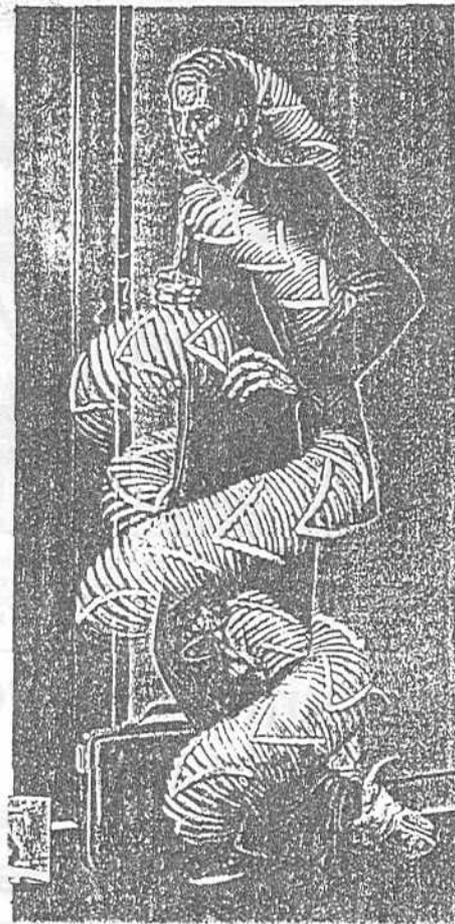


Healing WST
CAC
PO Box 115
Olympia WA 98507

4-2-89
Please I need to DIE soon,
IF ITS meant to be, Please
Next healing:
Pat [redacted]

Copy of a postcard CAC received for the Healing Wednesday, written by a longtime member of CAC, who unfortunately, was a two-pack a day cigarette smoker, and was dying an extremely painful death from cancer of the lungs. She died a month after this poignant cry for help.

ED's Note: In 'Revelations of Awareness' issue No. 85-22, (The Importance of Burning Candles in Your Home & Elsewhere); \$3.00; Awareness gets into the area of smoking briefly and explains the real reason entities smoke, and a bit about the evil nicotine thought form. Part of that reading is reproduced here. What is interesting, is that when we released this reading in 1985, a member sent in an article written by Kenneth Bradford which appeared in a New Age publication called "The Coming Revolution" (no address given). The article was all about smoking and its many problems. What was particularly interesting, was an artist's rendition of "the tobacco entity" thoughtform, which surrounds the addicted tobacco smoker. The text reads: "The tobacco entity is a nonphysical being that lives by siphoning off the life energy of a physical being—a cigarette smoker. The artist's rendition of the entity, based on descriptions provided by an observer with spiritual vision, resembles *Manduca sexta*, the "tobacco worm"—scourge of tobacco growers' crop. This information ties in clearly with what Awareness has given in regard to the tobacco thoughtform.



(Excerpt from 'Revelations of Awareness' Issue No. 85-22

The Real Reason Entities Smoke

This Awareness wishes to comment at this point, that the real attraction that entities have in terms of smoking lies in the subconscious realization of this effect of fire in terms of negative energies; that subconsciously, entities think of fire as a purification act, burning away those negative energies. This

Awareness indicates that the subconscious enjoyment of lighting a pipe or cigarette is actually most focused on the striking of the match; that which comes after is conditioned in the psyche through the habitual drug and from the habitual activity; that it is lighting the match which intrigues the subconscious and leads entities, or tempts entities into having an excuse for making a fire; therefore, entities are drawn toward the habit of smoking in order to satisfy that desire to have a fire nearby; that the cigarette gives an excuse for lighting a fire.

The Evil Nicotine Thought-Form

This Awareness wishes also to discuss briefly, that the effect of the nicotine as that which creates a totally different problem which, in fact, creates a thought-form of its own surrounding the entity's aura, so that creates a different set of problems because of its particular nature. This Awareness indicates that the flame from the cigarette, while burning up certain thought-forms, is in fact creating a greater thought-form which is more parasitical in nature than the

original thought-forms which might have been present without the cigarette. This Awareness suggests that entities would be more benefited by simply lighting a candle and meditating for five minutes, allowing the negative thought-forms to rush into the candle-flame. This Awareness indicates that the nicotine effect is that which dulls the sensitivities to allow them to tolerate certain thought-form energies without becoming nervous.





Jailed smokers: Police in Quezon City, Philippines, said today they already have hauled into jail about 300 violators of a tough anti-smoking law that took effect yesterday. The ban outlaws smoking in most public places, including buses, restaurants, government offices, hospitals and theaters in the city of about 1 million, part of metropolitan Manila.

Report: Cigarettes kill 53,000 non-smokers
 NEW YORK — A draft report sponsored by the Environmental Protection Agency and other federal agencies concludes that second-hand cigarette smoke kills 53,000 non-smokers a year.

Life with smoker boosts heart risk, researcher says
 Cancer deaths linked to secondhand smoke

A smelling problem
 PHILADELPHIA — A smoker's sense of smell recedes with every puff. Researchers don't aid smokers' researchers' find

Research shows nicotine may reduce brain activity
 After the first major government study of the risks of second-hand cigarette smoke, researchers tentatively estimate that secondhand smoke causes 3,000 deaths annually.

Cigarette-smoking women twice as likely to get AIDS

Los Angeles Times
 MONTREAL — Women who smoke cigarettes appear to be more likely than others to become infected with the AIDS virus, according to a study of Haitian women that found that smokers were nearly twice as likely as non-smokers to be infected with the human immunodeficiency virus, known as HIV.

In other conference news:
 ● A top U.S. health official says that the time is ripe for a study on the link between cigarette smoking and cataracts.

Researcher says smoking link between cigarette smoking, eye cataracts

West said, "There had been no study over the past... estimate that... EPA... research indicates that nicotine in cigarettes may reduce brain activity."



Amanda Blake
 Cancer claims TV star

'Gunsmoke' leading lady dead at 60
 Amanda Blake, who played Miss Kitty in television's long-running "Gunsmoke" series, died Friday.

Studies show the high risk of strokes for smokers

primarily female population. Most smokers are under age 65. The researchers are scheduled to publish their findings at the 17th International Conference on Stroke and Cerebrovascular Diseases in Baltimore yesterday, Johns Hopkins University, home to one of the world's leading stroke research centers.

The Marlboro Man is dying a Secondhand smoke kills, EPA reveals

By DICK DOUGLAS
 The Marlboro Man is dying. Secondhand smoke kills, EPA reveals.

Older smokers slower at motor tasks, study finds

ST. LOUIS — Smoking cigarettes over many years can affect a smoker's ability to perform motor tasks, a study by researchers at the University of Utah found.

Study links smoking, children's health

SAN DIEGO, Calif. — Parents who smoke may be increasing the odds that their children will develop heart disease later in life, according to a study presented here Friday.

Smoking's toll is worse than feared, report says

By Richard L. Berke
 The New York Times
 A new report reviews the toll of smoking, said Hill, an assistant professor of educational psychology at the University of Utah.

Study: Smoking is even worse for diabetics

News Service
 People with insulin-dependent diabetes who smoke cigarettes have a dramatic increase in the risk of developing complications, a study by researchers at the University of Iowa found.

Passive smoke poses heart risk, expert says

LOMA LINDA, Calif. — Former cigarette smokers run twice the risk of developing leukemia and three times the risk of developing myeloma, researchers have linked cigarette smoke and myeloma.

Smoking: New state report notes dangers to expectant mothers, teen-agers

Fred Hutchinson Cancer Research Center, Seattle, said in a report that passive smoke poses a heart risk to expectant mothers and teen-agers.

Study links smoking with two deadly cancers

Gannett News Service
 LOMA LINDA, Calif. — Former cigarette smokers run twice the risk of developing leukemia and three times the risk of developing myeloma, researchers have linked cigarette smoke and myeloma.

REVELATIONS OF AWARENESS is a cosmic newsletter, published every three weeks for members of Cosmic Awareness Communications. However, you do not need to be a member to subscribe; anyone is welcome 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 as authorized by the U.S. Internal Revenue Service. Dues and donations are exempt from Federal Income Tax. All revenues are used to spread the Cosmic Awareness philosophy to others. Cosmic Awareness has indicated that by the year 1995, the masses will be ready for the Cosmic Awareness material, on which the New Age is being founded. But can C.A.C. hold on for that period of time? We believe we can, with your help. Thus donations are encouraged! We desperately need them at this time! Also, please consider the concept of including C.A.C. in your will, along with other charitable organizations you support and hope will continue in their work. (Write C.A.C. for a brochure about making up a will, if you should seriously consider this option. Why let the IRS confiscate your estate?). Current Rates: (Honor System, Please!): LIMITED INCOME MEMBER: \$30 per year. INDIVIDUAL: \$42 per year. FAMILY: \$52 per year; CONTRIBUTING: \$77; SPONSORING: \$144; BENEFACTOR: \$500; PATRON: \$1000 per year; ENDOWING MEMBER: \$5000 per year. (It's the right thing to do!).

Please Note: At this time, all donations are being used to alert the masses to the incipient threat of the alien presence before it's too late.