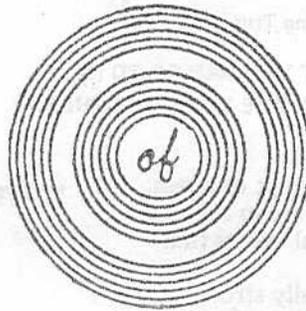


Revelations

THE COSMIC NEWSLETTER
(UNCOVERING THE MASK OF ILLUSION)



Awareness

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Helping People Become Aware

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LIVING TOGETHER IN PEACE....(Continued):

PEOPLE UNDER EXTREME

STRESSES

AND WHAT YOU CAN DO TO HELP PREVENT TRAGEDY

PEOPLE UNDER EXTREME STRESS AND WHAT YOU CAN DO TO HELP
(YOU MIGHT SAVE THEIR LIFE AND POSSIBLY THE LIVES OF OTHERS)

OPENING MESSAGE:

This Awareness wishes to focus on the concept of stress, particularly stress in relation to entities who are in a situation in which there is no relief for the stressful events that follow day to day.

This Awareness indicates that this is especially strong among young people who have accepted burdens that they cannot adequately handle alone, who have no help from others, or very little help from others, and who find the pressure of trying to carry on their duties from day to day increasingly more and more difficult as time passes.

This Awareness indicates that this applies to many different people. It can occur for those who are older, but it is very common today for those who are in their younger years, in their twenties or thirties. This Awareness indicates the recent situation in which the mother of two boys assisted them to be drowned in her car is such a situation.

The mother herself, desiring to commit suicide, because her life was more than she could endure. The pressures of her life and her children being more than she felt she could endure, she decided to commit suicide, drove toward the lake in her car with her two children strapped in their seats, but could not bring herself to drive in to the water completely, to kill herself and her children.

On the third attempt, she stopped the car and got out. Her head was swimming. Her consciousness was reeling from confusion and adrenalin excess and she simply, without thinking, released the brake and allowed the car to go into the water with her children, suddenly realizing, after it was too late, what she had done.

This Awareness indicates that it is unthinkable, totally irrational for an entity to behave in such a manner, and people all over were totally shocked and angered by her action. This Awareness indicates if you knew how many people in this country have been very close to the same kind of situation because of the stress they experience, you would be even more shocked.

This Awareness indicates that fortunately, some of these entities stop short of that extreme behavior because, and perhaps only because, someone gave them a helping hand during their moment of despair. This Awareness indicates it is extremely important for entities to be sensitive to one another's stress and to help alleviate that stress when it is possible.

Without being sensitive, you might never recognize when a person is under stress. Things can close in on an entity; financially, emotionally, socially, and physically and health-wise, so that the entity feels there is no way out, and the entity finds that death appears to be the simplest and easiest solution.

This Awareness indicates that if you are sensitive to the entity and able to help the entity through some of these more difficult times, the entity may find that everything runs in cycles, and that difficult cycles are followed by cycles of enjoyment, and that if they can get through the difficult cycle, things will change.

If you can help the person during these times of extreme difficulty, you may have actually saved their lives, perhaps even saving the lives of others. This Awareness indicates that in order to help such entities you have to be aware of them, and they may not tell you or let on that they are under great stress, so you have to see beyond the appearances.

11/8/94

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 are 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

You have to become sensitive and caring about entities who may only be casual friends, or acquaintances; but if you are a sensitive person, often you can help the entity. If you are not a sensitive person, the entity may suddenly turn up dead from suicide, or from some irrational act, and you will wonder, "How did this happen? How did this person come to do that without my realizing where the person was in terms of his or her emotions?" This Awareness indicates that often you will feel guilt that an entity whom you thought you knew is suddenly the victim of suicide, or suddenly takes an action that is incomprehensible to you.

This Awareness indicates that it is important for entities to become sensitive to one another and to recognize the limits of others. You may have a son, a daughter, a friend who is under great stress, and perhaps they express this stress they are feeling. Perhaps they lament about their problems, but instead of empathizing with them, you feel angered by them because you do not want to accept their problems.

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You do not want to deal with their problems. You just want to get away from them. You're tired of hearing it. This Awareness indicates that they would not be complaining if they didn't need help, and perhaps, if you really care for them, you should listen. You should recognize their problems as perhaps being quite serious to them, and you may find that there is some little thing you can do: a small gift or a loan of money or some action you can do to help them get a break; perhaps you can baby-sit their children while they go to a movie, or do something to relieve the stress they feel; perhaps they need to go shopping but their children make it very difficult to do so.

There are various things that entities need which many others observing are not even aware of, but with some conversation, or with the act of listening, you may discover that this person just needs a little help in the right direction, and much of the stress will be alleviated for at least a week. This Awareness indicates you may find that it is something you can do without much cost to yourself.

This Awareness indicates sometimes, you may find yourself putting out more energy than you anticipated, and you may find yourself resenting the action. This Awareness asks you to consider if you cannot put out this much energy to help this entity, what about the entity himself or herself? What kind of stress are they under, when they must live with this same situation day in and day out?

They only want an hour or two a week where they are free from their responsibilities. Is this too much for you to help to give them? This Awareness indicates sometimes, just being a surrogate mother for them, a substitute mother, to baby-sit for their children, can be of great benefit to them, giving them a break, giving them a chance to be themselves, to let go of the heavy responsibility that comes with attending children who are demanding all the time.

This Awareness indicates that if you can do this once or twice a week, the entity may be able to handle the pressure throughout the rest of the week with no problem. It is a matter of your self being sensitive and understanding how much pressure the person is under; whether it is really necessary to give them a break, or whether they are able to handle the pressure without your help.

This Awareness indicates there are many entities who can handle more responsibility than others, but there are some entities who have taken on more responsibility than they can comfortably handle, and many of these entities will occasionally reach a point of breaking, and when they break, chaos follows. This Awareness asks entities to become more sensitive, more aware of each other's deeper needs and the levels of stress that entities can handle, and where they may be in terms of their breaking point.

This Awareness indicates it is not always a situation that is related to children. It can also be a situation related to health, career, emotional attachments, relationships, or other factors, but if you are sensitive, you may be able to tune in to your friend's needs, and know that the entity is near a breaking point and that you can help to alleviate this pressure by filling in some of the entity's needs, by doing some favor for the entity.

Whether or Not to Carry the Karma of Others

This Awareness indicates of course, you also need to be careful, because if the entity's needs are great, the entity may also begin to devour your energies, taking them for granted and trying to make you a servant or a slave to carry and pick up karma that is theirs.

If you can do so, without great loss of your own identity, you may choose to carry the karma of others, but if it is more than you can handle, you may need to inform the

person that you cannot carry their karma for them, and that they need to find someone else.

You may even help them find someone else, if it feels proper for you to do so. This Awareness suggests that entities be sensitive to one another's needs. You cannot be everything to everyone; you cannot lose your own identity without some damage to yourself. You cannot let others devour your life, if it is damaging to you, but when you find a person you care about, you may devote your life to that entity, sharing his or her karma, caring for that entity with the same compassion you care for yourself.

When this happens it is true love. It is the kind of love that endures all things and lasts throughout a lifetime. This Awareness indicates that if you do not wish to experience true love of this kind you may rather not get too involved with the entity. It is not your responsibility to carry another's karma or to help them carry your karma.

This Awareness indicates, however, if you *do* decide to help another carry his or her karma, it may be something that is in the long-run extremely rewarding to you, in that you may find that kind of love that lasts throughout a lifetime. This Awareness indicates it is a matter of personal discernment and choice as to what you should do.

Don't Be Afraid To Take a Risk

This Awareness does not wish to advise you on such matters. It wishes you to be discerning, and to exercise your own choice, to be sensitive and aware, and to understand there is always risk in every action taken that is not self-serving.

This Awareness also suggests that self-serving actions may be risky in that you may serve yourself throughout your life and never find love, never find reasons for living, never find true enjoyment in life.

This Awareness indicates nothing of great value is acquired without some level of risk. This Awareness suggests you learn to risk only that which you could afford to lose without total devastation to yourself, yet this Awareness *does* suggest that you not be frightened of taking a risk on things that are of great value.

USING STRESS AS AN EXCUSE TO COP OUT

(Mothers Who Kill Their Own Children)

FOLLOW-UP QUESTION:

I don't understand how people can let stressful situations interfere with their innate sense of rightness and wrongness. It seems to me that everybody is born with these senses, and that those people who use stress as a scapegoat are really just copping out.

COSMIC AWARENESS:

This is in the affirmative. This Awareness indicates there are many entities who seek to avoid unpleasant situations; they are constantly trying to escape from stressful situations. Many of these entities would easily become drug addicts, finding the drugs relieve them of certain stressful situations, or they could become alcoholic in the sense of using drink to deaden their sensitivity and feelings, or they may simply run away from responsibility.

In many cases, a man runs away from the responsibility of the wife and children. This leaves all of the stress of raising a family on the shoulders of the wife. The man has escaped. This is common in your society, for the man to escape his responsibilities by deserting the family.

When the woman, who is the mother of the children, tries to escape her responsibility to the children, and does so in a way that totally abandons the children, or in this case, allows the children to die, she is condemned far more than the father would have been for deserting the mother and children.

In a sense, the father can desert the family without great condemnation, but the mother is expected to stay with the children. In the case of the mother who cannot desert her children or give her children to others, but who finds it within her emotional circumstances to take the lives of the children rather than to give them away, it is something that most people can not understand.

This Awareness indicates some mothers feel it is a greater service to the children (to let them die) than to abandon them, particularly in this case where the mother was equally willing to dispense with her own life, or almost equally willing, but this is hard for people to fathom.

This Awareness indicates, however, it is not that rare in human experience for mothers to take the lives of their children rather than to abandon them or to give them to someone else to care for. This Awareness indicates that it is not excusable, but it is a form of mental aberration or irrationality and occurs in the human entity more often than is commonly recognized.

This Awareness indicates that it is difficult for a sane person to understand, but there have been many mothers who are pushed to the brink of insanity who could very easily understand the frame of mind that a mother may enter that would allow her to destroy her own children to save them from the pain of living which she has come to be used to.

She feels that she is actually doing them a favor. It is as though she feels guilty at having brought them into life, because life is so unpleasant to her, and she thinks it also will be unpleasant to her children, and she feels she is helping to spare them the misery that she has come to realize is part of life.

This Awareness indicates she is, in other words, assuming their lives will be as miserable as hers, and therefore, thinks she is saving them from experiences of great misery. Of course once she has taken their lives, she knows it was erroneous and that she could have overcome her misery and she sees a greater misery than ever before, but it is too late for her to undo what has been done.

It is a tragic situation, and entities may condemn her and may rightly condemn her for taking the lives of her children, but they also need to understand the insanity, the irrationality involved that led to this action on her part.

WHEN A MOTHER KILLS HER KIDS FOR ANOTHER MAN: IS THIS STRESS OR SOMETHING MORE DIABOLICAL?

FOLLOW-UP QUESTION:

On the other hand there have been numerous cases of mothers who have destroyed their children for the motivation of greed, having insured the children in several cases, and if the papers are correct in the case Awareness is using, there's something more cold-blooded in this lady, in that she was going through a divorce, which was true, but she was also having an affair with another man, who had announced to her that he didn't want children in his life, if he was going to marry her, as she hoped.

So, if that part is true, isn't it more of an ego situation on the part of the mother rather than a stressful situation?

COSMIC AWARENESS:

This Awareness indicates that it was an emotional situation for the entity, for her emotions and loyalties were being torn as she was experiencing the divorce and departure of one who had been very close to her, and she was looking at another to fill the emptiness and the terror that she was experiencing, and having hopes and dreams that this entity would become a husband and father for her

children, her emotions became very warped and confused when he said he did not wish to be a father to her children.

She then, having attached herself and her focus on this entity, began to see the children not in a sense of needing a father, but as a block between herself and this entity whom she had originally perceived as a father for her children. The confusion that began to overwhelm her, along with the emotions that she was experiencing, caused her to feel the children were a block.

It is inexcusable that she chose to rid herself of the children. The thought most likely crossed her mind when she received the letter from the entity who used that as an excuse not to come to her, not to marry her, and therefore she, like the entity Diane Downs, saw the children as being barriers between themselves and a man whom they had emotionally attached themselves to, believing they loved the man.

This Awareness indicates that this 'seeing the children as barriers' led them to want to rid themselves of the children rather than acknowledge that the man was not suitable to be their husband, and that they should look elsewhere for someone else. This Awareness is not attempting to justify the entity's behavior in killing her children. It is, however, suggesting that entities be sensitive to one another in order to help people when they are in these extremely volatile states of mind where their emotions are near to going berserk, where they are about to crack up from the pressure or disturbances in their psyche.

For this Awareness indicates that *one thing*, one little thing can push the entity in one direction or the other, can cause an entity to go into an insane action or a psychotic action, or it can bring an entity back and give the entity a chance to reflect clearly and help the entity to pull back from some near insane action, to regain a sense of rationality and poise in his or her life.

Be Sensitive to Others During Critical Times In Their Life

There is not much that entities can do to help others, unless they are very sensitive to the needs of others at any given moment. This Awareness indicates that those who have had friends who have caused an action that is irreversible and hazardous or damaging to others or who have committed suicide, will understand what this Awareness is saying in regard to how a little sensitivity at crucial times could have prevented this action from occurring.

This Awareness indicates that *It* does not wish to cause entities to feel guilt, but *It* does wish entities to recognize the importance of being sensitive to the needs of others, particularly the critical needs that entities may experience during those critical times or critical situations.

Mother to face death in slayings

■ **Susan Smith:** The South Carolina woman is said to spend her days talking to photographs of her dead sons.

Olympian news services

COLUMBIA, S.C. — A prosecutor will seek the death penalty against the woman who allegedly drowned her two little boys, then claimed they were taken by a car-jacker, her lawyer said Sunday.

Susan V. Smith is charged with murder in the deaths of her two sons, 3-year-old Michael and 14-month-old Alex.

Her attorney, David I. Bruck, said at a news conference that prosecutor Tommy Pope told him Friday of his decision to seek the death penalty if she's convicted. Under South Carolina law, capital punishment is carried out by electrocution.

"No one who could spend 20 minutes inside her head would worry afterward about whether she is going to be punished enough," said Bruck, a Columbia, S.C., lawyer known for opposing the death penalty.

Since her arrest, Smith has been held without bail at the Women's Correctional Center in Columbia, where she is kept in isolation and under suicide watch.

A source close to the case said that Smith spends most of her days talking to pictures of her two dead children and writing letters to them.

Smith's attorney and his paralegal screen her mail so that she cannot read the threats and obscene letters she sometimes receives, the source said.

FOLLOW-UP QUESTION:

There's sort of a similar incident recently in Seattle, where a husband who had been divorced by his wife, who was planning to remarry and take the children, took his two children, two little boys, and the three sat in their car in the garage with the motor running. It was a suicide attempt and the two little boys died, but the husband was revived in a hospital where he now faces double murder charges.

But in this case, it was jealousy, evidently, and an attempt at revenge. Now, how do emotions like that compare with say, stress. You could say this entity was under stress, but he was also overpowered by this. Whatever jealousy is, it became a monster within him to do an act like this.

COSMIC AWARENESS:

This Awareness indicates that this is not what this Awareness means by stress, although there is stress involved. There is also stress involved in out-and-out murder. A murderer is under stress. There are many kinds of stress. This Awareness indicates if an entity, knowing this father's state of mind, knowing the entity was going to take his children, and that the entity was in a frame of mind where he was willing to commit suicide and where he was extremely angry and jealous of the wife; a friend, being sensitive to this information, might have been able to intuitively recognize that it was a dangerous situation for the father to have the children, and might have been able to do something to prevent this. But this is very remote in the sense of an entity being that sensitive.

This Awareness asks entities to be sensitive to one another's stress and stress, but *It* does not expect entities to be that sensitive. If they are this is great, but *It* does not see this as being common for entities to be so sensitive as to pick up on this kind of situation. In fact, it is unlikely that a man in this state of mind would be that close to a friend, to express his intentions or his anger or his jealousy to the friend.

Most of the time when an entity reaches that kind of mental state they are not communicating with anyone. They are simply rolling thoughts around in their head, stirring up their own emotions, becoming more and more irrational until they do something of this nature.

This Awareness indicates, therefore, *It* is not expecting people to be that sensitive as to pick up on someone's irrational behavior when they are not communicating their feelings clearly, but this Awareness simply is asking that entities be more sensitive than they are and be sensitive as much as possible to the needs of their loved ones, for you may prevent suicide, or even murder.



5.

This Awareness indicates *It* is not giving you an order to be sensitive enough to stop all forms of irrational behavior of other entities, *It* is simply making a suggestion that entities become more sensitive and attentive to one another's needs, and *It* is suggesting that you can be more sensitive and attentive by observing the stress in the entity's life.

It is not trying to excuse murderers just because they are experiencing stress, but *It* is suggesting that if stress is relieved, it may prevent a murder or a suicide.

STRESS COMBINED WITH JEALOUSY EQUALS MURDER

QUESTION:

Well, while we're in this area, could Awareness discuss the subject of jealousy and possessiveness, for example, and how these emotions evidently can overpower an entity and create all kinds of tragedy?

COSMIC AWARENESS:

This Awareness indicates that jealousy in itself is not so much the problem, but jealousy mixed with obsessiveness, wherein one cannot let go of the jealousy, or cannot think of anything far beyond the jealousy, wherein the entity's mind is constantly coming back to jealousy, is constantly suspicious and unforgiving of another, persistently focusing on jealousy, imagining things, or recognizing the reality that his or her loved one has shown some attention to others that he or she wishes had been shown to himself or herself instead.

This Awareness indicates that a degree of jealousy can be helpful to a marriage or a relationship. Some entities do not feel loved if their partner does not feel jealousy when they are with someone else, and some entities find that a little jealousy in a marriage, in a relationship, is an indication of love from the other.

Some entities will even try to make their partner jealous and if a fight ensues between two entities over the partner, the person feels that their spouse or their loved one really cares about them. This is a kind of irrational action because the entity feels insecure and needs that insurance that the partner really cares. So, in some instances, a degree of jealousy between entities helps to reassure the other that the one really cares about them enough to be jealous, or even enough to fight for them.

This Awareness indicates, however, when one hasn't a great insecurity about their relationship with their spouse and the spouse gets jealous, the entity who is not insecure often is embarrassed by the jealousy of the spouse, and often the entity finds it amusing for the spouse to be jealous because the entity knows that the jealous spouse is insecure, and the entity may play with that insecurity and enjoy making the spouse, who is insecure, even more insecure, thus teasing and making the entity more jealous repeatedly.

This Awareness indicates that in such an action, the entity can cause the jealous spouse to become more and more insecure and more and more obsessed with jealousy to the point that it becomes irrational, and the entity causing the spouse to become more jealous, also begins to lose respect for the jealous spouse, and begins to see the jealous spouse as being weak, and to feel that the jealous spouse cannot live without them, and therefore has no inner strength or integrity except as a devotion to the spouse who makes him or her jealous.

This leads to further disrespect of the jealous spouse and the relationship begins to fall further and further apart, to split. This Awareness indicates that this becomes a very dangerous situation, depending on the personalities,

because if the jealous spouse does not have a good self-esteem, the entity could very easily become hostile toward the one to whom he loves, the one to whom he gives his love, and hostile to the entity who is showing affection to his loved one.

Thus, jealousy can be dangerous in that conflict and violence could follow. This Awareness indicates if the jealous spouse has a good self-image, it is not likely that it would lead to a highly volatile and violent circumstance, but sometimes an entity, playing with the emotions of another by making the other jealous, could actually be bringing about a violent situation, particularly if that entity whom is being made jealous *does* have a poor self-image, and feels that he or she is being made a fool of.

This Awareness indicates that it is improper and dangerous for entities to play with jealousy to such an extreme as to belittle a spouse through using jealousy or making the spouse jealous. It is dangerous because a jealous spouse may do something irrational. It is improper because it shows disrespect for the spouse who is jealous.

This Awareness indicates, however, an occasional slight expression of jealousy is not at all damaging to a relationship and may even bring the entities closer together. It depends on the entities themselves and whether they appreciate their spouse showing jealousy, or whether they see it as a weakness on behalf of their spouse.

PROBLEMS IN BEING TOO POSSESSIVE OF ANOTHER

FOLLOW-UP QUESTION:

Is possessiveness basically the same thing when it's accented by a spouse?

COSMIC AWARENESS:

This Awareness indicates that no entity wants to be over-possessed by a spouse, by a chosen loved one, but no entity wants to be without some sense of belonging or possession, and many entities enjoy feeling that they belong to someone and that someone belongs to them. The degree of possessiveness and the degree of desired attachment of the entities involved must be harmonious to each other for compatibility in regard to the possessiveness of each other.

This Awareness indicates that even the least possessive of people will find a certain sense of harmony at being wanted by someone and that is a matter of degree of possessiveness. Some entities will be happy if they are owned by another person, wherein they are so possessed that they are not allowed to speak to another person of the opposite sex, or to look at such a person with a smile. They want to be possessed totally by their loved one.

This Awareness indicates that possessiveness is simply a matter of degree of ownership. How much do you want this person to take you for granted? How much do you want this person to feel you are theirs? How possessed do you want to be by this person? How much do you have to own this person to feel comfortable? How much must you possess the person to feel satisfied? Can you feel satisfied just having the person near you, or do you have to have constant reassurance from the person that you are loved?

■ **CHILDREN SURVIVE SHOOTING BY MOM:** Two children survived for several days after being paralyzed by gunshots inflicted by their mother, who then killed herself, Orlando, Fla., police said Tuesday. The children were discovered after a co-worker looking for their mother called police when no one answered the door at her home. Officers who broke the door open found the injured children and their mother's body Tuesday, said police Lt. Tom Langford. The children were without food or water since being shot about four or five days earlier, he said. The exact time of the shooting had not been determined.

Olympian news services

6 This Awareness indicates that it is all a matter of degree and what the entities themselves expect or want from one another

More is Demanded When Entities are Insecure

If entities are too insecure in their love for one another, they demand more from each other, and if one is more insecure and the other is less insecure, then the insecure person, the person with the greatest insecurities, will be more possessive of the other. Usually, this creates a dissatisfaction on behalf of the one who is not so insecure, and the entity is dissatisfied with having someone become too clinging, too demanding, too possessive, and the entity finds his or her sense of personal freedom being taken away so that the entity seeks more constantly to find freedom from this person, rather than becoming closer to the person.

Comfort In a Relationship is The Greatest Bond

The more healthy relationship finds each of the entities secure in themselves, and giving attention to each other to a degree that is not overwhelming to each other or demanding of each other, but comfortable to each other.

This Awareness wishes to emphasize comfort in a relationship as being the greatest bond that entities can have, far greater than possessiveness, jealousy or agreements or rules or demands that many entities use to bring themselves together in a relationship. If entities feel comfortable with each other, the relationship is likely to endure.

If entities must make rules for each other, if entities must make ultimatums and demands on each other; if entities must express possessiveness or threaten each other, it disturbs the comfort of the relationship, and the entities are already beginning to split from each other.

This Awareness indicates that a relationship built on comfort and affection expressed between entities, wherein they serve each other; this relationship is enduring and pleasant for both parties, but if entities have a relationship in which one dominates the other in a sense of master and slave, or owner and owned, or anything of this nature, where one is subordinate to the other, you are not really having a marriage, a romance; you are having an arrangement, a servant/master arrangement. It is not worthy of pursuing.

The Master/Slave Relationship

Entities who experience a certain amount of slavery soon get tired, and soon want to get away. This Awareness indicates that these situations worsen as time passes and one or the other of the entities may suffer extreme consequences from the relationship. The best thing that could happen from such a relationship is that the entities separate, or that the entities start over on equal status, making each other comfortable, rather than seeing who is dominant over the other.



"For heaven's sakes, Arthur, don't jump! You owe me \$18,000 for therapy!"

This is very unlikely, once a dominant/submissive relationship has begun, and it is more likely that it will need to end in separation before someone is injured permanently from the dominant/submissive type of relationship.

This Awareness indicates there is also the other type of relationship, where dominant/submissive conditions alternate between entities. One entity is dominant in certain aspects of the relationship, and the other is dominant in other aspects of the relationship, and this kind of tug-of-war type of activity may continue for months or years before the entities tire of the conflict, of the struggle, and begin to mellow in their relationship with each other so that the dominance of one diminishes in certain aspects, while the dominance of the other diminishes in other aspects and the relationship simply begins to mellow out.

This mellowing accompanies the aging of the entities more than an actual conscious effort on the part of the entities to reconcile. In other words, as the entities age, they quarrel less frequently, or the quarrels mellow out and become less intense until both entities realize it is not worthy arguing about.

AFTER YEARS OF QUARRELING A MELLOWING OUT? (A Psychology Lesson From Awareness On Relationship)

FOLLOW-UP QUESTION (VIKKI):

Couldn't the reduction in quarrels also be a product of the positive side of maturity and just getting a better perspective on things?

COSMIC AWARENESS:

This Awareness indicates that as the adrenals become depleted, entities will look around for some way of letting go of the need to win and they will find concepts and arguments that make them look good in their act of surrendering. Thus, they will say: "This is too immature for me to engage myself in such quarrels. I am no longer interested in these petty things!", and this will make them feel that they have won, by surrendering.

This is a form of justification, and still be a winner. This Awareness indicates in other words, they can pat themselves on the back for not pursuing the effort to win, and they can feel good about themselves, even though they have given up on quarreling over things they once had energy to quarrel over with the hope of winning.

This Awareness indicates whether entities wish to call this maturing, or call it mellowing out, or mellowing with age, is a matter of how they wish to view their new-found situation. They may like to think that they have grown and matured, or they might acknowledge that they have lost the will to fight because their adrenals are weaker. Either way it doesn't matter.

This Awareness indicates in time they will see that they have not as much energy as they used to have when they first learned to fight for their position. A lot of the time it will be obvious that they have aged, a lot of the time it will be seen that they have matured. It is all the same under different labels. Whichever is most comfortable to the entity is that which the entity is most likely to use in describing the new situation.

This Awareness indicates that one thing that generally does come from years of quarreling is that the entities learn which areas are worth quarreling over, and which lead nowhere, which areas to avoid as futile, and which areas are still worth fighting over.

This Awareness indicates that such entities in this type of relationship may find that the adrenalin over the years become depleted and they cannot find the energy to argue over things that once could have been extremely

volatile. This Awareness indicates that adrenalin depletion as not only being able to quarrel with the same vigor as before, but also not being able to do other things with the same energy as before, for then the adrenalins become depleted, your stamina is reduced, your energy levels are weaker, and your productivity also suffers.

Years of domestic fighting can lead to further years of chronic fatigue or such symptoms.

(The Psychology of Quarreling in a Relationship)

This Awareness indicates that in these domestic arguments, sometimes one entity knows that the quarrel will go nowhere, but that after it is over, a reconciliation will occur and there will be more harmony and that is what the entity is after. Other times, the entity will know that this same fight has occurred repeatedly before, over similar issues, and has not resulted in a clear victory and therefore, it is not expected to result in a clear victory this time either, but the entity feels that he or she may still be able to get a few points and to create enough conflict in this regard, that some reconciliation or compensation will be coming from another area.

Thus, the conflict occurs, the entities end up in a situation in which there is anger between them, and this entity knows that "Now I can ask my mate for some favor that is easy for my mate to deliver in order to have a reconciliation from me!", and the entity then asks for something that would have otherwise led to an argument, but knowing that the mate would like to make up, they know the mate will give in to them on this particular issue because he or she will want to make up for the big fight that they just had.

Each entity knows the mate does not want the fight to continue for too long a period, and each knows that the timing of this fight is only good for a certain length of time, while the adrenalin flows and the emotions begin to relax and fade, and that there is a certain timing in which it is necessary to allow a reconciliation or to make a move toward reconciliation, and that if you go too long beyond that point in time, the conflict will begin to set in and cause even greater distance and coldness so that each becomes hardened in his or her position and it becomes more difficult to reconcile, and other issues are then brought up. **Fight and Make Up Keeps a Relationship Going**

Entities, in other words, in their domestic quarrels over years of practice, become subconsciously capable of following certain patterns or systems of arguing so as to get each other to a point of wanting to reconcile, so that they are mutually more kind to each other than if there had not been a quarrel at all, and because they understand this subconsciously, they often start these quarrels just to get to that point where they are lovey-dovey again and able to recognize each other's affection and give affection to each other without fear of rejection or without feeling that they have somehow been pushy in offering their affection to each other or seeking the affection of the other.

In other words, "fight and make up" becomes a subconscious way of keeping a relationship going for many entities. Other entities do not ever fight and their lives are simply likened unto two people in a room doing activities that sometimes cross each other's paths, but wherein there is a compatibility, it is more like that of a friend, much like that of a brother and sister relationship.

The Brother/Sister Type of Relationship

This Awareness indicates that for these entities that may be the more comfortable way of relating. They do not argue, they do not express great affection, but they discuss issues and situations in the same manner as a brother or sister relationship might be, and they feel comfortable with that

arrangement. This Awareness indicates that many entities who want more romance are likely to quarrel and make up and experience a romantic make up.

This Awareness indicates for some entities the relationship may go for long periods of time on a kind of brother/sister type of behavior or relationship and then suddenly, and for no apparent reason, one of the entities in the situation will start acting in such a manner as to irritate the other and the irritation leads to a quarrel.

Subconsciously, what is happening is that one of the entities is tired of the unemotional relationship of a brother/sister nature and wants to change the circumstances or situation by infusing emotion into the relationship. They are actually seeking a more romantic relationship.

The person may feel ignored romantically, and want to have something happen, but rather than saying: "Kiss me, I need affection!", they will say something insulting to the other, to cause the other to become upset, and they will begin a conflict between themselves that eventually they expect and hope will lead to a reconciliation and an emotional make up, wherein there is an element of romance between them.

This Awareness indicates in other words, when one partner or the other becomes suddenly and for little reason emotionally antagonistic or disturbing to you, rather than seeing that this person is really being a jerk or being unfair, look at the person as wanting some kind of affection, and if you wish to cut through the quarrel quickly, give the person affection; give the person a sense of importance and let the person know you care for him or her.

If, however, you wish to pursue the argument and follow through on it, be aware of where it is intended to go, so that it does not veer off into such an extreme quarrel that it leads you to consider separation or divorce, when it really is a subconscious plea for unification and affection.

Most Men See Women as the Originator of the Quarrel

This Awareness indicates that men often see women as the instigators of quarrels, and cannot understand why the woman is being so hostile, or so bitchy, or so irrational and demanding. Actually, the woman is simply trying to get affection, and if the man realizes this, and gives her affection, it can save much intensity in the relationship that would be stressful to both.

In other words, if your wife is angry and it doesn't make sense to you, perhaps she is simply asking for affection, and if you can give her a hug, a kiss, and spend some time with her, listen to what she wants to talk about, give her a little of your time, she usually becomes quite harmonious.

This Awareness indicates that likewise, with the man, if he starts the quarrel, if he is hard to speak to, if he is quick to snap at you, he may have had a very difficult situation at work or during his day he may have had an ego injury, and if you are able to talk to him, and give him some praise and affection, he may discuss with you what has happened that has made him upset. It may be that he is legitimately upset.

He may have felt threatened at his job or in regard to his earning capacity or may have had some situation that disturbed or threatened his prestige, his earning power, so that he is disturbed, and it may be that he feels threatened because he loves you and wants to make sure that you are well taken care of, but that his earning power is being threatened by something or someone on the job, which could in turn threaten his ability to take care of you.

If you have the patience and understanding to talk to him, you may find out that it is his concern for you that has made him snappy, and hard to speak to, and that he is not angry at you, he is angry at someone else, and is expressing it when he speaks to you.

"For God's sake, woman, hold thy tongue
and let me love!"
--Shakespeare

What Men and Women Need to Gain Affection

This Awareness indicates that recognizing that most women's disturbances have to do with their need for affection, and most men's disturbances have to do with their prestige and sense of being a provider, should help men and women to find a way of easing each other's frustrations so that you do not have to fall into the trap of constantly fighting in order to get your affection, or get the appreciation you need for your sense of importance.

This Awareness indicates that men need to stroke the woman when she is upset. Touch her, give her affection. Women need to show their appreciation and confidence in the man when he is disturbed and upset, because it usually has to do with his self-esteem and ability to produce what is necessary, and if he does not have self-esteem, he feels he can not be productive.

Thus, the woman giving him the sense of self-esteem, gets him back into the frame of mind that says "I can do it! I can provide!" Understanding this will help men and women attend to each other in a manner that enhances each other's abilities and self-esteem. Each wants to be appreciated and to feel capable and worthy and each can help the other in this regard.

Without such, when either feels incapable or unworthy and it is not forthcoming from the other, either entity will become difficult to get along with.

STALKING THE EX-WIFE AND FORCING SEX

(The Psychology of Fixation and Obsession)

QUESTION:

One of the most common crimes one reads about anymore is the ex-husband who stalks and pursues, and violates the home, attempts to have sex, often rapes, and very often ends up killing the ex-wife. This is so common, it seems like it is in the paper almost every day. They call it domestic violence, or something like that. I was wondering during that rap about seeking affection on the part of the woman, how significant is this for a man, who has lived with a woman a long time, and then is divorced, and then he stalks and pursues her? What significance, if any, does the sexual relationship have, or how important is the sexual stress, if there is such a thing, in such cases that would motivate this crime?

COSMIC AWARENESS:

This Awareness indicates that men's attitude toward sex is quite different from that of a woman. When men have sex with a woman, it does not necessarily mean that they are compassionate; it can simply mean that they are dominant and that they want the woman to love them.

When women have sex, they usually are more willing to be compassionate, to give their heart to the man, and when they do not have affection for the man, when they do not feel compassion, they do not want to have sex. This Awareness indicates that when a man and woman separate, if the man feels that he is rejected by the woman, he may seek to win back her affection by pursuing her, by talking to her, and by persuading her to have sex with him.

Many men seem to think that if the woman has sex with him, it means that she will take him back and love him. They do not understand that she must love him before she will enjoy having sex with him, but this is normally the case, and if a woman is hostile to a man, she does not generally like to have sex with him.

This Awareness indicates if she has mixed feelings, she may have sex with him, and then may be angry about it afterwards. This Awareness indicates that having sex with a man when you have mixed feelings does not necessarily suggest that the entity will take the man back as a husband. Therefore, the man may have misconceptions regarding sex with his ex-wife, and the manner in which it occurs, to the point where he thinks he can force sex on her and cause her to love him.

This Awareness indicates that if he gets this into his head and pursues it with enough determination and assertiveness, he may end up raping her. For her, it is a violation. For him, it is a victory in winning her heart. This Awareness indicates that therefore, both parties are at odds with each other but the man may think that this is bringing back his family, or bringing back his wife, and the woman may see this simply as a violation, as a total disrespect to her.

This Awareness indicates it also can occur that, in the man having sex with his ex-wife and presuming that she will love him in return, he may find that it does not occur and assume that since she does not love him, she must love someone else, and he may become the victim of love for her, rather than causing her to love him, as he had hoped, so that he not only feels he loves her, but that he must have her, and thus becomes possessive of her, and if he finds that she does not yield to that demand, then he may become more and more demanding and feel that if he can't have her, no one else will have her, or he may feel that he *must* have her, that no one else has a right to her, that she is *his* wife, *his* possession, and in such aberrations, the entity may become violent and willing to risk his life or take her life, or both lives.

This Awareness indicates it all depends on the person, how intense, how fixated, and how much the entity has been teased in the relationship, and how much teasing the entity can take. Entities can get an idea in their head, become fixated on the idea to the point where they lose all touch with reality. The entity may say to himself, "I know she loves me! She just doesn't realize it herself!", and therefore, the entity pursues the relationship on that premise that his wife loves him, but doesn't know it.

Hold Closely With Open Arms

Thus, he forces himself on her. He stalks her, and he continues being obsessed with her, and when she continually resists him, he becomes more and more anxious to the point of extreme frustration and he may move into a kind of temporary insanity or psychotic state, and may indeed become violent toward her. This Awareness indicates that it is thus very important that entities hold closely with open arms, so that if the loved one wants to leave, the loved one knows he or she can leave, and knows also that because the arms are open, they can come back without fear of being entrapped. They can always leave, or always return, and this allows the relationship to develop on mutual affection rather than on someone's demand or someone's aberration of ownership, or some other situation that could become volatile and threatening to an entity.



"Henthcliff?"

CLOSING MESSAGE:

This Awareness indicates the Bob Dylan lyric: "I gave you my heart, but you wanted my soul" applies to this discussion. Some entities can give their heart to another, but the other wants more. The entity wants total control, total ownership of the other. This would be a very unhealthy relationship for an entity to want to possess the very heart and soul of another entity.

To possess affection that an entity has for you is a wonderful thing. It is enough. You do not need to own the person. You do not need to own their soul. They are giving their heart to you for a period of time, perhaps an entire lifetime. You do not own the entity for any length of time beyond that to which they give their heart.

However long they give their heart to you, they are yours; but they are not yours because you had a deed or a title to them; they are yours because they *feel affection for you*. The affection they feel for you allows them to be happy with you, and that is your bond with them. There is no deed, there is no title.

The marriage license is simply something for the state. The true bonding between yourself and another has to do with the heart and with the affection exchanged between yourselves. This Awareness indicates it is only in the past hundred years or so that marriage has been recognized by licenses. Actually it appears that this began early in this century. Prior to that it was recognized by church marriages that were not recorded in the state, or by the state through licenses. This Awareness indicates that the marriages were recorded simply for society to realize that you and this person have agreed to join your lives together in order to announce to society your intention, so that other entities of society would not come as suitors to either one of you, would not seek to take the wife, or would not seek to take the husband, because you have announced socially, in your ceremony, that you are now joined together as man and wife.

What a Marriage License Is Legally

This Awareness indicates that the marriage license was not a paper showing ownership, such as a deed to a piece of property; it was a piece of paper showing that the state was the owner of this marriage, and that any children born from the marriage also belonged to the state.

This Awareness indicates the ideas of a license is that the state has licensed the two of you to be married, and the state, having licensed you to be married and to bear children, also has ownership of the children. It is something that most people do not understand, but because of this, the state has control over your marriage and over your children, if it so decides it wishes to claim control or to activate its control over you.

This Awareness indicates nowhere in this activity does it indicate that the husband owns the wife, or the wife owns the husband, or that either own the children. This Awareness indicates that with this understanding, you must also realize that the affection between you is the bond that binds you or brings you together in a harmonious relationship.

Therefore, by honoring your affection, your marriage is glued together. The state license only allows you to cohabit together legally. It does not enforce affection, and therefore, you can drift apart or separate and divorce through further efforts and appeals to the state to acknowledge your divorce. If the affection has died, you would perhaps pursue this approach.

What You Must Do If You Want Your Marriage to Endure

As long as the affection remains you are likely to stay together. This Awareness suggests therefore, if you wish your marriage to endure, forget the license, and focus on the affection. Forget possessiveness; focus on affection. Forget control of the other. Make yourself the object of affection, so that the other can enjoy being with you.

Give each other the pleasure and affection and comfort you both want from each other as much as possible. If one is too demanding, help the entity to see that the demands are beyond your ability to respond, and if you find the demands to be too great, you may have to start withdrawing your affection. You may naturally withdraw your affection if the demands of the other are too great, and you can inform the other that: "Those demands are hurting the relationship and are destroying my affection for you!"

This Awareness indicates that clear communication in this regard may head off problems in the relationship before those demands become too strong, for if they become overwhelming you may have no choice but to dissolve the relationship. This Awareness does not wish any entity to be bonded to another by means of coercion, of slavery, of dominance/submissiveness.

WHAT'S GOING ON IN KOREA AND IN CHINA (George Washington's Dream-Prediction of An Invasion of U.S.)

QUESTION:

A question from J.S., Pacifica, California. He writes:

"Just as Awareness predicted in the predictions for 1994 issue, we are hearing more and more about problems with North Korea, including the threat of war if economic sanctions are imposed. This animosity is ostensibly due to North Korea's refusal to allow inspection of certain nuclear facilities by UN inspection teams.

"Meanwhile, China has recently exploded a nuclear bomb underground, which action only received weak responses from the rest of the world. Something like: "That wasn't very nice. Please don't do it again." My questions are these: Is the UN trying to get the United States involved in another Korean war? Does the United States have a treaty with South Korea obligating us to defend them militarily in the event of war with North Korea? And why doesn't the UN insist on taking stronger measures against China such as inspections and sanctions? Could it be because the American people could be persuaded to support a war against little North Korea, but not against such a formidable opponent as China?"

COSMIC AWARENESS:

This Awareness indicates that the entity evaluated correctly in his last question. This Awareness indicates also that the concern in regard to North Korea as that which was being artificially intensified for the possible option of a war involving North Korea in order to get US troops out of the United States.

This Awareness indicates that this is a goal of those who want the New World Order and UN troops to impose it on this United States. This Awareness indicates that China, of course, is being catered to by the United States and the UN in order to keep from stirring up a situation in which the Chinese government would have an excuse to take issue or to enter into a conflict with the United States because it has so many people and so much potential for disrupting the plans of the New World Order, if it is disturbed improperly.

This Awareness indicates that there are efforts also among the business communities of the United States to bring in business into China which in turn would create an alliance with China and bring in great wealth to the United States

10.

It wishes entities to belong to each other only by affection and love for each other. This Awareness indicates of course there are circumstances in any relationship in which entities may find it difficult to remain loyal to each other, but this does not necessarily mean that they should separate. This means that they should assist each other in getting through the difficult times, if at all possible.

You Have the Right to Leave An Abusive Spouse

This Awareness does not suggest entities must stay together even when they are being physically, emotionally or spiritually violated. No one should be a slave or a servant to another, or be subjected to heavy mistreatment by another. If you are put in a subservient menial or abusive situation, you have the right to rise up and leave the situation in any way that is legally and ethically possible.

This does not mean you have a right to destroy your abuser. If there is another way to leave the abusive situation, that is the route which you should take. You *do* have the right to leave an abusive situation if it does not appear that it will be cured. You may wish to make the effort to have counseling for the abuser, but if this is not acceptable to the abuser, then you have the right to escape from the abusive situation.

The Law of Gratitude is given.

over a period of time as well as create ties with China that would mold it into a future ally.

The more business ties that are created, the more likely that China could become an ally to the United States in the future.

This Awareness indicates that North Korea, on the other hand, is not necessary for the economic or financial welfare of the United States. North Korea's main intention in creating a problem is to get some kind of agreement with the United States and South Korea that allows it to become a business partner, so that it can have a more extended financial market into other areas of the world, including the United States and South Korea.

This Awareness indicates that the action of Jimmy Carter in going into North Korea to help pacify the situation is to have assisted in creating a better atmosphere for discussions. It did not necessarily eliminate the problem or the basis for the problem, but it *did* create an atmosphere whereby discussions can occur.

The focus was taken off of North Korea. It has switched now to Haiti, and the movement of US troops into Haiti has become a way whereby troops can be taken from this country. It does not appear to be a situation in which enough troops will have been taken from this country to give complete advantage to the UN troops as of yet.



This Awareness indicates, however, that may not be the end of the movement of US troops from the borders of the United States; there may still be other problems or other countries which will be used as an excuse for sending more troops out of this country. This Awareness indicates if this does occur, entities should expect the UN troops soon to be taking over this nation. These will be troops from Europe and Asia.

George Washington's Dream-Prediction

This Awareness wishes to remind you of a prediction by George Washington from a dream in which he saw the western part of the United States totally swamped with Chinese forces and they were overriding the Americans, the US army. This was long before the west had even been settled. This Awareness indicates that it was at a time when Spain and Russia still owned part of the western United States; the Indians owning other areas of western United States.

In Washington's dream, he saw Chinese coming in as far as the Rocky Mountains and having a potential to take the entire United States, but something happened in which there was divine intervention from the skies which stopped these forces from coming further.

This Awareness indicates that whether the entity's dream is an accurate depiction of the future of this country or whether it was simply one of those weird dreams that entities sometimes have, can be debated until something develops to indicate one or the other, but considering the nation and its state of being at the time of the dream, one has to marvel at the fact that the dream could indeed take place in this modern age wherein the United States does now have possession of the western part of the United States.

UFOs could be some kind of extraterrestrial or divine intervention that could stop an invasion from China, and with the Chinese masses being so great and having sufficient technology, it would not be beyond potential reality for an invasion to occur, particularly if this became a part of the New World Order and its plans for taking over this country by using Oriental troops in the west for UN conquest.



WHAT IS HAPPENING TO ALL

THE FROGS AND TOADS ?

4/3/90

QUESTION:

There's been a number of articles in the newspapers and magazines in the last year talking about the mysterious decline of frogs, and I'd like to read this one from the *Washington Post* and ask Awareness what's going on here. The article is titled: "Mysterious Decline of Frogs has Scientists Worried."

Populations of frogs, toads and salamanders appear to be declining mysteriously in many places around the world, and scientists fear the dramatic disappearance of the amphibians may be a sign of widespread environmental degradation of some unknown kind.

For several years, there have been rumors and scattered reports that frogs and toads appear to be far less common than they once were. More recently, many field biologists have begun documenting precipitous declines, sometimes measuring from 50 percent to 90 percent, and local extinctions in a variety of settings, from tropical forests to temperate mountain lakes.

"We are very concerned," said David Wake of the University of California at Berkeley. "There seems to be something going on. Something we don't yet understand."

The cause of the decline remains a mystery. Some researchers suspect acid rain. But others believe the crashing populations could be caused by pesticides, viruses, hard winters or dry

summers. In some locations, the frogs and other amphibians may have been wiped out by introduced competitors such as fish. The animals may also be exploited for food or even by scientists themselves, who collect specimens for research.

"Amphibians are disappearing and we're not sure why," said Roy McDiarmid, a herpetologist with the U.S. Fish and Wildlife Service and the National Museum of Natural History. "We have to ask whether this is a general indication of environmental degradation."

To unravel the mystery of their disappearance, and to better document how extensive the decline is, the researchers have rushed to organize a special meeting early next year entitled "Declining Amphibian Populations--a Global Phenomenon?"

In the last few years, researchers have witnessed severe reductions and extinctions throughout tropical Central and South America, Europe and North America.

"Decline is very evident and very rapid in Europe," said Hansjurg Hotz of the University of Illinois in Urbana. Hotz said the decline is most dramatic in Central and Northern Europe.

"What we're seeing is a decline of all native frogs from British Columbia to Southern California to the Rocky Mountains in the east," said Andrew Blaustein of Oregon State University, who has watched numbers of the western spotted frog and the Cascades frog drop in Oregon.

Could Awareness explain what is happening to the frogs and toads?

COSMIC AWARENESS:

This Awareness indicates that this is a combination of a variety of things including runoffs from pesticides and herbicides, including also the depleting ozone layer which is harmful, more harmful to amphibians; they being more sensitive to this excessive sunlight. Also, the increased encroachment into wetlands by developers. Also, there are certain destruction involved in the food chain. You must remember that frogs eat the insects which are being killed by the pesticides, and when these pests have been destroyed there is less for the frogs to eat, and there is also seen some changes in the way water itself is treated. There are certain treatments toward water in some areas in which it may be channeled or banked in such a way that the mud banks are no longer suitable for frogs; such places as might appear near parks or golf courses, or manicured river edges then become uninhabitable as homes for these creatures, and also there are the planting of fish in waters which eat the tiny tadpoles.

It is a number of things that are occurring. Even the activities in regard to the rain forests in Brazil and Central America are wiping out the habitat for many of these amphibians. This Awareness indicates the greater danger in losing these amphibians is that they are the natural predators of insects and as they disappear, the insect population will tend to have no predators other than birds and man with man's chemicals, and this can lead to the future further destruction of birds.

This Awareness indicates that nature does have a certain kind of flux and balance that it can maintain if left alone, but when any one part is tampered with, all of the rest is affected, and the greater the tampering, the greater the affect on the rest, and unless one understands the total mosaic or mobile, for indeed nature is likened unto a mobile that is floating, and if you grab one part, it moves everything, and unless you understand the total, it behooves entities to be cautious about grabbing one part to fix it, or make it better, because you might cause the crash of everything.

This Awareness indicates there is a book, *How Nature Works*, which explains very clearly this concept of unified nature in which all things tend to work together and where the damage to one area creates a damage to all. This Awareness suggests that your question continue.

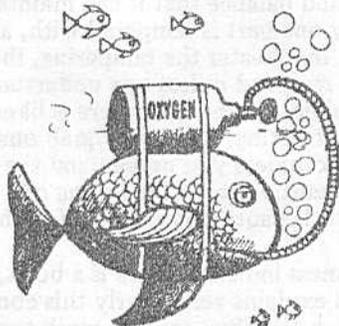
FOLLOW-UP QUESTION:

I was just going to mention a recent tabloid suggests that the aliens have been seen eating tadpoles and frogs and the article suggests this is the reason for the declining population. Is there any truth to that? *

COSMIC AWARENESS:

This Awareness indicates there are far more individual people who eat frogs and frog legs than there are aliens who do this.

* ED's Note: Where I got that information on frogs is sort of interesting. Unknown to me, Vikki had acquired a set of tickets to Wagner's 'Der Ring Des Nibelungen' -the famous four opera Ring Cycle, one of my most favorite operas, but seldom staged because of the high production costs. But the tickets were for a production in New York City at the Met, the first time in many years that it mounted this series. Vikki said she didn't tell me ahead of time because I would balk at the logistics of getting to New York and interrupting our work on the newsletter. (She was correct). However, it was a sold-out series and a chance of a lifetime, so I sold some old stuff and bought airline tickets to New York. During that week in New York, we had the opportunity to tour the back stage of the Metropolitan Opera and observe the incredible spectacle of how operas are put together. We got to tour everything--the makeup department, costume dept. where the actual costumes are made, the rooms where the divas and primadonnas primp and await their stage calls, the way sets are created for 4 operas which can be ready within minutes (they hang from the ceiling, come up from the basement on huge hydraulic lifts; one sets slides forward from far in the back, another moves to center stage from far right etc.)Vikki was totally fascinated by Fafner, the gigantic dragon who is slain by Siegfried in the third opera of the Ring by that name. Fafner was made of plastic which looked very real, and he inflated with air by a special device. He breathed fire and it took 4 people to animate him during the opera. Vikki got to touch him and all the way back to Olympia she sighed over and over, "I got to touch Fafner!" But I digress. During the tour we passed a huge bulletin board which had posted memos to stage hands, principles and various cast members, such as Jessye Norman, Placido Domingo, Luciano Pavarotti, etc. And what amazed me and Vikki, was a full page from the latest "Weekly World News" tabloid, which was thumtacked right in the center of that bulletin board, surrounded by memos to all these famous opera stars, and the headline: "SPACE ALIENS ARE STEALING OUR FROGS!" I swear this is true. During our next session back in Olympia, this question on the disappearing frogs came up, so I just had to ask Awareness about the aliens. After all, if they know all about this at the staid old Met, this information should be shared with all of you!



QUESTION:

During last night's session, the Interpreter was monitored. Could Awareness explain who was monitoring the Interpreter and the motive behind monitoring the Interpreter?

COSMIC AWARENESS:

This Awareness indicates there is no name seen associated with the energy involved in that monitoring. There does appear to be an energy that is of a different dimension; the energy being capable of listening in from a different dimension or by going through a different dimension. This Awareness indicates that it appears that this was a different kind of monitoring than has occurred previously for this entity; that there have been those movements in which the entity would feel a presence and a ringing in the ear as many entities will, whereby one senses that they are being tapped into; that these normal monitorings which entities experience are from those beings in the astral realm who seek to keep in touch with what entities are doing.

This Awareness indicates, however, this experience last night appears to have been an entity attempting to tap into the channel, attempting to monitor not the Interpreter, but to monitor this Awareness, to identify this Awareness, to discover who is speaking through the Interpreter. This Awareness indicates that it appears that this was brought about because of the recent readings and questions relating to the alien presence and that essentially, this alien presence was attempting to make contact with this Awareness, not understanding that this Awareness is not a person, or a personality, or an individual being, but is simply consciousness.

This Awareness indicates that the monitoring left it with a great curiosity, because it could not find the vibration, the frequency it was hoping to find, for most entities in themselves in this or any other realm, have their own particular frequency, and the alien technology is such as to be able to attune to a frequency, and to connect to that frequency. This Awareness indicates that any seeking to connect this Awareness through some frequency attunement can only do so by moving into Cosmic Awareness frequency levels by becoming cosmically aware at the moment of attunement.

How One Entity Tried to Disprove the Interpreter

This Awareness indicates that some years ago, an entity travelled from Toronto to Portland for a reading from the Interpreter, and when the Interpreter went into trance and this Awareness began answering the questions, the entity stood up and began moving his hands over the Interpreter. The energizer present, the Interpreter's wife, could not understand what the entity was doing. The answers continued without interruption. This Awareness continued to give the entity the answers to his questions, and when completed, the trance was finished and the entity sat down and the Interpreter was brought from trance.

In coming out of the trance, the Interpreter was told by the questioner: "I tried to tune in to the spirit that was speaking through you and I couldn't find anyone. What was happening?"

This Awareness indicates that this Awareness is not a spirit. It is not an entity. It is consciousness, and the Interpreter is simply reading consciousness and can only read consciousness of this Awareness when he is willing and able to submit and surrender and give up self, to move his consciousness and merge his consciousness into levels of Universal Consciousness, in which case there is nothing there to grab on to. There is just a hole in space which emanates consciousness that speaks through the

synapsis of the brain and voice and mouth of the Interpreter, using his brain, voice and mouth to pass messages in response to questions. 13.

This Awareness indicates that this monitoring last night yielded the inquirer the same information, that there was nothing there. It is for this reason that this Awareness has indicated *It* is that which is next to that which does not speak.

HOW AWARENESS PROTECTS YOU THE READERS (How a Blessing From Cosmic Awareness Works)

QUESTION:

One final question. Some years back Awareness put up a protective screen around this property so when Awareness was giving messages, no force could penetrate that was alien in nature or would misuse the information. Is that screen still in place?

COSMIC AWARENESS:

This Awareness indicates that this is still present, but that this Awareness wishes at this time to reinforce the screen because of the nature of the information that has been coming through, which can lead to more effort to break through the screen unless there is reinforcement. This Awareness indicates that *It* not only wishes to reinforce the screen at this time, *It* also wishes to extend this screen to all of the mailings that have gone out or will go out and to all who read these messages, that they too may be protected from any alien force.

The Alien Force Is Not Alien to Cosmic Awareness

This Awareness wishes also to inform you that the Alien Force which is alien to humans, is not alien to this Awareness, for that alien force is also part of consciousness and it is somewhat different from humans and it has its own weaknesses, just as do humans, but it also has its area of growth, its chance of development and growth, and in the monitoring which it experienced last night, even though its monitoring touched for only a few moments this channel, *It* will work with that vibration and frequency. *It* will work with that information and it will help that alien nation to develop in its spiritual growth.

This Awareness indicates that this energy being gathered at this time, to be sent so that every paper that leaves your place of business, even those papers that are put into garbage cans for disposal, and all those papers that are mailed out, all of these, and everyone who touches them, shall have protection, shall receive protective energies. This Awareness indicates that these papers will carry a protective charge so that entities need not be fearful of touching or holding them, for they will enhance and improve their lives, and their good health.

This Awareness indicates that while these papers will have a certain improving influence, *It* does not mean to imply that the bearer of a paper from your organization will never again have difficulty, *It* is not claiming that these papers will perform miracles out of the ordinary, *It* will simply protect the entities who receive messages from your organization from having any harm come to them through the information that is associated with the papers.

This Awareness again wishes to qualify: *It* does not mean to say that, for example, an entity interprets something in a reading to imply that he should go out and do something, do this or that, and in the doing, the entity suffers damage, that this Awareness has betrayed them, because *It* is not saying that. There is a danger that entities tend to make too much out of such statements. This Awareness is simply saying *It* blesses these papers that go out from your organization and gives protection through them for entities to have greater protection than they would otherwise have.

Now, if entities are driving down the highway reading *Revelations of Awareness* with one hand on the wheel, and one eye on the road, and a semi truck pulls out, this is obviously not serving to protect the entity. This Awareness indicates that *It* does not want entities to read in more than is intended, for invariably there will always be someone who writes back: "Awareness sent a blessing and six weeks later I came down with a cold. Why didn't the blessing work?"

This Awareness isn't claiming in any way, when *It* gives blessings to entities that they will be forever young, forever healthy, forever perfect. The sending of a blessing is simply designed to make things better.

There is a story of an entity who was close to a master, and in the presence of the master, felt himself to be quite safe, and then one day walked out and something happened, and the entity was in an accident and lost his arm, and the entity came back to the master, angry: "You have betrayed me! I thought I was safe! You are my master! I trusted you! And then I went out and my arm was chewed off!", and the master said: "This is your lucky day! You were supposed to have been killed."

This Awareness indicates that you can never tell how much a blessing helps, and you can never assume that because something negative occurred, that the blessing didn't help prevent something worse.

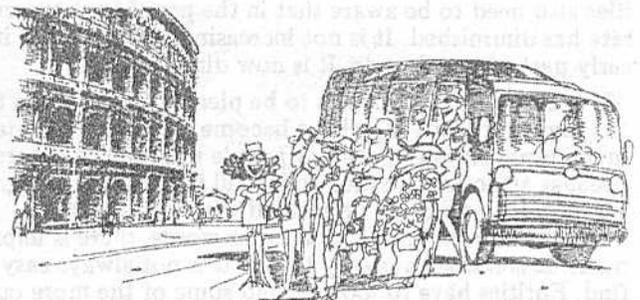
ED's Note: Over the years, Awareness would occasionally refer to the protective screen around the CAC operation and gather energy during the trance session to reinforce it. Many of our readers should be reassured to know that not only is the newsletter itself protected wherever it may go, but that all of those who read it are equally protected. Because of the somewhat heavy nature of certain information we have published in that newsletter over the years, we realize there are more than a few of you who have experienced certain degrees of fear, and even paranoia, for even being associated with this publication. We hope that this particular reading can lay such fears to rest, if they still exist.

COSMIC AWARENESS SAYS THE YEARS 1995 AND 1996 WILL BE "INCREDIBLE YEARS TO BE ALIVE"!

Opening Message, CAC General Reading, December 15, 1994

This Awareness indicates the Christmas season as always a time when entities become more in harmony with themselves and with others. It is a time wherein entities reflect on more meaningful things in life. There is of course that frantic commercialism that accompanies the season and tends to detract from the more important elements of the Christmas spirit.

This Awareness indicates however, enough of the Christmas spirit comes through to help them recharge their spiritual interests, and this is beneficial. This Awareness indicates that in moving into the coming year, a refreshment, a sense of new enthusiasm is that which entities may expect for the coming two years will be of great benefit for humanity and entities will look back on this time as an absolutely incredible period to be alive.



"... and this is the Coliseum, built by Domitian and once visited by O. J. Simpson."

THINGS ARE IMPROVING IN OUR NATION
(They're Not Hanging Catholics Anymore!)

Opening Message, CAC General Reading, November 10, 1994

This Awareness indicates that it may appear at times that the world is getting worse, and that 50 years ago, or a hundred years ago, people were better behaved because of better values, and that things are progressively deteriorating, and many entities could well become discouraged about the future.

This Awareness indicates if you look at things in terms of the crimes reported in your newspaper, you may see this appearance of a continued deterioration of social values and conditions; but if you look at things from another point of view, you might think "Wow! Things are getting much better!"

This Awareness reminds you of the early years of this century, wherein the Ku Klux Klan, for example, were still hanging black people. This Awareness indicates that in the law books of Oregon City, a union state, there is a law on the books that states that any black man being caught after sundown may be hanged.

This Awareness indicates that it does not appear that this law has been taken off the books, or if it has, it has only recently been removed, but it has been buried so that people do not find this easily. They do not take it off because it would require a vote of some legislative body to remove it from the books, which would call attention to it, and there is too much embarrassment at it even being there.

This Awareness indicates that likewise, there are quite probably many other embarrassing laws in various cities and various states that are simply ignored because the values of people no longer want to call attention to these laws.

This Awareness indicates that in the small town of Canby, Oregon, in the 1920s, Catholics were being hunted down and hanged by certain groups of people, Protestants who did not want Catholics to get a foothold in their community.

This Awareness indicates that in more recent times, people have become much more tolerant of varieties in terms of culture, religion, race, nationality; so that what once might have led to great hostility between people is now seen of no consequence. This Awareness indicates that in this sense, the polarity that once dominated and created bigotry between entities has diminished greatly, to the point where people are tolerant of each other's differences.

This means that there is something good happening. This Awareness asks you to imagine this rate of change that has occurred during this century in this regard, and project into another century the changes that might result in the future if people continue to become more tolerant of each other.

This Awareness indicates that it is true that there is a considerable amount of violence, and this is a concern, but entities also need to be aware that in the past few years, crime rate has diminished. It is not increasing now, as it did in the early part of this decade. It is now diminishing.

There is much for entities to be pleased about. Even though the focus on crime may have become much more acute and much more common, so that people notice crime more because attention is called to it, still it is diminishing, and that there is much to be pleased with in this regard.

This Awareness indicates in other words, there is improvement. It is not always easy to see. It is not always easy to find. Entities have to look behind some of the more outstanding stories to recognize improvements are occurring.

14. MANCHURIAN MUSHROOM (KOMBUCHA) ELIXIR:
IS THIS THE MIRACLE HEALING TEA BEING CLAIMED?

(Will a Bald Head Sprout Hair?)

QUESTION:

A question from L.K., Denver, Colorado. She sent in 3 pages which I'm not going to read on something called Manchurian Mushroom Tea. It says here, "We are talking about a panacea, Manchurian Mushroom, which takes 7 days to reproduce itself. It looks like a hot-cake, but is grayish in color. Properly cultivated, it eliminates wrinkles and helps in the removal of brown spots on hands. It is a skin humicant. It prevents certain types of cancer. In Manchuria, where this mushroom came from, there has not been detected one single case of cancer. Every day people drink this tea as religious atonement. During menopause, it reduces hot flash discomfort. Just after drinking the Manchurian tea, you may feel a warm sensation due to the fact that the tea components join the bloodstream, causing a draining action of toxic chemical elements and fluids, reasons for which you will notice increased mobility in your extremity and flexibility around your waist."

It goes on and on and claims: "It helps constipation, muscular aches and pains in shoulder and neck, helps bronchitis, asthma, cough, in two or three days, will help children with phlegm, helps with allergies, with aching nerves. It is prescribed in kidney problems. It is proven useful in cataracts. It cleanses the gall bladder, helps colitis and nervous stomachs. It helps heal diseases. It will lower cholesterol and soften veins in arteries. It will stop infectious diarrhea. It helps burning of fat, therefore it helps to lose weight. It helps insomnia, helps the liver, helps to level off glucose and sudden drops of blood sugar in diabetics. It has a surprising effect on the scalp, helps avoid balding, thickens hair and eliminates gray hair. It helps indigestion..."

And it goes on with how it's prepared, but anyway, she writes:

"I have a couple of questions for Awareness. This first one is extremely important and we need an answer as soon as possible. The reason being that this Manchurian Mushroom and the subsequent tea is being passed around this area at an extremely fast rate, and if it is not what it is touted to be then it affects a lot of people.

"Question: I'm somewhat concerned about a tea drink made with brown sugar and a specific mushroom fungus. The concern has to do with Awareness's recent message in issue 94-5 concerning yeast problems in our body. I myself have been taking this Manchurian Mushroom tea daily for the past 6 weeks. The instructions regard a Manchurian Mushroom, Aka Kombucha elixir, a Kargasok tea."

And she asks: "Does this tea mixture, after the fermentation process with the mushroom fungus, actually change the molecular bacteria system of the sugar and so forth into a natural antibiotic as is stated on page three?"

COSMIC AWARENESS:

This is in the affirmative. This Awareness indicates it appears that this tea also counteracts candida. It is helpful in ridding the body of candida.

QUESTION:

"If so, does it have the possibility of making the natural changes in our body that is claimed in the instructions?"

COSMIC AWARENESS:

This is in the affirmative.

QUESTION:

"If so, is there any residual that would tend to feed the yeast problems that our bodies already may have, or does it negate the yeast?"

This Awareness indicates it appears to counter yeast infections.

QUESTION:

She writes: "If the answers are positive to this query and you at the office have not heard where to acquire a mushroom and would like one, let me know and I will make arrangements to over-night one to you."

Would this be of any benefit to us, and perhaps to the Interpreter?

COSMIC AWARENESS:

This Awareness indicates that this could be of benefit to entities who wish to have the substance; that you may wish to make it available to those who request this or this Awareness suggests you ask the individuals rather than this Awareness. It is of course beneficial to entities.

QUESTION:

Well, the way it sounds, if you just take this tea regularly, you won't have any problems in the physical body anymore, and you can grow hair over bald heads and ...

COSMIC AWARENESS:

This Awareness indicates that the tea can be helpful. It is not necessarily sufficient to cure all problems. It can help stabilize blood sugar, for example, but that does not mean it cures diabetes in its totality. The help given from drinking the tea can reduce the effect of a disease, but to continue treating the disease with any other means necessary can also be of benefit.

This Awareness suggests that one single treatment of a certain type does not necessarily mean it is a total cure. It can be beneficial in strengthening the immune system or in helping the body to overcome certain negatives, but there are also other means that can be helpful too. And if you rely only on one thing, you may be cutting off some other cures that would be helpful in speeding up your recovery from a particular problem.

This Awareness indicates the greatest problem with this substance is that it is not always the most pleasant drink of tea; it sometimes sours and turns into vinegar. It also can become a nuisance in that you need to make a large quantity of tea, add sugar and then let it cool, and break apart the two mushrooms, because every seven days a new mushroom grows.

You often feel a kind of guilt at throwing away one of the mushrooms, so you feel inclined to find someone to give it to, and then you may wish to clean the mushroom from any vinegar residues and you also need to find gallon-sized jars to put the mushrooms in along with the new tea, where it sits for seven days to make a new mushroom.

This Awareness indicates that 'mushroom' is not quite the right term for the substance. It *does* appear more likened unto a thick waxy-like film. It looks waxy, but is very flexible, like a fleshy substance that grows a baby underneath as a secondary type of film is formed.

You can take a small drop of this substance, put it in with tea, and within a few days it will spread over the top of the tea, from corner to corner, and then begin to thicken, and this is how it reproduces itself. This Awareness indicates therefore, in sending the substance through the mail, it does not have to be sent in a gallon jar; it can be sent in a small container with instructions for replacing it into a large jar and adding more tea and sugar. This Awareness indicates that it is something that can be made tasty, but it is also something that can ferment and taste like vinegar, if you keep using and adding to it, rather than starting with new tea each week. This Awareness indicates it is a matter of how you wish to proceed within the guidelines of the instructions given for the handling and maintaining of the tea.

This Awareness indicates that most people will find it acceptable and easy to use, and will use it, but they may find that having to attend to it each week, which takes approximately 30 to 40 minutes, can become somewhat boring or tiresome after awhile, and they may tend to neglect it. It is a matter of responsibility, much like caring for a pet, because it continues to make its babies once a week, whether you separate them or not.

This Awareness indicates that after some time, you may simply find yourself throwing the mother or the baby into the garbage. This Awareness suggests you may wish to avoid throwing it down the drain or toilet or garbage disposal because it could start reproducing itself and clog your pipes. It is unlikely this would occur, because it does not thrive except in the environment of a sweet liquid, but there is some potential for its growth some time after it has been discarded.

This Awareness indicates that if the substance were sent to CAC it could be used by entities here to their benefit; this would likely be appreciated. This Awareness indicates that a gallon jar for making the tea and coffee filters for filtering the tea at the end of the week, pouring it into other containers, appears to be part of the maintenance. The tea is not to be placed with any metal. Do not stir it with a metal spoon, or put it in a container that has metal. Plastic or glass are acceptable, but glass is better. And once the tea is strained and poured off through the coffee filters, it then can sit in your refrigerator, should be kept cool and sit in the refrigerator wherein entities drink approximately 6 to 8 ounces daily.

This Awareness indicates that in regard to the restoring of color to the hair, this normally takes approximately 4 to 6 weeks of drinking the tea daily.

ED's Note: Please do not write CAC about this mushroom as we do not have any and do not have the time or space in our schedule to experiment with it. There is much literature on this substance going around in the form of chain letters. Some of them say it will only work when someone lays the mushroom on you as a gift, you should not have to pay for it. It is supposed to have spiritual properties and therefore it should be made available free to everyone. (We have heard this 'logic' many times before in relation to the Awareness material we put out.) It sounds good but is not at all practical. It takes time and money etc. Sooner or later someone might offer you a free mushroom or sample of the tea and you can then propagate the fungus yourself. However, if this does not occur, some healthfood stores do sell the starter. Also it is available by mail from Revelco, Inc., 4524 Curry Ford Rd., Suite 530, Orlando, Florida, 32812. Send them \$2.00 for information and how to obtain a starter kit. (Let CAC know if this stuff is as good as claimed).





MORE ON HOW TO CREATE THE PHILOSOPHER'S STONE

(How Can You Keep the Liquid
Warm For a Full Year?)

QUESTION:

We recently published the Philosopher Stone information, and quite a few of the members are trying the experiment. There's some questions on this from D.J. in New England. She wants to know: "The Philosopher's Stone/alchemy; must this be done at full eclipse or will partial do? And must the urine be passed at the height of the eclipse? And how does this affect the alchemy?" she asks.

COSMIC AWARENESS:

This Awareness indicates that a partial eclipse is sufficient; that it does not necessarily require it be at the exact height of the eclipse; it is more of a close proximity that is important. This Awareness indicates that the alchemy experiment can be started in any year, at the eclipse of the moon, either in the Spring or in the Fall and at any place, regardless of whether it is a full eclipse or a partial eclipse.

QUESTION:

She wants to know: "How can liquid in a sealed container turn to powder?"

COSMIC AWARENESS:

This Awareness indicates that it has to be maintained at a warm temperature. It is suggested the temperature be that of the human body, however, it appears that 98.6 is somewhat too much for such temperature. It would appear that a temperature of approximately 85 degrees would be sufficient. As it sits for a year at such temperature, the energies inside the bottle begin to go through certain cycles.

At one point it becomes very black in color; at another point, oils appear which reflect different colors of light as they float on the liquid; these in alchemical terms a red, the so-called Eagle's Wings. It is spoken of in alchemical terms as the Black Eagle, or Black Oil.

This Awareness indicates there is also a time when it appears red and it is called red oil. At such times the liquid becomes lower in the bottle. The liquid totally evaporates and leaves the bottle through whatever occurs so that the elements of hydrogen, oxygen, in its two parts, the H₂O no longer is there as a combined liquid and you end up with certain powder.

The powder generally turns white at the end of the cycle. This Awareness indicates that a way by which you may keep the bottle warm as necessary would be to keep it in a bucket of sand in which the bucket is heated throughout the year so that the sand always maintains a constant temperature. This Awareness indicates that if the bottle is hermetically sealed so as not to leak, the temperature can be higher, such as the 98.6 suggested by the alchemists.

If you cannot seal it properly so that there may be some potential for leakage of the liquid, then it is best to drop your temperature somewhat, keeping it close to 80 or 85 degrees. This Awareness indicates of course, if it is truly hermetically sealed, a temperature of 98.6, which is below boiling and yet is warm enough to keep the substance moving and stirring; this would be the more ideal.

By using sand as a carrier for the heat, you can assure an even temperature of the liquid.

16. QUESTION:

"Why, (she asks) is this called 'stone', if it's powder? Books say the Philosopher's Stone refers to transformation of consciousness only."

COSMIC AWARENESS:

This Awareness indicates *It* is giving you the information of alchemists, *It* is not giving you the information of authors who write about alchemy.

QUESTION:

"What is the prescribed dosage or frequency for rejuvenation? Will it restore even people with "invariably fatal" conditions to health?"

COSMIC AWARENESS:

This Awareness indicates that if it is done properly, which requires also a certain mental parallel work, then the entity can be rejuvenated, even in levels of health. This Awareness indicates that there is a parallel movement between the entity's psyche and the work in terms of the Philosopher's Stone. This Awareness indicates that as an entity progresses with the spiritual growth that occurs within his or her psyche, the attunement of the vibration to the stone affects the psyche of the individual. They both complement each other.

This Awareness indicates that it is an art form more than a scientific form of changing consciousness and matter. The transmutation has as much a dependency on psychic energies as on chemical energies.

QUESTION:

Once you've got this powder, how do entities administer it? Do they add it to water, and drink it? What is the prescribed dosage for this?"

COSMIC AWARENESS:

This Awareness indicates that usually, when an alchemist creates the energy of the Philosopher's Stone, the powder, the entity then begins to use that powder to create more: this by further addition of further liquid, and the process serves as a kind of catalyst to move the liquid more quickly.

At some point it can be done without sealing the liquid so that it evaporates quickly and dries and the powder turns the new liquid into more powder. This Awareness indicates that as more and more is created an entity can have a large amount and it only takes small amounts to serve as the substance to ingest, this being likened unto approximately 1/8th or 1/16th of a teaspoon of powder per day or per week, depending on how quickly the entity wants to make changes.

Changes that are too rapid can be somewhat unpleasant. Thus, entities need to take the powder slowly and carefully. You cannot give the powder to someone else; it must be your own alchemical creation for yourself.

HOW WAS THE PHILOSOPHER'S STONE DISCOVERED?

(An Important Leak Was Taken in 12,000 BC)

QUESTION:

She asks: "Where did the formula for the Philosopher's Stone originate? How could anyone have known or suspected this or figured it out, or was it "revealed?"

COSMIC AWARENESS:

This Awareness indicates this was used back in ancient Atlantis and in Egypt. It came about partly by accident in which entities ingested substances found in the desert, where there had been what appears to have been a place where a certain entity urinated frequently and at some point noticed the white powder on the earth without recognizing how it got there, tasted it and noticed certain things happening to him.

After some time, the entity began to realize what it was and how it worked. This Awareness indicates this appears to be approximately 12,000 B.C. This Awareness suggests that the entity did not discover at that time the effects of the powder on metal; only at some much later time was this aspect of alchemy recognized.

HOW DOES THE ALCHEMY ACCOMPLISH WHAT IT DOES?

QUESTION:

Her last question is: "How does it accomplish what it does?"

COSMIC AWARENESS: (After a long long pause):

This Awareness indicates that the question: How does an alchemical activity accomplish what it does is extremely difficult to put into words. Alchemy is the ability to change consciousness, to change forms, substances and vibrations. This Awareness suggests that in the changing of vibrations, an entity can say: "How does the vibration change?"

This Awareness indicates that there are many ways to change vibrations. They either speed up or slow down. It is likened unto asking: "How does life come to be?" It is not something that can easily be explained in words. It is an experience. Human tongue is not the proper tool for explaining the experience of life or how life came to be.

Words are not the proper form or tools for explaining how life came to be. This Awareness indicates that the changing of frequencies and vibrations create all manner of results. The holding of temperature over long periods of time on a fluid that is vibrating at your own frequency, holding that at a certain temperature for years throughout an entire solar cycle, changes the frequency to a higher octave and has an effect on your own frequency.

This Awareness indicates that it can also have an effect on the frequency of metals that have been placed in its vicinity. It can have an effect on other things that are vibrating at a frequency so that the frequencies are changed. This Awareness indicates that as with all things in life, the frequencies of energies are the key to what they are, to how they express themselves and to how they are perceived or valued.

17. These frequencies also affect events, actions, attitudes, thoughts, and behavior. There are many ways whereby entities can alter frequencies, change consciousness, change events, physical relationships, through the manipulation or altering of frequency. This Awareness indicates this entire field of changing frequencies is that which can be called alchemy, and it is an art.

ED's Note: For more on how to make the Philosopher's Stone, please refer to 'Revelations of Awareness' Issue number 94-5 (The Secret of Alchemy); \$3.00 from CAC.

Awareness has suggested that the liquid should be placed in a glass container, with a rounded bottom, such as a test tube, and placed in a bucket of sand somehow so the heat is constant, perhaps on a water heater in the house. We checked this one out and it is easier said than done. The water heater is set so that the temperature is too hot and even if wrapped in foil, the wax the glass tube is sealed in, often melts and the liquid runs out.

Others have suggested a small aquarium, whereby you somehow rig the test tube so it is immersed in the water of the fish bowl and the temperature regulated by a common water heater used in aquariums. We tried that one also, but trying to rig a test tube so that it will stay in one place and not fall into the water (tank water would ruin the experiment) isn't easy! That technique was just too hazardous. We also tried a crock pot, which would work okay except the minimum temperature is still too hot.

I finally hit on something that really works. Years ago during my hippie stage, I procured a food dryer which is designed to dry fruits and vegetables at a very low temperature for long periods of time. This particular dryer is made of wood and has 4 trays with screens on which you lay out the fruit you wish to dry. You then close the door of the dryer and set it to low heat. With a thermometer I discovered you could regulate the heat from as low as 50 degrees to as high as 120. I set it for about 80 degrees and placed the glass containers on one of the screens in the dryer. It holds the heat just fine and the electric bill has only increased by about a dollar a month. I have seen similar food dryers in healthfood stores and there is a small one being hawked on late night TV. If you are frustrated, as I was, at trying to keep this experiment going, you may want to check out the food dryer as a method of creating your Philosopher's Stone.

DO UFO'S START FOREST FIRES ?

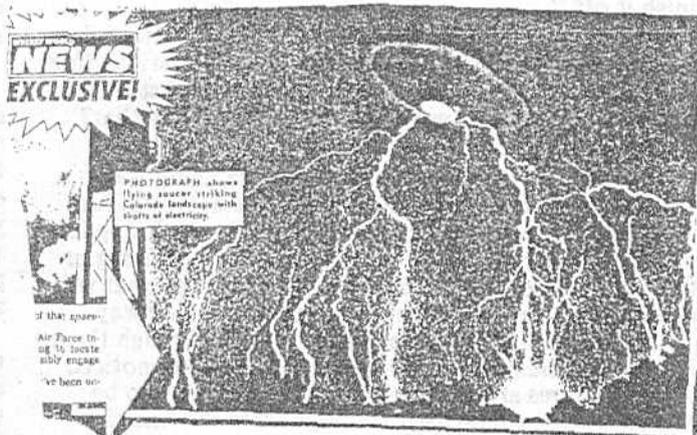
QUESTION:

S.Q., Harrisburg, Virginia, sent in a tabloid article that headlines: "UFO Sparks Killer Forest Fires in Colorado," one that killed 14 fire-fighters, and it claims (to distill the story, which is rather long), but this shocking photo was taken by a passing motorist who happened to have a camera on the seat next to him, and during the height of this storm, I guess it is, and sure enough, the picture looks like a UFO that's sending out lightning in about 20 or 30 different directions down into the forest.

The photo could easily be fake too, but is there anything at all to the theory that UFOs have started this fire or any others?

COSMIC AWARENESS:

This Awareness indicates that it appears that UFOs have on occasion started forest fires, not only this year, but in previous years. Part of this was to study the reaction and the capacity of humans to respond to such activities. This Awareness indicates that it appears this particular action did have a UFO origin as the cause of the fire.



This photo, taken July 3, 1994 appeared in Weekly World News



THAT LONG HOT SUMMER OF 1994:

WHY SO MANY FOREST FIRES?

9/22/94

QUESTION:

We received about 5 letters this summer from people in various parts of the country, including Canada, about the wild-fires. I'm going to read this one from L.P., in Leavenworth, Washington, which is pretty typical. She writes:

"Awareness was correct about a national emergency being used as an excuse to move the troops in. First the emergency was invented when a rather small controllable fire started near Chelan. Our Chelan County sheriff was stopped by political B.S. from using a helicopter which would have stopped the blaze in an hour. I think he plans to sue the government over this.

"I have a ringside seat for the fireworks at Lake Wenatchee. I have oxygen here, unless the smoke changes to this direction. The fire is across the lake from us. I have asthma. (She adds). Then we hear the government is sending in marines. Since when have the marines fought fires?

"It will be several days before the marines show up. It seems they need a two-day crash course in fighting fires. I'll let you know if they show up armed. Also, the power lines for all of Seattle cross the Cascades at Coles Corner--(Bonneville Dam). The fire is threatening the power lines. So far the mail is still coming through--also the shuttle bus.

"I believe that a lot of the strategy used by the governor and others is being done to keep the fires in crisis. These fires will be allowed to spread so that the government can take over--confiscate our property--then allow looters to finish it off."

And that essentially is her letter. The other letters also hint of conspiratorial areas in regard to the various fires that were running rampant, some of which are still burning as I speak. Does Awareness see anything like that?

COSMIC AWARENESS:

This Awareness indicates that there are many ways whereby the government can manipulate activities for some unannounced or unreasonable purposes. It appears that there is some kind of training activity occurring in which policies or methods are being researched that will be used for future activities in a more expanded way.

These are small brief situations in which, through these activities, standards are developed, patterns are noticed and procedures are recorded to allow programs to be written which will be used for large-scale activities in other scenarios, in other places, at other times.

This Awareness indicates just to give an example, if there were to be, in a future time, an invasion or attack on a great structure, a large complex, a dry run practice to iron out bugs in a procedure might have entities attacking

¹⁸ a barn or a burnt-out house, and observations being made from this barn and from the burnt-out house could then be used as patterns for dealing with future plans to attack the large complex.

This Awareness indicates that with computers it becomes easy to use what you learn from one small manipulation and to apply it to a larger manipulation and develop a program for that larger manipulation based on the procedures and evaluations and program that was observed from the smaller manipulation.

THE SURVIVORS OF SUICIDES OR THEIR SPOUSES:
WHAT CAN AWARENESS SUGGEST TO THESE ENTITIES?

QUESTION:

Some questions from M.C. in Ontario, Canada. He writes: "Awareness, I have often seen reference to suicide in your readings and how one should never take one's own life. My question is in regard to the survivors of the suicide victim, ie, wife, parents, siblings, friends and so forth. This act of leaving our earth plane can affect so many others left behind. Question No. 1: Do you have any suggestions for the survivors of suicide or their spouses to help them to cope?"

COSMIC AWARENESS:

This Awareness indicates that perhaps the most difficult part of such an experience is the feeling of those who remain that they could somehow have prevented it, if they had known that it was about to occur. Along with this feeling is that they *should* have known; that entities tend to feel responsible for whatever happens that is not under their control, if they think they could have somehow kept it from happening, or gotten it under their control.

This Awareness indicates the thing entities often fail to realize is that you can only control what you understand, even if you can control that. If you do not understand something, you cannot begin to control it and sometimes it is not made clear enough for you to understand.

This Awareness indicates that the nature of people is that they tend to blame themselves for that which they see by hindsight, however, they need to understand that they have not been trained in school or in any other areas of life to foretell the future and most entities have not been trained to look for signs of potential suicide in another.

Even when an entity might speak of, or warn of suicide, people tend to ignore it. It is an unthinkable act and they do not want to energize it by giving it much attention. This Awareness indicates that if such a person then indeed commits suicide, the entity feels even worse because he or she says "He even mentioned it, and I did nothing!"

This Awareness indicates that it is very important for
Try To Never Energize Guilt

entities to realize that the action of another in committing suicide, while perhaps it could have been avoided, is not the fault of anyone other than the person who did the deed himself or herself. You cannot always know that your friend, your neighbor, your loved one, your relative, will not commit suicide, but you cannot know this person will do so and therefore you cannot be held responsible for the action of another.

This is in reference to moral responsibility. This Awareness indicates that to energize guilt for someone else's misdeed of this nature only adds more problems to the total situation, for if you energize guilt upon yourself, then not only is the one life of the suicide victim a waste, but it also spills over on your life to help make your life more wasteful also, by the energizing of guilt.

By energizing guilt, you will not be able to live your life to its fullest capacity. This Awareness suggests that rather

than energizing guilt, that you dedicate your life to trying to do something in behalf of the entity who could not cope.

You might, for example, say: "Dear friend, I understand you were disheartened, discouraged, and did not have the courage to go forth with your life. I wish I had been able to be of help to you, but I wasn't. Now I want to dedicate a portion of my life to fulfilling something worthwhile in your name, and therefore, I give my energies toward this particular project in dedication to you, in your behalf."

This Awareness indicates that by doing this, you have turned the negative into something that can be a driving force of energy and dedication for yourself to achieve something in the name of the other person, and this makes it an action that benefits both yourself and the victim of the suicide, and others.

This way you do not end up turning hostility against yourself for not having realized what was happening until it was too late, or for having imagined you have committed an act that drove the entity to suicide.

This Awareness indicates of course there are always those who happened by chance to be teasing or rude or hurt or short or ill-tempered, just before the person committed suicide, perhaps that day, perhaps days previously, and these entities always feel worse, feeling that perhaps their remark helped drive the entity into the suicidal act.

This Awareness indicates that of course it did not, or if it did, it was the choice of the one committing suicide to take it so seriously. This Awareness indicates you cannot blame yourself if someone takes things too seriously and is willing to kill themselves over it. This Awareness indicates the only time you really should feel blame for someone's suicide is if you assist them and encourage them directly and knowingly in the act.

This Awareness indicates of course there is also that concern and area of awareness that entities need to accept, whereby you become more sensitive to the potential for another who is going through stressful times.

If you are truly sensitive to the needs of others and your friend is going through difficult times, simply by being sensitive enough to help them, to sit in for them, to assist them in some way; perhaps it requires that you drive them somewhere or attend to some need or write a letter for them or baby-sit for them; some kind of assistance which they need; this kind of help can sometimes be enough to alleviate some of their stress and problems.

Maybe you will feel a need to take them to a movie, to some uplifting movie, just because they seem down at the mouth. This Awareness indicates that the action of being sensitive to their feelings may actually be saving them from potential suicide or from getting into that head space.

This Awareness indicates on the other hand, perhaps you have simply helped them to get out of a bad mood which in itself is also quite a worthy accomplishment. This Awareness suggests in other words, be sensitive to your friend's feelings. That is part of the *Law of Love*.

CAN THE SPIRIT OF THE SUICIDE VICTIM AFFECT LOVED ONES?

FOLLOW-UP QUESTION:

Can the person who committed suicide stay around their loved ones in spirit form and affect them emotionally, and if so, is there anything that can be done to release this emotional bond between the spirit and physical plane?

COSMIC AWARENESS:

This Awareness indicates that these entities could indeed do so, particularly if the loved one wants them around and calls to them emotionally. For example, one may pass over through suicide and a brother, sister or relative remains

and does not want to let go of the entity and therefore, dwells on the entity continually, thinking about the entity, imagining the entity still being there, and then maybe even begins to relate to the entity as though the entity's spirit were present.

This can help hold the entity earthbound. To release this and let the spirit go, entities need to stop dwelling on the departed entity and imagine him or her going on to some other experience, learning some lesson, and going into the unknown for new life experiences or perhaps going elsewhere to be reincarnated, but the entity must let go of the emotional bondage of the departed and himself or herself.

This Awareness indicates that emotions are the bonds that hold entities earthbound. They may be attachments to friends or loved ones, or the spirit of an entity may be attached to a place, a familiar area, but once these emotions are released and the entity is willing to let go, then the spirit of the entity can go on to other experiences and get on with his or her destiny.

ANY KARMA FOR THOSE WHO CRY "JUMPI JUMPI!"

FOLLOW-UP QUESTION

In regard to assisting a suicide, there's been incidences recorded in the newspaper of a potential suicide, the entity out on the ledge of a very tall building in New York or elsewhere, and a large crowd gathers and they all start chanting: "Jump! Jump! Jump!" And sometimes the entity will stay on the ledge while they chant this, for any length of time, probably up to an hour, before finally jumping. How responsible and what karmic consequences, if any, is that large crowd on the ground chanting "Jump! Jump! Jump!"?

COSMIC AWARENESS:

This Awareness indicates of course they are responsible. The question is: "How do you measure the responsibility of a group, in terms of some standard of measurement?" This Awareness indicates that it cannot be put into some kind of scale of measurement: "On a scale of 1 to 25, how responsible is a group for chanting and influencing someone to jump?"...this cannot be given, because first of all, there's a question of: "How much influence did they have on the entity?"

And the next question is: "How much responsibility does the entity have for his susceptibility to suggestion?" The next question is: "How many people were down there throwing out the influence, and how is it divided among them? Does the one with the loudest voice get the most karma, or the one who chanted once or twice and then became quiet?"

This Awareness indicates that the amount of karma cannot be measured in this manner, but the reality of the intent is a factor, and these entities expressing an intent to see a man jump or this woman, were exhibiting behavior that is unacceptable in terms of spiritual responsibility and therefore, they would have a certain degree of karmic responsibility that might vary from person to person, according to their own desire to see the entity jump.

FOLLOW-UP QUESTION:

In some cases, the entity finds that the longer he stays on the ledge, the more inclined he might be to climb back off and not jump, but because of the chanting, there is sort of a saving face issue. Does that make sense?

COSMIC AWARENESS:

This Awareness indicates that this is the case in many of the situations of this type. For another entity it might be that the entity is so hostile against the society he wants to commit suicide as a statement against society, and when he sees these entities chanting for him to jump, he becomes

angry at them and they become likened unto a small version of society and he might decide to deprive them of their joy. He might become rebellious to them and simply say: "I'm not jumping for you. You have pushed me far enough." And he might climb back up the ledge or away from the ledge and go elsewhere.

It is difficult to measure the exact reaction of the complex human who is at the brink of despair, for there are many forces operating, some in one direction, some in counter directions, and the group of people chanting for the entity to jump might simply be an additional force in an equation of many factors.

BURNING THE WITCHES AND HANGING COWBOYS
(The Karma of the Bloodthirsty Soul)

FOLLOW-UP QUESTION

Would the same reasoning apply to someone who's fate is already sealed? For example, I've read that during the Dark Ages, when they burned a million witches or so, very often huge crowds would gather and start chanting to "light the pyre" and there have been cases of executions and hangings in the old West where large crowds gathered and cheered them on. Is this sort of the same type of karmic responsibility or is this something else?

COSMIC AWARENESS:

This is in the affirmative. This Awareness indicates that wherein an entity is hungry for the sight of death and begins to desire the action to begin out of anxiety, it is an indication of a bloodthirsty soul and this, in itself, implies that this entity is picking up karma for such attitude.

Even if the victim is somehow set free at the last minute, and the crowd is disappointed that they did not get to witness the death of someone, these entities in the crowd still have exhibited their intent and the intent is that which amplifies the karma.

This Awareness indicates the intent to kill an entity is capable of creating as much karma as if the entity had actually been killed from that intent. The intent to hurt someone creates the same karma as if the entity had been hurt. Just because someone prevents you from injuring someone else, when you *intend* to injure them, this does not relieve you of the karma for your intended injury.

If You Accidentally Hurt Someone: Is There Karma?

Or, supposing you throw a knife or shoot a gun at someone with the intent to kill or to maim, the karma would still occur, even if you accidentally missed. This Awareness indicates if you accidentally hurt someone and it was not a clearly motivated subconsciously intended accident; in other words, if you really accidentally hurt someone, there might not be any karma at all, but if there were, of course, as many say, "There are no accidents!", and your accident had a subconscious element of intent, then of course there would be some degree of karma, even if it were an accident.

A true accident might occur, for example, if you had entered into a house in which the electricity was turned off, this being just an example, and you asked someone to go check the fuse box. The entity goes to check the fuse box and somehow suddenly the city or a third party out on the street flips the switch and the electricity comes on just at the moment when this person, under your instruction, stuck his or her finger into the fuse box to see if there was a fuse there; this would be an accident, the kind of which you yourself would not even subconsciously be the cause of, for you would have no way of knowing that the city or the electric company was going to throw a switch or that there was no fuse in the box to begin with or that your friend would be foolish enough to stick his or her finger into an open socket.

20. If You Desire to Take Control of Everything In Your Life

There *are* such things as true accidents, even though most people would like to think you have enough control over everything that you can say "There are no accidents" and take full responsibility for everything in your life. This Awareness indicates that desire to take full responsibility for everything in your life is an attempt to make oneself feel all-powerful and all-capable, if only they were more aware, and this is sometimes quite foolish, to have such an attitude or belief, because it is not practical and it is not true in every situation.

This Awareness indicates, however, it does have some merit, in that it suggests to entities that they may have more capability to control their lives than they would like to admit. Some people would like to think they have no power, they have no control over their lives. Others would like to go to the extreme opposite and say, "I am in charge of everything in my life!" and this makes them feel good, and if things go wrong, they can say "I need to be a little bit more aware, because I have control of everything in my life, and this should not have happened!"

This keeps them in an attitude of power or empowerment. It may be false, but it makes them feel more important than they really are, and that is what they are after. This Awareness indicates that it is perhaps no more valid than the entity who says: "Everything happens to me, I don't seem to be able to make anything work. It is because everything happens to me, and I don't have any control over what happens to me."

This person sees himself as a victim. The other person sees himself as being in charge of his entire domain and thinks that it is better to have such an attitude. This Awareness indicates the more accurate approach would be to recognize there are some things that you just can't control, and you don't have empowerment over and that those things which you do have power over are your responsibility, but those things which you cannot control are for you to learn about, and to acknowledge as being separate from yourself, and to accept for what they are.

This Awareness reminds you of the song by Leonard Cohen, the words being something to the effect of: "Oh you, who must lose everything that you cannot control, it begins with your family, but soon it comes 'round to your soul." This Awareness indicates that there are many entities who feel that they must control everything, and with such an attitude they often begin by controlling others around them. Before long, they find they have lost control of their life and eventually can very easily lose control of their soul.

This Awareness indicates therefore, *It* cautions entities who have this attitude that they must be in charge of everything in their life and that they are responsible for everything that happens to them or that anything which happens happens because they subconsciously wanted it to happen

There are some things that are out of your control, even out of your subconscious control, and to think otherwise, is to be very vain indeed.

For more on suicide, please refer to 'Revelations of Awareness' Issue No. 79-29 (Suicide: An Indepth Report); \$5.00 from CAC.

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