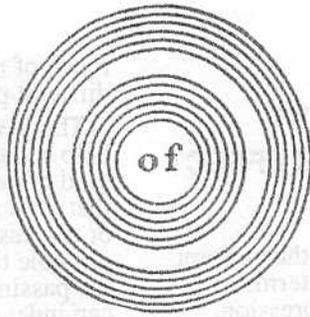


Revelations

The Cosmic Newsletter



Awareness

COSMIC AWARENESS COMMUNICATIONS
P.O. Box 115, Olympia, Washington 98507
Helping People Become Aware

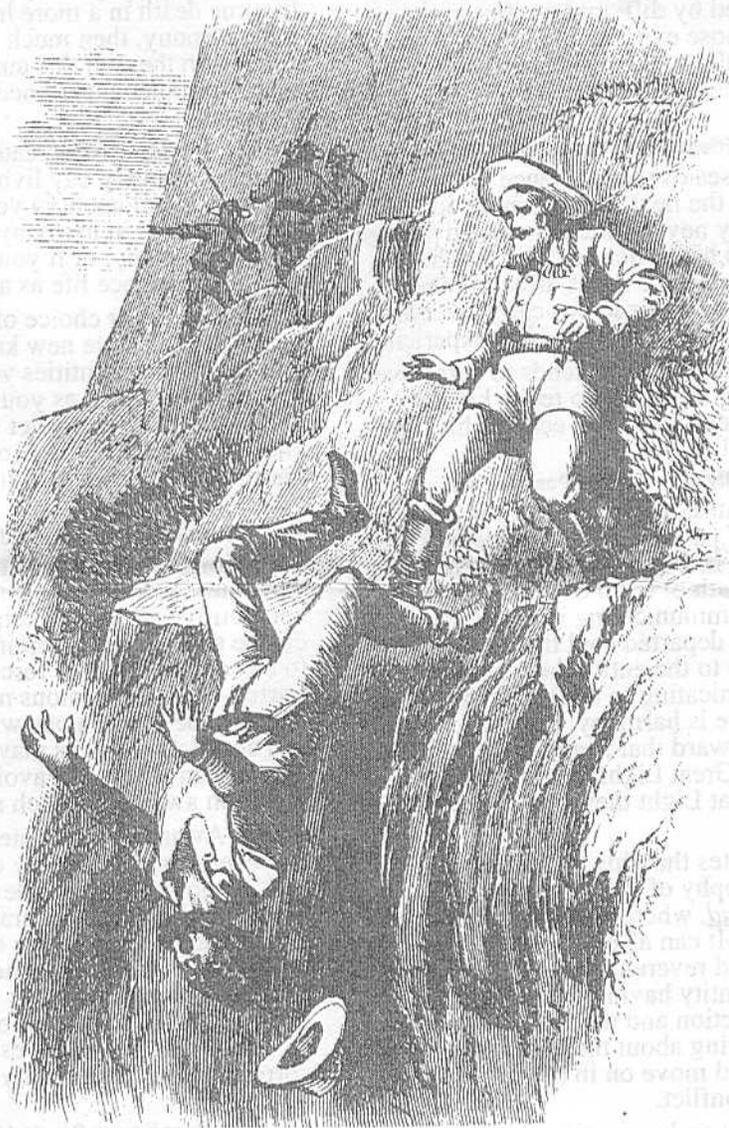
FAX: 360-352-6294
INTERNET: CosmicComm@aol.com

Celebrating our 25th Year

97-12

Issue No. 489

\$3.00



The Moment of Death and Its Effect on One's Karma or Future Life Expression

- ◆ --The Meditation of the Clock: An Exercise to Open your Channel to All That Is
- ◆ Can we Attract that Perfect Mate?

INDEX IS ON PAGE 7

Opening Message (CAC General Reading, Oct. 9, 1992)

THE MOMENT OF DEATH AND ITS EFFECT ON ONE'S KARMA

COSMIC AWARENESS:

This Awareness wishes to discuss briefly the concept of passing over and the moment of death in terms of its effect on one's karma or one's future life expression.

This Awareness indicates that there are many ways whereby entities can pass over. There are many situations that are experienced by different entities at the time of passing over. Those experiences in which the entity is most peaceful allow the greatest ease in terms of passing over, allow the greatest harmony in terms of karma.

A Violent Death Will Effect the Entity in Next Lifetime

Wherein an entity passes over in violence or conflict or terror, it often affects the next life in a more adverse manner, so that the entity never quite gets the advantage of feeling harmonious in his or her next life for there is always an underlying tension or stress affecting the entity that is based on the subconscious carry-over and memory of the entity's death in previous life experience.

This Awareness indicates that this tends to carry over into the next life, causing the entity to feel a kind of conflict, even into that next life, as an echo of his or her death from the previous life.

How to Help an Entity After he has Passed Over

This Awareness indicates, however, that it is possible for entities at the time of passing over to help an individual even *after* the moment of death through talking, following the death of the individual, through talking, meditating or communicating in a meditative manner to express to the departed soul their love and affection, and to indicate to the entity the way by which they may travel, communicating to them that they have passed over and that there is harmony, there is Light and that they should move toward that Light, and that they are in safety within that Great Light beyond death and that in moving toward that Light they can find greater peace.

This Awareness indicates that this is especially dramatized in the philosophy of the Tibetans, in *The Tibetan Book Of The Dead*, whereby a formula for such communication is given. It can also occur to a lesser degree through prayer and reverence at the time one passes over, so that the entity having passed over receives respect and affection and the belief and imagery from entities caring about the entity, so that the entity can make peace and move on in the spiritual realms without feeling conflict.

It depends considerably on how entities react to the entity's passing over and if they can project harmony to the entity so that the entity feels that harmonious vibration. This Awareness indicates that this can be very helpful to entities in terms of pacifying some of the karma that may have come about from a violent or disturbing form of death.

This Awareness indicates that likewise, when entities have moved into a future life after having experienced a violent or disturbing death, to work with someone who can take them back in time to their previous moment of death so that they can experience this and let go of the trauma that may have been experienced so that they can see it without resistance, experience it again without feeling a resistance to the death that they previously endured; they can minimize the disturbance and emphasize the harmony of the passing over, and it can reduce

much of the basic karma caused by that violent or difficult passage from that previous lifetime.

This Awareness indicates that understanding this may help some entities, if in their present lifetime they feel a kind of basic stress or conflict deep within themselves that does not appear to resolve, even when there is little or no reason for such stress or conflict. It is very possible that it is a basic part of their soul memory of the passing over from the previous lifetime, and if they can indeed re-experience this from a meditative level and relieve the stress and conflict and experience harmony as though they were dying again that previous lifetime death in a more harmonious manner, accepting it in harmony, then much of the tension that they may carry with them in this current life can be dismissed and more harmony experienced as part of the soul level and vibration.

This Awareness indicates that likewise, in a parallel sense, your every day living experience will allow you to face each moment in your present life with a kind of attitude that is in harmony and emphasizes and works toward harmony, or if you choose otherwise, will allow you to experience life as a kind of conflict.

The attitude or choice of attitude is yours, and can allow you to create new karma on a day to day basis, so that as you meet entities you are competitive and in conflict with them, as you meet experiences you are competitive or in conflict with them, if that is your choice, or you may meet each new experience feeling in harmony and joy and with a sense of compatibility, if that is your choice.

The Competitive Attitude Generates the Most Karma

Obviously, the attitude of seeking to be compatible generates, as a rule, the least karma, whereas the competitive attitude generates the most karma. There can be exceptions, wherein if you find yourself seeking to be compatible with forces that are of a negative hostile or disharmonious nature, the compromise of trying to be harmonious with such negative and hostile and conflicting forces may in fact bring you into greater karma than if you had avoided and moved in a different direction away from such negative energies.

This Awareness indicates that in a general sense, however, for the majority of situations, compatibility and harmony as a lifestyle generally creates the least karma, and conflict generally creates the most karma. This Awareness indicates that most entities have an inner understanding of when they are violating other creatures, other entities or principles that are important and right to their concept of spiritual correctness, and when they find themselves in conflict with spiritual correctness, they generally are creating some degree of karma.

Most Karma Created Between Years 15 and 30

This Awareness indicates it is generally easy for entities to create karma and most entities create the greatest amount of karma in their lifetime between the ages of 15 and 30. Generally, before that or after those years, entities become a little more settled and responsible, or prior to that time they become relatively harmless and obedient in their behavior or their mischief is of such little consequence that they do not actually create great karma affecting others in an adverse way.

This Awareness indicates that the time between 15 years and 30 years of age is an extremely volatile time for creating karma, for doing things that are violent or evasive or abusive in action toward others, because the entities during those 15 years are undergoing very strong bodily changes, hormonal changes and emotional

changes that become more intense than at almost any other time of their life.

This Awareness indicates the activities that result from these internal tensions generally have more consequence than might occur during childhood or later lifetime experiences. After the energies ease off in the period of the 30s and 40s, the entities generally are somewhat more guided by rational behavior than by such strong emotional impulses and forces of the deeper emotional and subconscious or passionate energies.

This Awareness indicates that it is possible for some entities in later years to create adverse karma from being too rational and cold and calculating and to do things that they would never have done when younger, and therefore, karma can be accumulated throughout an entire lifetime so that negative karma may affect an entity from behavior at a later age in life, and perhaps not during the younger period indicated between the ages of 15 and 30, but this is more rare.

This Awareness indicates that the important thing to realize is that there are always opportunities of creating negative karma. Certain eras or time periods in your lifetime are greater for this action because of the emotional and hormonal effects on one's changing body and the influences of these hormones and chemical imbalances during these certain time periods, and there are also opportunities for developing good karma during similar intense periods of one's life and the importance is to minimize the negative karma that one develops in a lifetime and emphasize the more positive karma that one can develop in that lifetime.

How Krishnamurti Balanced Karma Created as a Youth

The more positive karma can sometimes offset the negative karma that has been developed so that a child or a young person who was extremely wild and unruly during youth may turn about and spend the rest of his or her life helping others. It is said that this was the case of J. Krishnamurti; that he was very wild and unruly as a young person, but that he later became a great teacher and helped many entities.

This Awareness indicates therefore, keep in mind that the life you live has a certain value and purpose in its relationship with the karma you create for yourself and that this, of course, also affects in some ways the welfare of others and their experiences, when your life touches theirs. It is important that you keep a sense of value toward those behaviors that relate to the creation of karma in your life.

This Awareness indicates that as you recognize the nature of karma in your life and emphasize the development of more positive karma in your day-to-day behavior, your general life experiences begin to bring better rewards, and your future lifetimes bring you much greater reward for having lived a life of good karma in the past.

This Awareness indicates that *It* wishes entities to better understand this so that they do not fall victim to lamenting and complaining about their bad luck in life when in fact it may simply be a carry-over of their own karma from having violated others or abused others or wronged others during earlier years in this life, or in previous life experiences.

If you want good karma, you must create good karma. To lament and complain does nothing to alleviate the karma.

How About Those who Just Accept Karma?

FOLLOW-UP QUESTION:

But isn't it true there's a lot of entities that will use that as an excuse to do nothing, saying that they're just

mired down in karma and you just gotta ride it out through this lifetime and just live with it rather than trying to deal with it?

COSMIC AWARENESS:

This Awareness indicates that if one accepts negative karma as something that is likened unto a birthmark which one must endure, and the entity does not attempt to overcome the handicap, then the karma, like the birthmark, continues. This Awareness indicates that one can accept a negative karma without doing anything to repay or make amends, and the entity will simply continue to experience the symptoms of the negative karma.

An Example of Positive Karma Behind Prison Bars

If you can imagine a person who is sentenced in a prison to be forever punished for some error in the past, but who begins to take charge of his or her life and do things of a positive nature, helping others with whatever opportunity is available, not because they want to impress the guards or warden, but because they want to be a different person, and to do things for others in a positive constructive way, and the entity working to help others, putting himself or herself out in a positive constructive way, not only equaling, in the opposite sense, the negativity and destruction that had brought them to this place, but going beyond to create so much good that it becomes greater and more constructive than the destruction they had previously caused.

This Awareness suggests if this becomes so noticeable and so powerful a part of that entity's life, that the entity is no longer even capable of being negative and destructive toward others, the entity has reversed the karma from negative to positive; and even if the entity were never able to leave the prison because of the infractions of justice or because of the sentence previously given, the entity would experience an uplifting of the soul, and an uplifting of the entity's self-worth in such a way that the prison walls would have no meaning. The entity would feel free from these confinements.

This Awareness indicates that positive karma can overcome any negative karma in terms of situations or circumstances and affects in reality the attitude of an individual, bringing the individual true freedom that cannot be measured or equated as a confinement by mere walls or bars that are placed in the entity's way. This Awareness indicates that the soul can become free in spite of bars and walls.

This Awareness indicates that good karma opens doors, opens the way for entities to be of ever greater benefit and service and therefore, eventually, the entity who has begun to build good karma, finds ultimate spiritual and physical freedom and benefit.

LIVING WITH THE FEAR OF DEATH

FOLLOW-UP QUESTION:

There was a talk show the other day I happened to tune into for a moment, one of these interviewing things, where they have a whole bunch of women that relate their stories in a certain area, and one of these women was saying that she was so afraid of death, that it affected her every action. Every action that she did, she did it with this knowledge of trying to escape from ever having to die.

Now, there is this school of thought that says that basically, everybody with all of their phobias and everything, relate down to one bottom line which is the fear of death. Is this true? We know there is a death wish. Is there a death fear, as some of these people claim, or is this just individual problems or carry-overs from other lifetimes?

COSMIC AWARENESS:

This Awareness indicates it is more a fear of the loss of one's identity; that entities generally feel that death would be the loss of one's identity. But many entities who do not believe one's identity is lost at death can accept the physical death with less fear than others for they believe that their personal identity would continue on.

This Awareness indicates that generally, the entity who has the greatest personal fear of dying is one who has not fully developed their identity and does not feel it would hold up through the death experience and they simply don't want to lose their self-identity after having invested so much of their personal energies into it.

How One's Personal Identity Develops

This Awareness wishes that you understand that one's personal identity is much like the development of a pearl in an oyster; it develops through the irritation of the sand and the flesh commingling and causing an irritation. The pearl, over long periods of time developing, much like the individuality of a person developing from irritations of life experiences, difficulties, friction, conflicts, pain, suffering, gradually creates an individuality that is complete and greater than the original consciousness so that upon death the individuality is hard and fixed, much like a pearl in consciousness that survives the experience of death.

The Definition of an "Old Soul"

This Awareness indicates that entities who have reached this level of individuality do not generally have such a great fear of death as do others who have not developed their individuality. The young soul, compared to the old soul. The old soul is essentially an entity who has developed a strong sense of individuality, and can survive death after death after death and lifetime after lifetime and still feel that they are an individual capable of continuing on even beyond the death of the physical body.

This Awareness indicates that this does not mean they are unafraid of dying. Everyone has a certain fear of the unknown, which is why entities are often afraid of the dark, but it does mean that they do not let the fear of the unknown, or the fear of death create such terror in their lives that they cannot function in their lives with an effectiveness that is satisfactory to them as an individual.

Thus, they may be frightened of dying and still have principles or concepts or values that are more important to them which cause them to act. Even though threatened by death, they may act out their principles and values without letting the fear of death stop them.

This Awareness indicates that these entities would not fit under that definition that "Everyone is at the bottom line afraid of dying," for there are entities who do not fit this definition. There are many who have given their lives because there is something more important to them than preserving their lives and often it is something they value even more greatly than their personal lives or continuance.

This Awareness indicates that this something which they value, generally is part of their individuality. They may, for example, value honor or courage, or freedom or love of someone to such a strong degree that they are willing to give their lives for these things they value. These things they value are part of their individuality and they know that their individuality cannot continue if they compromise and destroy those things of value to them.

Therefore, they hold true to those things they value in order to preserve their own individuality and the things

they love and value. This Awareness indicates that this becomes stronger than the threat of death to them. There is a sense of immortality to their particular values that make up their individuality, and by staying with those values and their individuality, even though death, they feel more immortal than if they gave up those values in order to save their skins, in order to save their lives.

It would be a greater death to them to compromise and sacrifice their beliefs or values and individuality in order to save their physical self, for the physical self they do not value in the same way as they may value those certain principles which they embrace.

This Awareness indicates that when an entity passes over carrying those particular principles, when an entity passes over carrying a completed individuality, the entity may reincarnate in a future life continuing to hold those principles with a kind of unspoken or undefined attachment that develops again very quickly for the individual.

Thus the entity may have these attachments in one life, carry them over into the next life and by the age of even 5 or 6 may show strong character qualities embracing loyalty, or some other quality: courage, loving commitments, or whatever else the entity has held as valuable, and entities might wonder where did he or she learn this loyalty or courage, or whatever quality the entity has carried from the previous lifetime.

Do Corporations Create Karma?**FOLLOW-UP QUESTION:**

In regard to karma, is there a karma for corporations or executives who make decisions that affect masses of people adversely? For example, deciding to close a plant and move it to Mexico where labor is cheaper and thus throwing out into the streets and out of work, thousands of long-term entities who have been working there; is this karma in such cases, or is it is part of the grand design, to put thousands of entities into situations of great challenge in order to accelerate their soul growth?

COSMIC AWARENESS:

This Awareness indicates that karma essentially is cause and effect as it relates to a certain circumstance or situation or individual and therefore, a nation can have karma. Of course, a nation is not an individual entity, as is a human, but it does have its own momentum based on its history and its behavior. The entities who have made the nation what it is, may carry the greater karma for that nation, but one can say that the nation has karma.

It can also be said the same of corporations, and a corporation that has violated its employees or the environment or has been used as a sham to defraud the masses, will have that history as part of its karma, and it may come up later, or at some point, where these things are brought out, and even if the corporation by that time is doing better, there may still be some stigma from the earlier violations that results in boycotts or bad publicity or something that harms the corporation, and serves as a negative karma to it.

This Awareness indicates, of course, the individuals who caused the corporation, the inanimate creation, to be what is held a greater karma.

Will a Suicide Repeat Suicide in Next Life?**FOLLOW-UP QUESTION:**

In regard to the karma of a suicide or someone who allows his life to be extinguished before his time, in the book *The Secret Doctrine* by Madam Blavatsky, she quotes Tibetan sources to the effect that "at whatever age one puts off this outward body by free will, at that

age will he be made to die a violent death against his will at his next rebirth."

That statement isn't necessarily true, is it?

COSMIC AWARENESS:

This Awareness indicates that this appears to be the general tendency of the Law of Karma. It appears that it follows certain patterns. There can, of course, be some exceptions to the Law of Karma which are based on the Law of Grace. It appears that only the Law of Grace can alter the Law of Karma, and the Law of Grace is not something the karmic-laden individual can manipulate or use.

The Law of Grace the Only Thing that can Release Karma

The Law of Grace is that which is bestowed by higher spiritual beings when it is clear to them and to their wishes that the entity deserves a graceful release from karma.

Extreme Unction: How Effective is it?

(FOLLOW-UP QUESTION)

In the book *The Transition Called Death: A Recurring Experience*, by Charles Hampton, he had a little bit on Extreme Unction. I'd like to read a bit of this and ask Awareness if this information is valid and could it perhaps expand on it?

He writes: "If the departing person is fortunate enough to secure the help of Extreme Unction, the process of dying may be made much more precise and correct as well as more comfortable. Time and again we have had evidence of the efficacy of Extreme Unction, but few people make use of it.

"It is administered with two ideas in mind, either to effect a healing, usually an almost instantaneous one, or else to assist the person to get out of his body easily. We will give one instance of almost instantaneous healing by Extreme Unction. "I was called to attend a medical doctor in Washington, DC., obviously dying, or so it seemed, of double pneumonia. He was an old gray-haired man. Two doctors were attending him and he himself knew what to do and what to expect. He looked so far gone that I gave him Extreme Unction in order to help him die easily.

I returned to New York and went back to Washington in two weeks and met my doctor friend on the street, perfectly well. He said that within 24 hours after the unction was administered, he completely cleared his lungs and rapidly recovered."

My question: Is that Extreme Unction* ritual a psychological thing in cases like this, a placebo? or is it as this author says, sometimes an effective healing device, and if so, how does it work?

*Extreme Unction: the sacrament administered by a priest to one in danger of death, through application of holy oil to his organs of sense, and recital of prayers.

COSMIC AWARENESS:

This Awareness indicates the action is of a psychological nature, whereby it is described in the books in careful detail, but whereby generally it has to do with using one's mind to alleviate through focus and directing of consciousness, to alleviate an entity's suffering, even if it results in the passing over.

It is a kind of mental ... This Awareness indicates the word is difficult to find. It is likened unto the energy involved in dissolving a cloud, whereby the mind is focused on healing the problem the entity suffers from, even to the extent that the relief of the problem might cause the entity to pass over sooner.

If you focus on an entity and see that the entity is suffering and the suffering is causing illness, and you can see that the entity suffering is caused by some

psychological distortion in the entity's psyche, and you focus with all your might on that distortion to lift the energy of that distortion from the entity, and you know that the distortion is part of the entity and to take it away might leave the entity void, yet you feel it is essential to have this negative distortion removed from the psyche of the entity and you focus with such intensity as to drive that negative distortion from the entity's being; that is essentially the activity behind the unction.

Similar to Jesus Driving Out the Swine

This Awareness indicates that it is associated in part or to some degree with the similar behavior of Jesus in dragging out the swine or demons within an entity. It is very similar to that which was described in Scripture as the driving out of swine, which represented demons, from the entity. This Awareness indicates that it is done as a psychic maneuver.

When Does the Revue of One's Life Occur: At the Moment of Death or in the Bardos?

FOLLOW-UP QUESTION:

Awareness has given considerable information on the after-death experience and it's my understanding that in the *Book Of The Dead* it says for many entities it takes 45 days to go through the Bardos, and at the time where their past life is reviewed, Hampton's book says: "As the life force withdraws toward the heart, one suddenly remembers having done all this before in former lives on earth and that memory banishes whatever apprehension a person may have.

"The peaceful countenance of the dead testifies to that. It not infrequently happens that the candidate for death will see some of his dead relatives and friends as well as angels, for angels do attend and help at both birth and death. When the Reverend Dwight L. Moody was dying, he said: "Earth is dissolved, heaven opens before me. Do not call me back. If this is death, it is beautiful. Irene! I see the children!"

Now could Awareness explain, is this accurate, that the review of the entity's life comes almost momentarily at the moment of death or does this occur during the 45 day journey through the Bardos, or at some other time?

COSMIC AWARENESS:

This Awareness indicates it appears to the entity at the time of death in a very, very short moment. The entity's consciousness speeds up in terms of the viewing of elements of his or her life, whereby these things go very quickly; but if someone were experiencing it, it would be full experiences in great detail, and if it were possible to keep time in the terms of earthly time, it would be but a very short moment of physical time.

It would not last into minutes or hours, but would be a matter of brief moments or seconds at the most.

FOLLOW-UP QUESTION*

Does the average entity require, as the *Book Of The Dead* states a journey of some 40 some days to achieve this, or is this speeded up in a lot of cases?

COSMIC AWARENESS:

This Awareness indicates the 40 some days allows the entity a more complete reading of these energies, a more complete experience of the energies, but those who are not given sufficient time for the complete experience generally have a more rapid and less deep experience, a more shallow experience of this nature. It would be of greater benefit to entities to experience the deeper levels at the time of passing over.

Embalming the Body Should be Delayed for 7 Days

This Awareness indicates the problem involved is that many of the laws in your modern society require the

body be quickly embalmed and the embalming process speeds up the passing of any remnant life energies that would otherwise remain with the body; that if the body can experience seven days between death and embalming, it would be much better for the entity, to allow a greater death experience.

This Awareness indicates that much of this information has been already given in the material by Ralph Duby relating to the passing over.*

* Please refer to the booklet, "Instructions for the Passing Over" available from CAC. Price: \$3.00.

Does Everyone Need Some Assistance?

FOLLOW-UP QUESTION (VIKIKI):

In the cases of the people that I know, I've had a feeling that they're as much at ease in these other realms, or even moreso than they are here, and the feeling I had was that they didn't need this ritual or going through all these steps for their transition. Is that a misconception?

COSMIC AWARENESS:

This Awareness indicates that generally, if entities have time prior to death to experience the transition, if entities experience illness prior to passing over, they generally have time to prepare for the passing over, and are not attached to the physical plane. It is the person who is suddenly taken without preparation, such as the entity in an automobile accident, or killed in a war, that might find himself or herself in a situation of sudden transition that will have the most difficulty in passing over, and these entities would benefit most by having someone who could talk them through as with the rituals used by the Tibetans in their traditional work with the passing over, whereby they talk the dead into the next realm.

This Awareness indicates that these are the ones who would benefit the most; that when an entity spends months, weeks, or even days for preparation for passing over, they have generally transformed or transmuted much of their energy into the next plane or dimension prior to that passing over and do not need as much help in adjusting to the next realm.

The Entity Attached to the Physical will Need Assistance

This Awareness indicates that likewise, entities who have a strong spiritual attachment to the higher spiritual forces, tend to have less difficulty in passing over. It is the entity who is attached to the physical that may need help in getting beyond the physical and if they cannot get beyond the physical, they may remain attached to the astral shell somewhat and hang around as a kind of ghostly figure until somehow released at some time in the future.

These become disincarnated spirits, or disembodied spirits that are still attached to the physical plane.

No One Ever Dies Insane: True?

FOLLOW-UP QUESTION:

In this book *The Transition Called Death: a Recurring Experience*, one other question comes to mind on this one subject which refers to the insane. I'll read what it says here.

"Another point should be recorded, namely that no one ever dies insane. There is a moment of complete lucidity, before even the hopelessly insane pass away. Most people who are insane in the body are completely sane when they are free from it. A friend related an incident that confirmed this statement. She and her family arrived late one day in an Italian village and they had to take whatever lodging they could get. My friend

was given an attic room and before falling asleep, she heard grotesque and disquieting noises in the next room.

"In spite of the frightening disturbance she at last fell asleep and then had a conversation with a gentleman who was very apologetic. He said that there was nothing to be afraid of; that when he was out of his body he was quite sane, but that he could not control his body or stop it from making noises, because it was insane and he was sorry it disturbed her.

"In the morning all of this was confirmed by the lady of the house. It was her brother, whom she always kept locked up. He was quite harmless and she took him out in a wheel chair for the sun and air, whenever possible. She asked that no complaint be made to the authorities because she did not want him taken to an institution, but wanted to give him what love and protection she could.

"A pathetic story, especially for the cultured gentleman tied to that wretched body, but who, in spite of his affliction, was kind and considerate. The person who knows something of the inner side of such tragedies is able to act as an invisible helper with such people when free from the body and sleep, and much good work is done by those who know and understand."

Is that valid information about the insane people.

COSMIC AWARENESS:

This Awareness indicates this is in the affirmative; that generally the physical body which exhibits insanity has a problem relating to what may be termed "crossed wires or crossed circuits" of information, whereby signals from one circuitry get crossed with another and cause confusion in terms of emotion or in terms of reason.

This Awareness indicates however, that it does not necessarily mean that the disembodied spirit is never insane or never has irrational thoughts or behavior, for there are those disembodied spirits that likewise may have problems which could be analyzed as carrying certain human mental disturbances, and which, if analyzed by a good psychologist or psychoanalyst, could be shown to exhibit certain types of insanity or mental problems.

Spirits Involved in Multiple Personalities

This Awareness indicates that some examples of this type of disembodied spirit might be found, for example, in the spirits that incarnate through multiple personality cases, wherein an entity with multiple personalities might be relatively sane with one personality, but when another person comes through, the entity's new personality might exhibit insanity of some nature.

This Awareness indicates that likewise, there are situations or circumstances in which disincarnated spirits have spoken to individuals and more or less caused them to do psychotic things, wherein the entity would not do such, except when that disincarnated spirit is working through him. This Awareness indicates that this would suggest not all disincarnated spirits are necessarily sane just because they are out of the body.

This Awareness suggests, however, that most of the individuals who exhibit insanity have some physical disturbance involved that helps to contribute to that insanity. This Awareness indicates it appears that some of the individuals who are insane have personalities that have been warped toward insanity and may not actually have any major physical problems contributing to the insanity.

There can be, on occasion, chemical imbalances that contribute to the insanity and these may be considered as physical conditions, depending on how one wishes to

view the definition. This Awareness suggests the Interpreter be brought from trance.

(The Law of Gratitude is given)

Ed's Note: the books mentioned in this reading: The Secret Doctrine; Tibetan Book of the Dead; The Transition Called Death, are available from CAC. Please refer to the Book Catalog sheet.

For more on death and after death, please refer to the following "Revelations of Awareness" newsletters:

Death (After.) - situations of Jim Jones and followers.....	790306
Death (Concerning...)	770812
Death (Meeting loved ones at the time of...)	930403
Death (Overcoming...) - creating the body of light.....	792912
Death (The many motivations for...) - how murder victims brought it on.....	822003
Death (You don't go anywhere at...)	911105
Death after suicide - what happens then?.....	792902
Death and Dying (On...) - after death experience.....	812701
Death begins in the colon.....	920205
Death - does not erase memory.....	784704
Death - exit of soul-stuff takes 2-3 days.....	784703
Death experience - is coming through this like having an orgasm?.....	891311
Death experience - is there one between each vibratory rate? - more on teleporting the body.....	861406
Death of Babaji (The...) - 9,601 years old.....	841806
Death of entity - helpful suggestions can still be given for 2-3 days.....	784703
Death penalty and dealing with criminals.....	770401
Death Ray - "The Malevolent".....	822302
Death rays (US has...)	822303
Death - what happens after death to those with no preconceived notions?.....	803411
Death - while sleeping/factors that determine future situations.....	780906
Death wish (How to deal with a big...)	880106
Death Wish (Suicide through the...)	792903
Death Wish - its relation to cancer and how to reverse it.....	822105
Dead (Communication from the...) - via High-Tech.....	961603
Dead (Device that communicates with the...)	961514
Dead (Grateful...) - what's behind this phenomenon?.....	960211
Dead Sea Scrolls Cover-up (The...)	960104
Death (Fear of...)	960302
Death (The things we will remember after...)	961117
Death and Priorities - the only solution.....	961607
Death Experience (Near...)	961416
Death Row (A message from...)	961301
Death - the control that controls control.....	961008

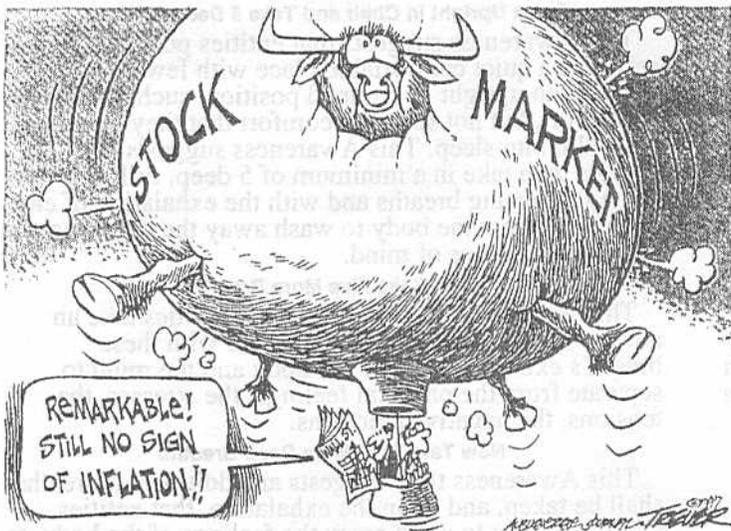
WHAT IS COSMIC AWARENESS?

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

Interpreters for readings in this issue:
Paul Shockley
Grace ***

IN THIS ISSUE

The Moment of Death and Its Effect on One's Karma.....	2
How About Those who Just Accept Karma?.....	3
Living With the Fear of Death.....	3
Do Corporations Create Karma?.....	4
Will a Suicide Repeat Suicide in Next Life?.....	4
Extreme Unction: How Effective is it?.....	5
When Does the Revue of One's Life Occur: At the Moment of Death or in the Bardos?.....	5
Does Everyone Need Some Assistance at Death?.....	6
No One Ever Dies Insane: True?.....	6
Do Lawyers Take an Oath in Order to Lie and Cheat?.....	7
Grace is Shaken by the Duo Nature of her Channel.....	8
The Meditation of the Clock (an Exercise to Open your channel to All That Is).....	8
Are There Places in the Universe Where Light Workers go to be Spiritually Cleansed?.....	9
Is the Diameter of a Human Actually 300 Feet?.....	10
Using a Pendulum to Measure and Heal the Aura.....	11
Negative Feelings in an Exchange.....	11
Is Life an Illusion Full of Movies?.....	11
Does Saying "I am Perfection" Cure Cancer?.....	12
Can we Attract Our "Perfect Mate"?.....	12
(Do we all have a "Divine Right" to a Soul Mate?).....	12
Can we Write to Angels to Invoke Help?.....	13
Will "Hot" Astrological Periods Bring Luck? (What About Prayer During These Periods).....	14
Competitive Sports: Are Hostilities Released by Spectators?.....	14
Releasing Anger While Watching Sports.....	14
Who "Stole" Eitan Patz and Why?.....	15
Duo Nature of Grace's Channel to Bring Forth the Lessons of Enlightenment.....	16
Why Cosmic Awareness Doesn't Know Everything.....	16
Music Played Backwards: Fact or Imagination?.....	17
The "Toronto Blessing"—Falling Down Laughter in Church.....	17
Suff Whirling Dervishes: Is this Spiritual?.....	18
"Speaking in Tongues" Phenomena: Is it Spiritual?.....	18
How is Human Life Perceived by Disincarnate Spirits?.....	18
Inter-Species Communication: (Vikki T. has Chat with Cat).....	19
The Tiger who Almost Pissed on the Editor.....	20
Grace is Jarred by her Verbal Channel.....	20



VISIT THE NEW C.A.C. HOME PAGE ON THE INTERNET

CAC now has another site here in Olympia. It contains a lot of information on the history of the Awareness Movement, what CAC is all about, plus colored photos of the entities who make this newsletter possible: Vikki T., your editor, Paul Shockley, Strongbow, Lady K, Rufus and Wilber. There is also information on some of the health products available: Silver Wain Water, Silver Wayne Water Colostrum and Silver Wain Water Colloidal Minerals. Check us out. You can also click and tie in to our other website (tescat site). Just type in:

members.AOL.com/cosmicomm/cachome/cac.html

Note: non AOL users may have to type in the following before adding our new site: http://

C.A.C. General Reading, July 2, 1997)

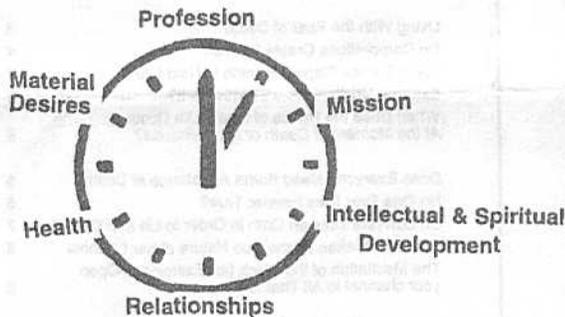
Grace is Shaken and Confused by the Dual Nature of her Channel;

OPENING MESSAGE

This Awareness indicates that the channel is shaken and confused by the dual nature of her channel, whereby the openness and receptivity to her developing verbal channel has both acknowledged the presence of the written channel and at the same time has made it suspicious of it.

This Awareness suggests that she relax and trust and have faith and not worry or concern herself about the format, the timing, or the production, or the lessons. This Awareness suggests that she continue in the traditional question and answer period to do what she feels necessary regarding the organization of information that has already been delivered through her verbal channel and will continue to be delivered through her verbal channel. This Awareness indicates that the presentation of the lessons themselves meets with the approval of all involved, so that the ideas are maximally accessible to the readers.

This Awareness suggests that certain verbalizations concerning Lesson One of the Lessons of Enlightenment regarding the Spirituality of Humankind can be reiterated if so desired. There is no further message without a response at this time.



THE MEDITATION OF THE CLOCK

(An Exercise to Open Your Channel to All That Is)

QUESTION:

A question from Joan Clair T., Cottonwood, AZ. I'll read her statement. "I am aware that all which our High Self in the Oneness has created, was perfect and forever remains perfect, unless via misuse of free will, one creates blocks and interferences to the Divine Flow of Spirit Light.

"When man did this he began to experience discord and to feel a sense of separation from the Source and Center, the Oneness, and eventually, he even forgot his true identity, and like the Awareness stated, he also forgot how to return to the higher dimensions, so he was trapped.

"How happy I was to hear the Awareness verify these facts! Now many of us desire to return to that state of Awareness, wherein we truly know our Beloved Creator and are re-united consciously with Him, the Oneness, thus we are restored to our "right" mind; that mind which was also as Christ Jesus, and thereby our own Divine memory is also restored.

"I am aware that one's first step toward this goal is to choose 100% and no less to live in full harmony with

our Creator's Will and therein, we naturally fulfill the Law of Life, Divine Love. I am also aware that there are countless methods of attuning our hearts to focus on the Divine Reality, that Living Truth which sets us free, yet no method is in and of itself "the Way," only the basic principle or Spirit which is behind, and within that focus and/or activity is the way.

"However, I would deeply value any and all advice which the Awareness feels is appropriate to give to me in order that I may attain my goal, of being as God created me to be. I do aim to constantly be aware of His presence and to ask and listen and cooperate with the indwelling Spirit in so doing.

"I have been guided to ask for the Awareness' advice. I send my love and blessings to all who are participating in helping me and others to reach the Divine Goal." That's the end of her statement.

COSMIC AWARENESS:

This Awareness suggests that this entity does indeed possess the understandings regarding her place in the universe as an entity, an element, a representative entity in the Spirit of All That Is in the Universal Consciousness, and that pool of Universal Divine Love.

This Awareness indicates that there are two mechanisms through which entities can strengthen the communicative pathways that exist, which link the physical, the mental and the spiritual to the Ultimate Source. This Awareness suggests a meditative practice undertaken on a regular basis with reverence, sincerity and with a setting aside of any limiting beliefs regarding the entity, the Spirit, connections between the two, the setting aside of the belief in limitation, the relative taintedness of the human as opposed to the completion of Light and Love of the God Force, wherein that their exists a separation; that these beliefs be set aside during this time, during this meditative practice.

Relax Upright in Chair and Take 5 Deep Breaths

This Awareness suggests that entities position themselves in a quiet comfortable place with few distractions, in an upright or reclined position, such that there is comfort, but not so much comfort that they automatically slip into sleep. This Awareness suggests that entities then take in a minimum of 5 deep, full, connected cleansing breaths and with the exhalation of each breath, to allow the body to wash away the concerns, the cares, the tensions of mind.

Now Take Five More Breaths

This Awareness then suggests that entities take an additional five connected breaths and with these breath's exhalation, allow the body and the mind to separate from the physical feelings; the stresses, the tensions, the negative emotions.

Now Take Five More Deep Breaths

This Awareness then suggests an additional 5 breaths shall be taken, and upon the exhalation, that entities allow the body to wash away the feelings of the body, to become disassociated from the twitches, the pangs, the aches, and other physiological distractions. This Awareness suggests that the entity then attune to the Divine Love Energy, by recalling an experience, or imagining one creatively, in which an emotional center for joy and love is stirred.

Now Envision the Image of a Clock Face

This Awareness then suggests that entities envision an image likened unto a clock, with numbers in the traditional positions. This Awareness suggests that on this clock, at position #4, the entity conceptualize that area of his or her life which includes intellectual, spiritual development and the creative artistic impetus

in which certain receptive centers in the brain and in the body become receptive to Universal Forces wherein they clearly create an image of such centers opening in them and feeling the joyous experience of the flooding in of the Light of Universal Consciousness.

Move to 2 O'Clock Position

Once this envisionment is complete, This Awareness suggests that the entity then move to the #2 position on the clock, moving counter-clockwise in the vision, and that at the #2 position, the entity shall conceptualize his or her personal mission, and create a clarity that there is in fact a mission, and if inspiration has already been received regarding the specifics of that mission, that the entity should then create a vivid visual and highly detailed image of what the carrying out and the completion of that mission might involve, so that the image is so complete and real in the vision that the emotional energy of joy at such a completion of the mission is generated. The entity is then to envelop this image with the feeling of joy in order to transmute that energy into that vision.

Now Visualize the Number 12 O'Clock Position

This Awareness suggests that the entity then looks to the #12 position on the clock in which they are to then envision their professional accomplishments. This Awareness suggests that they create a vivid image of the exact events, the situations, the successes they seek to achieve in the professional arena as they relate to the mission, or as they relate to development and expression of the innate potential. This Awareness indicates that the entity should envelop this image with the feelings of joy upon their accomplishment, to energize and attract the events into reality.

Now Visualize the 10 O'Clock Position

This Awareness suggests that the entity then look to the #10 position on the clock in which the entity can envision those material items, possessions, accouterments, and financial status that are desirable for the development and expression of the spirit.

This Awareness suggests the entity create in great detail the image of such possession as a home, with specific rooms, which specific accouterments that are pleasing to the spirit, in an automobile, in clothing. It matters not but that the individual create this image in rich detail and envelop the image in emotional energy of the pleasure which comes from the understanding that they have been received, and the gratitude that they have been received.

Now Visualize 8 O'Clock Position

This Awareness then suggests the entity move to the number 8 position on the clock, so that the physical form and the health of the entity becomes the focus. The entity shall envision the body and the mind as healthy, complete and connected with Spirit. This Awareness suggests that the entity direct healing, White Love Light to any areas of concern or stress upon the body, and envelop the entire body in the feeling of joy and gratitude for the totality and vital health created in the vision.

Now Visualize 6 O'Clock to Complete Meditation

This Awareness suggests that the entity then move to the number 6 position on the clock, completing the circle in which the area of relationships can become the focus. This Awareness suggests that the entity focus upon each person with which a better communication or a stronger connection is desired. This Awareness suggests creating such a vivid image of an interaction between the entity and this person, whereby mutual love, communication, understanding and acceptance is achieved, to the degree that the emotion of joy and

gratitude is invoked in this image, and that the feeling then envelop the image, and likewise for any relationships which have not yet manifested or are not yet to the desired position or intensity.

This Awareness suggests that a daily internal focus such as this on the major areas as noted can help the entity attune, not only to higher levels of consciousness, but also, the re-attunement and the re-alignment with the emotional Will Energy, wherein the entity can begin to understand the connection between intention and desire, and experience.

Do This Meditation Daily and Send in Feed-Back

This Awareness suggests that this can be a valuable exercise for every human, and encourages the membership of *Cosmic Awareness Communications* to experiment, to provide feedback regarding the results of such experiments, regarding manifestations that they create in existence through the visualization process and application of Will Energy.

Another Way to Expand Consciousness

This Awareness suggests that the second way to manifest a connection, expand the consciousness, an affinity, an attunement to All That Is, is that while in ordinary day-to-day consciousness, to attune to the message of the feelings that speak from within, of those attitudes, ideas and belief systems which are not in alignment with those goals set forth during the meditative exercise.

This Awareness suggests that entities seek understanding in the identification of those ideas which elicit negative emotional experiences such as anger and fear, paying particular attention to the events in the world that elicit them, whereby any ideas, attitudes and limiting beliefs can be purged from the realm of mind and replaced with more appropriate, inclusive, and workable strategies.

This Awareness suggests that these two methods in concert can allow entities hands-on experience in individual consciousness, individual will power, and to help attune to the informational feedback system that exists, uniting body, mind, and soul through human feeling.

This Awareness suggests that the questioner continue utilizing these techniques to expand upon the impressive knowledge she already possesses, and to report her progress back to this organization, so that the readership can benefit from her wisdom as well. If we have completion, we can continue.

Are There Places in the Universe Where Light Workers go to be Spiritually Cleansed?

QUESTION:

A question from Michele B., in Kurtistown, HI. She writes: Dear Vicki and Avaton, I finally have a question for Awareness, based on an experience I had last summer. It was a day when all I had been through with moving back to Hawaii, leaving a boyfriend behind, and dealing with my mom's terminal illness, hit me. It was a day of depression and crying.

"That night, I was out of body and wandering through the house. Many people were there, and I recognized only one woman. In a room sitting on a bench was this woman I did not know. She got up and went down these stairs (that are not a part of the house) and I got the impression that I should follow. After the second flight, it opened up into a gymnasium-sized room, underground.

"There in the middle, and to my total amazement, was this metallic dome-shaped structure. There were panels

that arched upwards like a closed lotus blossom. On these panels were geometric hieroglyphic-type designs that I seemed familiar with. In fact, I *knew* what this structure was, and was so amazed that my friend had it in another dimension, in her basement.

"I was so astounded, that I had to lean against it. Soon this woman pulls a lever and the panels move. End of recall. The next day I was a totally different person. No depression, no crying. The woman who I *did* recognize in the experience called me just a few days later. I explained what had happened and asked her if she had been in an emotionally disturbed state at that time, and she suddenly changed her state of being, and she said "Yes."

"My question to Awareness is: Are there such structures placed throughout the planet, where Light Workers go to be cleansed of negative energies, illnesses and so forth?"

COSMIC AWARENESS:

This Awareness suggests that this particular experience was symbolic of an inner journey rather than a physical one. This Awareness suggests that entities, like the questioner, often believe in the disconnection between themselves and the ultimate source. This Awareness suggests the communicative understanding on an emotional intuitive level between the questioner and her friend facilitated the imagery with which the questioner recognized her friend in this particular vision.

This Awareness suggests, however, that a belief within the questioner necessitated a vicarious intermediary to take her to recesses of an apparent basement, which was in actuality, her self, leading her into the recesses of her own being, so that she could reconnect with the Universal Oneness that exists within her.

This Awareness suggests that the symbolic nature of the gymnasium and a spacious expanse in an area perceived to be much smaller in physical space, is symbolic of the expanse of the self that exists without conscious recognition by the entity, and that at its core lies a structure similar to a metallic lotus blossom, wherein she perceived the experience of enlightenment, of emotional nourishment and of connectedness that would relate in her waking experience as a manifestation, a calmness, and more clarity of connection and resonance with the Universal Divine Love Energy, which exists beyond the distractions of the events she was experiencing that elicited such a high degree of negative emotion as to bring about a state of depression.

This Awareness suggests that this is an example of the innate restorative mechanisms that exist and operate predominantly at other levels of consciousness, such as the dream level in which certain balancing occurs in a physiological sense to create movement of blocked energy, to maintain and restore health and vitality to under-energized areas of the body.

This Awareness suggests that entities should examine their dreams so they can begin to make sense of some of this work which goes on behind the scenes, largely outside of consciousness. This Awareness suggests the day will come when more and more conscious availability and understanding of this process will be possible, but that the current state of confusion within the realm of human knowledge and the mind of man creates a high degree of separation, and disconnection becomes the norm.

This Awareness suggests the questioner, in particular, examine this experience and resonate to the information contained therein, rather than to place the significance outside of herself and continuing to wonder whether or

not such edifices exist physically on this earth, without the acknowledgment that the power lies within.

If we have completion we can continue.

Is the Diameter of a Human 300 Feet?

QUESTION

A question from Mike El, in Philadelphia. "I have a question for Awareness as pertaining to the human aura and its range around the human body. There is a channeled book called *Answer From A Grand Self* edited by Tam Mossman. There is one passage which I shall quote here: "Those of you who have problems getting into a too small dress or suit will blanch when I tell you that the diameter of an average human being is approximately 300 feet.

"Fortunately, it is not fleshy, but composed of layers of energy. You are each like one of your Russian dolls, with one energy "body" inside another." And he asks, "Could Awareness please elaborate on this passage?"

COSMIC AWARENESS:

This Awareness indicates there is a high degree of validity regarding the energy system as described by this particular entity. This Awareness suggests that the diameters fluctuate with the sensitivity, the receptivity, and overall attunement to the Universal Consciousness. This Awareness suggests that the energy fields are related to the energy sensors, the chakras, and that there is an innate capacity between entities to be receptive to the aura energies of the others they encounter physically.

This Awareness suggests that although this is largely a subconscious phenomenon, that as consciousness expands, entities will become more and more aware of such energies, and that they can be utilized to facilitate communication, wherein quick and direct feedback is ascertained through the feeling system, springing directly from the aura of an entity with which the individual is interacting.

Attune to Other's Space to Obtain Information

This Awareness suggests that entities can experiment with these forces in a productive manner which can facilitate communication by attending with a sensitive attunement to the subtle emotional experience while in someone's space. This Awareness suggests that without a word, a great field of information can be ascertained by an individual regarding his or her particular beliefs, given the feelings that are invoked within him from the entity being observed.

This Awareness suggests that individuals identify any beliefs that promote even the most subtle negative feelings, and that if they are eliminated upon their identification, a communication, understanding and reconnection with the entity in question would then be more possible.

This Awareness suggests the same during oral /verbal discourse between two entities, wherein the subtle feelings are utilized as indicators when there is a disruption in the flow of energy between the two. This Awareness indicates that such a disruption is a signal that an idea and a belief system of the entity feeling the emotion is interrupting the flow and affinity between the two entities, and that there has been a disruption in the intermingling of auras due to this belief.

This Awareness suggests that the most productive communicative strategy between entities is the openness, the honesty, the commitment and the intimacy necessary to examine such feelings that are elicited between the two, identify the source and remove them, wherein the energy can be restored to its attended flow, and that there is communication on all levels; an affinity

and emotional connectedness that invokes spiritual joy.
If we have completion we can continue.

USING A PENDULUM TO MEASURE AND HEAL THE AURA

FOLLOW-UP QUESTION:

I was at a meeting years ago of people interested in parapsychology, and there was this counselor there; her name was Jean Ryan, and she explained that the human aura was very long, as Awareness just indicated, and that it could be traced, and so she pulled out a pendulum, and she took one entity and had him sit down, and then she started moving through the house with the pendulum, evidently following the length of the aura, which wound around, even through one room into another.

I think later, she used this technique to heal the aura. Is there any validity in this method at all?

COSMIC AWARENESS:

This Awareness suggests that this is in the affirmative, but that there is a degree of distortion. If the understanding is such that the aura retains a shape or size without the fluctuations that occur due to the energy that is either allowed to flow, or disallowed to flow regarding the emotional state of the entity.

This Awareness suggests that there are many systems of belief which, if accepted, can bring about healing through manipulation of the aura, but that it is the healing ability within the individual that actually is the curative process, and the belief is but a mere intermediary.

This Awareness suggests that entities interested in a healthy, exuberant, unimpeded energy flow and aura, begin to cultivate those beliefs, ideas, skills and strategies that elicit feelings of joy, such that this vibratory state allows for the maximum energy flow, the most vital life force to surround and fulfill the body, as well as providing an attractant for like energy.

This Awareness suggests that this state be honored, respected and cultivated; that negative emotional states be recognized as disruptions in the flow, but that they be honored also, in that they provide information regarding the beliefs, which are in fact the disrupters, rather than the feelings themselves.

This Awareness indicates that the negative emotion can serve as a red flag signal at the moment it is felt, or experienced, whereby the entity can examine the situation, the events, the people with which he or she is interacting, and decipher how the beliefs, ideas and interpretations drawn upon in that situation are somehow not meshing, and such that there is a disruption in the flow of energy.

This Awareness suggests that details for such analysis are forthcoming in the Lessons of Enlightenment. If we have completion we can continue.

Negative Feelings in an Exchange

FOLLOW-UP QUESTION: (VIKKI):

Is it possible that a negative feeling in an exchange is from a disruption from the other person, rather than a belief of yours?

COSMIC AWARENESS:

This Awareness suggests that a negative emotion experienced in the sense described is in fact rooted in the belief system of the entity experiencing it. This is not to say that the empathic resonance to the negative experiences and feelings of others does not occur.

This Awareness suggests that entities, however, know the difference between these types of feelings. This

Awareness suggests this is a very significant question that you ask, for it for the first time, pulls the concept of self into its rightful place in the human system as it regards to human emotion.

This Awareness suggests the emotional system is not invoked unless the self, the concepts of self, and the contents of self-identity are somehow involved. This Awareness suggests that emotion is a special class of cognition which generally includes thinking, memory and feeling, wherein the first two classes: thinking and memory, are specific cognition's because of the outcome of the process, whereby one thought leads to another thought, leads to another thought, etc., and such cognitive processes organize, associate and correlate information.

Feelings Bring Actions, Thoughts Merely Bring Other Thoughts

The third class of cognition is the emotive, feeling experience, in which there are also mental processes: the organizing and the identifying of the situations and beliefs, culminating an emotional experience, but that the outcome is different in this emotive class of cognition, in that there is an active consequence rather than a simple cognitive thought process repeating, associating and continuing. Feelings bring actions, while thoughts merely bring other thoughts.

This Awareness suggests that what separates these classes, and the difference between a thought that leads to another thought, versus a thought that leads to a feeling; that the determining factor is when the concept of 'self' is involved. If the concept of self is not involved, no feeling will be elicited. Instead, it will be a cognitive thought process leading to association and organization of information.

However, if the self is involved, this activates the emotional system, which arouses the body and the mind to identify that which is affecting the self, either in a positive way: facilitating its willful development and expression; or in a negative way: frustrating its willful development and expression.

This Awareness indicates that the questioner is sensitive to the emotional energies of others, whereby there is a perception of them, but that the perception of them does not invoke the personal emotional experience within the seeker, unless it does somehow involve her individual self.

This Awareness suggests this is a very important distinction, and that it will be necessary for entities to attain a high degree and a very specific clarity regarding which aspects of self are to respond with certain action choices, versus those other aspects of self which respond with exactly opposite action choices, to accomplish the development and expression of the self.

If we have completion we can continue.

Is Life an Illusion Full of Movies?

QUARTER:

A question from Barbara S., Chicago, Illinois. She writes: "Sometimes I have the idea that this earth reality is an illusion, much like a movie, but that there are hundreds, maybe thousands of versions or movies going on, and that each person enters into and is involved in the movie version that comes around with their thinking patterns.

"For example: If I believe that at the turn of the century, all of earth's ills will be resolved peacefully with the help of angels and aliens; that will happen, but if I believe nuclear wars will happen to the earth and the earth will be destroyed; that will happen. I know that this idea is simplistic and yet confusing, yet it persists. Is there any validity to this?"

COSMIC AWARENESS:

This Awareness indicates a great deal of validity, with certain clarifications and qualifications. This Awareness suggests that the questioner is attuned to the fact that entities have the ability to transmute energy into physical form to create those events and those physical manifestations necessary for the development and the expression of the individual spirit.

The questioner is also aware that her individual power, no matter how hearty the belief system, if it goes against the mass consciousness and the group beliefs that exist on the earth plane, (which serves as a network of dense energy and effectively reducing the energy at the disposal of any one given entity) that there is less individual impact for any one given belief system, if it involves the manipulation of events involving other individual realities within the mass consciousness.

This Awareness suggests the questioner experiment with the techniques suggested earlier regarding the manifestation of the visions desired, the channeling, the focusing of the Divine Love Force surrounding and energizing such images. If the belief systems align with these activities, success can be achieved in areas that do not slam up against dense realities of mass consciousness which are in direct opposition to the desired outcome.

This Awareness suggests that all entities experiment within the realms of their individual reality in their home and daily experience how empowering the belief system and ideas within it can manifest the desired events and realities.

Retain the Trust and Faith in Your Own Integrity

This Awareness suggests that individual successes that actively choose to believe in enlightenment versus despair and disempowerment, that choose to believe in peace, rather than war, that choose to believe in brotherhood rather than loneliness, that choose to believe and act in integrity rather than in fear and denial; that every success achieved on an individual level in an individual reality in an individual belief system, that there shall be a counterpart success which can help by chipping away at the negativities that become accepted beliefs within mass consciousness which disempower and water down the abilities of individuals at this time.

This Awareness suggests that entities retain the trust and the faith of their own integrity and in their own divinity, and continue to make such efforts that reduce the darkness and the negativity and eliminate those belief systems that choke mass consciousness. This Awareness suggests that the Lessons of Enlightenment can greatly assist in the accomplishment of this task.

If we have completion, we can continue.

Does Saying "I Am Perfection" Cure Cancer?**QUESTION:**

A question from Celia A., Hayward, CA. Well, it's not exactly a question. It's a question for me. She mentions it in a letter to Vikki. She writes: "I read somewhere, I don't remember where, that a man cured himself of cancer in a year's time by saying "I am perfection!" every time he took a breath.

"So that's what I try to do. Every time I take a breath and say "I am perfection!" I imagine a White Light entering through my crown chakra and going down to my base chakra. When I am able to do this for a long period of time, things happen. I feel that I am guided and things go right."

And my question is: Would Awareness comment on her statement?

COSMIC AWARENESS:

This Awareness suggests that this entity is already attuned to the number 6 position in the exercise suggested above, regarding physical health. This Awareness commends the entity for having intuited and benefited from this practice. This Awareness suggests that this practice can be beneficial again, to every entity, but this Awareness also suggests that entities pay particular attention to the feelings that are invoked in doing such an exercise.

For example: that the entity says to his or herself: "I am perfection!" and at that moment experiences an ever-so subtle tinge of fear; that this be paid particular attention to for it decries an underlying belief, wherein the entity does *not* in fact believe they are perfection, but in fact believes something else.

If that something else is identified, and purged from the system successfully, that tinge of negative emotion will not be experienced when the entity makes the declaration, "I am perfection!" This Awareness indicates that entities often subscribe to many radically conflicting beliefs, and yet, if they do not present themselves in a single context, they can go undetected, confusing and thwarting the efforts of the entity to accomplish their goals.

For example, if the entity wants to believe, and believes 65% that they are perfection, yet that other 35% actually believes that they are wicked, due to a lingering religious inspiration that was imparted early in life, or an accepted part of the self which came from an invalidating parent, or from an internalization, an ashamedness that came from a teacher or a superior of some kind, whereby there is a 35% investment in the belief that "I am *not* perfection."

This Awareness suggests that the questioner has managed, through mechanisms of her own, to identify and minimize the belief systems that invoke the doubts and fears that she is less than perfect. This Awareness suggests that entities who can fully and completely invest their belief and generate the positive emotion that validates the belief as one which fulfills and expresses the Spirit, to wholeheartedly celebrate that perfection in such a manner.

If we have completion, we can continue.

CAN WE ATTRACT OUR PERFECT MATE?

(Her Soul Mate by "Divine Right" Just Isn't showing)

QUESTION:

A question from Vicki H., in Sydney, Australia. She writes: "Now that the earth is entering the Photon Belt and entities are enlightening, will we torch bearers attract into our lives our "Divine Selection" as Florence Scovell Shinn calls our 'perfect mate,' the one that is ours by Divine Right, if we so desire it?"

"I have all of my life, wanted love from God's choice of mate for me, and tried so hard to be all that God would want, but still sit alone with no man to love me, although I know the man that I love. He doesn't come to me either, and I don't pursue him, because I don't know if he is the one that is for me by God's Divine Plan. Is he? And how are we to know?" she asks.

COSMIC AWARENESS:

This Awareness suggests that there is an overabundance of distortion, misconception and cultural assumptions that permeate the concept of the love relationship, particularly as it pertains to a "one destined Soul Mate," the "One And Only," who can provide completion to another, such as the original platonic assertion regarding the corruption and separation of two halves needing to be reunited.

This Awareness suggests that if the belief is empowered to such a degree and that it allows for only one possible potential mate, that this belief can in fact be contributing to, if not generating in its entirety, the frustration described by the questioner.

This Awareness suggests that in any given life experience, an entity has connection ultimately with *every* other entity, but that with special connectedness regarding those that have become known as members of a given karmic family. This particular type of relationship acknowledges that entities participate in disincarnate form in the selection of certain major life events, accomplishments and associations that they hope to fulfill and manifest in physical form.

An Entity's Will Energy Determines Success or Failure

This Awareness suggests, however, that such pre-termination is not inconsistent with the free will that exists in physical embodiment during the lifetime of the entity in physical form. This Awareness suggests that since there is such free will and the accompanying pitfalls that can result from the illusions on the physical plane, (the distortions that exist within the mind of man and the density of mass-consciousness that prevents full utilization of individual Will Energy) that entities, regardless of predestined intention can become mired, stymied, their progress can be slowed or accelerated, depending on the application of the Will Energy.

This Awareness suggests that if the seeker experiences a resonance, a connectedness, a love recognition with a particular entity in physical form, that this does indeed reflect a *potential* fulfilling relationship, and may in fact rekindle a recognition of a member of the karmic family.

This Awareness indicates *It* offers a strong caution, however, that the love experience can be greatly affected by the ideas, the limitations, the cultural proclivities that are foisted upon the entity from birth forward, wherein the motivating energy of love and the necessity for the connection and completion of the circuit with the desired other, can be misdirected, given limiting beliefs which disallow the acceptance of *when* an entity is not yet ready to fulfill that destiny and complete the circuit of love that is offered.

This Awareness suggests, however, that such an association between an entity who has accomplished more of the personal path, who achieved a broadened consciousness and attained a more secure connectedness with the Universal Oneness through their Higher Self, that they are no longer suitable to even a destined lover, if that entity remains at a lesser stage of consciousness himself or herself.

Problems Involved When One Thinks of the "One and Only"

This Awareness indicates that instead, the energy produced by the entity receptive to love, yet awaits without a partner and an object for that love. This Awareness suggests that energy, if sent outward, with the confidence and understanding and empowerment in the belief that this energy will attract like energy, and that an entity will manifest and be attracted into the life, there *is* a more suitable flow and possible exchange; but if there remains an understanding or a belief in a Divine Choice, a "One and Only," and that if the entity is convinced that "One and Only" is not available, is not accessible, or not yet ready, then it would be a sad and sorry state, whereby *other* individuals would not be attracted into the life of the lonely entity.

This Awareness suggests that individual will is attuned to Divine Will, and that if there can be clarity of understanding, and a letting go of beliefs that limit the love object to a "One And Only," that there can be

restored a resonance of understanding, and then the entity can set about creating those events and be available for opportunities that constantly surround her or him, yet are not perceived, due to the limiting belief.

This Awareness suggests that the questioner has an evolving consciousness regarding love, and that there already has begun a shift in the energy she emits, whereby events and opportunities have been created through additional movement in this area.

Forget the Fairy Tales About Your Love Object

This Awareness suggests that any entity experiencing this complete and utter acceptance from the Spirit that Love and Connection is essential to its being, to honor it by establishing belief systems, skills and strategies which will allow for the completion of this circuit, rather than the frustration of the Spirit based upon outdated ideas, fairy tales or romanticism regarding the specific attributes of a love object or the limited acceptability of the love object, or any other attributes which serve to limit the attunement, the receptivity, and the expression of love energies as they are more naturally inclined to flow.

If we have completion, we can continue.

Can We Write to Angels to Invoke Help?

QUESTION:

Another question from this entity Vicki H.. She writes: "In Catherine Ponder's book *The Prospering Power of Love*, she lists angels to whom entities can write to invoke their assistance in matters of love, romance, healing and wealth, et cetera, with testimonies from people who have done this with miraculous results. If we write to angels to invoke their help, are they indeed able to assist us, or has this changed since Awareness indicated they have "relinquished their hold over mankind?"

COSMIC AWARENESS:

This Awareness suggests that the concept of angels is yet another intermediary accouterment through which the belief system is applied. The individual power of the entity himself embodying the belief, yet in this case, also embodying the conflicting belief in his powerlessness, as compared to the relative power of angels or any other intermediary, that through applying the Will Energy by opting and choosing that particular belief, that they empower the belief, in this case the angels, to bring about the desired event.

This Awareness suggests that entities shall continue to utilize whatever beliefs they have found which serve to accomplish their missions and goals that achieve joyous validation when the Spirit is developed and expressed, and that if such beliefs continue to elicit only those feelings, then they are those beliefs that the creative mind of humankind was intended to utilize in physical existence.

Empower Yourself. An Intermediary is Not Necessary

However, this Awareness suggests the planting of the seed for an alternate belief, wherein understanding is achieved, that the power springs from the individual to the angel, creating the outcome, and that ultimately, the intermediary is not necessary.

This Awareness indicates that in the final quote of the question, that there is a degree of distortion regarding the release mentioned. This Awareness suggests that with personal empowerment, entities can release themselves from any necessary dependence upon such intermediaries, and that they have been and *are* presently, and always *will be*, empowered with the Divine Universal Consciousness, the Divine Universal Spirit and Will as an apportionment of All That Is.

If we have completion we can continue.

Will "Hot" Astrological Periods Bring Luck?

(What About Prayer During These Periods?)

QUESTION:

A somewhat related question from Vera K., in San Francisco. She writes: "Astrologers maintain that everyone has periods in their horoscopes when they are 'hot, and most likely to have better luck with money, jobs and whatever else they need in their lives. Is this true, and if so, is prayer in any way subject to these times, or are the rewards from prayer totally independent?"

"I would assume the latter is the case, but wanted a confirmation. Since some people must wait a long time for results to be forthcoming from prayer, one wonders if astrological "hot" periods are of any assistance in bringing about their needs."

COSMIC AWARENESS:

This Awareness indicates that any assistance, again, springs from the empowerment of the Will Energy which has been directed into the belief itself, manifesting such a hot period, such that there is accelerated success in areas of entities' lives.

This Awareness suggests the phenomenon of astrology, and many of the conflicting ideas regarding predestiny, have become staunchly ingrained in the mass consciousness in such manner that simply by default, entities who do not have belief systems in place which attune them and empower them with their own abilities to transmute energy; that simply by default can fall prey to the workings of the universe as stated by mass consciousness. Since so many belief systems have been invested thusly, there is such a dense creation that exists in the realm of mind, regarding how things *ought* to be, which are often in direct opposition to how things *actually are* in the universal sense.

This Awareness suggests that through the meditative techniques suggested through this channel, that the successes that have been noted and acknowledged as prayer power, are the focusing of the universal energies upon the desires and intents of the individual, fearlessly, and with belief systems that support that commitment, whereby they are less susceptible to the limitations of mass consciousness within their own sphere.

This Awareness suggests that entities who are not achieving success with such techniques or who are waiting too long for their prayers to be answered, should examine any belief systems which are perhaps diverting the energy away from the intended outcome, so that they will ultimately discover the belief system which stands in the way.

This Awareness suggests that there is completion and that we can continue.

COMPETITIVE SPORTS: DO THEY RELEASE HOSTILITIES OF SPECTATORS?

QUESTION:

A question from Eugene H., of American Falls, Idaho. He asks: "Could the popularity of competitive sports, especially violent contact sports, be the result of the fans' need to vicariously release inborn hostility internalized during a childhood of forced Puritanism and corporeal punishment administered by the iron fist of patriarchy?"

COSMIC AWARENESS:

This Awareness suggests that this is a rather lyrical depiction of what is indeed part of the universal system of human nature. This Awareness suggests that there is no such thing as inborn hostility, for hostility springs

from a frustrated Spirit, a Spirit which is not frustrated until bumping into the belief systems that have been accepted from a culture, from the mind of man, that do in fact elicit hostility when the Spirit is frustrated in its efforts to develop and express the potential and the destiny it brings to humankind.

The "Paternal Fist" that Limits Development and Expression

This Awareness suggests that what has been likened to paternal fists, that this is an eloquent metaphor for the mass consciousness that limits development and expression by virtue that it facilitates beliefs and knowledge which rely upon external counsel and guidance without ever suggesting that empowerment should and does spring from within.

This Awareness suggests that there has been a great deal of manipulation by those seeking power through various misunderstandings and misapplication of their own frustrated emotional energy, and have gone to great lengths to perpetuate the myth that external counsel is the only accurate counsel; that intermediaries of the church, and of philosophical learning or of scientific learning, or that any other such learned advisors necessarily can interpret an individual's life with a higher degree of success and wisdom than can an individual.

This Awareness suggests that although certain teachings can impart the knowledge, can develop the skills within the individual and can provide the opportunities in the external world through which the entity can develop and express their innate potential and accomplish their mission, that control can *never* be successful unless it springs from within.

This Awareness indicates that external control that does not facilitate the expression of the Spirit will meet with resistance from the Spirit, in the form of negative emotion, which, if not understood for its intended informational component and active corrective response, will be utilized aggressively to remove the obstacle one way or another, in the mode of self-preservation.

This Awareness suggests that empowerment springs from within and shall be reclaimed in individuals ready to commit to the New Age and to seriously undertake the studies, the Lessons of Enlightenment, which can usher this New Age.

This Awareness suggests that the reward for such efforts will be a liberation from external control and an experience of positive emotion and joy, predominantly, as those strategies are developed which allow for the expression of the Spirit in physical form. If we have completion we can continue.

Releasing Anger While Watching Sports

FOLLOW-UP QUESTION:

I'm sorry. I lost the train of thought. I just wanted to ask, was the original question, that the popularity of competitive sports, especially violent contact sports be the result of the fans' need to vicariously release hostility?

COSMIC AWARENESS:

This Awareness suggests that the phenomenon of team sports, and particularly of the violent physical contact sports mentioned, do in fact serve as thinly disguised vicarious experiences through which entities can express pent anger. This Awareness suggests that the anger springs from the external control of those dictates which limit expression of the Spirit, but which are generally accepted as necessary.

This Awareness suggests that the anger itself is the Spirit's rejection of unnecessary limitation, but that the

anger is misunderstood, and the natural aggression which accompanies it to empower entities to set about accomplishing the necessary corrective changes is stifled, directed into the body, or vented on unsuspecting affiliates.

This Awareness suggests that the aspects of the sports in general have been related in an earlier question regarding such. If we have completion we can continue.

Who "Stole" Etan Patz and Why?

QUESTION:

One last question, this from JD in NY. She writes: "I attended college with an entity named Stan Patz, (pronounced 'Paytes'). A number of years ago, in a highly publicized case, his son Etan, (pronounced 'Eaten') was abducted and never recovered. I was told that police had determined that he's 'been sold.' What sort of party stole Etan Patz and for what purposes?"

COSMIC AWARENESS:

This Awareness indicates that the entity Etan Patz was a victim of abduction and murder. This Awareness suggests that there exists an elaborate web of denial surrounding this particular issue through misdirected love energy of those the entity left behind, whereby the acknowledgment of his death would be more painful than they could accept, and thus that scenario of his being sold and still being alive somewhere, gives them some relative comfort.

This Awareness suggests that this explanation was necessary in order to extend the life of two relatives involved, given health conditions and states of awareness which were rather severely limited. This Awareness indicates that this Etan had chosen this particular incarnation and to have this particular experience to provide a symptom of certain elements of society that perpetuate mal-alignment to the emotional system, so that criminal violent activities as his abduction have become far too common.

This Awareness suggests that the publicity mentioned allowed for this symptom to become part of the consciousness of many individuals, such that his mission was accomplished. This Awareness suggests that there still remains some distortion in the mind of the father regarding the situation, but that the feelings in the heart of the father are much more clear regarding his comrade and associate who was his son, and who he will meet again.

If we have completion we can continue.

An Omission in the Clock Meditation

CLOSING MESSAGE:

This Awareness suggests that there was an omission given the rapid energy flow during the communication regarding the meditative exercise and the positioning of the hands on the clock, wherein the creative artistic impetus was excluded from position 4 as it was related to the first category of individual development and expression, and that in position # 10 regarding personal material attributes and possessions, that the financial status of the individual be included in that classification as well.

This Awareness suggests the editing and the polishing up of the format of this particular exercise and its dissemination can provide a useful tool for the readership to begin practicing and attuning to their own conscious abilities in manipulating Will Energy and watching for the results that they can manifest in their lives.

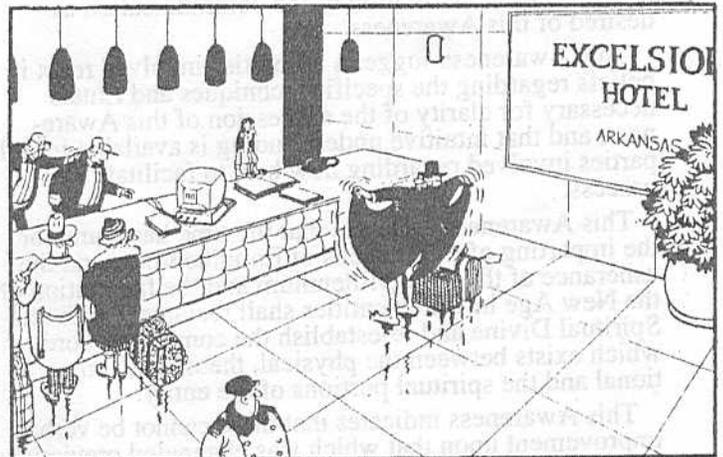
This Awareness suggests that this activity can provide a base in the daily operational connectiveness for

entities, but a basic information into which the understandings of the Lessons of Enlightenment can add and take root rather than remain as abstractions as they may initially be first received.

This Awareness suggests that the channel has received certain insights regarding her verbal channel and has achieved certain assurances that will be beneficial for all parties concerned. There is no further message at this time.

Ed's Note: These corrections to the Clock Meditation have been added to the Meditation on page 2 of this issue..

We will now bring the Interpreter up. (the Law of Gratitude is given, and a count of 12)



"Be polite, McClusky! He might run for president one day."

Mac/Daily Mail/London

—HOW TO GET THIS NEWSLETTER BY MAIL— EVERY 3 WEEKS! (More or Less)

REVELATIONS OF AWARENESS is a cosmic newsletter, published by Cosmic Awareness Communications, P.O. Box 115, Olympia, Washington, 98507, U.S.A. (A not-for-profit organization). Membership fees and donations are deductible from your Federal Income Tax. Try to remember Cosmic Awareness in your will if you wish to have these messages preserved and available to others in years to come. ("How many have you served, and how well?" is the question we will all be asked at the Passing Over).

MEMBERSHIPS AVAILABLE (Honor System!)

INDIVIDUAL: \$42 per year or \$12 quarterly

FAMILY: \$52 per year or \$20 quarterly

CONTRIBUTING: \$77 per year or \$25 quarterly

SPONSORING: \$144 per year or \$40 per quarter

BENEFACTOR: \$500 per year or \$150 per quarter

PATRON: \$1000 per year or \$250 per quarter

ANGEL: \$5000 per year or \$1500 per quarter

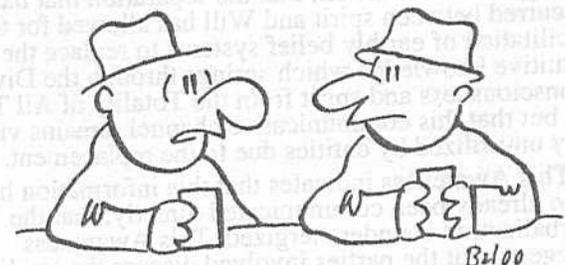
LIMITED INCOME: \$30 PER YEAR OR \$9.00 QUARTERLY

FAX: 360-352-6294

INTERNET: CosmicComm@aol.com

Avaton--Editor

Vikki T.--Sec. Treas.



"It was a very strange divorce—the judge got custody of my wife."

(C.A.C. General Reading, July 1, 1997)

Dual Nature of Grace's Channel to Bring Forth Lessons Of Enlightenment

OPENING MESSAGE:

This Awareness indicates that the channel Grace is correct in her assertions that her channel operates on a dual level; that she is well-versed in the medium of automatic writing, as it pertains to her distant paths and contribution to the mission of the *Organization of Awareness*. This Awareness indicates that her verbal channel is developing with impressive progress, yet use of both these mechanisms for the imparting of the Lessons of Enlightenment will ensure the optimal clarity and maximum facilitation of the communication as desired of this Awareness.

This Awareness suggests all parties involved relax in beliefs regarding the specific techniques and rituals necessary for clarity of the expression of this Awareness, and that intuitive understanding is available for all parties involved regarding how best to facilitate this process.

This Awareness indicates that the time has come for the imparting of the Lessons of Enlightenment and the usherance of the New Millennium and the facilitation of the New Age in which entities shall reconnect with the Spiritual Divine and re-establish the connective cord which exists between the physical, the mental, emotional and the spiritual portions of the entity.

This Awareness indicates that there cannot be verbal improvement upon that which was channeled previously in an introduction produced through Grace and this Awareness suggests proceeding to Lesson One itself.

A Peek at Lesson 1: The Spiritual Nature of Humankind

This Awareness indicates that Lesson One is a series of lessons of Enlightenment which shall be entitled: The Spiritual Nature of Humankind.

This Awareness indicates that In The Beginning existed the totality of All That Is: Divine Spirit, the Divine Consciousness, the Divine and Universal Love Energy which constituted All That Is and has become commonly known as 'God'. This Awareness indicates that the Totality of All That Is, with the express desire to develop and experience evolving consciousness, apportioned units of Itself into individual souls.

The term 'soul' has become synonymous with the term 'spirit' and the term 'entity,' but has lost some value in this particular evolution of the language, for the individual soul possessed Divine Spirit, which is known as Divine Consciousness, with which it could experience Itself, but that it also included Divine Will, the Universal Love Force, the feelings through which it could experience Itself.

This Awareness indicates that this reconceptualization of the fall of individual entities now embodied on the earth necessarily includes the understanding of the Will energy and its function; that the separation that has occurred between spirit and Will has allowed for the facilitation of earthly belief systems to replace the intuitive knowledge which springs through the Divine Consciousness and spirit from the Totality of All That Is, but that this communicative channel remains virtually un-utilized by entities due to the replacement.

This Awareness indicates that this information has also already been communicated directly; that the verbalization is underenergized. This Awareness suggests that the parties involved discuss the implications of this phenomenon following this session, and that you shall now proceed to individual questions.

Ed's Note: Grace had begun channeling the Lessons of Enlighten-

ment from Awareness while she sits at her computer. The beginning lesson, which was started in this opening message through her verbal channel is almost word-for-word as that channeled while she sat at her computer. CAC intends to publish these Lessons of Enlightenment in whatever manner is most convenient to Grace. In the meantime, much of what these lessons are about will be revealed in many of the regular questions we ask at each session.

Why Doesn't Awareness Know Everything?

QUESTION:

A question from JD in New York. "In recent readings Awareness essentially declared that *It* did **not** know everything. I'd like to better understand this matter, because for some 15 years or more, I've been assuming that Universal Mind **was** in fact aware of everything of which it is possible to be aware, and therefore, **would** know everything. Over the years, Cosmic Awareness sure seemed to be able to access most information present or past, taking into account, of course, the limitations of the channeling process.

"Recent answers by Awareness have indicated *It* was **not** aware of certain facts relating to questions of mine, for example; that I was in fact asking a question on behalf of someone else, at **his** request. Please clarify just what **are** the limits of what Cosmic Awareness does and does not know, and why it might not know something at times, which distinctly was so, for one or more entities."

COSMIC AWARENESS:

This Awareness suggests that the Totality, the Universal Consciousness, the Divine Totality of All That Is, is in fact conscious of the *whole* of spiritual experience acquired by entities in all realms of experience: past, present and future. This Awareness suggests that originally, entities--souls physically embodied--retained a direct communicative channel to such information, due to their participation and connectedness as representatives of All That Is.

This Awareness suggests that in the course of physical, spiritual and social evolution on the earth, in which human knowledge and belief systems became intermediaries for Will energy and spiritual intention, that this created a tendency to rely upon habits of mind and habits of body rather than retain the clarity and creative communication, insight, and conscious understanding from the inner resources. This Awareness indicates that entities thus became more and more specific in their individual destiny and chosen tasks for a given incarnation in physical form. It is such that the initial communicative channel is much narrower than is necessary, that the narrowing of focus allows the individual consciousness to experience this Awareness most clearly as it pertains to that individual destiny and chosen mission wherein they are participating in the evolution of humankind, and ultimately in the expanding consciousness of All That Is.

This Awareness suggests that certain channels, or self-declared intermediaries with access to Universal Consciousness, operate within their unique limitations, specific to the particular contribution until it has been accomplished, at which time the channels becomes more accessible to broader more universal knowledge.

This Awareness indicates that there is to be a reversal of this specification trend in which understandings shall be imparted, whereby entities can reclaim understanding of the process and the connection between the body, the mind, the spirit and the soul, so there can be a reversal of this trend, and the raising of the Awareness capacity within entities willing to embark upon the process of individual development.

This Awareness suggests that the Universal Consciousness can assure the inquirer that omniscience is a fact of the totality of All That Is, and that the under-

standing of how these limitations have been placed upon entities by their own choosing can provide patience and compassion.

This Awareness indicates that no matter how mired within the realm of human culture, and how limited the expression of spiritual intention through a direct Will energy, there will *always* be maintained that strand of communication which awaits to be reclaimed, expanded and utilized to its full capacity.

If we have completion, we can continue.

FOLLOW-UP QUESTION:

Did Awareness answer that part of her question as to why Awareness might not know something at times which distinctly was so for one or more entities?

COSMIC AWARENESS:

This Awareness suggests the question be restated?

QUESTIONER:

She asks "Please clarify: Just what **are** the limits of what Awareness does and does not know? And why it might not know something at times which distinctly was so for one or more entities?"

COSMIC AWARENESS:

This Awareness suggests that something that can be 'so' for one or more entities can be so due to the belief systems held by those entities, regardless of whether or not that belief system was an accurate reflection of Universal Principles.

This Awareness suggests that the fluidity of reality and the creative capacity of the individual mind is such that the freedom of the individual can create reality and manifest belief systems which can be on opposite ends of many spectrums, yet still retain validity to the believer.

This Awareness indicates that the beliefs themselves are the manifestations of individual Will energy, which mediate, facilitate and limit spiritual expression, yet which constitute a portion of Universal Consciousness. This Awareness suggests that the understanding that this Awareness says something is not so, when it in fact is so for one or more entities, is a misconception.

This Awareness suggests that there was perhaps some distortion involved in the interpretation of this Awareness that allowed for this misunderstanding. If we have completion, we can continue.

Music Played Backwards: Fact or Imagination?

QUESTION:

Another question from JD, in NY. "Does, as some claim, some "heavy metal" music deliberately include negative passages played backwards? Or are such "messages" fragments of fearful imaginations? In any case, would the subconscious respond to **any** message played at it in reverse?"

COSMIC AWARENESS:

This Awareness suggests that such phenomenon are initially as described by the questioner. This Awareness requests a repetition of the phrase in the question.

(Question is repeated)

COSMIC AWARENESS:

"Figments of fearful imagination." Thank you. This Awareness indicates that what was initially figments of fearful imagination was brought about by belief systems which empower such concepts of 'evil,' that in response to such claims and paranoia's, certain artists deliberately then responded to such claims by doing just that.

This Awareness suggests, however, that the paranoia which has sprung from the assertion that such messages can take over conscious choice and insidiously control

entities to act and think in ways foreign to them, have been mostly exaggerated.

Paranoia when the Law of Love is Defled

This Awareness suggests that this phenomenon is an excellent example of the paranoia that can result from the assertions within the realm of man, within the tenets of religion, which defy the Law of Love and acknowledge a force of evil as a component part in the nature of humankind.

This Awareness suggests that the Lessons of Enlightenment can reduce this tendency and the knowledge which shall spring from the lessons can produce more adequate understandings and conceptual tools within the realm of human mind whereby it will become apparent to individual that they cannot be manipulated by external sources, when they choose to empower themselves through their internal resources.

This Awareness suggests that such enlightenment can put an end once and for all to many of the existing concepts and ideas and beliefs which limit and allow the manipulation of individuals who entertain them.

This Awareness suggests that a harmless creative expression of entities through the musical medium is just that, and that entities who do not experience a resonance with a particular mode of expression, or that of a particular artist, can choose to ignore it rather than to fear it.

If we have completion we can continue.

THE "TORONTO BLESSING"—FALLING DOWN LAUGHTER IN CHURCH

QUESTION:

Another question from JD, in N.Y. She writes: "Recently a phenomenon has occurred among some Christians called "The Toronto Blessing" by a group named the "End Time Hand-Maidens." Affected persons become possessed, falling to the floor in uncontrollable laughter, trance-like, for as much as two hours. A case of this is cited in the Bible. What's happening to these people, and why such a rash of it lately?"

COSMIC AWARENESS:

This Awareness suggests that this phenomenon is both symptom of certain lacks of understandings and limitations in the belief systems of the believers as well as an indication of the opening of new receptive centers with which more rapturous experience and Universal Understanding can be attained.

This Awareness suggests that the surrendering to the Universal Spiritual Frenzy which can be achieved within entities with physical movement, to the point of disorientation and exhaustion, that certain barriers which spring from belief systems give way to the physical manipulation of the energy system.

This Awareness suggests that as understandings of the New Age unfold, that the ability to channel and manifest Universal Forces in more controlled manners will be more readily attainable. This Awareness suggests that this phenomenon is likened unto many such phenomenon across a wide variety of religious formulations, wherein physical movement, spiritual connectedness through the faith, and joyous experience of attaining a connectedness to the Universal Love Force is experienced. It is surprising, given the many conflicting beliefs that accouterments and rituals believed necessary to bring about such experience, or that such an experience is reserved only for the 'enlightened few'; that it is surprising that the experience is attained at all.

This Awareness suggests that if less emphasis is

placed upon the belief in the structure, the environment, the ritual involved in invoking this experience, then it can begin to be understood as part of the natural process and the uniting and alignment of certain energies that exist within a human body and the feeling system that connects it to human spirit.

This Awareness suggests that the wild physical manifestation: the lurching about, the ritualized mass frenzy that can be achieved through various religious beliefs and rituals is, in fact, the release and movement of frustrated Will energy, but that it lacks the intended direction of the Spirit.

This Awareness suggests that the venting of such energy in this manner has benefit in releasing certain hormones, chemicals within the body that can attain certain rebalancings and the movement and elimination of certain toxins and stress hormones, but that with Will energy directed by the attention of Spirit, far more beneficial results can be attained.

This Awareness suggests that entities begin to ponder such a capacity within themselves, to become attuned to the fact that there is a connective strand between Spirit, Mind and Body, and that connective strand is experienced through human feeling.

This Awareness indicates that in understanding the nature of this connective strand, entities can begin to become attuned to the vast resources and abilities that await within, but as yet are unexploited. If we have completion we can continue.

Sufi Whirling Dervishes: Is This Spiritual ?

FOLLOW-UP QUESTION:

Would this also relate to the so-called 'Whirling Dervishes' of some religious sects in the East (Sufi's), wherein these entities whirl around in a kind of a strange dance, and get into a trance-like state, and is there anything spiritual connected with these dances?

COSMIC AWARENESS:

This Awareness indicates that this is in the affirmative, and that the phenomenon can be observed throughout many religious traditions, whereby the body is taxed physically to the point that it is over-stimulated and the breakdown of certain resistance then occurs, whereby there is a more direct channel of communication. However, that channel of communication is still subject to the limits of the belief system of the individual involved.

This Awareness repeats that this phenomenon exists as evidence to the ability within humankind to manifest this Will energy in productive and developmental methods rather than to simply allow it a physical discharge. This Awareness suggests that entities can indeed attain spiritual enlightenment through this process, but that the complete disorientation of the physical form reduces the effectiveness and the clarity of the channel, for it embodies a belief that the body is disconnected from the Spirit, when this is, in fact, *not* the case.

If we have completion we can continue.

"SPEAKING IN TONGUES"—IS THIS THE SAME PHENOMENA?

FOLLOW-UP QUESTION:

Would this also apply to that phenomenon Fundamental Christians refer to as 'speaking in tongues'? Once when I heard an entity do this, it just sounded like incoherent babbling or the sound of a disincarnate demented entity that may had taken over the form of the person doing this 'speaking in tongues'.

COSMIC AWARENESS:

This Awareness suggests that this is in the affirmative. That this is a related process, and that it is a sad testimony to the fact that entities subscribe to dogmatic assertions that instill the belief that knowledge cannot spring from within and that it must be delivered from without by knowledgeable teachers and the keepers of the Word of God; that such tradition of uncontrollable chatter and garbled linguistics can be perceived in the manner described; as a disincarnate babbling idiot, or some such notion.

This Awareness suggests that this phenomenon exists again as a symptom of how the belief systems can both motivate and empower, yet limit and disempower. This Awareness suggests that enlightenment can only be attained when entities take possession of the understanding that they have in fact directed their Will energy into their beliefs, which exist as creative intermediaries which may or may not facilitate their development, and instead can thwart such development and allow for the manipulation of external advisors to supplant the internal guidance with which the Divinity of All That Is has endowed within them.

This Awareness suggests that entities who can proudly proclaim that they have been possessed by the Creator to have spoken in tongues, can indeed congratulate themselves; but this Awareness suggests that they begin to question exactly *what* insights they have received, and to learn how to translate them into a language more understandable, so that the insights can be shared.

If we have completion we can continue.

FOLLOW-UP QUESTION:

Is Awareness saying that some 'speaking in tongues' is babble, and other 'speaking in tongues' has spiritual validity?

COSMIC AWARENESS:

This is negative. This Awareness indicates that the process itself has spiritual validity in that there has been a breaking down of the physical system and the appropriate beliefs which allow for the specific phenomenon of 'speaking in tongues' to occur, but that the belief that it must be an indecipherable language prevents any actual Divine Insight from hitting its mark.

This Awareness suggests that if the experience does not effect some intuitive understanding that creates movement within the entity to accomplish the development and expression of his spiritual potential, then the experience is indeed nothing more than babbling. If we have completion, we can continue.

HOW IS HUMAN LIFE PERCEIVED BY DISINCARNATE SPIRITS?

QUESTION:

Another question from JD, in N.Y. "How are earth and human life perceived in both senses, by a disincarnate entity lacking the physical body's perceptual apparatus?"

COSMIC AWARENESS:

This Awareness suggests that the word 'seen' is usually associated with the perceptual apparatus, but that the question is understood as implying that there is some intended perceptual transfer of information between the disincarnate entity and an earthbound one.

This Awareness suggests that such communication is experienced through intuitive understanding in both parties' experience; that the earthbound entity experiences the interaction on a subconscious level in most

situations. This Awareness indicates that entities who recall dream interactions with characters with which they experienced an emotional affinity and perhaps labeled as entities associated within their current incarnation, yet express some description such as: 'The person in my dream was Mary, but it was not Mary;' such expressions communicate the connectedness yet disconnectedness to the entity. This Awareness indicates the Universal Understandings which flow into the consciousness unabated by the consciousness have met their mark on some level, yet are perceived on the conscious level through the confused application of the feelings with similar associates with which the entity experiences an affinity.

This Awareness suggests that disincarnate entities have a broader consciousness with less limitation and achieve certain understandings regarding their own physical experiences, their necessary development and their particular destiny, as well as the role of other entities with which they have a karmic connection. Whether incarnate or disincarnate, such communication between them can facilitate relationships, events and understandings which can bring about situations which foster the maximum development and expression of individuals on the earth plane.

This Awareness indicates that as for the concept of visual perception, there is a similar related process, yet it is a more instantaneous recognition and understanding without interceding perceptual process and the distortion that can result from such process. This Awareness indicates that belief systems limit the very such processes through which humans obtain information about the world, and that a tragic result of too many limited belief systems close down sense capabilities, whereby human beings no longer become aware of them, much less attuned to them, to exploit the information that they exist to provide.

This Awareness suggests system is one such process, one such sense, which is yet to be identified and reclaimed. If we have completion, we can continue.



INTER-SPECIES COMMUNICATION

(Vikki T. has a Chat with her Siamese Cat)

QUESTION:

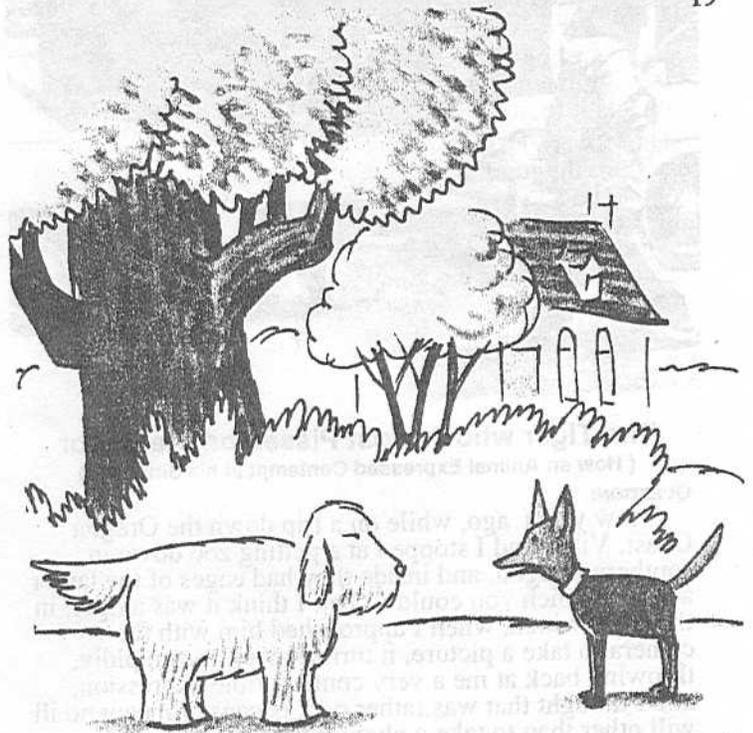
A question from Vikki. She asks: "I'm reading a book about inter-species communication and in it the author states that animals, in their communication with her, do not send words, but picture images, which she then translates into words. I had an experience some years ago, where, in a slightly alerted mental state*, I was sitting on a floor having an animated discussion with a Siamese cat, until I suddenly drew back realizing, "This can't be happening!"

"My recollection of the exchange was that it was not in picture form. We were exchanging complex thoughts and sort of telling stories, much information passing quickly back and forth. Would Awareness discuss the form of communication taking place in relation to the picture images this author states animals use?"

*She meant she was stoned?

COSMIC AWARENESS:

This Awareness indicates that the phenomenon described, the communication between species, likened unto picture manifesting in the consciousness, from the consciousness of an animal into the consciousness of a human being, is that same process through which entities can access this Awareness, whereby symbols, creative impressions and instantaneous insight are obtained.



P. Sewer

"Have your people get in touch with my people."

This Awareness suggests that depending on the vibratory level of the entities involved, both the animal and the human being, that the experience can range from an exchange, seemingly verbal, to an exchange seemingly visual, with pictorial symbols, so an exchange seemingly instantaneous, as an immediate melding of minds, and an understanding of the consciousness, and of the message communicated by the animal to the human being, or vice versa occurs.

This Awareness suggests that this communication is happening on a spiritual level, connecting the two entities embodied both in human and in animal form, wherein the propensity to undergo such a communication is a testimony to the relationship between the two entities and the connectedness that exists between them as members of a karmic family, comrades or associates.

This Awareness suggests that a high degree of healing and unrealized physical and emotional benefit is obtained between master and pet, between human and animal, and that animals exist as a constant reminder of the emotional strand of consciousness that unites the physical, the mental and the spiritual aspects of humans and animals.

This Awareness suggests that the questioner maintains a relationship with the entity embodied in the cat and that this particular entity also manifests in several other forms simultaneously, and that the relationship between the questioner and the entity also exists in a previous incarnation, and that there remains a network of communication between them. This Awareness suggests that the situation described, whether a mental or a physical manifestation, indeed connected these two particular entities, not unlike a dream experience, reminds the conscious awakened entity of a connection experienced during the sleeping hours.

If we have completion we can continue.



The Tiger who Almost Pissed on the Editor

(How an Animal Expressed Contempt at his Situation)

QUESTION:

A few years ago, while on a trip down the Oregon Coast, Vikki and I stopped at a petting zoo down in southern Oregon, and inside they had cages of the larger animals which you couldn't pet. I think it was a tiger, in the cage, which, when I approached him with the camera to take a picture, it turned away very rapidly, throwing back at me a very contemptible expression, and I thought that was rather odd, because I meant no ill will other than to take a photograph of this animal.

And so, I maneuvered around again to take a picture when he again came up to the bars of the cage, where he was visible, and he walked around a bit and then came back, and each time he met my eyes with a look of pure contempt, and when I would raise the camera up, he would turn abruptly from me, back up to the bars, lift his leg and urinate with considerable pressure, venting the urine through the bars in an obvious attempt for it to hit me, standing there with the camera.

I had to jump back in order to escape the stream of steaming vile-smelling water. Now, my question is: If this was an entity within this creature, was it something that he and I had experienced in the past, perhaps in past lives, that he was showing his contempt over? Or was it just an animal that was so sick and tired of tourists taking his picture that he aimed his "squirt-gun" directly at me, like he would any other person? In other words, it wasn't anything particularly personal, was it?

Could Awareness shed some light on that incident?

COSMIC AWARENESS:

This Awareness suggests that animal consciousness is such that although attuned through the feeling system to the entity, the very experience of embodying an animal is usually undertaken for the limited experience of the physical embodiment without the interference of the realm of human mind and the rational capacity.

This Awareness indicates that although interaction can occur between animals and human beings that has significance regarding the relationship described in the previous question, that not all interactions are of this particular ilk.

This Awareness suggests that the expression of contempt communicated from the tiger to the questioner was the raw communication of the emotional experience of the tiger which communed frustrated spirit due to the confinement of the situation the tiger existed within.

This Awareness suggests the emotional response of anger and the physical acting out of this anger in a territorial act of aggressive urination was a simple response to the emotional energy experienced as anger,

facilitated by the frustrated spirit which had intended to embody the tiger to experience the freedom, the roaming of a jungle savanna, experience the raw desire to take down and consume its prey, to experience the wind and the contraction of the muscles as it loped along, blissfully unaware of most, but its instinctual proclivities to facilitate development and expression of the spirit as a tiger.

In this situation there could be no such development. Due to the confinement there could be no such expression other than the limited responses of facial expressions and non-verbal communicative behaviors, such as territorial pissings to communicate the frustration and to vent the anger.

This Awareness suggests that human behavior is not unlike this particular tiger's behavior; that when the freedoms that are required of the spirit to develop and express the potential are thwarted, so then is the spirit. The situation is communicated through the emotional system, specifically through the feeling of anger, which aroused a response which is intended to restore such freedom of movement and to create opportunities to prevent such restrictions, but instead, the message is misunderstood and the angry energy is acted upon in self-destructive ways or in ways that are destructive to the society.

This Awareness suggests that entities begin to observe both animal behavior and human behavior to identify the underlying emotional motivation behind most every action observed. This Awareness makes a suggestion: entities can begin to attune to their own motivational system and become aware of their own spiritual inclinations, and determine whether or not their strategies are successful at actualizing them, or rather that they instead remain trapped within their own belief systems and limitations, not unlike the tiger trapped within the cage, who is limited to angry contemptible expressions and non-verbal territorial pissings.

This Awareness indicates that there are many human beings in very similar situations and that until such a time that entities can develop strategies to facilitate their own liberation, that those entities already liberated with a broadened consciousness and more enlightened attunement make such contributions to the social environment, to the cultural mind of man, so that limiting environments that embody human beings and entrap them, and limited economic, social and educational conditions are minimized, *then* the symptoms of their territorial pissings, and contemptible expressions will no longer debilitate themselves or their world.

If we have completion, we can continue.

The Interpreter is Jarred by her Verbal Channel

CLOSING MESSAGE:

This Awareness suggests the channel was quite jarred due to the experimentation with the various verbal and written mediums of her channel; that when the energy was depleted in certain areas, she experienced an overall depletion of energy which she managed to reconnect and restore.

This Awareness suggests she not be concerned with this or consider it to be anything but a successful learning experience, and that she is already very much concerned with delivering the material to the maximum level of clarity, and she is a bit sensitive, and she should relax and continue to trust and be validated, that this Awareness stands by her completely.

There is no further message.

(The Law of gratitude is given and a count of 12)