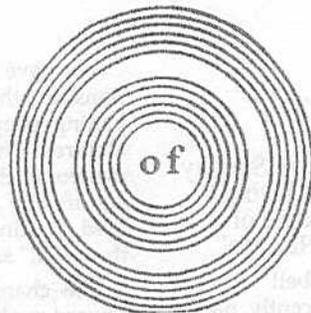


Revelations

The Cosmic Newsletter



Awareness

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THE LOST ART OF DYING

QUESTION:

There's an article taken from the conservative Sunday Telegraph of London, called "The Lost Art of Dying." I'd like to read this, because it brings up a couple of questions. It's an article by Graham Turner. He says"

Dr. Robert Twycross, director of the Michael Sobell Center for the terminally ill in Oxford, says that he recently met a woman of 70 whose husband was dying at home from a brain tumor. The man probably was not going to live for more than 24 hours, yet "that dear woman insisted that he be brought in here immediately. She couldn't face the idea of him dying at home because, at the age of 70, she had never seen a corpse!"

She is not unusual. In the nearby Churchill Hospital, a woman of 71 sitting beside a desperately sick husband confided to the chaplain that she simply did not know what to say to him, because she had never been near anyone who was dying, let alone dead.

We belong to a unique generation for which the sight of death and the experience of dealing with it have become alien even to the elderly. As Dr. Richard Lansdown, chief psychiatrist at a children's hospital, remarks sadly, "Death has become a foreign country where we don't know how to behave."

Gone are the days when the face of death was a familiar, domestic presence. A century ago, only 5 percent of the population died in a hospital. The dying were cared for at home. Their deaths did not cause families to shrink from their very presence. Today, more than 70 percent of us die in a hospital. Very few relatives of those who die at home want to keep the body in the house before burial.

And there are many people who are so determined to shield their children from death that they will not even allow them to attend Grandma's funeral. Fewer than half of the customers of one of York's leading funeral directors now want to view the bodies of their dead relatives in the firm's chapel. In our times, those two mighty taboos, sex and death, have changed places. People now shriek about sex from rooftops, and it is from death that we seek to distance ourselves.

Indeed, we flee from any intimation of mortality. Chris Weaver, an undertaker, says that half of the married people whose funerals he has handled have never told their spouses whether they want to be buried or cremated. Only one person in three has made a will.

The more we have sought to keep death at arm's length, the more perfunctory its rituals have become. In 1945, only 9 percent of those who died were cremated. Now 75 percent are, often without any church ceremony. "Seven times out of 10," says Chris Weaver, "people will say to me, 'I hope the vicar won't go on; we don't want a long service.'"

Among the native British, there is also very little weeping these days. Gone are the floods of tears and graveside collapses that marked Victorian and Edwardian funerals. Gone are the widow's mourning weeds. And the vast majority of today's mourners opt for music of the "Abide with Me" variety, but others settle for renderings of popular folk songs. The ashes are usually scattered in a garden of remembrance.

As the rituals of death have atrophied, so have the rituals of mourning. All too often the deceased are kept in cold storage before they are consigned to the flames. The bereaved are given the cold shoulder afterward. "How do we treat them?" asks Dr. Tom West, medical director of St. Christopher's Hospice in London. "By crossing the road and walking down the other side of the street." The reason people cross the road, says Richard Lansdown, is that they no longer know what to say. There is no longer any language of religious consolation in our society.

We have also grown accustomed to such superficial relationships that we shy away from the deep involvement that joining people in their grief implies. Even parents of dead children often complain that their friends expect them to overcome their misery within a very short time. This quite specifically means not speaking about the person who has died. "I think we've lost the art of dealing with the relatives of the dead," says the bishop of Lewes, Peter Ball.

The changing demography of death may go some way toward explaining our attitudes. In 1900, 143,000 British babies died before they were a year old. Now, the figure is 6,000. Even more startling, there are only 155,000 deaths a year of people under the age of 70. The fact that death has become the monopoly of the aged has totally changed our perception of it, says Eric Midwinter, director of Britain's Center for Policy on Aging. When the Grim Reaper struck at random and took a baby, a nursing mother, or a breadwinner, it left great rifts in the social fabric, and rites of passage were designed to help heal them. Now, because the vast majority of people enjoy a normal span of life, death is "sort of all right"—often seen as more of a blessing than a disaster.

Yet the death rituals of Jews and Moslems in Britain are not nearly so cursory. Jews, says Rabbi Julia Neuberger, divide the period of mourning into three clear stages, which go on for 11 months and mirror the stages of natural grief. The first, Shiva, lasts for seven days. During that time, there are evening prayers at the chief mourner's house, and members of the community come to console the bereaved family.

Moslems also have fixed periods of mourning. "The family grieves for three days," says Dr. Zaki Badawi, chairman of the Council of Imams and Mosques, "then again on the seventh and 40th days, while a widow would mourn for four months and 10 days. If we see bereaved persons in the street, far from trying to avoid them, we cross the road to offer them the ritual greeting, 'May God accept him—or her—in His mercy, give you the strength to endure the loss, and compensate you for it.'

"Westerners seem to fear death as if it were a creature from Mars. But the real trouble with people in [Britain] is that they are materialistic, don't believe in God, and so feel that death IS the end of everything." The evidence offered by those who work in hospitals and hospices suggests that perhaps 80 percent of those facing death [in Britain] are normal Anglicans, with 10 percent committed Christians and the rest atheists. Not many seek the consolations of religion.

Sometimes, according to Mother Frances, an Anglican nun who runs an Oxford home for children with life-threatening illnesses, busybodies come to the home to tell the parents of the sick children, "if you really prayed and had faith, your child would be well." She notes, "I've known a case where a mother—who had already had one child die, had another dying, and was ill herself—was told by this 'Christian' that if she had a real faith, she wouldn't be grieving!" Yet Christians do not seem to die better deaths than unbelievers. And the "more affluent you are," says Dame Cicely Saunders, the pioneer of the hospice movement, "the more angry and frightened you will be at death."

It saddens John Baker, bishop of Salisbury, that as a society we sweep death under the carpet. "We should think about death far more," he says, "because it sharpens one's priorities as very few other stimuli can. It makes you say, 'What are the really important things I should be doing with my life, not just selfishly but also for other people? Are there quarrels I'd like to heal, relationships I should mend, something I'd like to do for somebody but kept putting off? What we're doing by pushing the thought of death away is robbing ourselves of its power to make our lives what they were meant to be.'"

That's the end of the article. One of the questions I'd like to ask is: Should we, as Americans, think about death far more than we do?

COSMIC AWARENESS:

This Awareness indicates that the role of death in one's life is a factor that does need to be considered. This Awareness indicates that a great number of entities will approach a time in which this becomes important to them. It is not something that entities need to dwell on, but it is something which entities can prepare for, so that it does not leave others with the burden greater than the losses which are necessary. This Awareness indicates that the particular concern being especially as one grows older and tends to approach that time of departure from this plane.

Be Prepared so Your Death Won't Burden Loved Ones

This Awareness suggests that it is almost impossible to prepare for the loss of a child or of one who is young, who is not expected to pass over, such as might occur during an accident or unexpected illness. This Awareness suggests, however, that the preparation as that which is not seen as something which entities should energize so much as to prepare in the event of the departure so that others are not burdened with the extremes of the conditions and expenses that might be incurred from one's passing. It is not really fair for an entity who has had many years of time for preparation not to prepare and to leave all of the expense and preparation for someone else who is in the midst of leaving and cannot easily become organized.

This Awareness indicates on the other hand, during such times it is often helpful if such entity is made to be responsible or given an opportunity to participate in the preparations and the burial of the entity or the cremation of the entity, according to that which is the will or desire of the entity. This Awareness indicates that the passing over as that which needs not be seen as a tragedy, but it can be seen and acknowledged as a great time of loss and there can be a minimizing of that sense of loss when entities begin to prepare, prior to the passing over, so that any relationship that has not been settled or harmonized or balanced between the entity and others is brought into greater focus and harmony.

This Awareness indicates there are many times when an entity has much pre-warning of passing over, when an entity knows that he or she may be destined to die at a certain time or within a certain prescribed time, especially in cases of terminal disease, yet the entity will use that time to become more demanding on others, to expect greater attention from others, to expect more obedience from others or to expect others to cater more to his normal whims and desires. This Awareness indicates that the entity may even resent visitations from his children who wish to clear relationship problems that might have occurred, or who may wish to express their affection for him. The entity may instead wish to watch the ball game on television and resent the fact that his children came over during the time when the ball game was playing.

Last Days Should be Used to Clear up Conflicts

This Awareness indicates that there are so many ways wherein entities have so much time during these last days, to use the time for clearing up and resolving conflicts that have developed in relationships, and yet, many of these entities do not take that time and instead will pile up even greater conflict, greater memories for their loved ones to feel resentful about. This Awareness indicates there are some entities who expect that, since they are the one who is dying, that the child should stop all of his or her life duties and come at a prescribed time that is satisfactory to the one who is dying, and to come over at that precise time or not to come at all, and the entity will latch on to some time or condition by which the children may visit, the loved ones may visit, and if

the loved ones do not follow exactly as described, they are Judged and rejected as being unfit to visit and may be even marked out of the will.

In such cases, the entity is using the death experience as a way of testing loyalty, testing the obedience of loved ones. This is one way whereby entities can increase the problems of relationship. This Awareness indicates that there is also the other side, wherein an entity who is dying, who desires to see and to resolve things with his or her children, may have greedy children whose only intent is to come around just enough to make sure that they are not forgotten in the will, and such entities may avoid visiting for many years, may avoid any kind word or any sense of appreciation, but simply because the entity is now dying and has something that can be left, they will make it a point to become quite friendly and appear to be quite loyal and interested in the welfare of the entity, as though attempting to make up in the last few months for a lifetime of neglect.

This Awareness indicates that these are some of the unusual situations, the extremes that occur in some cases. It is much better wherein entities have a lifetime of relationship, and when in that final time entities make special effort to resolve any major conflicts that might have existed between them, even prior to notification that an entity is in the process of dying. This Awareness indicates that it is a matter of maturity. It is a matter of personal self-esteem, as well as respect for others; that if there is a conflict in one's relationship with someone, that eventually, these things should be cleared up, prior to the passing over, so that one need not look back and have feelings of guilt, or feelings of resentment.

This Awareness indicates, however, it is unfortunate that when one person wishes to resolve conflict, often the other does not, and so, when this occurs, the one person may be left feeling some kind of resentment that the one who passed over never made the effort or never responded to the effort of the one who wished to resolve any conflicts. This Awareness indicates that these are areas of relationship that become intensified because of the prospect of death in one's sphere of family or loved ones. The prospect of death as that which, intensifying the conflicts of a relationship, cry out for greater attention in the need to resolve or compromise or do something to make up for the long periods of time in which the conflict has remained unresolved.

There is a Way to Resolve Things Even After the Death

This Awareness indicates if it cannot be resolved during such time, it can have long lasting effect, even after the passing over. This Awareness suggests, however, it is not necessary that after one passes over, that the entities remaining should carry burdens, guilt or resentment for those conflicts that have existed and can no longer be reconciled. This Awareness suggests that such continuation after any possibility of reconciliation as that which can only bring greater harm and prevent entities from being and living in their full potential. This Awareness suggests therefore, that there is a way by which even with the one party passing over, or wherein one cannot communicate with one who is passing over, it is possible for you to resolve the relationship unilaterally without the cooperation of the other.

How to do an "Awareness"

Simply place yourself in a chair, have a chair facing you, speak to the entity as though he or she were sitting in the chair facing you. Say everything you would like to say to that entity, if the entity were actually there. Once this has been given, rise, sit in the chair of the entity, pretend to be the entity, respond, reflect on what

you have heard, as if you were that person, and respond to that person in the way you would like to hear or like to respond, explaining or replying to the things that have been spoken to you in your new role as the person who is passing over, or who has passed over.

This Awareness suggests after this has been completed, you may then go back and change chairs again. Speak to the imaginary person who has passed over, or who is passing over, and reply to those things which have been given in turn by that person, and continue this action, switching chairs, carrying on a conversation with the individual, playing both parts, replying and listening, listening and replying. In doing so, you will find that within your own psyche, a resolving can and normally does occur. To some degree it will occur for sure. In most cases it will be profound, so that you actually feel you have spoken to this entity and have gotten a reply from this entity, and you can resolve the agitation that you had previously felt in regard to your relationship with this entity.

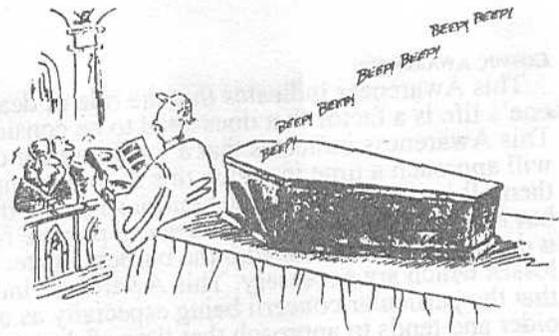
This Awareness indicates that this technique as that which has been used by certain groups. It is called "Doing an Awareness" on an individual. By doing an Awareness on the individual, you actually become aware of the individual's feelings and attitudes toward yourself and toward your concerns, and you reply to those attitudes and feelings, and in so doing, you resolve many of your own inner feelings and conflicts. This Awareness indicates the value of this, that extends even beyond your own personal gain is that when you do this, you actually touch that entity, even if the entity has passed over, and whatever you discover, and whatever enlightenment and resolution has occurred, whatever has been resolved within yourself is felt by the entity, even if the entity has passed over into another realm. That entity will experience the resolving of the conflict and will understand your side and your feelings.

This Awareness indicates that this is a way whereby many entities can resolve extreme problems that have been created with their parents or with those who have passed over which are still haunting the entity, which are still influencing the entity, which are still causing feelings of guilt, feelings of poor self-esteem, or feelings of rejection, so that an entity, while still living here on this plane, can resolve conflicts with someone who has passed over.

Doing an Awareness can Resolve Karma with the Deceased

This Awareness indicates that likewise, the entity who has passed over and who has caused harm to one who remains on this plane, can experience the sense of forgiveness, if the remaining entity is willing to forgive; can experience the sense of understanding if one who remains performs the Awareness ritual and passes through these interchanges of information in such a manner that allows the entity to experience the new resolution to whatever conflict might have existed between them.

This Awareness indicates essentially this is a way of modifying or pacifying karma between entities who are either at a distance, at an impasse, or who have passed over into another realm. This can be done even when entities cannot communicate with each other, though living in the same location. It can be done when entities are living at great distances from each other, and it can be done when entities are no longer in the body, in the physical sense. The effect moves both ways.



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IS THERE A CORRECT BEHAVIOR WHEN CONFRONTING A LOSS?

QUESTION:

The statement was made that: "death has become a foreign country where we don't know how to behave." Is there a correct behavior, when confronting a loss in the family or of a loved one?

COSMIC AWARENESS:

This Awareness indicates that it is proper for entities to be straightforward in terms of empathizing with another to the point of feeling free to speak briefly in regard to someone's passing over so that if the other person wishes to have the opportunity to discuss or talk about the situation, they will sense that you are willing and open to hear what they have to say. Your major concern is not with the person who has died. Your major concern is with the feelings of the entity who is left to bereave the loss. This Awareness indicates that it is proper that those who loved another who is now gone should go through a time of mourning, a time of grieving.

It is Proper to Grieve, to be Angry

This Awareness indicates it is common that they go through a time of anger, and that they even go through a time of being angry at the one who passed over, for having done this to them. They should not feel guilty about such anger. They should realize it is normal. It is common. They have been violated. This person has violated them by leaving them here unprepared. They have deprived the bereaved one of themselves and in a sense, in the emotional level, it is a form of rejection, to die and leave your loved ones is a form of rejection toward them. It may or may not be intentional rejection, but it is comprehended on certain emotional levels as a form of rejection and these entities will experience anger.

Those who Mourn Must Stay Involved with Life

This anger will quickly turn to a sense of loss and loneliness in which the entity will feel all is futile, and will reflect back on the lost years, the times gone by, the expressions, the remembrances of conversations, of events, of interactions, of things that were pleasant and unpleasant, and the entity will have mixed feelings in remembering these things, and this may go on for a number of months and it will gradually begin to wane. The important thing is that the entity continue to be busy, to do things, to get involved with other people, with other activities, and this time of remembrance, reflection, bereavement, while necessary, will not be prolonged unnecessarily to the point of self-pity and to the point wherein the entity loses all interest in life.

The Aware Entity Will Find a New Lease on Life

If the entity does not manage to get beyond this point of continual bereavement, the entity is likely to lose interest in living, and may also soon pass over through some form of disease or death-wish or accident. This

Awareness indicates that if the entity can look to those events that have happened, to the loss of the loved one, and has contacts with others whom he or she also loves, and sees a responsibility to live for them, to continue moving, to continue being active, to continue taking on responsibilities of setting goals and purposes, then the entity will find a new lease on life, new meaning in life, new directions in life, and the entity may find a second life; that life does go on beyond the loss of the loved one, and this Awareness suggests that in many cases, the entity's greater joys will come thereafter, after having suffered the great loss; but it requires a certain kind of courage, a certain kind of persistence to continue in spite of the loss.



Should Children Attend Grandma's Funeral?

FOLLOW-UP QUESTION:

The writer says here: "And there are many people who are so determined to shield their children from death that they will not even allow them to attend grandma's funeral."

COSMIC AWARENESS:

This Awareness indicates that there have been serious traumas, especially in the past, wherein parents tried to force children to accept the death, to witness, to participate in the death of grandma, or in the death of someone near and dear. There have been traumas committed against children, such as when the child, in common practice with some cultures, was forced to kiss the dead grandmother good-bye. Such children often had years of traumatized fears because of being forced to kiss the dead grandmother good-bye. This Awareness indicates that to this extreme, entities react in the opposite extreme of trying to hide the fact that grandma has died.

This Awareness indicates that the opposite extreme, hiding the fact of death, allows the child to have the only contact, or only understanding of death of being that which is portrayed in movies, in television, wherein entities are flopping over here and there, only to be seen again in the next series, or the next movie, or killed and left laying, and everyone walking on by, to continue the story, so that they get a distorted view of death that has nothing to do with the reality which is the loss of a loved one. They never see these criminals who are shot on television, who are forced to fall off the building, or through glass, or some other violent means; they never see the families of these entities or show the feelings that the families may have. They just see that it is an expedient way of getting rid of this criminal element in the movie, in the plot.

The Child Sees Death as a Television Story

Likewise, with the victims in televisions, the viewer never sees the entire story of the victims: the weeping, the sorrow, at the loss. They never see the energy that has gone into helping to raise this person to be such a beautiful victim. They simply see someone who creates a victim of violence in the movie, on television, and

then the story proceeds with the police trying to catch the one who did the crime. In catching the one who did the crime, they then see that eventually the criminal was caught and by this time, they have totally forgotten the victim and so, in the next episode, it starts over again with a new victim, a new criminal, and all of these killings, and which so many are seen, whereby day after day, year after year, people are seen living and dying on television, but the child never understands death from the television set, as anything other than part of the process of story-telling.

Great Trauma for Children when their Pet Cat Dies

It is all part of an interesting game such as Pac-Man, or some other video game wherein things are shot down and restored with the next quarter in the slot, the next turn of the dial. Thus, life becomes meaningless, death becomes meaningless. This Awareness indicates that many children only experience the loss and the deeper feelings surrounding death when their cat dies, when their pet mouse dies, when their pet bird dies. This Awareness indicates that these are times in which the children have a great trauma. This Awareness suggests that withholding them from the realization that grandmother has died, preventing them from understanding what this means, is not really shielding them so much. It is depriving them of part of the reality which they must eventually experience in order to understand the deeper meaning of life.

This Awareness indicates that it is understandable to prevent children of very young age from having to witness the loss of a loved one. It is not suggesting that children, three, four, or even five years of age should attend funerals; that it will depend on the maturity of the child, but it is suggesting that as children grow older, five, six and above, that they should be told of the passing of the loved one, and allowed to attend the funeral if they wish to come. They should not be forced to come to the funeral. It is not a requirement in the ethical sense or in respect to loved ones that children should be forced to attend the funeral. It is quite easy for a parent to say: "Johnny Just didn't feel like coming to your father's funeral. He wanted to remember him as he was. I didn't want to force Johnny to come." This is a legitimate response and this Awareness does not see how these entities can object.

This Awareness indicates that as these energies move in this direction and these entities respond to the witnessing of the individual to this situation, and the response of the parent to the child, these energies shall balance. This Awareness suggests the Interpreter be brought from trance.

(The Law of Gratitude is given)



A JOYFUL MEDITATION TO STRENGTHEN THE IMAGINATION

OPENING MESSAGE:

This Awareness has a joyful exercise of a mental nature which you may consider as a meditation. It is designed to strengthen the imagination and allow entities to have a greater control over the mind. This Awareness suggests that this may be done for fun, as it has no particular purpose or value other than the strengthening of one's ability to control the mind and to enhance the imagination.

This Awareness suggests that in order to do this exercise, one needs to project out of oneself; this is in essence, not an actual projection so much as a mental projection.

This Awareness suggests that wherever you are, for example, in a room, on the street, or in any situation, to imagine yourself being *elsewhere* and viewing the same scene from a different angle. This Awareness suggests, for example, if you are on a street, imagine the angle you would see if you were looking at that street from a nearby lamp post, perhaps from the top of the lamp. This Awareness indicates this may be across the street from you, and you may, in the process of this imagining, visualize yourself viewing the street from that vantage point, seeing the body over here on the other side of the street, along with the entire scene that you are observing, but visualize it from the vantage point of the lamp post, from the top of the lamp post.

This Awareness indicates that if you practice this for even a few seconds, you will find that you can, surprisingly, get a good idea in your mind as to how the scene would look. It is a form of mental projection.

Enhance the Exercise by Looking Down from the Sky

This Awareness indicates other such projections from a street scene may be enhanced by visualizing yourself looking down from the sky, through the midst of the buildings, down upon the street, seeing yourself walking along on the sidewalk, or driving along on the street, from the vantage point of one whose vision or viewpoint is high in the sky, looking down between the buildings. This Awareness indicates that this kind of mental projection is likened unto observing oneself observing, or viewing oneself from another place, viewing the scene in which one finds oneself from a different perspective. It can do some very interesting things by way of your perspective of self, to see yourself walking down a street, viewed from above the city. It puts things into a different perspective from that of the entity who simply walks down the street in one's body, feels locked inside the body amidst a large city. The subjectiveness of being within your body is quite different from seeing yourself as an object from a higher view or a different vantage point.

You Can do the Exercise Within a Room

This Awareness indicates this may be done also within a room, wherein you see yourself; in reality, you are sitting on a couch or a chair in the room, but imagine yourself floating up into the corner, viewing the entire room, seeing yourself in that chair or on that couch exactly as you sit, visualizing yourself from the vantage point of one in the corner of the room. Watch yourself from that position. You will notice that it does something very unusual to your consciousness. It allows you to get outside yourself, to observe yourself as though you were an outsider looking at yourself.

View Yourself from Different Places on your Body

This Awareness indicates that another aspect of this

exercise may be experienced by viewing yourself from a different place in your own body. For example, imagine yourself walking down the street or walking anywhere with your consciousness placed in your big toe so that everytime you take a step you bounce up and down on the sidewalk. Your eyes are still seeing, your ears are still hearing, everything about you is the same except that you are viewing yourself from the big toe. This Awareness suggests that when you have practiced this for a short time, you will notice that it does something interesting to your head, to your perspective of self; that your consciousness is not fixed solely in the head, but can be projected to other points in the body.

This Awareness suggests you may also choose, for example, to look out at the world from your kneecap,-- focusing, imagining that your consciousness is in your kneecap, observing your world, as you walk along, observing from the kneecap; your eyes still see, your ears still hear, your brain still works in the head, but a portion of your consciousness observes the world from the kneecap. This Awareness indicates that this exercise creates a realization that your consciousness is not fixed to the point where it cannot move from place to place; it actually begins to learn how to move from place to place, or to project a portion of itself from place to place, to observe from place to place, outside of its normal home, its normal seat of consciousness, and this gives you a new sense of who you are and what the relationship of your consciousness to your body might be.

The Exercise of Mind over Matter: Dissolving Clouds

This Awareness indicates thinking of this, then relate this to some of the exercises this Awareness has given before, such as the exercise of dissolving clouds by staring at them; choosing a small cloud next to another cloud of similar size and similar texture so that one becomes the standard and the other becomes the test case, so that you dissolve one and leave the other. This Awareness indicates that this information has been given previously, but many entities do not fully understand the importance and value of such in terms of its meaning. Many have not even attempted to dissolve clouds in order to see the power of the mind over matter.

This Awareness indicates that during these summer months it might be beneficial for you to choose some small cloud, close to another of similar size, stare at the cloud in its densest part, the most dense part of the cloud, staring until it becomes likened unto a flip into a negative appearance, likened as to going from a positive image to that of a negative of a photograph; continue to stare from that negative inversion which will occur when you enter into the alpha state of consciousness. Continue to stare in that alpha state at that cloud for at least as long as it took to reach that alpha state where the cloud begins to look like a negative of a photograph. You will then notice that the cloud is shrinking in size. As you continue to stare and focus, it will diminish more and more, even unto disappearance. This may take several minutes. A reasonably small cloud can be dissolved in less than 5 minutes.

Ocular Proof the Mind can Alter Matter

This Awareness indicates the importance of this is that it proves without any doubt, when it is done time and again and the standard cloud still remains, it proves that the mind has power outside of the mere action of brain work. It proves that consciousness can be projected; that energy can be projected from consciousness. It proves that there is a connection between mind and matter, and that there is more than simply the scientific view that the brain thinks on the same order as some kind of chemical reaction or recording device,

likened unto a tape recorder. There is an actual energy that supersedes and can be emitted from the body, from the physical mass, and projected into the environment, to affect matter itself.

This Awareness suggests that in learning to project the mind, to view from other places or other viewpoints outside the body, and to have mental effect on matter, even if only a cloud, helps one to realize a different view of self, to realize that one is more than a mere physical accident of creation, and that the mind is not simply a result of chemical reactions in the body, but has its own essence. This Awareness suggests that entities who experience these new realities will begin to recognize that consciousness is the ultimate reality, and the physical body is the creation of consciousness, rather than the other way around.



"Murray Mitchell—I represent the deceased."

7/3/89

The Lost Art of Dying: The Fear of Death

QUESTION:

In the last session we were discussing the lost art of dying, and there was another question I had before the Interpreter came from trance. In this article it said: "Westerners seem to fear death, as if it were a creature from Mars, but the real trouble with people is that they are materialistic, don't believe in God and so feel that death is the end of everything." Now, I was wondering if this is true, because I've seen polls that say that 70 to 80 percent of the people, (at least in America), believe there is some sort of life after death. Could Awareness comment on that please?

COSMIC AWARENESS:

This Awareness indicates that the majority of entities, particularly in the West and in the Middle East, and also in the European continent and Africa, generally tend to believe that there is more after death, and that things do not simply end at the death of the body. This Awareness indicates that the majority, however, feels that it is beyond their control to do anything about this, and therefore, they do not tend to put great amounts of energy into attempting to do something about that which they cannot control, so they tend to ignore it, assuming that it will come when it will come, as a necessary end.

How Those in the Orient View Death

This Awareness indicates those in the orient tend to have a slightly different point of view, and tend to assume that life is an eternal event that goes in cycles, sequential and cyclical. Change moves in sequence and in cycles in such a manner that life exists, then life is lost, and then exists again in the sense of its many facets or parts, so that reincarnation of entities is most commonly accepted, and therefore, they tend to not worry greatly about death, but tend more to concern themselves with the immediate needs and the immediate principles and values which they perceive in the physical sense.

This Awareness indicates that in the East, they do not

have the great sense of evangelism, to try to make others believe the way they believe in regard to religious or spiritual matters of life and death; their evangelism tends to be more in terms of political and economic evangelism, attempting to impose or promote economic and political concepts rather than spiritual and religious beliefs as compared to those of the West.

More Atheists in Western Countries Than In Others

In the West there are many who feel they must choose between a belief in afterlife, or a disbelief, and if they cannot believe in the common herd's version of the afterlife, they may elect to not believe in any afterlife at all. This Awareness indicates that in this sense, there are more atheists in the West than in the Eastern philosophies or cultures. This Awareness indicates that in respect to the question, it is not so much that they do not believe in God and therefore do not have the concern or reverence for death, it is more that they simply don't know what to do about it and would rather not think about it because the emotional charge on the issue is so intense, because of the fanaticism held by many, and the certainties or evidence of these fanatical presumptions is questionable, and cannot be easily proven, so the majority tends to ignore concepts associated with death and afterlife, unless forced into a position of having to confront the concern.

This Awareness indicates that many religious situations create such a forced condition in which entities must become concerned through the ministering of the messages of the religious dogma; also, when entities approach death through an illness or in conjunction with the loss of a loved one, they may then think in terms of afterlife and such concepts associated with it. This Awareness indicates that in normal conditions entities would prefer not to be forced to think about such things, because they do not wish to be forced into selecting a belief based on something that cannot be evidenced other than through speculation. They would rather keep their minds and options open, but also would rather not to be forced into making a choice, in terms of a belief.

Western Religion Coerces Entities to Accept their Belief

This Awareness indicates the role of much of religion in the West is to force entities into looking at the concept of death and afterlife with such intensity as to convince them that it is urgent for them to take a step, select an option at the moment, or face dire consequences, and in putting the issue before them in this way, they may convince entities to accept their belief and their version of the afterlife experience, and therefore select their religion and principles associated with their brand of religion.

Is There an Official Funeral Ritual from Awareness?

FOLLOW-UP QUESTION:

According to this article, it says not many seek the consolations of religion, and that's understandable, having been to some funerals, where they just read the "from dust to dust" section from the Bible. I'd like to ask the Awareness, it seems to me that *It* gave information on a burial service, perhaps to the Aquarian church at one time. Is that correct?

COSMIC AWARENESS:

This Awareness indicates that there has been information given in regard to the passing over: this through Dr. Duby's channel. This Awareness indicates that the present Interpreter as having given a funeral service to one entity whom he knew well. This message, however, being tailored largely to this entity's situation

and life; that *It* has not heretofore given a specific ritual in regard to funerals as was given in terms of the wedding ceremony through the Aquarian church; that this was something which may yet be provided through the church at some time in the near future. It is something that *should* be provided.*

This Awareness indicates that when this is provided, this Awareness will assist in the channeling of the information for this ritual.

*As of today, 9 years later, the ritual has not been provided.

Any New Information on Life After Death?

FOLLOW-UP QUESTION:

That should be very welcome information to a lot of people. One reason I ask about this is that we keep getting letters from people who have been readers of the Awareness communications for many many years, and they just seem to literally freak out, if you'll pardon the expression, when somebody close in the family suddenly and unexpectedly dies. Even with all the information they've got, they want to know more. They're so grief stricken, they want to know why it happened; they just saw the entity or spoke to him a few hours before on the phone, and he dies in an accident, and they think there's some great cosmic significance to that; that "he's off on another mission," or this and that... hundreds of questions; and Sam Millar revealed recently in a Tarot layout for CAC that we could increase our membership very rapidly and very considerably, if we published more information on the after-death experience, and I told Sam that we have already published a huge amount of this and we intend one day to put it all together in a booklet form, and the Tarot indicated that there was still *more* new information, that had *not* been given. Would Awareness look at that and comment please?

COSMIC AWARENESS:

This Awareness indicates that this as being accurate in the sense that people are hungry for even more and more information in regard to such, partly because they have been given so much information from the orthodox religions in regard to heaven and hell and they cannot seem to recognize that these areas promoted by the religions were based on partial or fragmented information and distorted information and designed expressly to lure people into submission into the belief system.

This Awareness indicates that by promising heaven and threatening hell, the use of the carrot and the stick to bring people into the fold, became a powerful tool for the church, down through the ages. This Awareness indicates that because the churches were able to exaggerate the threats and promises, presenting these in the extremes of what they thought people would fear, or what they felt people would desire, and playing on both the fears and the desires of entities, they were able to coerce entities into selling themselves totally to the religion and philosophy of the church.

This Awareness indicates that there is so much more to understand about this; that essentially, the messages which this Awareness has given in regard to an information universe, in which concepts and ideas are at the heart of every system, and that concepts and ideas can be constantly altered and changed, to alter and change the systems and the sub-systems in the universe; in understanding what this Awareness has been giving through these messages, entities could and should begin to recognize the nature of the universe in its real situation, so that they are not so easily confused by these systems that operate on exaggerations and creations from the imagination, for an entity can indeed become a

participant in the belief in heaven and hell in such exaggerated forms, or an entity can understand that these originated out of symbolic information; that the hell an entity experiences exists not only after death, but in life, through the frustrations, desires, and karma that one develops in his or her normal lifetime sojourn, and the heaven exists not only after death, but exists also in one's normal life, in the joys that an entity experiences in one's normal sojourn, and that these joys and fears, these pains and pleasures can be augmented, energized, exaggerated to extremes, so that one suffers greatly, or one enjoys blissfully, some experience, and one feels one is in heaven or one feels one is in hell, and that these feelings in life, when one passes into spirit, or more correctly, when the spirit drops the body, discards the body; these feelings still remain and can be carried by the spirit as further aspects of the heaven and hell which the entity has created for oneself.*

*Ed's Note: This ends one of Awareness's longest sentences.

This Awareness indicates that the idea of an entity becoming victimized by punishment of some devil is but a promotion of mind, which an entity can, if so choosing, buy into, and if expecting and buying that belief, the entity can manufacture that belief in his or her consciousness to the point wherein the entity experiences it, just as surely as an entity can dream of being in hell and being tortured by some demonic creature, but it is of his or her own making.

Entities Created Demons, Not Cosmic Awareness

This Awareness indicates *It* does not create demons to torture entities for not being loyal enough to the Creator. *It* did not create these alleged demons to punish entities for not being faithful to God. These demon creations were created by the minds of entities and are there to serve those who wish to participate in that artificial creation of demons because they *want* punishment for their errors, *expect* punishment for their errors and are willing to go to the mental states to receive such punishment, in order to alleviate the guilt they have energized for themselves, from *their* self-judgment.

This Awareness indicates in other words, this Awareness does not judge entities as good or evil. Entities judge themselves according to their values, and according to the values of others which they accept as valid. This Awareness indicates that in this respect, afterlife for some entities includes the illusion of hell. For others, it doesn't exist. It exist only for those who believe in it. It exists only in the sense that one energizes that in his or her life to such a degree as to want it, expect it to be there, or fear it to such an extent that they are convinced they will be sent to hell. Such beliefs create the illusion, just as one can have the nightmare because one is so fearful of that which one dreams of.

What Happens to Those who Believe in Reincarnation

This Awareness indicates that others who believe in reincarnation will simply move into another body. They may move into another body without even passing through into the Clear Light with any sense of awareness. They may go through the Clear Light so quickly that they hardly noticed it or paid any attention. Still others will go into the Clear Light and recognize they are with the Divine Being and will linger, and in that lingering process will evolve many lifetimes, and they may pass on to Celestria from there,--Celestria being beyond the Christian heaven; that the Christian heaven as described in Christianity, is but the fourth level from Celestria, and is still within the realm of this planet, so that entities can pass into heaven and still reincarnate into physical form, not escaping the wheel; but entities who go beyond, beyond that fourth plane

into higher levels of Celestria: these entities can move into such levels that they need not return, or if they return, it is out of personal choice, as in the case of Wanderers who return to the earth plane to assist in bringing about the improvement and upliftment of the planet.

Those Who Pass into that Christian State of Hell

This Awareness indicates that likewise, those entities who pass into that mental state which the Christians equate as hell, which in fact was a creation of the Christian religion; in the passing into that level, entities can perceive themselves as being locked eternally, or for quite some time, into those experiences of isolation and torment, in which the flames of desire burn at their souls; such entities can also move out of those levels when they are ready, when they realize they have that option and are willing to take the option, and they may move into areas known as limbo or areas known as purgatory or areas known as Hades, or any other of the lower planes commonly called the Qliphoth in the Qabalah, which are all artificial creations made from mental conjectures, brought into existence by the minds of man, working en masse through the creation of religions and philosophies that need such place for their religion; and these entities in creating these concepts of punishment, giving them a place and a name are in fact the originators of hell, of Hades, of purgatory, of the Qliphoth.

This Awareness indicates that the participants into these areas are those who select to go there out of their own guilt, their own sense of need to be punished. It is part of the karma that comes out of a deed in which the entity knowingly harmed someone, or knowingly did something which he or she perceived to be of great error, and wishes to amend by being punished. It is their choice as to how long they must stay and receive the punishment. When they feel this is enough, they then leave, by choice. They would not need to go there in the first place except by the choice which they imposed upon themselves as a need for punishment to alleviate the guilt.



"My late husband wanted his ashes to be scattered at sea, but he didn't specify how they were to get there!"

You Can't Alleviate Guilt Just by Dying

This Awareness indicates that just because an entity does not feel guilt when living does not mean that they can escape their deeds after dying, for often the guilt is in their subconscious level. They may consciously avoid looking at it, but it will surface with even greater intensity when they enter into total spirit without the body, and therefore, they cry out for the punishment. This Awareness indicates that it is for this reason that many entities who involve themselves in war and slay others in the name of something they believe to be sacred and holy, whether country or religion or family, do not, after death, participate in the need for punishment and hell for having slain others, because

they do not feel guilty in what they have done.

The War Hero's Drive to Return to Pay Off his Debts

This Awareness indicates that they may indeed feel that they have preserved something of great value and may in fact expect greater reward. To some extent this can occur, but for many, the realization that they have killed someone, even of a different culture or different nation, is not so easily passed off after death as when alive, as when being praised by countrymen as being a hero for having slain the enemy; for when one passes over after death, one no longer feels the same loyalty to one's country, but feels a greater global sense and spiritual sense of duty to all living things, and in this regard, often entities feel the need to come back into physical form to repay a debt to those whom they have slain.

This Awareness indicates this is the nature of karma. They may not seek punishment, but they may still seek to repay the debt of having slain someone. This Awareness indicates that there are many experiences entities can have at passing over; these experiences tend to follow the conditioning of the entity's consciousness as to what the entity expects. There are exceptions; for what entities expect, if not following levels of Cosmic Metaphysics or the reality of the Universal Metaphysics, their expectations will not prevail.

The Entity who Expects Everything Ceases at Death

For example, the entity who believes that at the moment of death, everything ceases; this entity does not receive what he or she expects, but instead goes on into the afterlife, as a spirit, into another dimension, another reality, and must adjust to the new reality, even to the point of having to give up the belief in a non-afterlife, and the recognition that life goes on, even when the body is discarded.

This Awareness indicates that to the extent, however, that an entity expects certain things that are within the realm of the Cosmic Metaphysics, that entity may receive much of what he or she expects; thus, if the entity truly expects to go to hell and be punished, the entity will tend to move in that direction toward something that fits into such expectations, but only to the degree that the entity can continue energizing and accepts the suffering that is provided.

"Suffering" in the Realm of Hades

This Awareness indicates when the entity's suffering becomes intense enough to satisfy the entity's need for punishment, the entity simply backs up and begins moving in the other direction. This Awareness indicates that this area of negativity, in which entities seek punishment has been referred to by this Awareness as that which can be called the realm of Hades. It is all a mental state, though it can be seen, it can be felt, it can be experienced just as a dream can be seen, felt and experienced; and beyond this realm of Hades is that realm of Celestria.

The Immortal Realm of Celestria and Sach Kahn

This area of Celestria has, much like Hades, different levels. Wherein Hades things can become worse and worse and worse, depending on how far you wish to become involved in the negative, in the painful experiences, so likewise, you can move into that realm of Celestria and experience higher and higher and higher joys.

This Awareness has suggested that which is Celestria in the higher senses has been called by some, Sach Kahn, the origin of the soul. There are few entities who move directly from the earth plane into Sach Kahn. Normally, it is a slow process. Entities move back and forth from various levels into higher and higher, or from low to high, or from higher to lower levels, depending

n whether they seek some kind of re-balancing of negative behavior, or reward for more positive behavior, which they judge themselves to have earned.

The Third Realm: Terrestria, the Material Worlds

Terrestria, which is a third realm, is that which entities may think of as the material worlds, the worlds of material being, in which entities perceive themselves to be matter. Matter in this sense is not confined only to the vibration which you perceive as matter,--there are other levels. There are other octaves of frequencies which contain for their natives, the appearance of matter, and entities living in those other octaves or frequency levels think of themselves also as being material, as being physical.

This Awareness indicates that these Terrestria levels, or material levels are what might be thought of as the testing grounds for the soul, where the soul is given its opportunities to evolve, as well as temptations to become weaker and less evolved, demented or deranged. The opportunities for growth or for derangement are greatest in those realms of Terrestria, those octaves of Terrestria. Those realms of Celestria are those realms in which entities receive certain benefits and rewards to satisfy their need, to give them rest, to give them a break, a vacation from the struggle of Terrestrial activity or from the negative experiences in Hades.

The activities in Hades are those which are designed to burn off the negative, burn off the feeling of being worthless, so that entities can get a sense of having paid for their errors. The choice of whether one moves from Terrestria into Celestria, or from Terrestria into Hades at the time of passing over, is not that of Saint Peter. It is the choice of the individual, and the individual will choose that which he or she knows according to his or her values, is proper for his or her best interests.

Some Elect to go to Hades, then on to Celestria

This Awareness indicates therefore, the entity is not sent to hell or to Hades; the entity *elects* to go to Hades for the period of time necessary to burn off those negative energies, the guilts; and when that entity is satisfied that he or she has paid the price, the entity then is free to return to Terrestria or to go on to Celestria. The movement to Celestria may be such as to collect on rewards for those things which the entity did well while living in physical form, for in some cases, an entity may do something which he feels guilty about, and also do something which he feels satisfied with, and may wish to pay for those errors through the suffering of Hades, and return also to Celestria to pick up on some of the rewards due to him.

This Awareness indicates that normally, entities will go back into Terrestria, carrying a certain amount of karma to be worked off through further expressions of lifetime experiences, to repay the errors they have caused previously, even though they may have burnt off much of their feeling of guilt while in Hades.

The Fourth Realm: Cimmeria--the End of the Line

This Awareness indicates that there is also that fourth level or realm which this Awareness has not heretofore spoken of, except in some long ago reading: that realm known as Cimmeria; --Cimmeria being a kind of netherland, an area wherein nothing of substance, of definition exists, an area in which everything is a kind of seething unconsciousness, having feelings, having little personal or no personal identification; it is in this area out of which nothing of substance can come, but into which entities who are totally unredeemable, who refuse to accept punishment for their errors, or to face the consequences or repay others for their errors, who are so

totally corrupt in their way of relating to the rest of life, that they select in their choice and options to remove themselves completely and dwell in evil, or what they perceive to be evil, without any recourse or repentance, and in so doing, they are willing to give up their identification as a self. They are willing to give up their attachment or association with others just to wallow in the dregs of self-pity, self-interest, and the seething unconsciousness of hostility toward everything.

Cimmeria: a Lake of Seething Unconsciousness with Feelings

This Awareness indicates such entities do not wish to be redeemed, to become individuals with personal value; they simply wish to express hatred and hostility to the point of losing entirely self-discernment. They lose their individuality and merge with this seething lake of energies, of subconscious essences that has no real definition of self, of individuality, but instead, is simply energy which has feeling. This is that which this Awareness has described as Cimmeria. There is no one suffering there, for there is no one there. It is a mass of energy without individual form, without individual face. It is seething unconsciousness, filled with feelings.

It is in this area, in some of the realms of this area of Cimmeria, that certain limbo states exist;-- these on the outer edges; for most entities in limbo eventually become redeemable and come out of that realm of Cimmeria before falling too far into that lake of seething unconsciousness.

The Lake of Self-Pity Where Entities Wallow

It is in this area also that that energy known as the lake of self-pity exists, wherein entities wallow in their own sorrow and cannot escape, or do not wish to escape. They enjoy the indulgence of self-pity, and they lose themselves through self-pity.

This Awareness indicates that even in this lake of self-pity, there are many who can be redeemed, but there are always a few who go so far that they lose everything they have, including their own personal identity, and when this occurs, they can no longer be redeemed. They become lost souls in the sea of Cimmeria. This Awareness indicates that it is an area of potential, out of which something could be created, but it will remain as a kind of Universal Limbo in which nothing will come until this Awareness chooses to create something new from that energy.

Sach Kahn: the Area Where all Things are Created

This Awareness indicates that in regard to the area at the other extreme in the realm of Celestria, with its various grades and divisions, that which is in the highest sense, the area of Sach Kahn, which is not really an area at all, as are none of these, but rather are frequencies or vibrations; in these higher realms or vibrations. It is here that all things are created, all things come into being, and the energy from this higher realm of Celestria, in creating, filters down through the various octaves of frequencies and vibrations,--each frequency, each octave creating more and more substance, more and more definition, so that eventually it comes down to that which is the material of Terrestria.

This Awareness indicates that these realms are the four general realms of creation, and it is into these different realms that entities go, and entities move in and out of these realms by their own choice, according to those values which they hold, according to those beliefs which they expect to be fulfilled, for the consciousness that entities are made of moves to create for entities that which they energize for themselves in their beliefs so long as those energizings fit within the laws of Cosmic Metaphysics,-- Cosmic Metaphysics being the physics of the universe as a consciousness, as

a being of consciousness.

This Awareness indicates that what can be said in regard to the passing over for individuals? for each individual is unique and will experience according to his or her own unique expectations. It is impossible to say what entities will experience, just as it is impossible to tell entities what they will dream, for each entity will dream according to his or her own uniqueness, and when entities pass from the physical realm into spiritual essences as spirits, they will move into those frequencies and vibrations to which their soul or spirit vibrates in harmony with.

The Clear Light and Going Through the Tunnel

This Awareness indicates that if you are attuned to a particular frequency, and you are cut loose, you will move toward a harmony with that frequency, wherever it may be. Thus, you rise or you sink to higher or lower frequencies, and this determines where you go, and if you are a multiplicity of frequencies, you may find yourself going here, then there, and there and there. Thus, entities often, at the moment of death, pass into that which is the Clear Light. Others may go into that which they see as a tunnel. At the far end of the tunnel they may see the Clear Light, or they may see friends and relatives whom they love. They are drawn to those frequencies to which they are attuned.

If they are attuned to the Clear Light, that is where they go first. If their greater attunement is to their friends and relatives who have passed over, that is where they first go. If they are attuned to that movement through a tunnel, to that light being on the other side whom they perceive to be Buddha or Jesus or Krishna, that then is what they see. If they are attuned to the belief and conviction that they shall go to hell for what they have done, then indeed, that is the vibration and frequency toward which they move, and they experience what they expect, just as an entity who feels convinced that he or she should be punished, may dream of being punished, may dream of being tortured.

Your Frequency Becomes Your Judge

This Awareness indicates that your frequency, the frequency that comes from the deeds and from the values to which you are attached: these frequencies are your judge. The frequencies which attach to you from the deeds you do, from your perception of yourself; the vibrations that are part of the attunement which you feel in regard to yourself and your experiences, your values and your deeds; these vibrations are what judge you. They take you to the sympathetic vibration that corresponds with the one you hold, thus, you are drawn to the higher realms of higher vibrations or you are dropped into those lower vibrations and lower realms according to the frequencies you emanate from your soul.

The Law of Like Attracts Like

It is not that God judges you. It is that *you*, yourself, in your own vibration become your own judge. It is not so much a judgment as a law of physics, that frequencies in the universe vibrate in harmony or in resonance to each other in accordance with certain principles; thus, as entities emit certain frequencies from their souls through the *Law of Like Attracts Like* which prevails in the spirit realm, entities are attracted to that which is like their own frequency. This Awareness indicates that in the material realm, opposites tend to attract. In the spirit or spiritual realm, like attracts like.

It is for this reason that entities are bound to some extent to the *Law of Karma*. This Awareness indicates that the *Law of Grace* is more powerful than the *Law of Karma* but Grace depends upon remorse for errors

involved in karmic situations, and without remorse, the *Law of Grace* cannot take full effect to redeem an entity from the karma that is due.

CAN THE ENERGIES OF CIMMERIA INFLUENCE THE EARTH PLANE?

FOLLOW-UP QUESTION:

Awareness, can all that negative energy in the sea of Cimmeria exert itself in any way so that it possibly influences the earth plane, or other areas, such as the Alien Force, or indeed, is Cimmeria the origin of the Alien Force?

COSMIC AWARENESS:

This Awareness indicates that this energy can do nothing other than serve as a reminder to the rest of consciousness as to what can happen to those who lose their individuality through refusal to attune to the rest of consciousness. Wherein an entity sees that by refusing to ever be, or desire to be part of the living universe, and having an individuality, and participating as an individual in the living universe, being totally unredeemable; when an entity sees this as a cause for dissolution of the soul, then the entity will think twice, or more carefully, before ultimate defiance of Universal Principles.

Cosmic Awareness Could Create More Souls

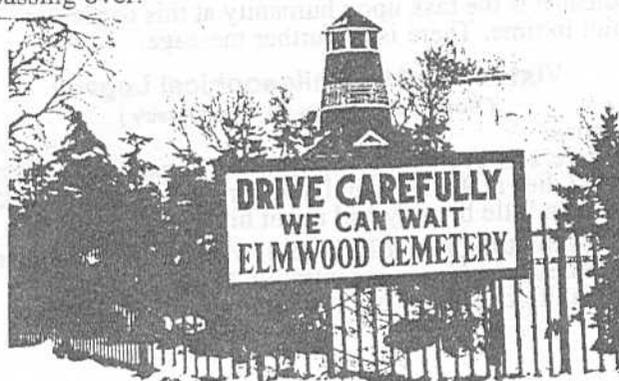
This Awareness indicates such entities as have contributed to this pool of seething unconsciousness no longer have a sense of self. They have ceased to exist as individuals, yet their feelings still continue as part of that seething unconsciousness. The seething unconsciousness is that which is likened unto raw material, which could be at some later time, used by this Awareness to create more souls that are capable of future experiences. In this sense there is that potential for a future redemption for this energy.

At the Passing Over There are Many Paths

CLOSING MESSAGE:

This Awareness indicates that *It* has given considerable information into the cosmology; that this does not perhaps satisfy the question as to how entities are to respond to or to understand the afterlife, but it is impossible to define a specific map which would fit all individuals in terms of what they will find in their afterlife, because each individual is so unique and different, and their vibration will lead them to different places as surely as their own present life takes them into different experiences, so that no one could possibly tell the entity upon entry into this plane what they, individually, will do after being born on this plane. It is the same at death.

There are many paths for many individuals at the time of the passing over, and entities can go in many different ways according to their own personal development, their own personal vibrations. Some will rise to great heights, some will sink to great depths, depending on what they do, between now and the time of passing over.



Pay Attention to Resistant Patterns and Habits

(Many Distractions Create Boundaries Around the Spirit)

Opening Message: (Oct. 1, 1997)

This Awareness indicates that as an adjunct to the recent discussion regarding resistance; the request that entities begin to pay particular attention to the resistant patterns and habits in their lives. It is suggested that such habits and patterns may be so customary and subtle, that they appear to be natural and normal activities of thought and action.

This Awareness indicates, however, that many common activities, when in and of themselves are harmless and even pleasurable and productive in moderation, can become negative influences in that they trap entities, keeps them from the course of spiritual development and expression, distract them from the feeling signals of spirit, experienced as negative emotion in anxiety, in fear, in sadness and guilt.

This Awareness suggests that since so many rampant misunderstandings exist regarding spiritual communication, spiritual intention, and how it relates to the every-day activities of human beings, there are tendencies and activities ever-present which serve as distractions and self-preservationary mechanisms. These prevent entities from insights, activities and efforts necessary to remove the beliefs and strategies which promote the negative emotion, and instead perpetuate cycles of negativity which require further distraction, further diversion, and further vacancies and disruptions to progress upon the path of development and expression.

Resistant Behavior Often Disguised In Creative Pursuits

This Awareness suggests that many such resistant behaviors disguise themselves within creative pursuits: entertainments, or even 'educational' diversions, which in fact do nothing to develop or express spirit, but instead provide distractive entertainment or contrived pleasure to fool the spiritual feeling system by manufacturing spiritual signals of joys and pleasure, to bump out experiences of anxiety and certain painful signals which encourage the spirit to develop.

This Awareness suggests that such distractions and such resistance serves only to establish boundaries around the spirit, limitations within the entity, limitations within the realm of knowledge in the physical sphere of influence within which the entity can be successful. This Awareness suggests that entities examine the daily activities, the daily behaviors, become attuned with any particular ineffective behaviors which allow the hours or even minutes to slip away without spiritual productivity, self-development and expression.

The Task Before Humanity at this Particular Time

This Awareness suggests that as entities identify such behaviors, they will be armed with further tools and resources with which they can attain the empowerment that the spirit deserves and that which this Awareness indicates is the task upon humanity at this particular point in time. There is no further message.

Viktor Frankl's Philosophical Legacy

(Some Information on Logotherapy)

QUESTION:

There's an article in the paper last month that Viktor Frankl dies at 92. He's an interesting entity, and I'd like to read a little bit they had about him.

"Psychiatrist Viktor E. Frankl, who transformed years of suffering in Nazi concentration camps into insights for his lifelong study of man's quest for meaning, has

died at 92. Frankl survived Auschwitz and three other Nazi concentration camps from 1942 through 1945, but his parents and other members of his family died in the death camps.

"Partly because of his suffering in the camps, Frankl developed a revolutionary approach to psychotherapy, known as logotherapy. At the core of his theory is the belief that man's primary emotional force is his search for meaning. Frankl's teaching have been described as the 3rd Vienna School of Psychotherapy, after that of Sigmund Freud and Alfred Adler.

"In his most famous book, Frankl wrote that his task was to help patients find meaning in their lives, no matter how dismal their circumstances. "There is nothing in the world I venture to say that would so effectively help one to survive even the worst conditions as the knowledge that there is a meaning in one's life," he wrote.

"As a concentration camp survivor, he said, "I also bear witness to the unexpected extent to which man is capable of defying and braving even the worse conditions conceivable." Frankl wrote that one can discover the meaning of life in three different ways: "By creating a work, or doing a deed, by experiencing something or encountering someone, and the by the attitude we take toward unavoidable suffering."

Would Awareness comment about this entity and his philosophy?

COSMIC AWARENESS:

This Awareness suggests that this entity has been one of the many contributing Light Workers which have delivered certain understandings into the consciousness that can now be assembled into an overall framework to provide the basis for a full and complete understanding of human nature. Humans can, at last, begin operating upon spiritual directives which are in keeping with human nature as the Creator has intended, yet which to date has not been accomplished.

The Human's Search for Meaning is Very Significant

This Awareness suggests that this entity's contribution regarding the human search for meaning is an extremely valuable piece of information regarding innate spiritual intention which manifests as psychological human need. This Awareness suggests that the human need for meaning is one of five major human needs which have gone unnoticed, yet which harkened from the voice of the Spirit, urging entities to attune and honor these needs.

The Five Human Needs Which Have Gone Virtually Unnoticed

This Awareness suggests that in addition to the need for meaning, entities first and foremost have the need for freedom to have power and control over their individual destiny. This Awareness suggests entities have a need to create and achieve with that power, self-development and expression. This Awareness suggests that entities experience a spiritual need for connection with other entities and other life forms, and to attain an ultimate connection and understanding of their place within All That Is.

This Awareness suggests that entities, understanding and identifying and looking within for these basic human needs, can become aware through the feeling system of how well they are being fulfilled. This Awareness suggests that entities will discover obstacles to genuine spiritually intended, need-meeting efforts in their immediate physical and social and cultural environment.

This Awareness suggests that these obstacles will be noted through the feeling system, and that it is the task

of the entity to discover and eliminate the internal belief systems and the external restrictions which frustrate spiritual intention. This Awareness suggests that this practice is the essential activity of an evolved and enlightened entity, and those that shall usher the evolving consciousness for the New Millennium.

This Awareness suggests that each individual human mind is virtually limitless with choices of belief, manifestations, insights and creative imagination. This Awareness suggests that these creative mental abilities are intended to manifest the desired reality for entities to fully develop and express the spiritual potential, but that with the many existing beliefs and ideas which thwart these essential human needs, the power is no longer clearly accessible, or even understood.

This Awareness suggests that these five needs which can be met in many, many ways, are the only clear and accurate judgments placed upon the contents of human mind, for they are the limits and intentions of the spirit. They exist to safeguard entities from developing rigid limited mental landscapes which prevent spiritual expression, and relegate humans to behave for mere self-preservation.

This Awareness suggests that the mental strategies devised by the entity Mr. Frankl during the extremely limited experiences, such as those in concentration camps, were examples of the creative ability to choose tools and perspectives which can allow entities' fulfillment in even the most dire of circumstances.

This Awareness suggests that this is not to say that such dire circumstances should be acceptable, yet only as a testament to the flexibility, integrity and tenacity of the human capacity to devise ways to meet the spiritual needs, even in the most limited circumstances.

This Awareness suggests a cautionary caveat to this discussion regarding this creative tenacity in that entities also use mind-sets and perspectives to resist certain emotional messages, to empower beliefs which frustrate spirit and to distract themselves from the very informational signals that can lead to their salvation.

This Awareness suggests that the contributions of this entity are among the most substantial and they pave the way and have prepared mass consciousness for the acceptance of the sweeping understandings that are now to come.

If we have completion, we can continue.

Isn't This Really a Search for God?

FOLLOW-UP QUESTION:

This entity's theory and the belief that man's primary motivational force is his search for meaning; isn't this essentially the same thing as the search for God?

COSMIC AWARENESS:

This Awareness suggests that this is in the affirmative. However, the declaration that this is the 'primary' directive or motivated need within entities is a bit of a distortion, in that the individual needs to preserve spirit shall always take priority over needs for meaning and connection for utter survival is at issue.

This Awareness suggests that if the initial individual power and control needs are not met due to limitations and obstacles, then self-preservationary reactions will occur which motivate thoughts and activities which suppress other innate needs such as the quest for meaning, for connection, for creative achievement, et cetera, so that the basic form can be preserved.

This Awareness suggests however, that Mr. Frankl had certain strategies and understandings in place wherein he experienced freedom and power, even in

what most would describe as a powerless situation, such that he could concentrate the predominant motivational energy from all of his needs, upon his need in the quest for meaning.

This Awareness suggests that this need does, in fact, relate to the spiritual impetus within entities to join religions, to entertain philosophies, to seek scientific knowledge through which they can know themselves and ultimately, their source. This Awareness suggests that this entity and this strategy of optimal beliefs and tools within the mental realm that allowed such flexibility and adaptability to situations even as negative as those described, in that he could still gain spiritual pleasure focusing and channeling his energies and frustrations into the singular need for human meaning.

This Awareness suggests that this strategy is often necessary in situations where there are limits in the opportunity and control which entities can have to choose and exercise free will, and that the transference to connection needs, wherein they can momentarily place the needs of others above the needs of selves and satisfy the spiritual directive for the connection. This Awareness suggests that entities can vacillate between varying needs if all cannot be met simultaneously, in that reasonably pleasurable and productive life experiences can be attained within many cultural restrictions.

This Awareness suggests that if entities look about them locally and globally, they can witness entities in varying situations, valuing and honoring certain needs above others, and that the optimum environment provides the freedom and equitable opportunity for entities to design their unique approaches to living, which provide fulfillment in all of the needs, in any manners that they so choose.

This Awareness suggests that this is the spiritually intended path and the path that entities shall develop as they discover within themselves this communicative system that exists, allowing entities to know which beliefs serve the spirit and which do not. Allowing them the energy to act upon that information to eliminate those beliefs, or to eliminate those obstacles in the external world that they mirror, whereby each and every entity has the freedom and the control to achieve the destiny path of spiritual development and expression.

This Awareness suggests that entities on this path will act morally for they will be connected. They will act within cooperation, for they will be fulfilled in the connection, the spiritual need with every other entity, for it would cause them more pain than pleasure to choose violation or competition over the cooperation.

This Awareness suggests that without the freedom and equitable opportunity, the connection need will be subordinated. Cooperation will give way to competition and self-preservationary actions that lack spiritual intention. This Awareness suggests that this is why there was a situation of a concentration camp, wherein this enlightened entity could discover within himself a great and universal truth that he could pass along as an expressive response of his spirit, and allow him to leave behind his legacy of enlightenment.

If we have completion, we can continue.

Empathizing With Those who Suffer

(The King of Bleeding Hearts Wouldn't Hurt a Fly)

QUESTION:

Kent Cox, of Pocatello, Idaho, sent in a letter. It is not a question, but it's one of these things where he's venting how he feels, and it's sort of interesting, so I'll read it and ask Awareness if *it* has a comment. Well, he does write it to Awareness. Maybe it *is* a question. He

writes:

"I am the king of bleeding hearts! I really empathize with those who suffer, especially innocent children and animals. I can't hurt even a fly.

"People flaunting off their hunting and fishing skills on TV really bugs me. Though many such fools are religious and upright, we differ as day and night. My question is: Should I quit being so namby-pamby? Or should they get with Christ's principle of Love For All, to enter His New Age?

"I dare say, if the "mighty" hunters and fishermen are excluded, earth will soon be a lonely place. I must add, so many saints bewail Christ having suffered on the cross: "Wonderful Lord Jesus!" they cry, but they don't comprehend his principle any better than my bird-eating cat.

"Hypocrites fill our churches today as fish used to fill the sea. Salvation-wise, their attending church is like pouring water on a duck's back. Only Christ in hearts, his quickening love for all, saves us."

So, I guess basically his question is: "Should I quit being so 'namby-pamby,' sympathizing with those who suffer?" and so forth.

COSMIC AWARENESS:

This Awareness suggests that this entity should be congratulated for not deciding against his natural spiritual impetus toward attaining a connection between himself and every other organism within All That Is. This Awareness suggests that this entity is attuned to his connective need, has established principles, beliefs and behavioral activities which support this spiritual need, and he experiences the resonance of spiritual fulfillment through pleasurable experiences that already allow him to know the answer to his own question.

This Awareness suggests that it is the limitations, the ideas of mass-consciousness that relegate his activities and beliefs and values to the role of a 'namby-pamby' and that the judgments of the culture and the realm of man should always be subordinated to the judgments of the spirit, which express themselves through these feelings, following experiences of need fulfillment or need frustration.

This Awareness suggests that this entity experiences perhaps an inordinate amount of pain and that his heart should not necessarily bleed for the situation, but that instead, he acknowledge his own spiritual righteousness in his position, live to his own values and express his values in actions of light, respectfully and cooperatively offered within his community, so that eventually his light will spread, for it is the Light of Spirit.

This Awareness suggests the entity not engage in self-flagellation if he is not single-handedly instrumental in changing the entire world to his perspective, although it is the right perspective in a spiritual sense, but to experience the pleasure in the knowledge that such personal integrity of action, both mental and physical, is everything that can be expected of a spiritually directed entity.

This Awareness suggests that if every entity was so spiritually directed, the physical experience and the physical environment would be far more in keeping with the vision that Mr. Cox, so idealistically and so spiritually envisions.

Cats and Animals Understand they are in the Food Chain

This Awareness suggests in addition to the strategies and beliefs and values this entity has in place, it might be helpful to look upon the perspective of the cat mentioned, in the understanding that certain balances, certain participations, and certain cooperations are

accepted within the "food chain" in the experiences of certain manifested forms, in that as entities choose to embody a specific animal form, there are certain understandings and acceptances that go along with these forms.

This Awareness suggests that it is within the fulfillment and the spiritual intention of that form to participate in the interaction often observed with horror from human perspective, regarding certain aspects of the food chain. This is not to say, however, that humans have a divine right to interfere or utilize their mental capacities (which give them tremendous technological advantage) to engage in distractive entertainment which does not serve the purpose of self-development and expression. Particularly those which overlap and interfere with the normal experiences, opportunities, and habitats of other life forms.

If we have completion, we can continue.

THE JON-BENET RAMSEY INCIDENT

(Is this Another Situation Like Cathy O'Brien Experienced?)

QUESTION:

A question from JD in New York. It's a current event question about a negative situation, but in the past year a dozen or so members have written in asking how come Awareness has not commented on this. She writes:

"Regarding the case of the murdered Jon-Benet Ramsey in Colorado, recently, my friend EJ, sometime after reading the Cathy O'Brien book I had given him, contemplating this Ramsey case, suddenly concluded, because it all fits together, that the Ramsey situation was similar to Cathy O'Brien's; that the mother was one of those mind-control slaves; that the husband was wealthy, due to lucrative government contracts, like those given to Cathy's father for handing her over; that the father was a controller/handler/owner of his wife, as in Cathy's case, and that the murdered child was also in this program: the Monarch Program, and was being prostituted to influential people.

"Upon hearing this hypothesis, I was suddenly able to fill in and postulate the following: The party the couple admitted shortly before the murder was discovered, was attended by the sort of political big-wigs who attend such events, with adult and juvenile women and boys perhaps sexually available as the entertainment.

"Perhaps one of these attendee's had gone overboard with alcohol, cocaine, or some other drug, and in the course of utilizing Jon-Benet in the basement may have inadvertently or unwittingly killed her. Yes, there are people who get off tying up children and strangling them sub-lethally, normally, and all the silence since has been to cover up the nature of such parties and their attendees, in this case.

"EJ says it has been determined that the note written by the supposed abductor of the child, has been determined to be in Mrs. Ramsey's handwriting. Please indicate whether this case indeed involves a parallel of the Cathy O'Brien situation with the daughter also in the program, and whether the above has any accuracy to it, concerning how this child was killed. There has certainly been a lot of ominous silence in the wake," she adds.

COSMIC AWARENESS:

This Awareness suggests that there are certain parallels, however they are in a more metaphoric sense than may be espoused in the question. This Awareness suggests that on a level, perhaps outside the conscious awareness of the parents of this entity, they were in fact participating in certain exploitation and more self-preservationary interaction with the entity, their daughter.

This Awareness suggests that the awareness level of the mother regarding the psychic disturbances of specific behaviors condoned and facilitated by the mother, manifested physical realities through the misplacement of Will Energy. This Awareness suggests that the emphasis upon the physical form of the entity by both parents and the limited nature of other interactions perpetuated psychological imbalances, focusing need fulfillment in alternate arena's.

The Reason Jon-Benet Participated in this Drama

This Awareness suggests that the party described was not physically similar to the one in the O'Brien case, yet on a psychic level, manifested similar results. This Awareness suggests that the parents of this entity have more information which is yet to come forth. This Awareness suggests that the entity Jon-Benet participated in this drama for the express purpose of calling attention to certain conditions, misunderstandings, formerly acceptable traditions and ideas, which shall be forever altered by her brief life.

This Awareness suggests a male entity, not unknown to the family, will ultimately be found responsible for this act. This Awareness suggests that entities interested in such events can glean maximum benefit by looking to the events and the questions that they ask, and honor the author of such questions by obtaining beliefs, values and strategies which honor individual spiritual needs and ensure that likewise does the community.

If we have completion, we can continue.

Will her Death End the "Kiddy Porn" Contests?

(All Competition Lacks Spiritual Intention)

FOLLOW-UP QUESTION:

Is the end result suggested by Awareness, as a result of this tragedy, possibly the end of these contests that many parents enlist their young daughters, two, three, four years old, and so on, into, whereby they make them up to look like adults, usually in a very sexually provocative type of costume, which, according to some people, this whole scenario encourages pedophilia, and in fact, pedophiles might actually be engaged in furthering this type of activity... Is that what Awareness was saying,-- the end result of this will put an end to this sort of thing?

COSMIC AWARENESS:

This Awareness suggests that this is in the affirmative. This is one of the major issues upon which society has been asked to focus by the entity Jon-Benet Ramsey. This Awareness suggests that such competitions are simply that, and that competition is essentially lacking in spiritual intention, for competition assumes winners and losers, whereas the spirit realizes and *intends* that there be winners and winners.

The Concept of Gender and Other Aspects

This Awareness suggests that another aspect of this message casts the magnifying glass upon concepts within mass consciousness regarding gender, conceptions, limitations and expectations. This Awareness suggests that Jon-Benet is a female, and that there are no such male competitions which are equivalent, nor are the rapes of males by females as prevalent as the rapes of females by males.

This Awareness suggests that Jon-Benet sought to leave lasting impressions regarding the female role in general, regarding doll-like possessions as one expectation within mass-consciousness that grossly limits the capacity for women to experience the freedom, power and control that their spirit requires.

The Limitation of the "Barbi-Girl" Consciousness

This Awareness suggests that the issue of sexuality

and the provocative clothing, in addition to a doll-like possession, connotes a pleasurable toy as another expectation or limitation to be placed upon the experience of being female. This Awareness suggests that the vicious, heinous rape and murder of this child was intended to shock the complacency within those men and women that have accepted the Barbi-girl consciousness and all the limitations and need-frustrations it places upon the female of the species.

If we have completion, we can continue.

Was Mother Acting Out Some Twisted Fantasy?

FOLLOW-UP QUESTION:

One other thing. It appears, from at least the tabloid photographs, that the mother was acting out some sort of fantasy, using her daughter. For example, they found photographs of the mother at age 20, I believe, in a beauty contest, wearing a certain outfit, a very provocative outfit, and they have found photographs of her daughter, later, wearing practically the identical outfit that the mother was wearing.

Is this merely a theory, or is there something to this mother actually living out some kind of a twisted fantasy?

COSMIC AWARENESS:

This Awareness suggests that such twisted fantasies are motivated, as is every human behavior, by emotional dissonance regarding need-fulfillment and need-frustration. This Awareness suggests that this particular woman had severely limited concepts regarding her own validity, her own potential, her own achievement as a human being. This Awareness suggests that this entity had severely limited the avenues of opportunity through which she could experience and express her potentials in that she derived a perverse, vicarious pleasure from recreating lost experiences and lost youth and lost beauty, through the manipulation and control of her daughter.

This Awareness suggests that if this woman had achieved a more broad repertoire of tools, of beliefs and skills through which she perceived her own experience, she would have rejected the powerless limitation of 'arm-piece' upon the paternalistic society in which she found herself. This Awareness suggests that this entity had an impressive amount of intellectual and artistic talent which went undeveloped as she channeled energies into directions that were only in keeping with the Barbi-girl restrictions she had accepted from mass society.

This Awareness suggests that had she answered her spiritual call to develop such other aspects and interests in her own life, that her needs would not have been channeled so narrowly and manifested in the perverse connection and achievement that she could experience through the efforts and successes of her daughter, in such competitions.

Many Religions Create Conflicts and Perversions

This Awareness suggests that this is not necessarily an uncommon occurrence for entities to narrow certain needs and requirements in either acceptable and even unacceptable, yet overly narrow pathways. This Awareness suggests that within many religions, certain of the needs and certain behaviors which accompany the needs, are subordinated, such that relatively few avenues of opportunity are acceptable, and that certain perversions and conflicts directly result.

This Awareness suggests that this particular woman became a caricature based only upon the scribbings of limitation, rather than the artwork of completion, which would naturally result from spiritual fulfillment across

all areas of human need.

If we have completion, we can continue.

Was Jon-Benet a "Sacrificial Lamb?"

FOLLOW-UP QUESTION:

One other aspect: From the Cosmic point of view then, this little girl: Jon-Benet, knew beforehand, before she came into this plane, that she was to play this role of a sacrificial lamb in order to have the spotlight of consciousness put upon this deplorable situation of parents exploiting their little girls?

COSMIC AWARENESS:

This Awareness suggests that this is in the affirmative. However, she considers herself no more a sacrificial lamb than the mouse who has recently been swallowed by the cat. This Awareness suggests that this particular probability was not, in fact, the first choice of Destiny Path of Jon-Benet. This Awareness suggests that this particular reality was manifested due to limitations which were far less surmountable than Jon-Benet had anticipated, when choosing to participate in this particular incarnation.

This Awareness suggests that the message delivered was indeed that which had been intended, however, there existed an alternate probability in which the entity was allowed to experience certain degradation as well as molestation, but to survive into adult years and become an advocate, and educator, to bring about similar changes in mass-consciousness.

This Awareness suggests that the entity Jon-Benet became aware that the task was beyond the scope of challenge and would have been of less benefit than this alternate probability, which she ultimately chose to create instead. This Awareness suggests that the entity is fulfilled and satisfied spiritually with the outcome of her mission, with one exception being that the three entities involved predominantly in this scenario have yet to obtain the enlightenment she desires.

If we have completion, we can continue.

Are Today's Outlaw Bikers Reincarnations of Mongolian Warriors?

QUESTION:

Another question from JD in NY. She writes: "It had occurred to me that many outlaw bikers resemble in many ways, the Mongolian warriors who terrorized and conquered and pillaged neighboring lands centuries ago. For example, outlaw bikers often have a similar build: big and wide and certainly a similar attitude. Is there a connection? Are many of today's outlaw bikers in fact reincarnated 'Mongol Horde' participants?"

COSMIC AWARENESS:

This Awareness suggests that many so-called "outlaw bikers" are reincarnations of many widely varying persona, races, cultures, et cetera. This Awareness suggests, however, that the questioner is astute in noting the similarity between those spirits that have chosen not to subordinate the spiritual freedom, but to place it above and beyond the limitations of their current historical culture.

Why Entities Enjoy Riding Motorcycles

This Awareness suggests that the activity of biking and riding in the wind allows the fulfillment of spiritual freedom and control, often vicarious in those hailing from over-restricted, under-privileged, birth situations. This Awareness suggests that the metaphor of the 'outlaw biker' provides an elegant depiction of an overall directive of competitive self-preservation, yet orchestrated cooperatively, appeasing a connection need, connecting to some, yet deliberately disconnecting

from others.

This Awareness suggests that such groupings should be examined carefully to ensure that they do not become detached, counter, even hateful of other groups and communities. This Awareness suggests that such groupings constitute unique environments wherein similar beliefs, expectations and goals and values become the norm, and those who choose not to participate are foisted from the group, or not welcome within its confines.

This Awareness suggests that the predominance of gangs and other warring factions are such examples of how human nature and the misunderstanding of the motivation and the need-fulfillment necessary, can set the stage for limited cloistered groupings which huddle together, protect their ignorance and literally wage war against any external ideas which are counter to their own perspectives.

This Awareness suggests, however, that many positive aspects of organizations, and cooperative efforts, of even those such as the outlaw bikers can provide many avenues of opportunity for spiritual development and expression, if entities remain poised to ensure that the limitations are not allowed.

This Awareness suggests that in direct answer to the entity's question regarding specific reincarnational relationships, there *are* certain unions within certain biker groups and other groups described wherein the entities from the previous incarnation have regrouped to participate in other efforts, several of which fall in the category of the 'outlaw biker,' but this Awareness also suggests that the previous raider has also manifested as a religious priest, a scientific educator, and a political leader.

This Awareness suggests that this entity has a particular affinity with this question and this group, for she herself has been affiliated in a former incarnation with the group described.

If we have completion, we can continue.

FOLLOW-UP QUESTION:

Would this explanation just given for the male biker also apply to the biker girlfriends, who seem to be a strange and hearty lot: hard-drinking, hard-cussing, hard-smoking, very often masculine type of females who, from what I've read, often undergo a very strange and hard initiation into some of these biker gangs; sometimes in a sexual manner, et cetera, with gang participation?

How does Awareness see these females that hang on to these 'outlaw bikers'?

COSMIC AWARENESS:

This Awareness suggests that many of the reasons explained previously regarding male participation and this Awareness did not specifically address it as male participation, for female participation can exist for exactly the same reasons.

This Awareness suggests, however, that there are unique reasons motivating females to participate in such groupings, in addition to those reiterated for the males, regarding social limitation, lack of acceptance, economic inopportunity, and other limitations that indicate to the entity that the overall community has rejected them so that they go out and create their own organization which essentially defies the rule of the over-arching community that has rejected them.

This Awareness suggests that many females participate for these same reasons, however the issues of gender and the specific rules and codes that have become indoctrinated as specific to each group regard-

ing the behavior of females, the role of females, the position of females, addresses many connection-needs in different ways for females, regarding dominance and the traditional male role.

This Awareness suggests that in comparison to females outside of these organizations, perhaps the editor's assessment of the severity of certain attributes is apparent, but that this often relates to acceptabilities and expectations within the group for the express reason that they set themselves aside from the traditional expectations, rules and codes for female behavior.

This Awareness suggests, however, that in most such groupings, the female role, no matter how hard the talk, the smoking, and the attitudes toward intimacy, that the male remains the dominant member of the duo. This Awareness suggests that rarely do the bikers themselves have a female as the driver, rather than the rider *behind* her male. This Awareness indicates, again, that this is a reflection of some deeply ingrained stereotypes and expectations regarding sexuality, gender and the relative roles, expectations and opportunities affording entities, determined by their plumbing.

This Awareness suggests that often such women in the situations described have accepted the codes and beliefs and attitudes of the group, whereby they experience a sense of connectedness and even a sense of identity, often participating in activities which suppress and frustrate other aspects of their spirituality regarding the freedom and control and meaning they need in their own lives.

If we have completion, we can continue.

Fluoride in Drinking Water: A Paranoid Claim?

QUESTION:

Another question from JD, of NY. She writes: "When I first heard claims that fluoride is put into public drinking water in order to render the populace more docile, it sounded like a weird paranoid claim. More recently, however, I have seen data indicating that fluoride was first used in Nazi Germany for *exactly* that purpose.

"My question is whether public waters are being deliberately fluoridated to render the population more docile, or whether it is merely a matter of getting rid of a toxic waste byproduct of aluminum refining which can't be dumped readily anywhere else?"

COSMIC AWARENESS:

This Awareness suggests that those two interpretations request a rather limited answer from this Awareness, however, there are several comments. This Awareness suggests that the entity gives local community government perhaps more credit than they deserve for accomplishing success in such a program to achieve such a result.

This Awareness indicates that the entity is correct in her assumption that certain minerals affect mood and that there has been success within mood manipulation using other minerals related, such as lithium. This Awareness suggests, however, that although there may be other benefits such as those described by JD, that the intent appears to be far more ordinary, and less sinister, perhaps more cooperative than many have assumed.

This Awareness suggests that this practice is intended to strengthen the teeth of the members of the community, and that if they, as a byproduct result, are a bit more docile, then they have been successful beyond their wildest expectations.

If we have completion, we can continue.

QUESTIONER:

Well, I'd like to add that fluoride is a main component in rat poison.

How to Deal with a Painful Hornet Sting

QUESTION:

Okay, one other personal question from JD which we ask every now and then because of her support in sending in questions which the majority of the membership is rather lax in doing. She writes: "Since being stung by a hornet in New Guinea a few years back (and it hurts like hell!) then and since in the wake of most, but not all insect bites and stings (some seem to have too feeble an irritant) I erupt in itchy eruptions on my body, especially around the wrists and ankles. They form quickly, and some relief is achieved by bursting them and squeezing out the liquid in them.

"Homeopathic apis over a period of days can stop the eruption process. Can Awareness suggest something that I can do to eliminate this distressing reaction?"

COSMIC AWARENESS:

This Awareness suggests that you are experiencing a natural immune response due to the antibodies left *behind following the attack described*. This Awareness suggests that you appear to be an extremely sensitive and rather intense person with tremendous psychic energy which serves to increase this reaction. This Awareness suggests that there are several approaches which can provide some benefits.

First, in the understanding the interconnection between the physical immune system and the emotional system, in that if there is emotional stress, the entire system remains weakened. Every attempt should be made to honor the emotional signals with the appropriate responses to reduce the conditions and beliefs which perpetuate spiritual frustration, for there will be an exact mirror counterpart physical frustration which can break down bodily processes and at minimum interfere with other immune functioning.

The second approach appears to be within the direct manipulation of the immune system itself. This Awareness suggests a consultation of a medical professional specializing in allergies. This Awareness suggests that *there can be some minimization of the response being experienced with manipulation of various other venoms introduced into the system in controlled amounts, under the direction of a qualified professional, which can minimize the immune response.*

This Awareness suggests, however, that the incapacitation of the immune system is not recommended, and that if there remain some minimal response even after both approaches have been successfully applied, then so be it, but it will be minimized if success is attained. This Awareness suggests a repellent to protect the entity from further such assaults.

If we have completion, we can continue.

The Controversial Cassini Launch to Saturn

QUESTION:

A question from John Yost in Oklahoma City, Oklahoma. His question relates to a subject that is controversial. There's been a number of articles and TV commentaries on this. He writes: "Rockets to Jupiter fail to ignite the big planet. Well, try, try again. This time, NASA plans to send a rocket to Saturn. The rocket is called Cassini, and it is loaded to the gills with plutonium.

"The plan is to launch it on an old rattle-trap Titan-4. The launch is due for this October. I heard that some "Hollywood Stars" are writing love-letters to their

guardian angels to send up in that death trap! The Cassini is to make two loops around Venus to create a "slingshot" effect to pick up speed for the 7 year trip, however, the computer graphics show the thing orbiting the sun.

"If the Cassini crashes to earth, Allen Cohen of NASA says it can poison 40 million people. Have a nice day!" he adds. Would Awareness comment on this proposed rocket to Saturn using an old ancient rattle-trap rocket loaded with Plutonium?

COSMIC AWARENESS:

This Awareness suggests that the plan as described by the questioner is inaccurate. This Awareness suggests that there are certain plans regarding the similar exploration with perhaps a similar name, but that the entity can rest assured that the conditions described will not occur. This Awareness suggests that entities aware of any such experiment which they believe to be detrimental to humans in their area, in their globe or in their universe, and that belief is validated by the feelings of the spirit, to staunchly advocate their spiritual concern and communicate their rejection of any such proposal.

This Awareness suggests that the entities have far more control, and that such simple assertions create far more change than most entities are aware.

If we have completion, we can continue.

Do Animals Recognize Past Life Associations?

QUESTION:

Catherine W., in Canton, Ohio, has a question. She asks: "When a cat or dog meets another cat or dog, does it know it has had a past-life with that animal? My daughter has a chei pei, and when she sees the dog next door she goes nuts, or is this just an "I want to go sniff an play" thing?"

I think she's asking if the dog, if the animals know they've had a past life with each other, (which may not be valid in the first place), and if they recognize this on some level.

COSMIC AWARENESS:

This Awareness suggests that in a general sense, this is in the affirmative. This Awareness suggests that spirits embodying various animal forms, particularly the domestic animals, participate in many ways with entities in human form and other aspects of entities in animal form. This Awareness suggests that, like humans, animals have varying levels of awareness, given the soul or spirit and the Destiny Path of the entity and his specific fulfillment in the choice of the embodiment.

This Awareness suggests that entities who own pets often feel certain affinities with certain pets and less so with other pets. This Awareness indicates that often, very strong connections are understood immediately between animals and between humans and animals, whether or not it is a conscious awareness. Yet, the spirit expresses these connections through its feelings of resonance, love and recognition.

The Concept of the "Familiar" Between Animals and Humans

This Awareness suggests that entities in physical form can often have portions of themselves incarnating in alternate animal forms simultaneously. This Awareness indicates that the concept of a 'familiar' has been used to express relationships between animals and between animals and humans, specifically, regarding relationships: past, present and future, which recognize this instant affinity and affiliation and communion of kindred spirits.

This Awareness suggests that certain communication occurs both consciously and at altered levels of con-

sciousness, between animals, their masters, and otherwise intimates. This Awareness suggests that often-times, animals provide energy to facilitate relationships, and to influence and perpetuate directions toward the unfolding of Destiny Paths far more than is ever noticed or given proper credit.

This Awareness suggests that entities can experiment with such communication, certainly through physical and verbal interactions with their animals, as well as with altered state of consciousness, paying particular attention to messages from dreams and through lucid dreaming. Direct interactions, entity to entity, can be most rewarding and beneficial, so when the entity notices the neighboring cats and dogs sniffing about, there is often far more than pheromones at work.

If we have completion, we can continue.

MYSTERIOUS SHADOWS APPEAR ON GERMAN WALLS

(Are These "Shades" of Holocaust Victims?)

QUESTION:

One last question. I'd like to read a part of an article from the Weekly World News, which is a tabloid of dubious veracity very often, but it has an interesting article which may or not be true, and I'll read part of this and ask Awareness if this is valid information.

"In Bietigheim-Bissingen, Germany, during the Holocaust, residents of this small German city stood idly by as more than 600 of their Jewish neighbors were trucked off to death camps by the Nazis. It was the most chilling event to take place in the town until now. In recent years, hundreds of respected citizens have reported seeing people's shadows on the walls of the city, with no one casting them.

"Now frightened residents are convinced that the "shades," as they have been dubbed, are the ghosts of murdered Jews. "People are scared" said baker Werner Kolbe. "They're convinced it's pay-back time!" Scientific investigators admit the phenomenon is "highly perplexing." They initially dismissed the sightings as a case of mass-hysteria, until they were able to capture several of the mysterious shadows on film.

"Whether or not the cause is indeed supernatural, there's no doubt whatsoever that the shadows have a physical reality, said professor Hans Fratzfeld, a leading expert in optics. It was more than a half century ago, in 1941, that SS storm troopers came to round up the Jewish residence of Bietigheim-Bissingen as part of madman Adolf Hitler's program of genocide.

"It was terrible!" recalled Kolby, who was a 15-year-old apprentice at the time. "They dragged all the Jews out of their homes and business. With my own eyes I saw my boss Isaac Meiner marched at gunpoint into the street. I'm ashamed to say that the rest of us did nothing to stop them. We were too afraid. Worse, some people even taunted the prisoners and threw garbage at them as they were led away."

"After the war, the city returned to normal and even prospered, said Kolby, who inherited Meiner's shop. Then in 1991, the 50th anniversary of the raid, the 'shadows' begin to appear. "Out of the corner of their eyes, people would see shadows of children playing, but there would be no children there!" said Kolby, who recently began to see his former employer's shadow outside the shop.

"At first such sightings were only occasional. Later there have been more and more shades around. Even the mayor and the police chief have seen them." Worried about tourism, local officials refuse to publicly ac-

knowledge the sightings which now number in the hundreds, but earlier this year, in an effort to quell growing public panic, they called in university experts from Berlin.

"We were initially skeptical" said professor Fratzfield, leader of the team, "but now we ourselves have taken 15 photographs of the shadows." One striking shadow of a bearded man in a fedora reading a book. On close inspection, it appears that the figure has curly sideburns traditionally worn by orthodox Jews. "Senior citizens who have seen this shadow, say it looks uncannily like Simon Schiller, a rabbi who once lived here" revealed Professor Fratzfield. In life, he would often be seen reading the Torah."

"Although residents are rattled by the shadows thus far, the ghosts have exhibited no violent intentions. "There was a bad scare when a teacher saw the shadow of a burly man sharpening a knife, but the older folks believed that was only the ghost of Joseph the butcher," said Kolby. Professor Fratzfield does not believe in ghosts, leaning toward a more rational explanation.

"He said "It is conceivable that light reflected off objects long ago may have somehow been trapped and slowed down as it could be in a prism and is only now being cast on the city walls."

That was the article. I'll turn over the tape and ask Awareness to comment on that little story.

COSMIC AWARENESS:

This Awareness suggests that the article contains a rather elaborate exaggeration, but that there is an essential validity regarding these phenomena. This Awareness suggests that the holocaust itself was the ultimate manifestation of certain human self-preservationary reactions in which groupings became so disconnected from one another, that entities no longer experienced the affinity or connection to the others of their species, and indeed, empowered by self-preservationary responses to anger and fear, justified separation, degradation, and even taunting of those who would become victims of the holocaust.

This Awareness suggests that the entities in the vil-lages described, standing by and doing nothing to prevent the atrocities, were responding to their own fear and anger with avoidance and denial, wherein they psychologically had to blind themselves from the reality that they were allowing to occur.

This Awareness suggests that the entity who described feeling ashamed, captured the energy and the sentiment which is now being experienced on a mass level, for the entities in these communities, who have since come to certain understandings regarding the situations, and through their experiences and ponderings and responses to the feelings of shame and guilt. They have manifested certain understandings and changes to their belief systems which have allowed them to continue to develop and express in ways less possible with previous ideas, beliefs and strategies.

However, there exists, regardless of such strategies, many ideas, beliefs, and attitudes which continue to perpetuate feelings of guilt, so profound, strong, powerful and creative, that this energy actually manifests itself in the shadows and other phenomena described. This Awareness suggests that the specific apparitions of shadows intuitively understood to be those of the Jewish destroyed in the holocaust, right down to the curls and the Torah, are clear manifestations of the guilt power and energy which has yet to be channeled in more productive internal and external changes.

This Awareness suggests that this is the natural out-growth, the natural outcome of emotional energy directed inadvertently, rather than channeled in powerful productive creative directions. This Awareness suggests that many such phenomena observed and written off, or attributed to "supernatural forces" are the direct result of these very natural, yet misunderstood processes, through which entities create events, both desirable, and undesirable.

This Awareness suggests that entities experiencing guilt over this situation can channel that energy more productively through examining their own belief systems regarding the relative value, stature, respect and rights of every other entity, regardless whether or not they belong to their own community, their own race or their own religion. They can then take such actions to ensure that any ideas that promoted the former atrocities and allowed acquiescence, denial, and non-intervention, be eliminated from the mental realm, and that such expressions be projected outward to remove such ideas from the communities and the realm of mass-consciousness, so that this horrible atrocity, counter to spiritual intention on every measure, is never repeated upon the earth again.

(Grace—9-18-97 Closing Message:

Cosmic Awareness Seeks to Turn on the Light

This Awareness indicates a final comment regarding the nature of information offered by this Awareness, past and present. The human experience in the physical realm can be likened unto living within a darkened room. This room is the realm of mind. Within this room, are the furnishings as designed by the beliefs systems. Each room can be furnished to the pleasing of the entity with complete and utter freedom in these choices. But since the Mind Of Man has already placed certain limitation upon these choices, the room does not necessarily start unfurnished. The room is darkened, due to the lack of certain understandings, and this darkness has been part of the human experience for many thousands of years.

Information obtained through this Awareness over the years, has attempted to assist entities in the navigation through this darkened room by identifying certain obstacles, steering them clear of a phantom in this corner, or pointing them toward a beneficial place to sit as they fumble about in the darkness. The strategy in the past, to ensure clarity and impart understanding, has been to work within the confines of the darkness and within the beliefs or furnishings so that guidance could be achieved.

But with this shift in consciousness, entities are now ready for a new strategy, an enlightenment. This Awareness seeks to turn on the light, to expose the nature of the room and that of its contents, so humans no longer need to grope about in the darkness. With this light, this vision, entities can freely get about on their own, and replace any furnishings that are no longer spiritually pleasing. For the spirit has always been with them, even in darkness, hinting of unnecessary and uncomfortable furniture, and now with the light of understanding it can be allowed to sing.

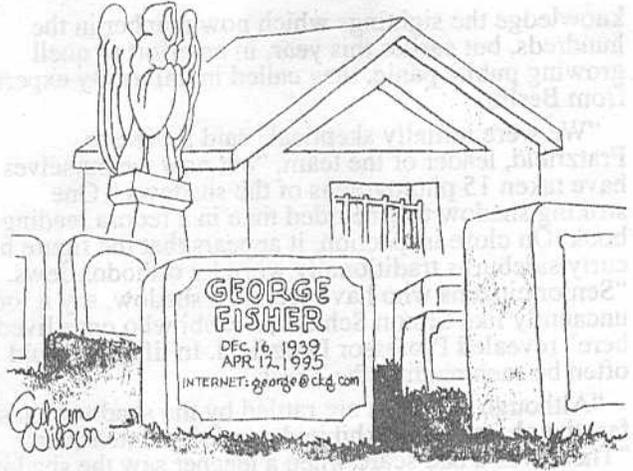
VISIT THE NEW C.A.C. HOME PAGE ON THE INTERNET

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, Grace, Strongbow, Lady K, Rufus and the Wilber. There is also information on some of the health products available: Silver Wain Water, Silver Wain Water Colostrum. Be sure to click on "Sunshine Girl" for more photos of Vikki T. Just type in:

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



VILLAGE elders believe this shadow is that of Simon Schiller, a rabbi who perished in the Holocaust.



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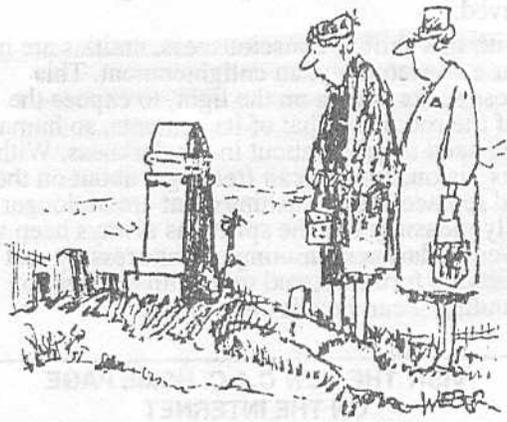
WHAT IS COSMIC AWARENESS?

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 ***

Avaton, Editor Vikki T. Sec. Treas.



"I told him it wouldn't kill him to try to be nice once in a while, but I was wrong."

--HOW TO GET THIS NEWSLETTER BY MAIL-- EVERY 3 WEEKS I (More or Less)

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