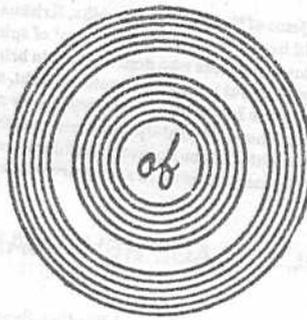


Revelations

THE NEW AGE COSMIC NEWSLETTER



Awareness

Cosmic Awareness Communications

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Helping People Become Aware

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"WATCH THIS!"

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 speak 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

UNDER TODAY'S MEDICAL MONOPOLY, IS AGE REVERSAL & BUOYANT GOOD HEALTH POSSIBLE?

The Vanishing Enzymes: FDA and Irradiation (C.A.C. General Reading, September 9, 1991)

OPENING MESSAGE:

This Awareness wishes to discuss a matter of health that will become a more serious problem as time progresses, and entities need to become aware of this situation. This Awareness indicates that more and more entities will be provided with irradiated foods in the supermarkets; that these foods, being irradiated, will last on the shelves for longer periods of time without rotting; that the way in which this is accomplished is in the killing of the enzymes, for it is the enzymes that rot the food.

This Awareness indicates that as the preservation of foods for supermarket storage becomes a greater priority, more ways of destroying enzymes will be a secondary priority in order to keep the foods from rotting or spoiling. This Awareness suggests that most people under 40 produce or have enough enzymes in the body to satisfy the digestive system in breaking down the foods that have been eaten, but generally, the foods themselves help to add to this digestive process; but now this is becoming a thing of the past.

This Awareness indicates that foods now eaten may have fewer enzymes, or in some cases almost no enzymes, depending entirely on the body to supply enzymes to break down the foods for digestive purposes. This Awareness indicates that as if this were not enough of the problem, in finding enzymes, it is now on the FDA drawing board plans to take enzymes off the market from health food stores and other similar markets because these enzymes are becoming highly recognized as valuable for good health.

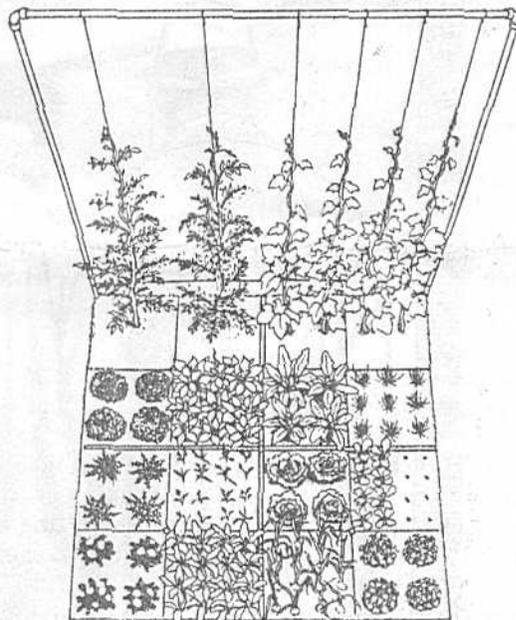
Lack of Enzymes Create Obesity

This Awareness indicates there will be efforts to remove enzymes in the coming months. This Awareness indicates that entities need to be aware of the importance of enzymes; that most men over 40 have extended stomachs and that the main reason for this stomach extension is that they are not properly digesting their food. They do not receive the nutrients from the food they eat, and therefore, they eat more food in order to get more energy that they desire, but not having sufficient enzymes, they do not break down and digest the food they absorb. Thus, they keep eating to receive energy from the foods and it creates the overweight problem, which leads to other difficulties, including high blood pressure and threats of heart and circulatory problems as well as many other serious problems. This Awareness indicates that if entities could receive sufficient enzymes after the age of 40, to break down their food properly, there would not be such a high amount of obesity in the country.

This Awareness indicates that many of the fruit sources that grow in your gardens and yards will be high in enzymes, but if these come from the marketplace, they may have the enzymes destroyed by irradiation used to preserve the foods. Therefore, this Awareness suggests that organic sources for fruit, or fruit taken from local farmers as being a source that

should be highly prized. Your own gardens may become virtual health-preserving sources.

This Awareness indicates that most of the vegetables in your garden are high in enzymes, but if these same foods are marketed commercially in your supermarkets, the enzymes will have been destroyed before you eat them. This Awareness indicates that up to the present time, it is still possible for entities to purchase enzymes in health food stores. That if entities have a problem of overweight, the use of enzymes with each meal can facilitate the losing of weight and can help entities to digest the food and not feel the need and craving for more food in the search for more energy.



Here's a simple, one-block garden, fully planted. Tomatoes and cucumbers grow up the vertical supports. The back row contains, left to right, a square each of Ruby lettuce, bush beans, Swiss chard, and chives. The center row holds Oak Leaf lettuce, carrots, Salad Bowl lettuce, and radishes. The front row contains dwarf marigolds, beets, onions, and nasturtiums.

Excerpt from the book, "Square Foot Gardening," by Mel Bartholomew, published by Rodale Press, Emmaus, Pa., available at bookstores and garden stores. We highly recommend this book, which shows you how to grow a garden regardless of where you live or how little space you may have. Includes small apartments even. Get a copy and keep it handy, just in case.

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This Awareness indicates that if you purchase fruit or vegetables from a supermarket and notice that these foods will begin to rot after a few days when left outside the refrigerator, it indicates that there are still some enzymes left in these foods, but if the rot becomes more likened unto a drying up and a kind of pithy quality rather than actual rot, then the enzymes have been diluted or destroyed in those foods and will give little of need to your body.

This Awareness indicates that there may come a time when enzymes are taken from healthfood stores, where enzymes, having been taken from the food in the supermarket, leaves entities with little choice but to grow their own food, if they are to maintain health, or wherein entities may need to learn what plants can be used to derive enzymes for their better digestion of the foods they eat.

This Awareness indicates that also the addition of preservatives such as BHT and similar preservatives add to the problem of being unable to digest foods properly. This Awareness reminds you that sometime back, this Awareness suggested the use of BHT for helping to heal herpes sores, the symptoms of herpes. The use of BHT as helping to prevent the rot or the sores from herpes, as that which served as an anti-enzyme factor to prevent the breakdown of the flesh. It had a purpose in assisting the preservation of the flesh against the herpes virus.

Why Dead Bodies Are Not Decaying

This Awareness indicates that it is not seen as beneficial otherwise for the human body to absorb BHT; that the body can become so depleted in enzymes that when it passes over, it does not rot. There are many observations by morticians who state that they don't understand what is happening to the bodies, but that the dead bodies are not decaying as they once did. They do not even need to embalm many of the bodies after death because they are already preserved.

This is the result of depletion of enzymes and it leaves the body unable to digest food properly; that essentially, the body is so preserved, it is likened unto something petrified. The sensitivities and feelings being deadened, and the body being unable to absorb energies from foods eaten, lead entities to over-eat in order to find the energy they lack, because they cannot break down the food they eat.

This Awareness suggests that this is a situation that may become more acute in the future, and may be seen as part of the Global 2000 plan to reduce world population. It is a subtle way of reducing the population of the world through disease and sickness and premature aging.

This Awareness indicates that another similar concern in regard to health is the excessive use of milk in the diet, for the intake of calcium; that calcium is being added to cereals and grain. It is even being genetically engineered to be increased in grain. This Awareness indicates the excessive calcium in the body as that which leads to the calcification of soft tissue, when the calcium does not go to the bone. The calcium that goes to the bone requires sufficient amounts of magnesium. Without the magnesium in abundance, calcium simply goes to soft tissue and calcifies the cells, causing wrinkling of the skin and also causing hardening of the soft tissues, including some disease, such as scleroderma and arthritis, and other diseases that affect muscles and flesh.

FDA Ratio of calcium/magnesium is Improper

The skin loses its elasticity and the calcium, rampant in the flesh and in the arteries and veins, leads to circulatory problems and weakens the muscles, including vital organs such as the heart, liver and kidneys. This Awareness indicates that the ratio of calcium to magnesium in the human diet as recommended by the FDA as that which is improper. Magnesium should be approximately three times the amount of calcium, but the recommendation is the other way around.

How to Eliminate Wrinkling Skin

This Awareness suggests that entities who are having trouble with wrinkling skin would be wise to use more magnesium in their diet and reduce the amount of calcium. Entities who are finding themselves losing flexibility in their joints and muscles should find that magnesium increase in the diet will return the elasticity and flexibility to their bodies.

This Awareness indicates also that small amounts of copper, taken through vitamins and mineral supplements, can, along with magnesium, bring the skin back to a more youthful appearance. This can occur very quickly. This Awareness indicates that the dairy industry as that which has promoted the excessive use of calcium in the diet; that the calcium in the diet does more harm than good except when magnesium is used in a proportion of three times the amount of calcium ingested. This Awareness indicates that the questions may continue.

**"K-LONIC" ORAL COLONIC FORMULATION
—WILL IT CLEAN OUT THE PLUMBING AND
BRING BACK HEALTH AND YOUTH ?**

QUESTION:

Dr. George Shahbaz, of the Oregon City Health Clinic in Oregon City, sent out a flyer introducing a product called "K-Lonic, Oral Colonic Formulation". I'm going to read this information and ask Awareness if this is as effective as it appears. He writes:

Many of the greatest medical minds of today, assert and testify to the fact that at least three fourths of civilized people are afflicted with some form of intestinal stasis and that many of the ills of man are the result.

In the past, colon irrigation has been the only protocol effective in treating mucous colitis and intestinal stasis. Colon irrigation must also be administered using proper techniques by a skilled operator and is time-consuming and is hygenically sensitive in administration.

K-Lonic Oral Colonic Formulation is an elemental sulfur-based electrolyte formulation that delivers oxygen and hydrogen into the large and small intestine that produces a simultaneous to this chemical action, all fecal matter on the intestine walls will breakdown and be eliminated through normal bowel movement.



These protocol lasts for only eight days, and will remove all encrusted fecal matter regardless of duration or composition. For years, physicians have recognized the benefits of intestinal toxin removal but have had only socially offensive and hygienically risky methods to accomplish the desired end result. Never before has there been such an easy, inexpensive and effective method of eliminating toxins from the intestinal tract.

PROTOCOL: Due to the sulfur content in K-LONIC, we suggest that K-LONIC be taken in the fruit or vegetable juice of the patient's choice. To get maximum cleansing effect, eight 8 oz. glasses of non-distilled water should be consumed daily during protocol.

Day 1 to Day 3: One capful of K-LONIC in 8 oz. of juice three times per day between meals.

Day 4 and day 5: One capful of K-LONIC in 8 oz. of juice two times per day between means.

Day 6 to day 8: One capful of K-LONIC in 8 oz. of juice one time per day between meals.

CONTRAINDICATIONS: Due to the rapid detoxification taking place in the intestinal tract, patients may experience a variety of physical sensations. Options are either to lower dosage or discontinue protocol.

Diabetics: because of the chemical composition of K-LONIC, fructose in fruit juices will be converted to glucose.

PRICE: \$30 per bottle, plus \$1.50 postage & handling, from Oregon City Wholistic Health Clinic, 216-6th Street, Oregon City, Oregon 97045. Phone 503-657-4043.

That's the information on the flyer from Dr. Shahbaz. I'd like to ask Awareness, will this K-Lonic do what is stated here, and how effective will this be for entities?

COSMIC AWARENESS:

This Awareness indicates that this as being one of the more important products for good health available today; that this being the same as that which is called Sea Quel; that the Sea Quel name as that which was reserved for multi-level marketing and the Sea Quel as being marketed in smaller bottles and recommended in drops, rather than in cap-fulls.

The Sea Quel as having had remarkable success testimonies from many entities, but that the K-Lonic as coming from the very same manufacturer of Sea Quel and from the same formula as Sea Quel. It is simply marketed differently. The K-Lonic is that which is available in larger amounts at the same prices as the Sea Quel; there being four ounces of K-Lonic to a half ounce of Sea Quel in each bottle, selling for the same price. Sea Quel as being marketed as a network marketing or multi-level marketing product.

This Awareness indicates that the product tastes much like ascorbic acid and when added to fruit juices, simply gives the flavor a more sour taste; that the substance in water gives a flavor similar to that of lemon juice. This Awareness indicates that in taking the protocol, a capful three times a day to begin, entities will find that within a few days the body begins to cleanse itself and feelings of energy and health begin to increase.

This Awareness indicates that following the protocol as described will lead to a considerable resurgence of energy and greater vitality after the 8 days, and entities will find themselves being cured of many of their usual symptoms of all types, for the cleansing of the colon and digestive tract removes so many toxins from the body that the body then can begin to enhance its immune system and heal itself, because it is not so over-burdened with toxins.

This Awareness indicates that disease and aging are greatly influenced by the toxins in the body, and by removing many of these toxins, the body appears younger, the energies are those of a younger person and the general health

returns. This Awareness indicates that K-Lonic is also available through the Goodship as well as through Dr. George Shahbaz; that both sources made their discovery of the product independently, and then became aware that each of these sources was marketing the product.

Cancer & AIDS Testimonials; FDA May Shut Down Source Soon

This Awareness indicates there are approximately 1200 physicians around the nation now using the K-Lonic and Sea Quel formulas with considerable success in terms of helping entities enhance their general health. That there are indeed significant healings occurring, even among entities who have chronic, and what is normally considered fatal diseases.

This Awareness indicates that there have been testimonials from various physicians that there were cures for cancer and AIDS from the use of this product. This Awareness indicates that the main concern about this product is that it is so effective, that when it becomes highly popular or more well known, the FDA will likely seek ways of removing it from the market. It is a non-prescription product, but the FDA tends to remove products that are effective towards good health, and therefore, if entities wish to use the product, there may be a limited time period whereby this is possible.

This Awareness indicates that you understand the difference between colonics as suggested or used in the past, whereby the bowels were cleansed, much like that of an enema, and this, which is taken orally; that in the old way of cleansing the bowels, with injections of water, this was only effective up to certain levels of the intestines, while the K-Lonic oral substances being taken, run through the entire digestive tract, all the way down, from the top, and therefore, have an effect of cleaning the entire system, not just the lower parts. This Awareness indicates that this is also much easier and as suggested in the literature, less dangerous in terms of sanitation or contamination.

FOLLOW-UP QUESTION:

Is this something that would need to be repeated after a certain number of months, or something like that?

COSMIC AWARENESS:

This Awareness indicates that keeping the body clean as that which can be repeated periodically as needed, depending on how frequently an entity wishes to do so. It is not seen as something that needs only be done once in one's lifetime, but cleansing the body even once during one's lifetime after 40 years of collecting toxins, can add years to the entity's life. If the entity wishes to repeat this on a quarterly or yearly basis of every so many years, this would be even more beneficial toward the extension of one's good health and life.

Obstruction in the system, toxins in the system are the major causes of aging and disease. This Awareness has indicated that certain substances such as calcium help to build obstruction; that the digestive system, having toxins removed from it help to eliminate much of the toxin and obstruction therein, to allow the system to work more effectively in cleansing the rest of the body. Thus, this can be another major way of enhancing one's lifespan and good health.

by Johnny Hart



DOES FECAL MATTER BUILD UP FROM CHILDHOOD, REMAIN IN COLON AND PREVENT ABSORPTION OF VITAMINS, MINERALS ETC. AS WE GET OLDER?

FOLLOW-UP QUESTION:

Is it true, as many of the colon-cleansing products state, that fecal matter starts building up in the system when one is a youth, and continues to build as one ages, and that it reaches a point where even vitamins and minerals and pills that you ingest, that this interferes with the absorption of these pills and often renders them useless?

COSMIC AWARENESS:

This is in the affirmative. This Awareness indicates that also, *this build-up will depend on the types of food eaten, or the types of food that entities fail to eat. As previously suggested, the use of fruits and vegetables high in enzymes will help to cleanse the system, will help to eliminate much of the toxins and build-up, but those entities who do not have access to fruits and vegetables high in enzymes or who do not particularly include these in their diet, may tend to build up more toxins and obstruction in the digestive tract more quickly than others.*

With K-Lonic You Could Avoid Surgery, Colonic Bags

This Awareness indicates that many entities begin to develop pockets of toxic waste in the digestive tract. These pockets are known as diverticulitis, and it can become a most serious problem for entities, particularly as they grow older, including, or leading to a need for treatment, if not through something like K-Lonic, then through the medical approach which may include operating on the bowels and having to carry or wear a bag for the evacuation of the fecal matter.

This can be most distressing to entities and to those who must take care of the entities. This Awareness indicates that this can be avoided by products such as K-Lonic and by use of fruits and vegetables high in enzymes or the use of supplements high in enzymes. Drinking amounts of water, such as six 8-ounce glasses daily can also be helpful in cleansing the system, but the K-Lonic is especially helpful, in that it gets into the system and flushes out these pockets and hardened encrusted areas of toxic waste in the body, in the digestive tract, in the intestines.

'K-Lonic' Works Sort of Like Drano

This Awareness indicates that you might think of K-Lonic in the human system as being the parallel of Drano in your clogged-up plumbing system. By putting in a substance to cleanse the clogged-up plumbing system, it allows the substances in the plumbing system to be dissolved and washed through so that the plumbing can work properly to drain the toxins, the waste, out of the pipes, giving a clean and more properly functioning elimination system. If this is implemented in the human body, in a similar manner, using K-Lonic, the system is able to get rid of the toxins, and ridding the body of toxins increases the vitality and energy and life-enhancing forces and the body has greater energy for self-healing as well as for just living a better life.

This Awareness indicates that many entities consider themselves to be old, consider themselves to be unable to do much, feel themselves having slowed down and lacking in energy, when actually they are simply clogged up in their drainage system, and the K-Lonic product is one which is harmless to the system and can cleanse the clogged-up draining system so that the vital energies are no longer stopped, and the body functions as it should, as it did in youth.

5. FOLLOW-UP QUESTION:

In relation to the smaller doses, like from the dropper of a Sea Quel size, does the body get a cleansing from that, or what, if any effect would you get from the smaller dose?

COSMIC AWARENESS:

This Awareness indicates that it has a similar effect. It simply takes longer to rid the toxins, but the effect is such that it gradually increases the vitality, even with the smaller amounts, as the smaller amounts have their general effect of removing toxins from the system and each degree of improvement will be felt by the entity as a general degree of healing and strength. The K-Lonic being used in larger doses, because it is less expensive for use, will simply have a more immediate and dramatic effect. The 8-day period will show remarkable results. This Awareness indicates you must understand, the amount of one cap-full of the K-Lonic formula is probably more than the half-ounce bottle of Sea Quel and there are approximately 8 cap-fulls per bottle of the K-Lonic formula.

This Awareness repeats: the substances in the two different brands are exactly the same substances, coming from the same vat and same formula from the manufacturer. The marketing of Sea Quel as that which promotes it as a sea water source, having almost mystical qualities from the sea. It is simply an advertising ploy, rather than any difference in the formula.

The Sea Quel lists trace minerals which are present, and the K-Lonic lists other substances, including sulfur, which are the catalytic substances for the product, but even though all substances are not listed in the K-Lonic formula, the trace minerals of Sea Quel are also found in the K-Lonic formula. They just aren't listed, because it is not important to list them.

The Sea Quel formula as that which is attempting to promote a particular mystique around the product that is not being promoted in the original K-Lonic formula. It is simply a matter of how the products are advertised, for there is no difference in the formula itself. The price is the only difference.

This Awareness indicates you get 8 times the amount for the same price in the K-Lonic formula.

DEATH BEGINS IN THE COLON SAID EDGAR CAYCE WILL 'K-LONIC' EXTEND LIFESPAN IF IT IS USED ?

FOLLOW-UP QUESTION:

I believe it was Edgar Cayce that once said "Death begins in the colon." If this is true, using these K-Lonic type formulas, then it would seem that entities, regardless of how old they are, that if they clean out this intestinal system full of a lifetime's build-up of toxins, that this would dramatically increase their longevity. Is that correct?

COSMIC AWARENESS:

This is in the affirmative, as well as increasing the vital energy they have in their body. This Awareness indicates that the energies that float through the body do not function well when toxins are active, because the life energies are working to neutralize the toxins and therefore cannot be used for other bodily purposes.

This Awareness indicates that as these toxins are increased they draw more and more on the vital energies, using them up, and this weakens the body tremendously. Thus, by removing these toxins, the energy level of the human body increases dramatically.



DO CONSTIPATED WOMEN GET BREAST CANCER? (Introducing 'Bio-2' A Safe Substitute for H2O2)

QUESTION:

I clipped an article, I believe from a tabloid, that claimed that constipation is linked to breast cancer, and as the result of two studies, one with 7700 women, and the other with 1500, the one study found that with four or fewer bowel movements a week, women were one and one-half times more likely to develop breast cancer than females with regular bowl movements, and the regular bowel movements, according to this article, by contrast, only ten percent of women with a regular bowel movement (that is, a movement every day or every other day) had such precancerous cells. This article states that they found constipation allows time for cancer-causing agents to form in the intestines and these agents ultimately travel to breast tissue.

I guess the question is: Is this valid information, and one of the main reasons why breast cancer in women is now so prevalent?

COSMIC AWARENESS:

This Awareness indicates this is in the affirmative; that toxins in the body help to create an environment that allows for various types of diseases to take root. It is not limited to cancer. It can also be other types of diseases; that the immune system depends on a relatively clean body in order to be a healthy immune system. The more toxins in the body, the less the immune system can work.

Thus, by cleansing the body, one enhances the immunity of the body toward various disease.

This Awareness indicates that there is also another product that is worthy of mention in this regard. This product is known as Bio-2. It is a product that may be used as a safe substitute for H2O2, hydrogen peroxide, for it does not have the harmful effects and danger that may result from the use of hydrogen peroxide. Its value is similar in that hydrogen peroxide's therapeutic value has been recently expressed as helping to add oxygen to the body's system; that the added oxygen in the system is beneficial to reducing diseases which cannot thrive in high oxygen levels. Thus, by ingesting hydrogen peroxide in drops, entities have in some cases had cures for various types of diseases, including cancer and AIDS.

The Dangers in Using Hydrogen Peroxide

This Awareness indicates that these, of course, are based on certain individual cases wherein this substance was carefully monitored in these entities by doctors or by the entities themselves and it is not a recognized cure for cancer or AIDS by the medical profession in general. This Awareness indicates that the theory behind the use of hydrogen peroxide was based on the hypothesis that disease cannot live in high oxygen levels and that when oxygen levels are low in the system, such as a system high in toxins, then diseases such as cancer and AIDS can take root and develop freely. That when these are faced with an inflow of greater oxygen, they tend to diminish and die. This Awareness indicates that the dangers of this therapy is that hydrogen peroxide, when used in the human body, can be misused and excessively used, creating brain lesions, and also that it affects certain free radicals in an adverse way, which can, after use of hydrogen peroxide, lead to other conditions that are not beneficial to the body.

This Awareness indicates that during the use of hydrogen peroxide, its sole value is that it inputs oxygen into the system. There is now this product: Bio-2, which is made from salt, and the product is the extraction from salt of

6. oxygen atoms. It is in liquid form and can be safely taken. Whereas hydrogen peroxide, having its side dangers, cannot be taken in large amounts, this substance could be taken in large amounts without any negative side-effects.

'Bio-2' Kills Candida Yeast in the System--Rapidly!

This Awareness indicates that another benefit of this substance is that it kills the candida yeast, whereas hydrogen peroxide caused the candida yeast to grow. Many thought that it helped to kill the yeast, but tests have shown that the yeast increased with the use of hydrogen peroxide. The Bio-2 does kill the candida yeast rapidly.

This Awareness indicates that Bio-2 is taken as droplets in a glass of water up to approximately 10 drops per glass; that once a day is sufficient; that if you take more than 10 drops per glass, you simply waste the product, because the body cannot absorb or utilize any more than this amount. This Awareness suggests that the use of Bio-2 on a prolonged basis can be most helpful in ridding the body of viruses and molds and tumors and other similar foreign substances that do not survive in high oxygen content. This Awareness indicates that the Bio-2 side-effect that needs to be watched is that you may eliminate toxins too quickly and experience what is termed as a "healing crisis" which appears as a cold.

If you are using the Bio-2 and begin to come down with a cold, you should stop the use of the Bio-2 until the cold has run its course. It is simply an elimination of toxins from the system, or you may reduce the amount of Bio-2 that you are taking, reducing from 10 drops, for example, to 5 or 3 drops per day. This Awareness indicates that the Bio-2 substance is also available from the Goodship.*

This Awareness suggests that this is a good substitute and safe substitute for the use of H2O2, or hydrogen peroxide, which many entities have, in recent times, begun to use. It is without the dangers of the hydrogen peroxide, and is as effective or more effective.

* The Goodship, P.O. Box 1116, McMinnville, Oregon, 97128. (Write for free info, catalog and current prices). Note: After this reading was given, the name "Bio-2" was changed by its makers to "EQO2". Same stuff, same price.

MORE ON 'SEA-QUEL' AND 'K-LONIC'

QUESTION:

A.J. G. writes: "In a reading in April, Awareness stated: "There is that which is called Sea Quel. It is a trace mineral in heavy water and has a powerful effect of assisting the immune system, treating the immune system." This suggests to me the possibility that if one were to put 1/8th level teaspoon of unrefined sea-salt, which is rich in trace minerals, into a cup of drinking water, and then radiate the water by putting a piece of clear quartz crystal into it, the result would be a drink of water which would strengthen the immune system. Is this valid?"

COSMIC AWARENESS:

This Awareness indicates that this can have some effect of strengthening the immune system, providing the entity is not hyper-sensitive to salt in general, has no problem with salt. This Awareness indicates that it does not appear that it will be the same substance as Sea Quel or K-Lonic, or have the effectiveness of these products, but that it can have some benefit to the entity, depending on whether the entity can safely absorb salt on a regular basis. Some entities are better off avoiding even sea salt.

FOLLOW-UP QUESTION:

He has a follow-up. "If the answer is an affirmative, how long should the crystals remain in the water to make the water effective in this regard, and for this particular purpose, would a small magnet be more effective than the quartz crystal?"

This Awareness indicates that it appears that 24 hours would be sufficient; that it does not appear that the magnet would make any significant difference.

ANY HELP FOR LUNGS WITH EMPHYSEMA ?

QUESTION:

Another question from this entity: "Aside from ceasing to smoke, which is obvious, can Awareness suggest any measures which would help lungs with emphysema, anything to restore their lost elasticity? This would of course be methods not used by the medical profession, since the medical profession can do nothing!"

COSMIC AWARENESS:

This Awareness suggests the use of magnesium, as an increase of magnesium in the body can restore the elasticity of the lungs.

HERBS THAT CAN HELP THE HYPOTHALAMUS

(Some Herbs for Longevity & Aphrodisiac)

QUESTION:

Christopher Bobbs, an herbalist who is a professor at the University of California at Santa Cruz, says Agnus Castus herb strongly affects and benefits the pituitary gland, and A.J. wants to know if this is true, and asks: "Can you tell us of an herb which strongly affects and benefits the hypothalamus?"

COSMIC AWARENESS:

This Awareness indicates that it appears that the first herb mentioned in the question as being effective in reference to the pituitary gland; that there are a number of herbs which can be effective to the hypothalamus. It appears that the hypothalamus is affected by hallucinogenic herbs and by herbs that have aphrodisiac qualities, and also by herbs that are generally associated with longevity effects, including ginseng and Gotu Kola, Fo Ti T'ing.

This Awareness indicates that the hypothalamus appears to be affected in various ways by a wide variety of different herbs; that the question is too broad to respond to with names of all the herbs that affect it; that this could be an area of considerable research.

"DRY EYE SYNDROME"--ANY SUGGESTIONS?

(Where to Find the Dr. Christopher Herbal Formulas)

QUESTION:

A question from S.K. She writes: "I know Awareness has given helpful advice for various eye problems, but has not to my knowledge addressed a symptom that has caused me a lot of pain, and it must affect many others; the condition known as "Dry Eye Syndrome", seemingly a lack of lubrication in the eyes that causes scratchiness and extreme pain. What can one do to prevent or alleviate this condition?"

COSMIC AWARENESS:

This Awareness indicates that the book of Dr. Christopher pertaining to his herbal healing studies as that which carries formula for an eye wash that can help to clear up this dryness. That essentially it is caused from a clogging of the tear ducts. This Awareness indicates that there are certain medical procedures for cleansing the tear ducts, but that this is not seen as comfortable or necessary.

This Awareness indicates that particular eye-washes can be more effective. The eye-wash consists of cayenne and other herbs, but it is not painful as one might expect. This Awareness suggests that the eye-wash formula may be found in his large herbal book.

ED's Note: The Dr. Christopher line of herbal remedies is available in most healthfood stores and in the Fred Meyer supermarket chain. You can also get them by mail from L & H Vitamins, Inc. 37-10 Crescent St., Long Island City, New York 11101. Call toll-free for catalog or to order at 1-800-221-1152.

IS CHLORINE IN WATER THE CAUSE OF HEART DISEASE?

(Why Adolf Hitler Chlorinated the Waters of Europe)

QUESTION:

S.C., in Poughkeepsie, New York, writes: "I have a possible question for Awareness concerning arteriosclerosis. Certain writers such as Waves Forest, Eustace Mullins, and Bill Cooper have maintained that it is not cholesterol per se that causes this condition, but a chemical reaction caused by chlorine in drinking water, which reacts with the cholesterol to form a gummy substance which then adheres to the arterial walls as plaque. The case is made that this condition is almost exclusively a 20th Century malady, occurring only after chlorine had been added to the drinking water supplies. One example of this thesis is that Eskimos consume a diet which is high in cholesterol, yet are virtually free of heart disease. I also read lately of a case which appears in a medical journal concerning a gentleman who lives almost exclusively on a diet of eggs, yet who is free of this disease. My question then is: Is it indeed the chlorine which is the critical factor in this disease?"

COSMIC AWARENESS:

This Awareness indicates that this appears to be valid. That the introduction of chlorine into the water as that which is allegedly to keep the water pure from disease. That the Nazi German government under Adolf Hitler, discovered that chlorine in the water could serve as a population control, making people more docile and more easier to manage. This Awareness indicates that they began chlorinating all water supplies in each of the countries they took over.

This Awareness indicates that this as a secondary purpose of the chlorination of water. That there are other ways to purify water besides the use of chlorine and that the chlorine used in drinking water has several types of adverse effects on the human system. This Awareness indicates that it is also a factor that milk has a certain type of enzyme, which when homogenized, becomes difficult to digest, and moves into the bloodstream, causing a build-up of plaque on the walls of the bloodstream: this also adding to the cause of arteriosclerosis. That this has been discussed in other readings.



"Whoa! That was a good one! Try it, Hobbs — just poke his brain right where my finger is."

**SHOULD YOU SLEEP WITH HEAD POINTING NORTH
REGARDLESS OF WHERE IN THE WORLD YOU LIVE?
(More on the Powers of the North and the South Poles)**

QUESTION:

J.M., who lives in Natal, South Africa, wants to know if people living in the Southern Hemisphere should still sleep with the head to the north ?

COSMIC AWARENESS:

This Awareness indicates that this is in the affirmative; that the North pole as opposed to the South pole, gives a more spiritual orientation. That the South pole tends to enhance the physical qualities and to enhance the aggressiveness of entities, whereas the North pole tends to balance the entity's emotions and spiritual and mental qualities, to integrate the entity in a manner that is spiritually uplifting.

This Awareness indicates that South pole orientation also tends to disturb the balance of the entity's sexual and mental polarities. Essentially, the top of the head equates to the North pole, and the sexual organs are oriented to South pole alignment, and when one sleeps in the opposite direction, it tends to neutralize the individual's natural polarities, reversing these energies somewhat, depleting energy from the system.

This Awareness indicates that when you have your head to the North and your feet to the South, your battery recharges in its polarity more effectively, giving you greater energy.

Out of breath just making up his bed...

**WILL YOGA BREATHING EXERCISES STRENGTHEN
A WEAK AND FAILING HEART? WHAT ELSE WORKS?**

QUESTION:

A question from R.K., a recording artist in Los Angeles. He writes: "I've been so depressed lately, because my doctor says I can do no walking to improve my heart, and I don't know or can't think of anything out of the fact that my heart grows weaker by the month, as I now get out of breath just making up my bed, which I've done all my life. So that's how I know my heart is growing weaker. Is there any possibility that I could ask Awareness one question regarding the heart? Could I use any of the Yoga breathing exercises to strengthen my heart?"

COSMIC AWARENESS:

This Awareness indicates that increasing the oxygen in your system will strengthen the heart; that you may do this through breathing techniques. You may also use that substance previously mentioned: the Bio-2. This Awareness indicates there is also the Hawthorne berry that will strengthen the heart and heal a weakened heart; that this Hawthorne berry as available through herb outlets, and you can make a tea of this, and drink this, or take it in capsule forms.

This Awareness indicates that there is also that which is called Cardio-Guard, which is a kind of tablet, and may be considered as an oral chelation treatment, where you take these tablets and they help to cleanse the bloodstream, the arteries and veins of build-up, allowing more oxygen to flow through the system, allowing more blood to flow more easily through the system.

This Awareness indicates there is another substance available, a potassium product, Potassium Gluconate, through Dr. George Shahbaz, and this Awareness indicates that this can be made available to assist you. This Awareness indicates also that the use of chelation treatments to cleanse the arteries can be helpful; that this may not be the first step, but should be considered at some time later. This Awareness suggests the entity be given Dr. Shahbaz's phone number and talk to this entity about the situation.

NEW RATES FOR DR. GEORGE SHAHBAZ

ED's Note: For many years Awareness has suggested that the CAC membership contact Dr. Shahbaz for suggestions on homeopathic treatment for their problems, and send the entity \$10 or so for the phone consultation. This suggested donation is no longer in effect. CAC received the following notice from Dr. Shahbaz, December 20, 1991, regarding his fees.

New Rates for Phone Consultations

CLINIC SERVICES: In addition to our regular clinic services, which most of you are aware of, we wanted to let you know about some additional services, for those living out of town, or for those unable to come in. Telephone or mail consultation with Dr. Shahbaz, Naturopathic Physician, are \$25.00 for new patients and \$15.00 for return patients. Hair analysis, including survey and interpretation of 21 elements (essential and toxic) \$45.00. Candida Screening, includes candida worksheet, analysis and written or phone consultation and recommendations, \$25.00. Dietary analysis includes 3 day nutrient analysis and comparison to RDA values, personal RDA included, \$25.00. Just a reminder, our 1992 Natural Product List is available upon request.

Oregon City Wholistic Health Clinic
216-6th St.
Oregon City, Oregon 97045
Phone: (503) 657-4043

Editor's comment: Please note, neither CAC or the Aquarian Church receives any commissions, discounts, or remuneration of any kind from Dr. Shahbaz or the Oregon City Wholistic Health Clinic, nor are we responsible for any suggestions or treatment that may be recommended. We plug this entity and his services for two reasons: (1) Cosmic Awareness continues to recommend this entity and his services, (2) the staff of C.A.C. and Paul Shockley consider this entity as their personal physician, and have used his advice and services for a number of years so we can personally vouch for his integrity and capability in the field of wholistic health. My personal feeling is that this entity is not only keeping us all alive and providing us with the energy and endurance needed in our work, but is prolonging our lifetime on this plane at this time.

WILL TAKING RED PEPPER STOP A HEART ATTACK?

FOLLOW-UP QUESTION:

Dr. Christopher also recommended Hawthorne berry and capsicum, or red pepper for heart condition. Does Awareness see that as valid?

COSMIC AWARENESS:

This Awareness indicates that cayenne pepper as that which is highly recommended. When taken, it can actually be used to stop a heart attack that is in progress; that it can balance the blood pressure and can enhance the circulatory system. This Awareness suggests yes, that this is a valid solution also.

WILL ASPIRIN PREVENT COLON & RECTAL CANCER?

QUESTION:

In another tabloid story, they claim that a study in the Sloan Kettering Cancer Center in New York, that regular aspirin users are 50% less likely to develop colon or rectal cancer. They claim that you should take an aspirin tablet at least 4 times a week. This would not only help to reduce the risk of large bowel cancer, but also reduce the risk of heart attack and heart disease. Is this valid information?

COSMIC AWARENESS:

This Awareness indicates that this appears to have substance to the claims. It appears, however, that there are some side-effects to the use of aspirin for some entities that would need to be considered. That aspirin for some entities can have adverse effects on the digestive tract, particularly the stomach, and especially if such entities have ulcers or internal problems in the digestive tract.

CLOSING MESSAGE:

This Awareness indicates that there have recently been many efforts by certain powers to shut down the use by individuals of alternative medical sources, supplies or outlets. The State of Ohio forbids entities from any kind of nutritional counseling unless they are licensed. In other words, if you tell a friend who has the flu or a headache: "Go home and take some aspirin, drink some water, and get some rest," you could be jailed for practicing medicine without a license.

This Awareness indicates that the same kind of laws that are now enforced in Ohio, are being readied for other states in an effort to eventually make it impossible for entities to give any kind of health suggestions, suggestions in terms of nutrition or what to do about a health problem.

If you were to tell someone to have some soup for your cold, which has been a traditional folk medicine for centuries, you might find yourself being jailed for practicing medicine without a license. This Awareness indicates that the problem, unless entities become aware and eventually take action, will become worse as this effort by these powers who wish to control the lives of others to every degree are bent on pushing these laws into every state.

This Awareness indicates that there are some states that are more vulnerable to this kind of coercion than are others. That the more states can be pushed into having nutrition laws, and the more these are enforced and put on others, the less freedom of choice entities will have.

This Awareness indicates that when entities are not allowed to have a choice about who they speak to regarding their health problems, they will then begin to work on mental health, so that you cannot ask a friend for psychological assistance in a personal problem. You may perhaps find that even asking about a relationship problem could affront the psychiatric profession, and in time, this psychiatric profession may, much like the medical doctors, prevent you from discussing your personal problems with a friend or associate so that the friend who advises you might be thrown in jail for practicing psychiatry without a license.

This Awareness indicates the question is: How far can this line of reasoning go? How far before entities say, "Enough! We have too many restrictions!"? This Awareness indicates that in the state of Ohio, the nutritionists went to the healthfood stores and promised them that they would not be affected by the law. The healthfood stores saw the law as helping to get rid of their competition. Any nutritional counselors that were not licensed who might be selling products along with their counseling, would then be forbidden to practice or continue.

Thus, the healthfood outlets joined with the nutritionists who were licensed to practice nutrition and made it illegal for entities outside the licensing group to practice any form of nutritional counseling. You may ask: "Well, what's wrong with just having the licensed people practice nutrition? They are surely well trained!"

This Awareness indicates that these people trained in nutrition through the licensing are merely mouth-pieces for the AMA and do not know beans about alternative health through herbal or vitamin or mineral therapies. They are simply promoting the medical profession's suggestion of the four food groups: protein, carbohydrates and so forth and the meat, dairy, vegetable and fruit and grain in the diet.

They do not know anything about the use of chromium, Vitamin C, zinc, or any of the various minerals and vitamins

for the enhancement of vitality or the alteration of the metabolism, and therefore, they will simply be mouthpieces for the medical profession to keep people eating the wrong foods so that they can produce patients for the doctors, down the line.

This Awareness indicates that all of the traditional medicines that have been used for many centuries; the homeopathic medicines that are still the main medicines of Europe, and natural healing techniques used by doctors, will eventually come under fire by the medical association, if this does not stop somewhere. This Awareness indicates that the medical association generally treats the human body as a kind of machine, much as a mechanic looks at a car, takes out a transmission, or takes out a heart and installs a new one when, in fact, the old one could be repaired by certain substances ingested orally, in the diet.

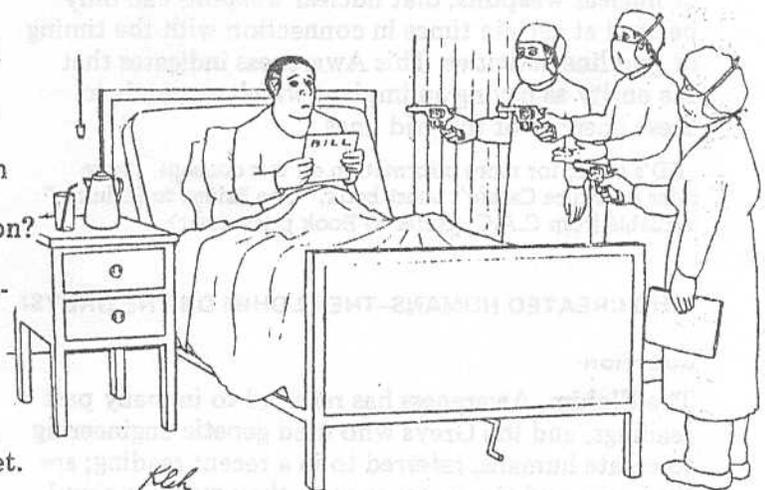
Things You Should Know About Your Friendly Doctor

This Awareness indicates that it is a case of monopoly of the health care field, wherein entities having greater majority and power and money can lobby to have laws passed in their behalf to give them even greater control over the masses, in order to take away more money for greater than necessary treatment. This Awareness indicates there is a book: *What Your Doctor Never Learned in Medical School*, written by a doctor, who describes that your zip code may determine your diagnosis.

This Awareness indicates that his point is that if you live in an area where the doctors are surgeons, your diagnosis is most likely to be something that requires surgery. If you live in an area where you have a general practitioner, your diagnosis may be something milder which requires a milder treatment. If you live in an area where the doctors use natural medicines or vitamins and minerals for treatment, you may find that the diagnosis of your problem is treatable by these substances.

This Awareness indicates that the more the doctors charge for their treatment, in the sense of high-priced treatments, the more expensive will be the treatment for your particular disease; that you will be diagnosed as having an expensive type of disease which may acquire elaborate testing before treatment and elaborate treatment, when tested.

This Awareness indicates that after all, the doctor lives in an expensive area and must make his rent payments and pay for his expensive equipment to impress his wealthy clients. This Awareness indicates that in other words, you must look at the medical field not from the sense of a field dedicated to healing, but from as a field of professional people dedicated to keeping their careers and businesses thriving.



This Awareness indicates that when you find a doctor who truly seeks to find healing techniques and to work with the patient for the purpose of healing, that doctor should be prized. This Awareness indicates that the majority of your doctors will seek to give the appearance of their interest in you, but if they want to conduct some kind of radical operation or treatment on you, it would be wise to get a second opinion and to look for alternative ways of healing, especially if there are negative side-effects or dangers involved in the treatment the doctor prescribes, for many of the drugs which the doctor will prescribe for you in the treatment of one disease, may very well create a worse disease for you to deal with two or five years hence.

This Awareness indicates that nature and your own consciousness can in some cases heal you more effectively than can your doctor's methods, if his methods treat only the symptoms and not the cause of your disease.



MORE FLESH FOR THE SKELETON: (Part 15): THE ELOHIM, MAN'S HISTORY AND HALF-BREEDS

(Reading May 9, 1990)

WHY DO ABDUCTEES FEEL GOOD AFTER A FULL MOON?

QUESTION:

An abductee that we know recently commented that he feels really good two days before and two days after the full moon. The information given about aliens moving in one day before and one day after the full moon brought to mind the question if there's any coordination between these two facts?

COSMIC AWARENESS:

This Awareness indicates the full moon as that which energizes the grid system on the earth. You will recall the Bruce Cathie material relating to the grid network, that which has to do with the Ley lines that surround the planet earth; that these Ley lines are of a magnetic type nature, whereby certain psychomagnetic energies are transferred around these lines. They have a certain degree of value in terms of communications as well as energizing.

This Awareness indicates in fact, these are also crucial to any kind of nuclear device and the explosion of nuclear weapons; that nuclear weapons can only be used at certain times in connection with the timing of grid line activities. This Awareness indicates that the entity as having an implant which responds to these energies of the grid lines.

ED's Note: for more information on this concept, please refer to Bruce Cathie's latest book, "The Bridge to Infinity," available from C.A.C. (Refer to Book price sheet).

WHO CREATED HUMANS--THE ELOHIM OR THE GREYS?

QUESTION:

The Elohim, Awareness has referred to in many past readings, and the Greys who used genetic engineering to create humans, referred to in a recent reading; are these one and the same, or were they working simultaneously to create the human race?

(The Law of Gratitude is given)

ED's Note: for more on this subject, please refer to 'Revelations of Awareness' issue No. 91-15 (The Medical Conspiracy); \$3.00. Also recommended is the book, "Murder by Injection; the Story of the Medical Conspiracy Against America," by Eustace Mullins, available from CAC. (See book list).

For more information on staying healthy, please refer to the following newsletters, particularly: 80-27; How to Heal the Body, Mind, Emotion, and Spirit; 82-8; The Effects of Statements on the Health of Another; 83-17; Wrong Answers: How we can Stop Killing Ourselves; 85-21; Do We Really Have to Grow Old?; 86-3; Miraculous Healing--How to do it; 80-8; None Dare Call it Genocide; 91-7; Spiritual Healing. How it Works and How you can do it; each \$3.00, available from C.A.C.

COSMIC AWARENESS:

This Awareness indicates that the humans were created by Elohim which were more humanlike than the Greys; these having a more highly refined vibratory rate. The Greys being a much older race than humans; the humans having within them a certain type of genetic cellular code that allows them from generation to generation to develop and evolve toward Godhead or Godhood. This Awareness indicates that this is lacking in the Greys. The Greys did at one point have certain qualities that would have developed in this direction; it is related to the qualities of emotion, particularly the ability to refine emotion toward that of a loving nature.

But in order to have that ability, one must also accept the negative side of emotion, that which is emotional hostility, and the humans, therefore, have this potential, whereas the Greys have long ago, through much conscious effort in their species, deliberately worked to breed out any emotion. They are devoid of emotion, which affects the astral energies or body of the Greys, depleting this element also. Other than that they have the etheric and the physical bodies and the mental bodies.

They are indeed fascinated with humans because humans have this astral and emotional body, and these, it turns out, much to the dismay of the Greys, are essential to the continued reproduction of the race, and therefore, the Greys, over periods of time, have lost their ability to reproduce, and exist almost entirely on cloning, from the cloning process, or from taking of other races' energies to include in their cloning process, such as in the creation of their half-breeds, half-human/half-alien, are not seen as any great accomplishment to the Greys. They see these more as servants to them. These will be the warriors for them. Many of these have been taken back to their own planets, or back to serve the Reptilians.

Greys Draw Off Astral Energies of Humans by Eye Contact

This Awareness indicates that the half-breeds do have the astral bodies and some emotional qualities that can be to some extent manipulated and controlled by the Greys. The Greys themselves are of a kind of hive-mind or group-mind, so that there is no such thing as individuality or rebellion of individuals and the assertion of individuality by these entities. This Awareness indicates the most this has been stimulated in these entities, has been stimulated only in the past few years in which these entities have been on earth by commingling with humans, and part of this commingling has occurred from their being able to look into the eyes of humans and draw off astral energy.

Greys Can Fracture an Entity's Soul

They can, by piercing and looking deeply into the eyes of an entity, vampire out or suck out the astral energy of an entity and this is a real treat to them, though it leaves the human entity depleted of psychic and much physical energy for many weeks following an encounter. This Awareness indicates that the Greys also have the ability to fracture an entity's soul or essence, and this relates to the walk-in, wherein they can extract an entity's being from one's body, and allow another to enter in to that body, even to the degree of changing entities from one body to another, wherein, for example, one entity and another entity could be switched within their bodies in such a way that their memories would pick up each other's memory as recorded in the ether or etheric body, the memory being that which accumulates between the etheric and the mental body, wherein these memories can be either erased or can be interchanged so that an entity entering in to one body may be totally different, a different being, but may still have only the memory that was attached to the body, the memory of the one who departed.

This Awareness indicates that this is in part the technology that relates to their ability to cause entities to forget. It is not simply a subconscious or hypnosis, it is actually the removal of certain aspects of memory, and/or the implanting of a memory that did not actually occur in the experience of the entity, though the entity may believe and may remember something clearly, believing it was real; that this is from the accumulation or manipulation of the memory energy that records experiences which resides between the mental and the etheric body. You may say it resides in the pockets, in this field of energy around the individual.

Akashic Record Not Affected by Memory Exchange

This Awareness indicates that the exchange of these memories, however, does not affect the Akashic record which records things as they truly were, even though entities may remember things differently than would be recorded on the Akashic record. The Akasha records what is, but entities may remember things differently and be disillusioned or may suffer from illusions that are in error and not based on reality.

This Awareness indicates that the desire of the aliens at this time is somehow to keep their race going, or to find a way to transfer their essences or being into a new

11. breed or new type of being, so that even if they give up their old body forms, they can continue. This Awareness indicates that this has been previously discussed as the way by which walk-ins may enter in to human form, and the aliens in such action, operating in the appearance of humans, can blend in with human society in such a way as to generally fit, with only the psychological differences remaining.

The Elohim Created Many Races of Entities on Many Planets

This Awareness suggests that the Elohim as being such that they were capable of moving in to physical form and out of physical form into the etheric realms, leaving no trace of their physical body behind. These were the true creators of the human types, including the Pleiadeans, the Andromedeans and the humans.

This Awareness indicates that in a question asked in a previous reading about a camera that filmed entities who were shown to have a radiation effect around their heads; these aliens were essentially inhabiting human bodies and were capable of blending in with human society. There will be more in regard to this as time passes.*

*Please refer to 'Revelations of Awareness' No. 90-14 (How Aliens are Invading the Human Race) and info on the camera, \$5.00 from CAC.

This Awareness indicates that there were also lives of human types on other planets, including Mars and Venus at one time. The Venusians being on a different vibratory rate, cannot be perceived from this vibratory rate of humans at this time, due to the immense heat in this particular vibratory frequency that is lacking on Venus in other vibratory levels. On other vibratory levels there can be and are individuals and beings and civilizations on Venus.

The Underground Civilization on Mars

This Awareness indicates that Mars has underground civilization; that it did at one point have civilization on its surface; most of this as having disappeared except for remnants, artifacts or creations such as the face on Mars and certain pyramids. This Awareness indicates that there presently being a base on Mars which was recently established by aliens and human cooperation. This Awareness indicates that the Greys, having had a strong influence after the creation of man on earth, wherein they began to have their presence especially felt shortly after the Pleiadeans' presence was an influence.

The History From Atlantis of the Els & Pleiadeans

This Awareness indicates that in order to understand this history, one needs to recall Atlantis; that there were at that time travels to and from this planet. There were travels to Mars and travels to moons of Saturn and Jupiter, Ganymede and Titan. There were also travels beyond the solar system and the Pleiadeans had a general commerce between earth and the Pleiades; that the invasion of the Orion types which came near the end of the Atlantean epoch led to a war between these types and the Pleiadeans. It was after this that the Pleiadeans then began to leave, and there were many conflicts between the gods of the Greys, the Orion types and humans; that much of this is available in ancient literature and can be discerned through the readings of the Sitchin books.

This Awareness indicates that by the time this had occurred, the Els had long been gone from the earth; the Els being well over a million years old in their having inhabited the earth; that the Greys did not appear on the earth for at least one-half million years subsequent to the departure of the Els, but that the Els did return from time to time, and that there was in the Pleiadean activities, an interaction with the Els. This Awareness indicates that these Elohim types were the founders or fathers or creators of the human and Pleiadean beings. This Awareness indicates the Pleiadean planet; there are several; the main Pleiadean planet is known as Era.

The Influence of the Greys in Egypt

This Awareness indicates the ancient civilization of Ur as that which was a reflection of the name Era, and was stimulated and influenced by Pleiadeans, or the memory and the respect for the Pleiadean influences. There is an aspect of the works of Sitchin that was not clearly defined or clarified in his work, wherein at the time of the Nephilin, or those who were the Greys, there was also the influence of the Pleiadeans on earth and there were some areas of conflict and some areas of cooperation between these two types of extra-terrestrials; that this is not seen in the ancient literature or writings, is not clearly shown.

This Awareness indicates however, that if you look at the Egyptian drawings, you will note that the eyes in many of the depictions of some of the Egyptian types, are very much like the eyes of the Greys. It was, at the time, seen as a kind of homage to the Greys and also a kind of emulation of these Egyptians, to try to make their eyes large, to mimic the Greys, whom they considered to be Gods. It was for that reason that the Egyptian eyes were often overly painted to larger sizes and made in a kind of almond shape or tear-drop shape.

Cat Worshiping in Egypt Because of the Greys

This Awareness indicates that it was also the influence of the Greys that the cat worshiping societies sprang up in Egypt as their eyes were seen to be similarly related to the Greys. This Awareness indicates also, that the cat was cloned in the Atlantean epoch, created in an astral plane and brought into physical manifestation through the cloning process which had already been developed; that there were, in fact, during the Atlantean epoch, influences by these Greys and other space or extraterrestrial types.

Reread Edgar Cayce About the "Things"

This Awareness indicates if you understand these things, and then reexamine the readings of Edgar Cayce as well as mythologies from ancient past, you will get new insight into these ancient works. This Awareness indicates that the Atlantean creation of 'things', as they were called, is nothing different other than perhaps in shape and specifics than the present cloning techniques of the extraterrestrials on earth at this time, wherein they create from combination of animal parts and human parts, a variety of beings, or even a mass of flesh having different organs, such as arms, legs, even heads that grow from them, to be used for various other experiments.

12. "Nightmare Hall" Experiments Make it to Tabloids as 'Healings'

This Awareness indicates that entities who have been abducted and some who have witnessed the events in the 7th level of the Dulce base, have testified that there have been seen human types with parts growing out of the most unlikely places on their body, such as a leg growing from the stomach area, or arms growing out of the back and so forth. One would ask: Why would such things be created? This Awareness indicates that the Greys are simply growing flesh for their purposes in the same way that humans might splice plants together to get some kind of special effect for transplanting.

Thus, the transplanting of a leg on an entity who was crippled, which then makes headlines in your tabloids, wherein the entity says: "The space aliens are wonderful! My leg was shriveled and I was unable to walk! They picked me up and brought me back and I have...it's like a new leg!" This Awareness indicates in fact it *was* a new leg, taken from their garden of parts. This Awareness indicates that if a race is five hundred thousand years old and has been involved in high technology for that length of time, or most of that time; these things do not seem grotesque to them. They have been doing it for thousands of years, even before human beings were created; and in fact, the human beings have been used by them for this kind of experiment and it was these types of Grey that were involved in the Atlantean experiments that led to the creation of the 'things' and which influenced the work of these Atlanteans to bring about these 'things.'

The Pleiadean Forces that Followed Ra-Ta Confront the Greys

This Awareness indicates that as this occurred in Atlantis and eventually led to the downfall of Atlantis, there were those entries into the Caucasus mountains and the area in Russia and in the Persian areas, in which, as described in the Cayce readings, the forces that followed Ra-Ta entered into the picture. These entities eventually came to Egypt, and there confronted the Atlanteans. It was a confrontation of the Pleiadeans and the Greys that took place at this time, approximately 10,000 B.C.

This Awareness indicates that these energies or stories have been indicated in the Cayce readings without distinguishing or clarifying that the parties involved were extraterrestrials, but anyone reading this information can see that these entities did appear to have almost superhuman powers to be able to create the monuments, such as the Great Pyramid and the Temple of Beauty and Hall of Records. This Awareness indicates that the Pleiadeans remained for some time, for some three thousand years, or until the war between the Pleiadeans and the Reptilians or Reptoids became so fierce that most of them were forced to return to the Pleiades.

This Awareness indicates that during their time on earth, the Pleiadeans left many offspring, children, who commingled with the Cro-magnon types, to bring about the change, the Cro-magnons and the homo sapiens, to bring about an evolution in the nature of humans, elevating many of these entities

to become more highly sophisticated in knowledge, in ability, in organization, and giving them greater wisdom, greater teachings and systems that led to the development of civilization. There were also Greys involved in the societies at the time.

This Awareness reminds you of the god in Egyptian mythology known as Anubis; that those who have seen pictures of Anubis, will note a general similarity with pictures of the Greys. This Awareness indicates that most of the Egyptian gods, however, were depicted as human types, and most of these were Pleiadeans in their ancestry.*



*Ed's Note: Anubis, from everything I have read in this area, was a jackal-headed god in human form. Either this is an error in interpretation of the energies or Awareness is describing Anubis from another frame of reference. I intend to ask about this in a future reading.

This Awareness indicates that in reading the works of Sitchin, you will sometimes come across discussions in which the emissaries or angels, or 'Lords' that walked among mankind, seem to be in conflict with one another. For example, one would want to destroy the entire city, and others would want to save a few individuals, those whom they were close to, or would struggle to keep something from being so totally destroyed. You will understand that those who were without emotion or compassion, who spoke in terms of destroying the experiment, were more likely to be the Greys who were devoid of emotion, and those who were concerned about their friends were more likely to be the Pleiadeans, who were attempting to cocreate and comanage the human experiment with the Greys.

The Pleiadeans did not have the advantage at the time, and could not direct things against the will of the Greys, but were able in some degree to influence some minor changes and these entities were the ones who made the history books, or ancient writings and records as being the 'good guys,' thus the god that told Abraham he did not need to kill his son, was a Pleiadean. Had it been otherwise, the son would have been sacrificed to one of the Orion Greys, for these entities were into human sacrifice.

"The Food of the Gods"--the Real Meaning

This Awareness indicates that ancient concept which entities often have heard about in reference to the term 'food of the gods' refers to, in behalf of the Greys, adrenalchrome, the substance taken from the base of the brain, that gives the Greys a sense of emotion which they have lacked because of their having bred it out. They do not have the adrenaline that humans can generate, and therefore, milk humans for this substance. In the case of the Reptilians, 'food of the gods' refers to the human body itself, for they feed on humans in the same way that humans would feed on chickens, although they also eat other foods too.

This Awareness indicates that the story of the Garden of Eden referring to the serpent as that which is a kind of symbolism of the relationship between the human types and the Reptilians, with the clones Adam and Eve, caught between. This Awareness indicates that the supposed Garden of Eden as that which in the symbolism referred to in one sense, referred to the womb in which the male/female aspect of a fetus is born, with the god and the serpent being represented by the head and the spine of the individual giving birth. This in one symbolism.

In another sense, the Garden of Eden was that area of Mesopotamia in which the gods, or extra-terrestrials created gardens filled with foods for the humans to live on. This Awareness indicates that the actual cloning of Adam and Eve, however, took place on Mars, and they were transplanted from the paradise on Mars to the earth, but this occurred after there were already people on earth, and the Adam and Eve or their cloned family that followed, were but an addition to those who already inhabited the earth. Many of those inhabiting the earth at the time were the Greys. There were also some Cyclopeans and there were some Reptilians, and there were quite a number of the earlier human types that were cloned from animals in the earlier versions.

This Awareness indicates that the new human types of Adam and Eve were given greater intelligence and greater reproductive capacity, with greater desire to mate and bring forth children. It was this very flaw of the Garden of Eden, of tasting the fruit of the vine, of sex, that was the purpose of this creation, so as to multiply and be fruitful, and this human creation went forth to do so. This Awareness indicates the earlier creations were lacking in this kind of emotional, psychological and astral quality that would have led to mass population of the earth, and also were lacking in the higher intelligence, that was created with the Adam and Eve types.

This Awareness has digressed somewhat from the question regarding the Els and the Greys, but the information as generally related to the question. That further questions may be asked now.



QUESTION:

The half-breed Awareness referred to, that the Greys are creating now; did these creatures regain the necessary parts for sexual reproduction, like ordinary humans?

COSMIC AWARENESS:

This Awareness indicates that this as functional, not to the degree of humans. The sex drive is much weakened in these entities, but will be strong enough, particularly during youthful periods, to allow them to propagate and to bear fruit in terms of reproducing children of this type. This Awareness suggests that you may wish to present pictures of the drawing of these entities when working on this in your publication; that this can be helpful to the reader in understanding the feel for these entities.

This Awareness indicates it is in some ways quite tragic, the life these entities are to be forced into. There are certain considerations; the abductees with implants are intended by the Greys to be useful to them as a kind of army, if and when needed by the Greys. In other words, they will use humans to fight humans, or humans to carry out orders, or will use their implanted humans to do things that they command, if and when desired, and your government is aware of this, realizing that approximately one in forty people have had implants by the aliens.

The Many Functions of the Alien Implants

This Awareness indicates that this will be one line of defense for the aliens; that they also have the ability to direct these entities and teach them enormous skills in a very short period of time due to these implants. In some cases, the implants can actually be used as a kind of miniature bomb, so that they can influence an entity to do something, to go somewhere; for example, the implant placed in the back of the neck as that which influences and directs the entity. The implant in the back of the ear is often used to listen through the entity, so that the aliens can use that entity for listening, wherever the entity may be, and the implant placed through the nose and into the optic nerve as that which allows the aliens to see through the entity's eyes, and there are also implants that can be made which would, in conjunction with the Element 115, be used for the explosion of certain things, whereby the entity could be made to explode on command, to be a walking bomb.

Half-Breeds Trained to Fight Humans—The 4 Lines of Defence

This Awareness indicates that in regard to the Reptoids, the Greys are their servants. The human implants are the front-line of defense. The hybrid or half-breed children, half human/half Greys, are being taken elsewhere to be trained for military purposes, to be used as the second line of defense, therefore they will be fighting against humans, using technology available through the Reptoids, and the Greys will be behind these half-breeds, as the third line of defense. Finally, the fourth line of defense is the Reptoid civilization.

This Awareness indicates that this generally is the situation as planned from their way of creating and preparing for any battle between earthlings and themselves; this in reference to the Reptoids' plan. This



HYBRID CHILD

From "Matrix II" by Valdamar Valarian. This is an accurate representation of a hybrid child, a product of human and alien genetics (Greys), and confirmed by Cosmic Awareness. The female, depicted above, has hair; males do not. Hybrid children between Reptilian and humans have green-yellow eyes with vertical pupils and do not look as 'human' as this female half-breed.

Awareness reminds you of earlier messages regarding the options available for humans. The options being possible alliance with the Greys, and possible destruction of the Reptoid groups in their approach toward earth. That other options, of course, being surrender or coexistence, which would be essentially an action of human sacrifice.

Abductees Basically Are Human Sacrifices to the Aliens

This Awareness indicates already the abductees are basically human sacrifice to these aliens; that in understanding what is occurring today in regard to the aliens, entities may have a new insight into the ancient ideas of human sacrifice, for in those ancient times the extra-terrestrial aliens were also present and made their demands on the human race. This Awareness suggests further questions may be asked.

THE FULL MOON HIGH & ALIEN ABDUCTIONS

QUESTION:

Vikki's question earlier about the day before the full moon and the day after when these aliens seem to appear, and some of the abductees seem to feel, (at least one that we know of), seems to feel that on those days he sort of had a fix, he feels high, a sort of stone. Is there any connection, is there any possibility these aliens come in at those times of the months and extract these liquids from this entity or do something similar that gives him the feeling of this high?

COSMIC AWARENESS:

This Awareness indicates that this as being strictly from the two different reasons; one being that all entities generally have more energy near the time of the full moon, in a general sense, if they are not in

some way affected astrologically or physically by some weakening aspect, such as a cold or illness in the physical sense, or such as a bad astrological influence or aspect in the astrological sense. That generally, the full moon does give entities more energy, for it affects the blood and the sexual energy of an entity. It also is influenced in part because, as mentioned before, the gridline is energized and the entity as having had implants, feels this energized gridline energy.

How Aliens Abduct Children

There is seen no monthly contact by aliens; that the aliens generally leave the entities alone except at certain times, for certain purposes. As an example, many abductees may be abducted as small children without the parent even being aware. The parents, in fact, may be put into a deeper sleep, the child abducted right through the ceiling of the home and implanted, and returned, in such a way that the parents were not even aware the next morning that the child had been abducted.

There is a tendency for the aliens to stay with a lineage, taking the mother, perhaps as a child, implanting the mother, waiting until the mother grows older, then abducting the mother and giving the mother some kind of pregnancy that is either from in vitro type egg and sperm commingling and implant into the mother, or from intercourse, or through some other type of action to impregnate the mother, then taking the child from the mother at approximately the age of three months, giving the child enough time to have a bonding with the mother so that it takes on the human qualities of the astral body, and certain emotions that the mother/child bonding can create, but whereby the child is taken from the mother at the age of three months and then completed in a kind of incubator and then taken from there on to other places designated by the aliens, either to other planets or underground bases.

The tendency then is wherein the mother might have human children that the human child also becomes a high risk candidate for future abduction. This Awareness indicates that as in the Whitley Streiber book, he himself recalled having been abducted as a child, and as an adult was abducted, then discovered that his son too was abducted. This is a pattern not uncommon. This Awareness indicates, however, that it is not suggesting that every individual who has been abducted will have his or her children also abducted.

Why Aliens Select Specific Individuals for Abduction

This Awareness indicates that these entities tend to select certain vibratory qualities in humans. They will overlook hundreds of individuals and select a particular one from the vibration or brain vibrations that the individual exhibits. It tends to be an entity who can be useful to them in terms of fitting a particular pattern they desire for erasing the memory and for any other purpose they may be after, such as for breeding purposes or for energy needs, but it generally is first spotted by them as a brain frequency or vibration and they may pass up many people before coming to one that would be a candidate for their needs.

This Awareness indicates that entities who hang around abductees also tend to be likely abductees

themselves. There can be a tendency for them to become abductee candidates, especially if the entity who has been abducted is being used to monitor through visual or hearing aspects by these Greys; that it would be, and is commonly advantageous for entities to avoid too much close contact with abductees if they wish to be especially careful not to become abductees themselves. This Awareness indicates that there is...this Awareness suggests that the energy has shifted. That the focus now move on to the next question.

WHY CAN'T ALIENS JUST CLONE HUMAN PARTS?

QUESTION:

In regard to the Greys growing flesh; why can't they clone the parts needed to survive instead of killing humans to obtain these parts?

COSMIC AWARENESS:

This Awareness indicates that they do; that this is what these 'things' are. They are growing blobs of flesh with arms, legs and parts growing out of it. They are growing grotesque creations, half-human and half animal, or in some cases, mounds of flesh with various organs and protrusions coming forth. This Awareness indicates that even so, they still have the belief that they need to abduct and implant things in people, impregnate and carry on genetic engineering, using people, and use individuals to extract glandular secretions that are not of the same quantity or quality when cloned in globs of flesh.

This Awareness indicates that it is difficult for them to clone the blobs of flesh and get the same quality of secretions that they can get from humans who have developed individuality, values, attachments and so forth. How, for example, do you terrorize a blob of flesh so that the adrenaline gland, if present, secretes a huge amount of energy into the brain to yield the adrenochrome that they so highly prize, particularly when the blob of flesh has no attachment or values to life, to family, to country, or to any personal goals, and exists only in terms of feelings, nerves?

WHY ARE PLANETS NEAR ZETAS BECOMING DESERTS?

QUESTION:

Why are the five planets near the Zetas, like Mars, dying and becoming deserts?

COSMIC AWARENESS:

This Awareness indicates that it is that the general area as having been so old that the star system nearby is beginning to turn, to become a super nova, and in this process is creating a certain atmosphere that is destroying those planets. This Awareness indicates that in time, similar events will occur with your sun, but this is many hundreds of millions of years off. These events can be slowed or speeded up by the Elohim who work in a much higher vibratory rate, influencing entire galaxies, if they so desire.

The Galaxy Shaped as a Living, Breathing Fetus

This Awareness indicates that one of your tabloids recently, just in the last week, suggested that scientists had observed a galaxy that was the shape of a fetus and had a heartbeat, and suggested this galaxy was a living being, being born. This Awareness indicates that this is an excellent example of the maxim: As above, so below. That there is constant change occurring in the body of the universe; that these creations are reflected in the human body, and things that occur within the human body are but mirrors of things that occur in the outer body of space, and vice versa.

How the Aliens Get to Our Earth

This Awareness indicates that the extraterrestrials must travel quite a distance to reach earth. That entities might wonder: How is it possible for these entities to travel back and forth from the Pleiades, or the Zeta Reticuli to earth, when these are hundreds of thousands of light years away, and the speed of light appears to be impossible for anything of a material nature to match? For this reason many entities say this is impossible. This Awareness indicates that it is impossible if the craft and entities remain in the frequency or vibratory rate of your materialized universe, but if they raise the vibration and frequency into a higher frequency, they can easily exceed this speed of light, for in those higher levels, light itself is seen as a material world, and the speed of light is as slow to them as matter is to you, and trips that might take thousands of light years in a material sense can be made in seconds in the immaterialization of their craft through the increase in frequency, to frequencies that exceed far beyond the speed of light.

The speed of light being 144 squared.

WHAT GENETICS ARE IN WALK-IN BABIES?

QUESTION:

If these alien walk-ins can have babies in a female body, or father babies in a male body, would these babies carry the genetic characteristics of the aliens?

COSMIC AWARENESS:

In part, they would carry...Correction. This Awareness suggests that your question is in reference to the walk-ins. This Awareness indicates that the human genetics would be of a dominant nature; that what would carry through would be the psychological qualities of the alien in the mental body rather than in the physical body. That the human genetics would remain human with psychological and mental aspects in the astral and mental bodies being carried over to reflect any influences from the aliens and their mentality.

This Awareness indicates that the aliens, of course, having no astral body, would still reap the human body to experience emotions and other astral energies, and then be able to influence the astral body accordingly. You must understand, of course, that the genetics being of a physical nature also are such as to draw those psychological qualities and mental qualities to them so that in this sense, even the physical genetics would carry over the mental and psychological nature of the alien to the offspring of the walk-in, but this would be to a lesser degree.

16.

Thus, a walk-in of an alien nature could very easily carry a mental influence of a high IQ. The average IQ of the Greys is approximately 200. The walk-ins would also have a high IQ and the offspring, even though genetically in a physical sense, the entity may not have a high IQ, but once the walk-in enters and the IQ is boosted, then the offspring of such an entity would reflect a higher IQ based on the attachment of the mental body to the genetic code of the walk-in.

This is because the more subtle bodies are like magnetic fields that attach themselves to the physical body and to the physical genes of the body and are carried along with these genes.

COULD HUMANS REINCARNATE AS ALIENS?

(Why Entities Reincarnate in the First Place)

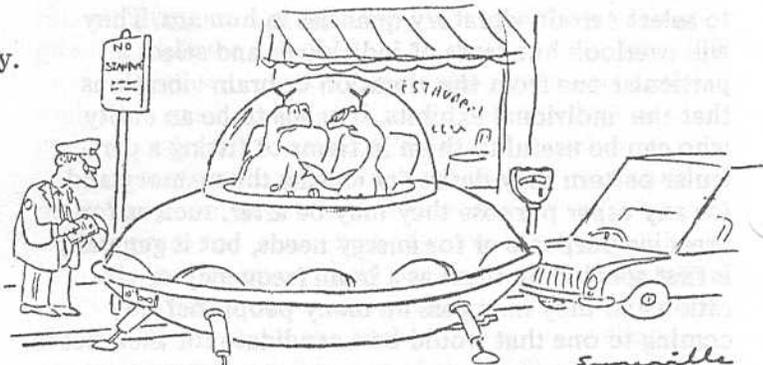
QUESTION:

If the Greys have the ability to reincarnate as humans, is it possible that humans who were fascinated by the high IQs of the Greys could or would reincarnate as Greys?

COSMIC AWARENESS:

This Awareness indicates that it is not seen that this would be a likely action, but it is a possible action. The concept of humans reincarnating is based on the human desiring something, and generally the desiring action has to do with an attachment to some physical appetite or an effort or appetite to achieve or acquire something, and the disincarnated spirit of a human in looking at a Grey would have very little in common. The Grey would appear to them very much like some kind of mechanical robot, having no emotion, having no warmth, having no qualities that are associated with any desire to reincarnate. Most desires leading to reincarnation have to do with such things as physical appetite; the desire for embodiment in order to be held, to be close, to hold or to be in some way touched and cuddled and also to express one's ambition. This would be a possible reason for entering into an alien type body, but it is not seen as being a meaningful or likely reason because the aliens don't really very often have offspring, and most of the aliens are cloned and the bodies are simply shells to house the mind and thinking of the aliens, and the few, less than one percent of the aliens, are capable of reproduction and such a few do not have qualities that would attract a disincarnated human, so the likelihood is very slight. It would be a very unusual human who would select such an incarnation.

It would require a human who was already almost totally devoid of compassion, feelings, emotion.



" When we get back to the Mothership,
level the planet!"

QUESTION:

One final question. Those writers of the TV series *War of the Worlds* and *Alien Nation*, which appear to be accurate; where do these entities get their information?

COSMIC AWARENESS:

This Awareness indicates that these entities, those who work on the *War of the Worlds*, were receiving information from certain sources associated with the military; the Naval Intelligence, and were promoting certain ideas associated with a faction of the MJ-12 which saw the potential of war with the aliens as being highly likely. Those promoting the concept of *Alien Nation* as receiving information from the MJ-12 group; those who are more representative of the political aspects of MJ-12; this not in a direct sense from these entities, but through indirect channeling of information.

This Awareness indicates there are certain writers who have worked on or with entities involved in reports and material used by or released from MJ-12, that it is a general filtering of information through various individuals, from sources that are connected. This Awareness wishes entities to understand that when there is the reference to MJ-12, those who refer to it as 'Majestic' and attempt to explain the UFO phenomena, alien phenomena in regard to this, and using the term 'Majestic' in their explanation, if these entities are knowledgeable and working from other than mere speculation, they are likely to be agents for disinformation because Majestic is a disinformation term signalling to those in the know, that it is government disinformation; that the Majority 12 as that which is the government information, and when these terms are used, it generally is more accurate.

Of course, entities in knowing the difference, can now mix up the terms and create great confusion, even among those who know of the code. For example, an entity who is speculating on something can use the terminology Majority 12 and give those who think they understand the code the feeling that it is straight and not misinformation. You will notice that the Whitley Strieber book is called *Majestic*. Whitley Strieber as having had an implant and as being one who even admitted that you could not believe him because of his having been abducted.

The Jason Society Makes Up MJ-12

This Awareness indicates that he has even told people: "Don't believe what I say, because I don't even know if it is correct any more," or something to that effect. This Awareness indicates that there is a connection also in that the Jason Society is that which makes up the 'Majority' or has contributed entities to the Majority 12 group; that Bush as one who was involved in some degree in the Jason Society; that the Skull and Bones and the Jason Society as both being involved as secret organizations and there are certain connections with these organizations and certain entities in the MJ-12 group; that there are actually more than 12 entities.

The MJ-12 simply having meant "Majority of 12."

(Closing Message)

This Awareness indicates that the information relating to the aliens, the UFOs, to this entire topic, as that which could be quite disturbing to entities, particularly because it is new to them and shatters certain illusions about man's supremacy on earth and in regard to man's religion. This Awareness indicates that for those who are involved in the more metaphysical aspects of religion, it does not shatter the religion of these entities. In fact, it can support the reality of Universal Mind, of Cosmic Mind, a deity that is above and beyond these lesser beings.

This Awareness wishes entities to realize that there have been instances, there have been cases in which entities have frightened the Greys into letting them go. In one instance, a young girl who was being abducted by Greys, shouted at them: "Leave me alone or I'll tell my priest!" They were shocked. They let her go. This Awareness indicates that the Greys are afraid of human emotion. They don't understand it, and they have a certain respect or fear of human worship of divinity. Thus, when one woman prayed to God, they ceased in their efforts to abduct her, and left.

This Awareness indicates that another entity wrapped herself in Light mentally and they ceased in any effort to abduct her. This Awareness suggests that the wrapping of oneself in light, or the wrapping of others in light, is a way of protection. This Awareness indicates that there have been entities who have said prayers to no avail because the aliens can tell when an entity is truly believing in a Divine Force or when the entity is simply mouthing the words, and it is for those who are truly spiritual, those entities tend to have a certain mystique or power that the aliens don't want to deal with.

It is not so much that they are afraid or can't deal with it, or that it is overpowering to them, they simply don't want to take the chance or don't want to deal with it because the energy is too strong for them. Thus, entities have a certain power that is greater than that of the Greys. This is not so with the Reptilians. The Reptoids have no respect or fear of the humans.

(The Law of Gratitude is recited)

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FACTS &
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Monday, August 5, 1991

EXTRATERRESTRIALS / *The possibility that advanced beings from outer space might some day come to Earth**raises some interesting philosophical and ethical questions, especially if they were to treat us the way we treat other animals*

What if they liked the taste of human flesh?

BY MICHAEL J. WEST

THE possibility that life might exist elsewhere in the universe has fascinated human beings ever since our ancestors first gazed into the starry skies. Could life also have arisen on other worlds, or is the Earth unique? Are there other intelligent beings in the cosmos with whom we might some day make contact?

As long ago as 400 BC, the Greek philosopher Metrodorus of Chios reasoned that "it goes against Nature, in a large field to grow only one shaft of wheat, and in an infinite universe to have only one living world." Such speculations have sparked lively debate among astronomers, and fuelled the imaginations of innumerable science-fiction writers.

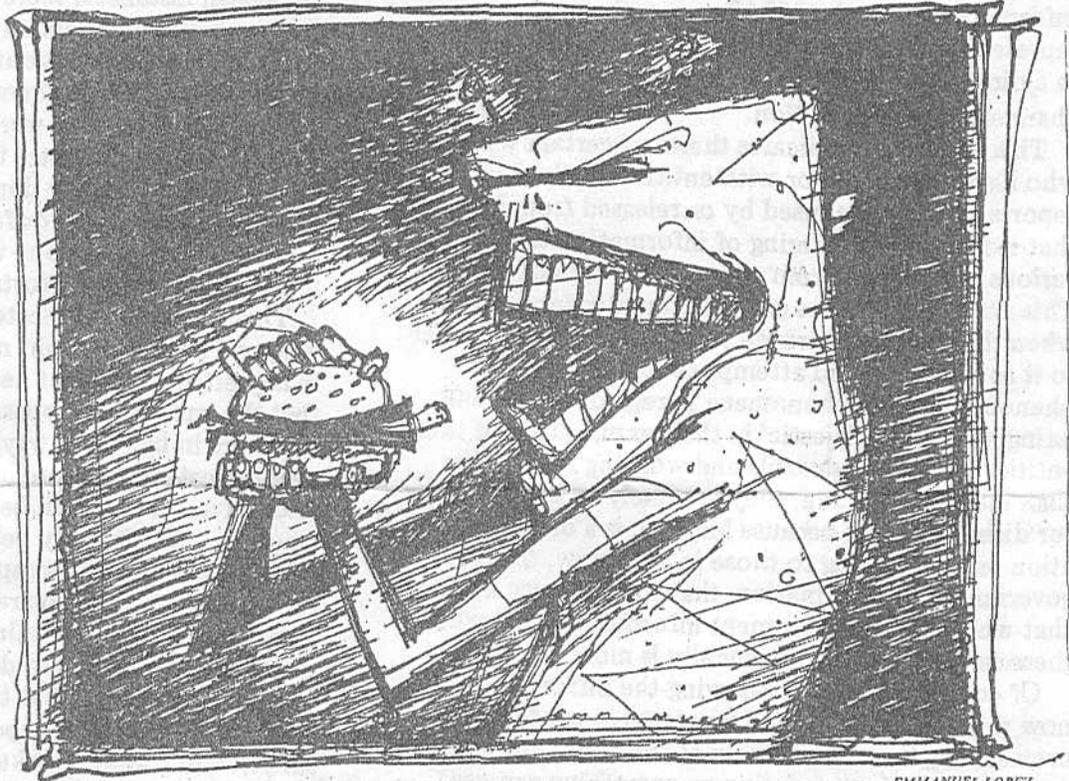
The idea that human beings may some day travel among the stars in search of extraterrestrial life remains only a dream at present, far beyond the capabilities of existing technology. Yet it is certainly conceivable that advanced civilizations of other worlds, if they exist, may already have learned to navigate the vast expanses of interstellar space, and perhaps already set out to explore the cosmos. The possibility, however remote, that highly advanced extraterrestrial beings might some day come to Earth raises some interesting philosophical and ethical questions. What if one day extraterrestrials really do arrive here? Just imagine the possibilities...

What if extraterrestrial beings came to Earth and found that they liked the taste of human flesh? Would alien "farmers" raise herds of human "livestock" to be slaughtered for meat? Might men, women and children end up baked, broiled or barbecued to satisfy some hungry extraterrestrial's appetite? Perhaps certain "strains" of human beings would be selectively bred to produce especially tender meat.

Suppose extraterrestrials discovered that they liked the taste of human milk. Might female humans be imprisoned on alien "dairy farms" where they would be regularly impregnated so that their breast milk could be gathered for little alien children to drink? After those women "cows" were no longer productive, might their fate be similar to that of dairy cows here on Earth — ground up to make a few kilograms of human hamburger?

What if it became fashionable on some distant planet to wear coats made from human skin? A "human fur" coat made from the scalps of a few dozen Earthlings might keep some fashion-conscious extraterrestrial warm in the chilly night air on a faraway world. Might extraterrestrial "trappers" someday lay traps for unsuspecting humans walking the streets of our cities in order to satisfy the demand for human pelts?

What if leading extraterrestrial scientists and doctors began performing



EMMANUEL LOPEZ

experiments on live human subjects to advance their own medical knowledge? Perhaps they would undertake large medical studies, infecting hundreds or thousands of human "guinea pigs" with their most dreaded diseases in the hope of finding a cure. Many unfortunate humans might spend their entire lives imprisoned in tiny cages in alien laboratories, enduring years of painful experiments before death finally ended their misery. Others might be dissected while still alive so that alien vivisectionists could study their anatomy or experiment with new medical techniques.

ALTHOUGH such experiments would cause tremendous stress, suffering, and eventually death for their human subjects, perhaps alien researchers would simply ignore their cries of pain, convinced that human experimentation is essential for medical progress. Alien lives are obviously worth more than any human life, since as every highly intelligent extraterrestrial knows, those dumb humans aren't really capable of anything but the most primitive feelings and thoughts.

To an advanced alien civilization it might seem that sacrificing thousands or

millions of human lives for medical research is a small price to pay if it could eventually save the life of even just one cute little extraterrestrial child. What if the idea that human beings possess fundamental rights of life and liberty seemed as absurd to them as the idea of animals having these same rights seems to many humans?

What if some humans were forced to perform like trained seals in circuses for the amusement of extraterrestrials, or were caged in zoos on some faraway planet? Might there be intergalactic "rodeos" which will someday have such events as "human roping," in which terrified humans are forced to run as fast as they can into an open area only to be mercilessly hauled down by some cosmic "cowboy," often with fatal results?

What if the Earth were to become a favourite vacation spot for extraterrestrial hunters who would come here for the "sport" of hunting humans? Is it possible that killing other living creatures simply for fun is a favourite pastime enjoyed by all advanced civilizations in the universe? Will future human beings live in fear of having their heads blown off by some extraterrestrial yahoo with a gun? Might the walls of alien hunters' homes someday be decorated with the heads of humans they had "bagged"

while on a special hunting trip to Earth?

If we human beings believe that we have the right to be treated humanely by any extraterrestrial beings that we may some day encounter, even those more intelligent or technologically advanced than us, do we not then also have a moral obligation to likewise treat other sentient creatures that we encounter with similar compassion and respect? Does this not also apply to our treatment of other species with whom we share our planet? As Albert Einstein, the greatest astrophysicist of this century (and himself a vegetarian) said: "Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty."

If extraterrestrials ever come to Earth, let's hope that they will have developed a deeper sense of compassion and respect for all living creatures than Earth's supposedly most intelligent species seems to have developed so far.

Michael West is an astronomer at the Canadian Institute for Theoretical Astrophysics, University of Toronto. He is also a member of several animal-rights and vegetarian organizations in the Toronto area.