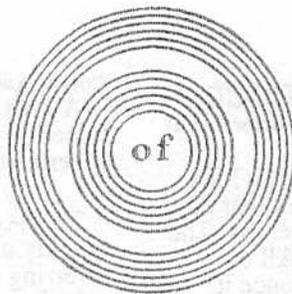


Revelations

The Cosmic Newsletter



Awareness

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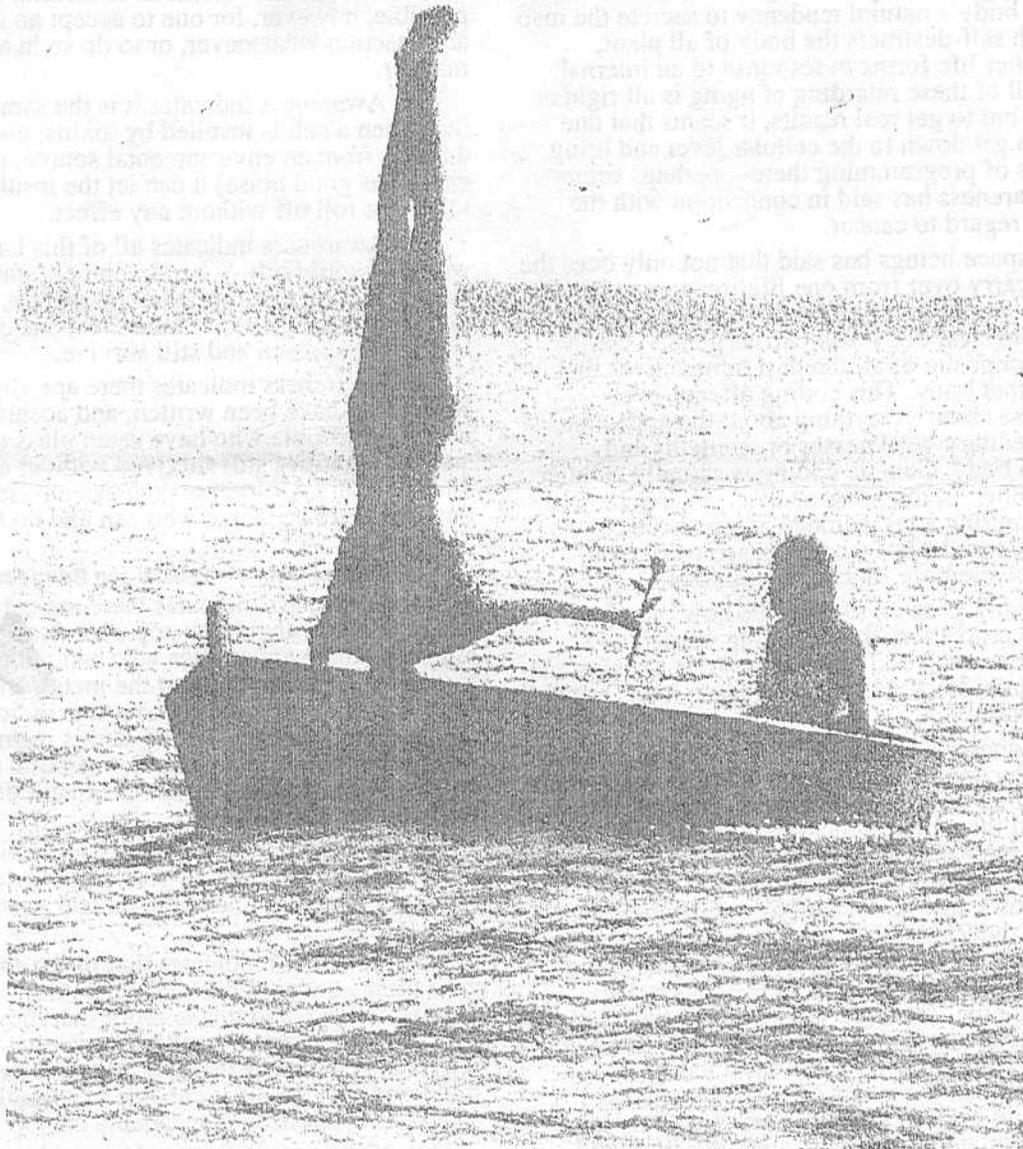
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A SPECIAL REPORT

Celebrating our 26th Anniversary

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Some Techniques to Help Regain Youth

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HOW TO REVERSE THE AGING PROCESS

(Dietary Info Ok But We Need to Get Down to the Cellular Level)

QUESTION:

8/3/89

A question from Elvin Noel, who lives in New Mexico. He says: "You asked for questions. I think that the following will be worth asking Cosmic Awareness. The answers will be of almost universal interest. All of us want to remain young or to regain our youth once it begins to slip away. As you know, much scientific research is going on in many directions to discover the cause of aging and what to do to delay or even reverse it. I am familiar with what Cosmic Awareness has already said on the matter, and it is most useful. However, Awareness and most other sources seem to place emphasis largely upon dietary, physiological and psychological factors, all of which seem to indirectly retard the aging process by slowing down or even offsetting the body's natural tendency to secrete the mao enzyme which self-destructs the body of all plant, animal and other life forms in response to an internal time clock. All of these retarding of aging is all right as far as it goes, but to get real results, it seems that one would have to get down to the cellular level and bring about changes of programming there—perhaps somewhat like Awareness has said in connection with the death wish in regard to cancer.

One of the space beings has said that not only does the soul or spirit carry over from one lifetime to another the results of both positive and negative experiences of the past, but the physical body also carries genetic coding reflecting a composite of all the past human lives that it took to make that body. This coding affects, even determines, just about everything about the appearances, functions, hereditary weaknesses or strengths and lifespan of the body. Genetic coding is actually cellular memory contained in the RNA and the DNA helix in the cells, and as limiting soul memory of past lives can be worked out, so can the body be taught to overcome limited genetic memory blocks or limitations.

The space being goes on to describe how one first goes into deep relaxation, then imaging oneself as a soul, one embraces the body, and with great expressions of love and gratitude, talks it into a higher, freer, better way of functioning.

Another channel source suggests visualizing oneself as being so reduced in size, that one can actually address each cell as if it were a gigantic sphere, a living consciousness, and then communicating to it just what one would wish to have the cell improve, overcome, or become. It's a matter of changing the coding in the RNA/DNA. You know about genetic engineering and the splicing of the RNA/DNA after removing certain unwanted coding. Well, there must be a way of doing by the power of mind alone what modern science does through use of force. After all, the ancient Atlanteans created and mis-created, all hosts of monsters and so forth, by methods unknown to present science—example, they mixed the genes of wild boars with human genes and created the pig. They mixed monkey genes with human genes to create apes, etc. How did they do it? Perhaps Awareness would be willing to comment on all of this. Better still, *It* might perhaps be willing to give us tremendously effective meditations by which we could so change the genetic coding that longevity would be automatic and we would, like the ancients in the Bible, live hundreds of years." End of his statement.

Normal longevity at the present level of human development may be scientifically determined as being 125 to 150 years. There is no reason, however, to consider even these figures as limits to man's life span.

Alexander A Bogomoletz, Russian Doctor, Scientist, 1946

COSMIC AWARENESS:

A This Awareness indicates the information contained in this question is that which is generally accurate in terms of the relationship to the aging process.

The "Insult" to the Cells of the Body

This Awareness indicates that there is a term frequently used by those involved in biology and medicine referring to the cellular structure as having been insulted—an insult to the cells, to the body, etc. This Awareness indicates that this term as meaning that the body has received some kind of environmental blow or disruption or damage, which leads to its inability to function in a wholesome manner.

This Awareness indicates that you may think of this as a social insult, but it is applied on a cellular level. When one is socially insulted, the entity generally reacts in a manner that is inharmonious or lacking in grace. It is possible, however, for one to accept an insult without any reaction whatsoever, or to do so in a graceful manner.

This Awareness indicates it is the same with cells; that when a cell is insulted by toxins, poisons, or other damage from an environmental source, it can (if the entity has good poise) it can let the insult or damaging influence roll off without any effect.

This Awareness indicates all of this has much to do with the word faith. Wherein one programs oneself to be strong, to have a strong immune system, to be too strong to be hurt by this or that influence, one can almost literally eat poison and still survive.

This Awareness indicates there are, for example, stories that have been written, and accurately so, relating to people who have eaten glass or eaten metal, and these entities still survived without any apparent damage. This Awareness does not advise entities to do this, but there are some who can and do such bizarre feats.

How the Power of the Mind can Bring About Healing

This Awareness indicates there are entities who lie on beds of nails without any apparent damage to their systems. There are entities who can put pieces of metal through their flesh, pull out the metal, and the flesh immediately heals. This Awareness indicates that it is the power of the mind acting in this regard to bring about this healing. It is a matter of faith, a matter of being so sure of oneself, that the insult does not take, does not have an effect.

This Awareness cannot simply tell entities to try it, for most entities could not try it without serious damage, because they do not have the mental poise necessary for such action.

This Awareness indicates that many entities can do such things under hypnosis, which they cannot do when not hypnotized, and this is proof that they *can* do it, even if they do not normally believe that they can. This Awareness indicates that it is the same mind, but the mind under hypnosis is capable of something that the mind not hypnotized is incapable of.

This Awareness indicates the question may be asked, "What is the difference between the mind that can endure this kind of insult without being harmed and the mind that is harmed by some insult?"

Entities Who Project Illness to the Point they Become Ill

This Awareness indicates there are entities, for example, who can, by their mind alone, project illness to the point where they actually become ill from *thinking* about illness. They respond to the mind, which believes itself to be ill, and in so doing, they *manufacture* the illness.

This Awareness indicates in such cases as these, the mind itself is the creator, is the maker, and the results come from the mind. It is the same in aging. An entity whose mind does not believe himself or herself to age, who does not accept the aging process, will ward off the aging process.

How Belief in the Devil Stopped the Aging Process

This Awareness indicates there recently, in one of your tabloids was the story of a woman who believed herself to have a pact with the Devil, that she would not age, as long as she promoted the Devil. This woman was said to be approximately 170 years old. This Awareness indicates that this is an example, not that the Devil can keep people from aging, but that one's *belief* can keep an entity from aging. The entity believed this to the degree that she ceased to age at the normal rate.

This Awareness indicates that aging, essentially, is just the wearing out, based on the insults to the cells and body that environment and time bring to an entity.

This Awareness indicates that this aging process is a matter of radiation, oxidation, and general pollution that affects the body as the entity progresses through time and space. But cells can be renewed, and entities whose minds are adapted to belief in a certain way of thinking, can ward off the aging process, or can encourage the aging process.

How to Encourage the Aging Process

This Awareness indicates that the encouraging of the aging process is that which comes about when entities see themselves becoming more and more damaged by insults from the environment, when they feel themselves being more and more damaged by environmental insults, and focus in that direction. The anti-aging process of the mind is that mind which continually thinks of the entity as being young, in spite of the passing of years, and continually believes itself to be capable of overcoming any injury or insult to the system. It does not think or dwell on dying, but thinks and dwells on living. It thinks and dwells on the prospect of becoming healthier and in doing things that require vital energy.

This Awareness indicates that when an entity's mind thinks along this line, the momentum build and the entity continues to remain with a youthful vigor, and the continuation is that which helps the entity to remain youthful.

This Awareness indicates that diet and other efforts to reduce or retard the aging process as that which can be helpful-can be quite helpful in reducing those insults to the system, so that the mind does not have to work so hard to overcome the insults, but it is still the mind that will have the final say.

This Awareness indicates, however, why force the mind to work harder to keep one young, if not necessary? In addition, the action of following a diet and taking certain supplements to assure youthful energy; this can help to give the mind a hook, or something to latch onto, to strengthen the faith of the mind that the entity is capable of remaining, or returning, toward a more youthful energy.

This Awareness indicates that the movement of the mind toward the continual focus on youthful energy and activities, and especially when accompanied by the appropriate activities, is that which helps to continue the youthful energies of the individual, so that the youth process is constantly reinvigorated, and so that the concept of aging is kept out of the picture, as much as possible.

Avoid People who Talk About and Worry About Aging

This Awareness indicates that there also are benefits in the type of individuals one relates to. If one associates with people who constantly worry about aging, or who, themselves in the aging process, keep referring to and suggesting that one is getting older; all of these things add to the balance of the books which, when added up, puts so much aging in this column and so much youthful energy in this column, and can offset all of the youthful work one may be doing, with continued suggestions of aging to the point where the entity, though working hard to think positively about youthful energies, may begin to spend more and more time thinking about aging, to the point where it becomes a fact of his or her life.

Associate with Younger People

This Awareness indicates therefore, it is important that entities avoid those who talk about the entity getting older, avoid thinking about the aging process, and all of these things, when this becomes detrimental in nature. It is often noticed that when entities make associations with younger people, the entities tend to act younger likewise, and this acting younger tends to help keep them young.

This Awareness suggests that this, along with the diet, along with proper thought, can go a long ways in helping entities to retain their youthful vigor.

This Awareness indicates that the time may come wherein the genetic structure of the human being can be so altered or modified that much of the subtle environmental energies, such as radiation and environmental pollution and toxins can be eliminated, allowing entities to live longer lifetimes without such a struggle to do so.

This Awareness indicates that higher oxygen content in the system will also enhance the life expansion of individuals.

A Combination of Healthy Thoughts and Healthy Diet

This Awareness indicates in summary, it is a combination of mind and material influences, particularly the use of the anti-oxidants, which can add life, and proper vitamin/mineral intake in one's diet, and avoidance of those things which insult or harm the body—it is this combination of healthy thought and healthy diet and healthy activities, which can best assure a long, healthy life.

THE INCREDIBLE COUPLE WHO HAVEN'T AGED IN 35 YEARS

QUESTION:

Along this line, the questioner also sent in a tabloid article, which I'll read. It says:

"At seventy they look like a pair of youngsters! Incredible couple hasn't aged in 35 years."

A Danish scientist claims to have found a 70-year-old couple who haven't aged since they were 35.

Anders and Ola Stampe were born in 1918 but they look like they're in their prime," Dr. Niels Jensen told reporters in Copenhagen.

"It's obvious to me that they are very special people. If we can find out exactly what keeps them young we could benefit all mankind."

Dr. Jensen said the couple walked into his clinic after reading about Elsa Hove, a 52-year-old grandmother from Copenhagen, who hasn't aged since she was a girl of 18.

The remarkable woman's story made international headlines in 1987 and again last summer—when Dr. Jensen announced that the woman was born with a rare gene that seems to retard the aging process or stop it altogether.

"The Stampes came to me with their birth certificates and demonstrated that they had stopped aging, too," said Dr. Jensen.

"I haven't been able to find a genetic cause for their youthfulness as I did with Mrs. Hove. It's possible they stay young for other reasons.

"It might even have something to do with the way they live." The couple themselves say their lives are ordinary but they do "make an effort to stay young."

"We eat only one meal a day and try to avoid alcohol and fatty meats," said Mrs. Stampe. "We also avoid exercise. We spend most of our time watching TV or talking on the phone.

"We think that taking it easy keeps us from getting old. My friends are wrinkled," she added, "and jealous."

Anders Stampe said: "Nobody believes we were born in 1918."

Incredibly, newspaper reports said the Stampes look younger than their 46-year-old twin sons, George and Johannes.

In spite of his earlier failure, Dr. Jensen vows to find a genetic cause for their youthfulness.

"It could be that all of us have a hidden gene that could help us stay young," said the expert. "If that is the case, I want to find out what triggers the gene or keeps it dormant.

"That information could help us make mankind's dream of immortality come true on a global scale."

The expert has called on a top Danish geneticist to help in his investigation.

Dr. Vedel Pedersen told reporters: "I'm not at all convinced that these very fortunate people are going to stay young forever or live longer than you or me. They will die of old age like the rest of us."

Can Awareness explain perhaps why this couple, and others in Denmark, appear to have stopped the aging process?

COSMIC AWARENESS:

This Awareness indicates that it appears there are certain habits in their lifestyle which contribute to their youthful vigor. It appears, also, that the mental attitudes of these entities is that which reflects the most harmonious state of being. These entities are quite content and happy with themselves and it appears also, that the general environment in which they live is of a healthful nature. There are seen benefits from the concept of one meal daily and from taking life easy, in that this does not overload the system and the system does not need to exert itself with great efforts to take up different types of combative positions against things in their environment, and therefore their adrenaline is not constantly being squeezed, or the adrenaline is not constantly flowing through their system. The adrenaline is that which can add to the aging process.

This Awareness indicates that it is a kind of general grouping of things which helps these entities, along with their own particular genetic background and attitude and lifestyle, which can be of greatest benefit toward their continuing to live long and healthy lives.

This Awareness indicates that the attitudes, as that which play the greatest role. The diet and lifestyle is secondary, and the general environment as also beneficial. The genetics as that which may be in a third position. Many entities have genetics equal to or even superior to the genetics of these entities, yet their attitudes are not as balanced and harmonious, so they tend to age faster.

This Awareness indicates that generally speaking, it is a combination that is helpful for this group. The use of

fresh foods, living foods, green, leafy vegetables and such, add oxygen to the entities' systems. Along with the environmental benefits where they live, there are no toxins, no heavy metals. There is little pollution to help or to cause aging-premature aging.

Metabolism is Out of Balance if you Think you are Aging

This Awareness indicates that many entities who think of themselves as old or looking older, are simply out of balance in terms of their metabolism. The imbalance can cause wrinkling; the imbalance can cause the skin to become more rough or blotchy; the imbalance can cause an entity's weight and metabolism to become out of balance to the point wherein they become overweight or their body tends to shift into positions associated with aging.

This Awareness indicates that many entities could correct these imbalances and look much younger and feel much younger.

There are many toxins in some entities which suggest aging, and entities associate these toxic appearances with the aging process, because as entities become older and older, they tend to take in more toxins, and others begin to think that this is simply part of the process of getting old, when in fact, these toxins could be avoided and the entities would not age so quickly, or appear to age so quickly.

A Vitamin/Mineral Deficiency can Cause Skin to Age

This Awareness indicates that likewise, there are often vitamin or mineral deficiencies in an entity which can give an appearance of aging. The deficiency of a mineral or vitamin can affect the appearance of skin, hair, energy levels, vision, hearing, and other features of an individual, and many entities having these vitamin shortages or mineral shortages, will attribute it to the fact that they are just getting older.

Vision Problems and Dr. Christopher's Eye Wash

This Awareness indicates much of the vision problem entities feel is due to toxins in the system, and were these toxins removed, the muscles in and around the eyes would be able to work better, so that the entities could focus better and put away their glasses.

This Awareness indicates that this is why certain formulas, such as the Dr. Christopher eyewash formula, is efficient in helping to cure certain of the vision problems that lead entities to wearing glasses. This Awareness indicates that many times entities, in using formulas such as the Dr. Christopher eyewash formula, will find that after so many months of use, their glasses are too strong, and they need to go to weaker and weaker pairs, so that after six months, a year or more, they may be able to put away their glasses entirely, as they restore their vision to normal.

This Awareness indicates that it is not so much a question of whether the vision was a sign that they were aging; it was more that the vision problems they had was a sign that their system had toxins in and around the eyes which were preventing the muscles from functioning properly.

This Awareness indicates that it is this way with many of the organs of the body, that when toxins begin to affect the body organs, entities tend to attribute it to the aging process.

Did Russian Cosmonauts Stop Aging?

QUESTION:

There was a tabloid article that said that these Russian cosmonauts that had been up in space for about a year, upon landing in Russia were tested by scientists, and they found, or believed, that they had almost stopped aging. They'd returned looking more youthful and

invigorated than when they left. Is this story a fabrication, or does it have some basis in fact?

COSMIC AWARENESS:

This Awareness indicates that this appears to be accurate and relates, in part, to the lack of gravity tugging and pulling on the entities organs, and also in part, to the restricted diet these entities were on, which was carefully put together. It also reflects the entities' own attitudes of a certain kind of peace and freedom that they experienced in their confines in space, away from all of the pressures of a tight, busy society.

This Awareness indicates that there is much pollution, much radiation, and also gravity waves have an effect on the human system that can suggest an aging, or the effects known as aging.

This Awareness indicates that these entities, also being in a sterile environment, were not bombarded by those microbes and viruses and other agents which can create hazards to the system, so that the system is constantly working to overcome a tendency for illness. It gave the system a chance; it gave it time to repair itself from damage that might have otherwise been experienced on earth, and which had been previously experienced on earth.

Why do the Hunza People Live so Long?

FOLLOW-UP QUESTION:

Over the years, there's been a lot of books and research done on, I think it was called Hunza. I believe it's a town or an area somewhere in the Himalayas, and they claim it's their drinking water as the reason why this whole little village of people have lived to be over a hundred years old. Is there any truth to these stories about these Hunza people, or is it their diet, or is there something in the actual water there?

COSMIC AWARENESS:

This Awareness indicates this appears to be a combination. The water has certain qualities to it that are high in vitality, these being very similar to D-cell or S-cell water, the water carrying high life force. The fruits and vegetables in the area also contain this life force and vitality. The area itself, as that which is free of many of the pollutants that affect most people in other parts of the world, and the stress factor in this area is quite low, and the attitudes of the entities toward each other, toward life, and toward their environment, is quite healthy. They expect to live long lives, because it is common' and this helps to extend their lifetime, because they have not been programmed to believe they are to live a short life.

Certain Vortices Give Life-Giving Energy While Some are Harmful
(Dowsing can Usually Determine Where These are Located)

This Awareness indicates there are other factors involved in the aging process relating to certain emanations from the earth itself. There are certain vortices, certain areas in which there are life-giving energies, and other areas in which the energies are harmful to the system.

This Awareness indicates these harmful energies come from a variety of sources, such as radon gas, other types of radiation, toxins, or just vibrations that are not known yet with any particular names, which can be hazardous to entities' health. These vibrations can often be picked up by people involved in radionics, or in the use of dowsing. The dowsing of an area to discover whether it is clear or polluted by harmful radiation is not too uncommonly known, although it is not a widely publicized action. Many entities will hire dowsers to determine whether their home should be put in one place or another in accordance with the vibrations that emanate from the ground.

Health Problems When Water Runs Under the House

This Awareness indicates when water runs directly under a place, the tendency is for those vibrations to be not healthy for individuals living above that place. It is as though the water is in movement, creates a kind of static electricity, just as bringing silk through a tube continuously, could create a static electricity. This static electricity would not be healthy if one were to have it next to one's aura for a prolonged period of time. Likewise, entities living over water which is flowing, will be in the field of static electricity. If the water is deep enough, it does not influence; but if the water is shallow under the home, it often has an influence that is not of the highest or best energies.

Run a Copper Wire Around House to Defuse Energies

This Awareness indicates that properly trained dowsers can locate these areas, or if an area is found to be running under one's house, the energies can be defused by copper wires running around one's home in a circular pattern, following the outline of one's home, such as a copper wire that is tacked to the bottom corner of one's home, running full circle, and then being grounded on one corner. This action can also assist in defusing those static energies in such areas, to help ward off a certain kind of aging process.

This Awareness indicates that fortunately, there are other areas which emanate healthy energies, and entities can thrive from such areas, gain greater vitality, and their lifetimes may be expanded from living in such areas. This is so in regard to the Hunza people.

Any Danger to Houseboats and Sailors?

FOLLOW-UP QUESTION:

Would people living in houseboats and sailors at sea --would this be a problem to these people?

COSMIC AWARENESS:

This Awareness indicates that this does not appear to be the same as the water which runs through a kind of cavern or tubular area within a land mass, for it is the movement coupled with the static soil that creates the static electricity. Wherein one is simply living by the water in a houseboat, the water being so close to the houseboat, touching it, does not actually create the static electricity that hovers in the soil or in the houseboat. It flows on by, and does not create the kind of static that would occur if there were a land mass between the houseboat and the water; the land mass being that which holds this energy so that it becomes static and does not flow.

This Awareness indicates it is likened unto if one were to spin an armature in a field which holds still, the energies would create electricity, and this is what occurs when water flows under soil: a certain type of static electricity is formed. But with a small boat, the energies that are formed dissipate quickly, and flow away with the water.

FOLLOW-UP QUESTION:

Is the kind of vortex that is out by Dickerson Point the type that's healthy to human life?

COSMIC AWARENESS:

This is in the affirmative.

Patrick Flanagan's Water: How Good is it?

QUESTION:

In reference to the Hunza water, Dr. Pat Flanagan has put out literature stating that he has traveled all over the world researching waters and things like this that add to longevity, and he's been able to recreate this water in his laboratories. He's selling it by the vial, with the intent that people dilute it down and drink it daily, and

one of the things that's claimed in the literature is that it will help retard the aging process. Does Awareness see this as being valid, and is the expense, like \$35 a vial, I believe; would the expense of this on a program be worth the results?

COSMIC AWARENESS:

This Awareness indicates that there is validity to the claim. The expense is that which is quite formidable for most entities. If they were to take enough to have a meaningful effect, they would need to use this water quite continuously and frequently.

This Awareness indicates that essentially the S-Cell and D-Cell do much the same thing, and the expense is much less.

This Awareness indicates that the proof of these as having the ability to create vitally charged water can be ascertained through Kirlian photography, in which auras will show up for the water that has been S-Cell or D-Cell charged, and also the Flanagan water. The waters of course will emit different auras from each other, and this can give a clear idea of the quality each has to offer.

This Awareness indicates that the pyramid water that was commonly created in recent years past as that which is also seen to emanate certain vitalities, the water being created by setting regular tap water on top of a series of pyramids. This water, however, is only approximately ten percent as highly charged as the D-Cell, D-Cell water being not quite as highly charged as the S-Cell water, that the Flanagan water as that which is comparable to the S-Cell and D-Cell water.

This Awareness indicates with the S-Cell and D-Cell water, the D-Cell costing approximately half or a third the price of Flanagan water, can charge many, many gallons of water. But if entities wish to compare these waters for quality, it would best be done through Kirlian photography.

QUESTIONER:

Speaking of the D-Cell, we have had to notify the membership that these are no longer available. Our letters and phone calls to Joe Dun Sloan are unanswered, our checks for D-Cells have not been cashed. The entity seems to have disappeared, and this has been two to three months at least, and people are writing us to ask Awareness if there is another source or another entity who has this knowledge to make D-Cells or S-Cells.

COSMIC AWARENESS:

This Awareness indicates this entity has passed on this information to his family. It appears that this will be available again in the not-too-distant future. This Awareness indicates that it is possible to create cells of a similar nature, not precisely the same as his.

This Awareness indicates that the Interpreter does have some knowledge of how this was created, as having visited with and having been given certain information from Joe Sloan, but the interpreter as never having attempted to make this formula.

This Awareness indicates that this is not a formula that would be lost, totally lost, with the passing of Joe Sloan. It could be rediscovered. This Awareness could assist the Interpreter in rediscovering the process, the Interpreter knowing the ingredients necessary, the process being that which is relatively well understood.

This Awareness indicates that there is also another entity who has some knowledge of this process and has, having lived with Joe Sloan for some time, assisted in creating a cell of similar nature, and it could be rediscovered or remanufactured through these sources, if necessary.

QUESTIONER:

Larry Kell wrote several years ago that somebody living in Portland, claimed to be making these cells. I'd like to ask Awareness about Joe Dun Sloan's ex-wife. He told us that she was helping him make cells a while back, and she lives in Northern California, and some of the cells he sent to us were designated as hers, and some of the members sent them back, claiming they didn't work. We told Joe about this. He checked it out, and he discovered that she was using a heat lamp or sun lamp on the cells, and when he told her not to do this (they had to be exposed to direct sunlight) the cells turned out to be all right. Now, does Awareness see his ex-wife as a maker of cells that will be reliable?

COSMIC AWARENESS:

This is in the affirmative.

ED's Note: So far all attempts to reach these entities has been met with failure. The Interpreter, to date, has manufactured no D or S cells whatsoever. The Patrick Flanagan water is available in many health food stores or direct from Flanagan, 1109 S. Plaza Way, Suite 399, Flagstaff, Arizona 86001.

HOW TO PUT LONGEVITY SUGGESTIONS INTO DISTILLED WATER

QUESTION:

In reference to the anti-aging process, Vikki and I have been, for the past year, distilling our own water, mainly because Dr. Shahbaz told us we had way too much iron in the water and it was detrimental, so we've been distilling it with a home distiller, which goes on for hours and hours, and while this is distilling, we've put together an endless tape that plays off a tape recorder in the room where the distiller's working, and some of the affirmations in this tape have to do with slowing down the aging process, and so forth. We got the idea from what we thought is how the Fantasia water is created. Would Awareness indicate if this type of affirmation on a tape while you're distilling water is going to be effective, or is this all sort of a placebo-type of thing?

COSMIC AWARENESS:

This Awareness indicates it can be beneficial. A lot of the energy associated with the effect comes from the fact that there is a suggestive nature taking place. It is kind of on the order of a ritual, wherein a ritual's purpose is to alter one's consciousness to accept the purpose of the ritual.

This Awareness indicates that when an entity takes time to do a ritual for a purpose and the ritual is done, the entity then believes the purpose will be carried out.

This is much the same, to some degree.

The Placebo Effect: How to Tell When It Works

This Awareness indicates that it is not the same as a placebo. A placebo is that which is given under a false pretense, wherein one entity may be given a particular type of medicine, another being given a placebo that masquerades as the medicine, to see if the medicine or the suggestion is the same.

This Awareness indicates that if the medicine heals and the placebo doesn't heal, then the experimenter knows that the medicine had a potency that goes beyond suggestion. But if the suggestion heals as well as the medicine, then the experimenter knows that the medicine is no more valid than the suggestion, the placebo.

Quantum Physics Involved in Placing Suggestions into Water

This Awareness indicates that in this case the suggestion as being similar to that of a ritual, has its effect on one's consciousness. There is also a principle involved in the nature of taping a message to give a suggestion to the water that can be correlated somewhat to the concepts associated with quantum physics, wherein

energy and information are the same, so that the information being infused in the energy and directed toward the water, are a more or less microscopic or microcosmic form of suggestion, and this adds somewhat to the potency of the reality involved in the suggestions.

FOLLOW-UP QUESTION:

Does the verbal suggestion in the tape affect the cellular level of the distilled water in steam as it's making the water?

COSMIC AWARENESS:

This Awareness indicates it affects the subatomic levels. It is the intention of what is being said on the tape which affects the subatomic levels of the water. In a manner, it is speaking as a kind of prayer to the life force in the water.

QUESTIONER:

So, if the affirmations are impressed on the subatomic level, then when the water is consumed, this will directly correlate or go into the cellular response and affect it.

COSMIC AWARENESS:

This is in the affirmative, through the subatomic levels. This Awareness reminds you that when speaking of subatomic levels, *It is speaking of consciousness. That anything, pursued far enough, comes down to consciousness; that all things which appear to be matter, if pursued far enough, result in the destination of reaching consciousness.* If you follow anything material -any material thing -to its ultimate end, you come to consciousness. Thus the tape, the words being spoken, are being sent to the consciousness in the water; and when the water is consumed, it carries the message in its consciousness, which then is released into the consciousness of the consumer.

This Awareness indicates this is much likened unto holy water, blessed by the priest. It is the same principle, in fact.

The American Indian Ritual of Getting Rid of Negative Thoughts

This Awareness indicates that in some of the rituals of the American Indians, they would pass a rock around the circle, instructing each entity to project his or her negative thoughts into the rock, and the rock would then be passed to the next person. Upon completion of the circle, the rock would then be thrown into a lake, so that the negative thoughts of the Indians would then be discarded from the circle.

When Something has a "Curse" on It

This Awareness indicates that were an entity to have picked up such a rock containing all the negative thoughts of others, those negative thoughts would have an effect on that entity, even if the entity did not know that the rock had been used in such a ritual.

This Awareness indicates that this is what many entities refer to as curses, when something has a curse on it, and it passes from one to another, it may have negative effects on the entities who hold it; and it can have that effect because there has been infused, mentally, some kind of concept into the thing, which then, later, has its effect on anyone who touches it or comes in contact with it.

This Awareness indicates that this is the negative side of this process. That in the positive side, you can infuse an object with positive energies such as the Holy Grail, so that it becomes something that brings good luck or good fortune or beneficial feelings or energies when in your proximity.

This Awareness indicates the same principle is involved in holy water or in the water you are distilling.

What Happens When you Say Grace at a Meal

This Awareness indicates the same principle is involved in saying Grace over one's meal. You ask that the meal be blessed. The purpose of this is to give a certain kind of consciousness of blessing and beneficial energy to those objects on your plate which you are to consume; and this carries into the consciousness of the food, which then, when consumed, comes out into your own consciousness.

Same Principle Involved in "Lucky Charms"

It is the same principle involved in lucky charms, wherein the entity believes something to be lucky, the entity is essentially sending the message that it *is* lucky, -your belief and your intention being very much the same thing. Thus, when you wear your lucky charm, expecting luck from it, you get much as you expect. If you come to rely heavily on your lucky charm, and should forget it, you may find yourself feeling a sense of panic, and expecting bad luck because you forgot it; and thus, you draw in the bad luck you expect.

This Awareness indicates that much is mental, much is in the consciousness levels, even though these things pertain to material objects.

This Awareness indicates that when the priest gives Eucharist, in the ceremony telling you that this is the blood of Christ, and you drink it and it tastes like wine; you know it is wine, but the suggestion that it is blood and has a certain meaning that you are taking in the essence of Christ: this has its particular effect on the consciousness level, even though in reality the substance still remains wine, just as in reality, your distilled water still remains distilled water. Checked under a microscope or in a laboratory, it would be no different from any other distilled water, but its effect might be different on an entity who was sensitive enough to feel the difference. Yet, it is only because of the suggestion that this difference occurs. The suggestion being given by the tape and the suggestion when one is consuming the water that it is specially charged. Both suggestions have their effect.

FOLLOW-UP QUESTION:

Is there any suggestions or ritual or something Awareness would suggest that we put on the tape that isn't already there to make it more effective?

COSMIC AWARENESS:

This Awareness suggests that you may put on this tape that this will have beneficial results for you; whether or not you believe it.

HOW THE VIBRATIONS OF YOUTH AID LONGEVITY IN CHINA

QUESTION:

In reference to longevity, several times I have come across literature that states in effect that down through the ages in China, that these entities very often live well over a hundred years old, and maintain youthful vitality, even in the sexual area, and it said that one of the reasons, or the main reason, is that traditionally the older male goes to these—I guess they're places of business—and he can lay down and sleep with younger women and absorb the energies, and I suppose the same type of thing exists for the ladies; they would spend a few hours sleeping with younger men. During this time, it didn't say that there was sexual contact, it was just being in the vibrations of youth. Is there any truth to this, that this type of thing retards the aging process?

COSMIC AWARENESS:

This Awareness indicates that this mostly has to do with the effect on the entity's own mind, and the belief the entity holds in regard to this. The entity might feel

younger, might feel more vital and alive because of this experience, and this can lead to a greater sense of vitality and help to retard the entity's focus on age, and refocus the entity's consciousness on youth, on his own youth as well; and therefore, this having a mental effect, a psychological effect, can have its reverberations into the physical levels. This Awareness indicates, of course, the vibrations have their effects too, but these vibrations are short-lived, and the psychological effect is that which is more lasting.

This Awareness indicates however, that this, in itself, is but a form of suggestion through an experiential level, that the entity is young and handsome and acceptable, and this can, as a suggestion, give a kind of youthful vigor to the entity which would be lacking were the entity not to have had the experience.

This Awareness indicates that the method does not guarantee or cause a retarding of aging, other than as it affects the entity psychologically, and any physical reverberation from that psychological alteration which results from the experience.

THE INCREDIBLE "HAPPY" PILL

(It Boosts Your Sex Life and Also Makes you Happy!)

QUESTION:

There's an article in a recent Weekly World News I'd like to read and ask Awareness if this is valid. It's called "The Incredible Happy Pill".

A pill that's available in health food stores can boost your sex life, make you happier and pep you up.

It's called tyrosine. And anyone can reap all its benefits for mere pennies a day.

"Tyrosine works," said Dr. Eric Braverman, a general practitioner from Princeton, N.J. "It is a mild but very successful antidepressant that may be helpful to millions of people who suffer from mood problems, fatigue and tiredness.

"Those are symptoms of depression that everybody has at one time or another. And a significant number of them might very well be helped by tyrosine.

"I even prescribe it for some of my own patients."

Dr. Braverman wrote extensively about tyrosine—an amino acid that everyone needs for good health—in his fascinating book, *The Healing Nutrients Within* (Keats Publishing, Inc. New Canaan, Conn.)

In the book, the experts discuss case histories as well as university studies that indicate tyrosine can:

--Alleviate stress by boosting the production of adrenalin in the body.

--Stimulate sex drive by raising levels of dopamine, a brain chemical that is generally linked to mood but also appears to play a role in sex.

--Banish depression by increasing levels of adrenalin and dopamine. According to Dr. Braverman, tyrosine has been used as a supplement to prescription antidepressants and alone with good success.

In short, tyrosine can lift you out of a rut, make you happier and replenish the get up and go that's lost with the onset of even the mildest downward mood swings and depression.

As an amino acid, tyrosine is available in many foods, particularly pork, wheat germ, chocolate, rolled oats, sausage, avocado, cottage cheese, duck and turkey.

Tyrosine is also available as a dietary supplement at health food stores nationwide. A 30 day supply generally sells for about \$6.00—that's less than 20 cents a day.

Dr. Braverman strongly suggests that before taking tyrosine, you should consult your doctor.

I'd like to ask Awareness if this information is valid.

COSMIC AWARENESS:

This Awareness indicates that this information is correct. This Awareness suggests that this as being available in most health food stores. It is also found in combination with other substances, such as Tryptophane and certain of the Vitamin B and other combinations for the alteration of moods; that this may be found either by itself or in such combinations as mood-altering enzymes.

This Awareness suggests that entities, in using this, can receive certain benefits and effects of notable nature, particularly when taken two or three tablets at a time during a time of stress or depression.

This Awareness indicates that the L-Tryptophane as also having similar effects, That as suggested, if entities intend to get into using this frequently, it would be beneficial to consult a doctor, especially if one has extreme mood swings or chronic depression.

This Awareness suggests, however, that the consultation with naturopathic doctors as that which would be more beneficial, since many of the medical doctors would simply prescribe some anti-depressant of a nature that could become habit-forming or have other side effects—this in reference to drugs from pharmaceutical companies which are not recommended by this Awareness for depression, except in extreme cases, and for short-term use.

This Awareness indicates that in general the amino acids, which are simply taken from foods, isolated from foods, are relatively harmless in their effect on individuals in comparison to the pharmaceutical-type drugs.

This Awareness indicates the writer of the article as having recommended that entities consult their doctors, in part, to protect himself in the event someone attempted to claim a problem from use of this substance, and sue the entity or the paper. You will frequently see such disclaimers wherein entities refer others "to consult your doctor" so that they, themselves, aren't held liable for their article.

Lifespans to Increase Considerably in Near Future

CLOSING MESSAGE:

This Awareness indicates that there are many areas in regard to the matters of health, longevity, and reversing the aging process, which are coming under scrutiny of many researchers at this time as never before. It appears that within the next twenty years, lifespans will increase considerably; the knowledge of how to expand entities' lifespans will be available, and the practice will be available; the costs as that which will be the concern; and the implications from expanding lifetimes as that which will become the issues that confront society, for many will feel it as being wonderful. Others will feel it to be hazardous to the population levels, and it may have implications on future generations and the economics of those who are retired, living on lifetime pensions or Social Security, and there may be some who even advocate the need to create new diseases for the elderly in order to rid the planet of those who are living too long.

This Awareness indicates it appears that on this planet, money will talk and those who want to live longer will have the means if they have the money, or if they have the knowledge of what to do to expand their lifetimes. It appears that within ten to twenty years, this information will be so well publicized that most entities having an interest will have the information available. There may come a time when the information will be withheld if it reaches a point where the excessive population of the elderly becomes a burden to society.

HOW TO OVERCOME AGING BY USE OF REGRESSIVE HYPNOSIS

(Affirmations for making your tape are included)

QUESTION:

We have a question from Rev. K.T., Chicago, Ill. in relationship to aging and how to overcome it. I'll read his letter and then ask Awareness to comment.

"Dear C.A.C. I read *Cosmic Awareness Speaks*, Vol. II. It is wonderful. I cannot send you a donation at this time because I recently lost my job. I feel I am the leader in spirit of a group called American Aging Association. AAA is basically a band of scientists trying to crack the death barrier once and for all and attain physical immortality for all.

I refer you to your own reading: "How to Prevent Aging", paragraph 4, lines 1 through 5:

"This Awareness indicates this related unto extremely deep hypnotic states, wherein entities enter their most inner levels of being and reprogram themselves through suggestion; that their own consciousness and programming mind leaves this area of the inner self and allow the seeds planted to bring forth their crop and fruit from these planted seeds."

I am heir to great knowledge on biology, genetics, macrophysiology, hypnosis and endocrinology. I wonder if this is not the chief means to conquer death. Perhaps you can ask Cosmic Awareness about this for me. Savants of the realm of gerontology theorize the cause of aging is genetic repression of youth genes and induction of aging genes. Some theorize that timing of senescence is controlled by hormone malfunctions controlled by simulating micro-centers in the brain. Could not we reprogram man for immortality by reprogramming these cerebral micro-centers through very deep hypnotic suggestions?

I have constructed a sample hypnotic induction, oriented spiritually, and ask Awareness if this can wipe out aging if given in exceptionally deep hypnotic states? The induction follows:

"We have here the body of Mr. X. in a deep hypnotic state. We ask the Force of Cosmic Awareness, ie. God, or Jehovah to cooperate in this total cerebral reprogramming. Savants of the realm of gerontology say aging is caused through brain-mediated hormone malfunctions, that switch on aging genes. Instead of only theorizing this, we propose to use this as an operational mode to wipe out human death. We see the hormonal micro-center before us, a whirling conjury of atoms and molecules, behold its aberrant functioning, the handmaiden of death.

'We suggest to this center in the strongest conceivable terms, to turn away forever from its death programming and turn forever to life programming, eternal life programming. We ask Cosmic Awareness to guide and direct this; we ask this center to forever alter its hormone secretions so that youth genes are permanently switched on, that all essential hormones, proteins and enzyme levels in the body as a whole become that of a twenty-five year old man. We tell the body that it must put off the old man of death and put on forever the new man of eternal life and ever-living.'

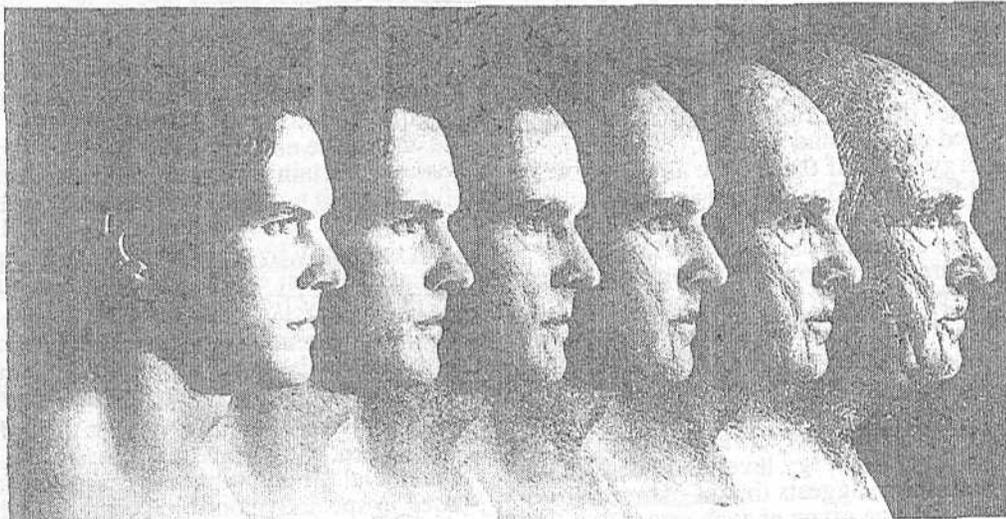
These suggestions can be repeated in slightly different ways or in several different ways or times. What do you think?

COSMIC AWARENESS:

This Awareness indicates this as in the affirmative, that this can be of great benefit. This Awareness suggests that there also needs to be some form of physical grounding, such as a placebo or other type of drink, food, pill or something which the body can also be given as a rejuvenator. The purpose of this is to have a grounding action for the suggestion. This Awareness suggests that this may be nucleic acid, may be Vitamin E, or Rejuvigor, or some other anti-aging substance. This may be ginseng; this can be nothing but a sugar or milk pill. This Awareness, suggests this be given while the entity is under hypnosis; that the entity be told that this will be the pill which assists in rejuvenating the entity's body, starting the action.

This Awareness suggests that in terms of the statement given, that the statement give some attention to age, discussing the aging process, the movement toward death, but that once this has been touched and discussed briefly under hypnosis, that there be more discussion of life, vitality, youth, vigor, experiences of a youthful nature, the general flow of vitality through the body, the movement of proper digestion, increased muscles, increased firmness of the muscles, and the more beautifying of the skin and texture and all those things associated with youth, including an increased size in the aura.

This Awareness indicates that you also suggest the brain, the mind, the emotions, the feelings, the agility and nerves, the breathing apparatus, the organs, each to function more youthfully. This Awareness suggests that this portion of the hypnotic suggestion to be of some duration, covering all of these areas. That you also may give the entity a post-hypnotic term or action, such as placing the thumb and finger together. This Awareness suggests you may give a post-hypnotic suggestion, for example, that every time the entity touches his first



finger and thumb together, that the youthfulness will be increased; the suggestion given in the hypnotic trance will be reinforced whether the entity is consciously aware of putting the thumb and finger together or not.

This Awareness suggests that with this type of programming repeated over a period of approximately twelve trance sessions, these being repeated over a period of three weeks, whereby every other day, this hypnotic suggestion is repeated in deeper and deeper levels; that this will have surprising results.

This Awareness suggests also that you may prepare entities for this by cleansing diets, whereby they are given dieting that assists in making them more sensitive physically, more receptive. This Awareness suggests this being vegetables and fruit.

This Awareness suggests that wherein you wait for approximately four hours before the session without eating, this allows the entities to become more sensitive. This Awareness suggests also that during the session, you move the entity backward in an age-regression technique, moving backward first six months, then one year, then two years, then five years, ten years, twenty years, thirty years, etc. allowing the entity to reach the age of twenty-five and giving the entity time within each of those age brackets to recall the experiences which the entity was viewing, which the entity experienced during those age regression recollection periods.

This Awareness suggests that wherein the entity reaches the age of twenty-five, you ask the entity to focus on the outer events which were taking place, then you ask the entity to look inward at the inner strength and energies of his or her body at that age. This Awareness suggests that you move the entity to an age wherein the entity was most healthy, regardless of what age that might be. This Awareness suggests that if the entity was unhealthy at twenty-five, but was very healthy at thirty or thirty-five, you move the entity to that age. This Awareness suggests that you then focus on the inner feelings, the strength and energy the entity experienced, having the entity focus on this; that you then give a suggestion, a key word, which you state will fix those energies within the entity likened unto a photograph developing which is fixed in the fixer fluid.

This Awareness suggests that once this picture has been "fixed", at that point you ask the entity to remain in that fixed energy level, and to come back to consciousness to present time, and with that fixed energy of the chosen age, begin to look at the experiences, the world of the present.

This Awareness suggests that the entity still remains under hypnosis: you are not bringing the entity out of hypnosis, you are simply asking the entity to look forward in time to that present external world, and the events which face the entity when he does come out of the hypnosis trance.

This Awareness suggests that once the entity has looked at this, you ask the entity again to return and observe the energies of the period wherein the health was best, that fixed energy; and you ask the entity to examine that energy to see if there were any leaks when the entity moved forward. This Awareness suggests that if there were any leaks or changes in the fixed energy picture, you ask the entity to visualize this leak being repaired. This Awareness suggests that you may then give the entity the placebo, (or another placebo, if one has already been given for the first fix).

This Awareness suggests that you may continue giving this entity these placebos to fix that particular energy pattern in the cells of the entity. This Awareness suggests that you command the cells at that time to also restore themselves to that energy level and youthful vitality. This Awareness suggests that as many as three of these placebos may be given at each regression



"Well, I'm sorry, but if you don't have a receipt for the pacemaker there's not much we can do for you."

period, and that the fix of that energy level be repeated three times, with the entity looking forward to present time and returning back to examine his energies.

This Awareness suggests that along with the placebo at that time, you have the entity touch his thumb and fingers together at the time the placebo is being given. This Awareness suggests that you also give the suggestion that each time the thumb and fingers come together, the fixation of that energy and vitality of that time will be again fixed and re-energized or reinforced. This Awareness suggests that you then may bring the entity back to present time, while suggesting that the energies remain fixed at that youthful stage.

This Awareness suggests you also inform the entity that the facial features, the physical features are returning to the youthful state as indicated by that particular age that was chosen. This Awareness suggests that you inform the entity that in moving forward to present time, the physical features which he sees are but an illusion and are fading out; that the real entity is beginning to come forth with the youthful appearance. This Awareness suggests that you inform the entity that this is in movement, is changing.

This Awareness suggests that each session may become more and more detailed, more and more commanding, until the final sessions. That in the final sessions, the entity may be informed that on certain dates at certain times--these being certain dates in the future, such as three months, six months, one year, two years, three years--the appearance will have changed; that the entity by a certain date will appear as he did in the age bracket which was chosen as the standard, such as the twenty-five year old entity.

This Awareness suggests that these latter suggestions also inform the entity that once the entity has rejuvenated to that age, the entity will not change thereafter.

This Awareness suggests that this information, once developed, can also be put upon tapes, and can be beneficial. This Awareness suggests that this can also be used in specially controlled schools, laboratories, or rejuvenating centers, set up especially for this work.

That the use of diet at these centers can be beneficial, particularly where the diet system is used carefully in conjunction with healing techniques, for many entities may have disease which can be harmed by a particular type of diet, but will respond to other diets. This Awareness suggests that the use of diets which are designed for particular illnesses, along with the cleansing of the body, can be of great benefit in conjunction with this hypnotic technique.

This Awareness suggests also that you use the herbal and vitamins and food substances which are known to be associated with rejuvenation during the period.

This Awareness suggests also that sauna baths, and anti-radiation techniques can be of great benefit. This Awareness indicates some of this information has been given in relation to the Herb Hut material of the nutritional readings. This Awareness suggests that you not concern yourself with information you do not have to work with,—that you may begin with what has been given here; that other information will be given as this is developed.

ED's Note: We never again heard from the entity asking this question. However, the information given in this reading is highly valuable and should be placed into the hands of those reputable hypnotists and those who work in the anti-aging field. Those of you out there, such as Robert Hanzel, who have the ability and facilities to put tapes together, are urged to do so and to send these on to CAC, which in turn will inform the membership of their availability so entities can begin to experiment with this technique in their own homes. It is never too late to stop the aging process.

The Rejuvenation Project and Certain Anti-Aging Substances

QUESTION:

I have a question from Dr. Steven K., MD, in New York, but before I ask it: Is asking about long-sounding medical drugs and so forth equivalent to what *It* recently said about the Interpreter interpreting Rife frequencies—he just can't do it?

COSMIC AWARENESS:

This Awareness indicates that the Interpreter has considerable difficulty in being able to interpret energies from this Awareness in regards to concepts or ideas that are not clear to his vocabulary or comprehension. This Awareness indicates that for example, the reading for a chemist on hydrogen/carbon which the entity knew absolutely no terminology from chemistry, led the Interpreter to describe something that looked like blackberries.

This Awareness indicates that the Interpreter may be able to answer with an allegorical or metaphorical reply to a question but may not be competent to interpret energies from this Awareness in terms that are totally unfamiliar to the Interpreter which a questioner may desire.

(QUESTION CONTINUED):

This entity is asking about anti-aging substances. I was wondering if I should read the question? or the first part of the question: "Whatever happened to the Rejuvenation Project discussed by Awareness previously? I would also like information on the relative merits of the following as anti-aging substances: melatonin, depranol, acitol kernatine (all phonetic spellings) and KH3. Is KH3 superior to GH3 as an anti-aging substance?"

COSMIC AWARENESS:

This Awareness indicates that *It* will answer some of this, and some of this is outside of the realm of the Interpreter's vocabulary and apprehension and therefore, may find some problem in putting it into words. This Awareness suggests the first question be reread.

QUESTION:

Whatever happened to the Rejuvenation Project discussed by Awareness previously?

COSMIC AWARENESS:

This Awareness indicates that this appears to be in reference to the healing technique given by Ralph DUBY referred to as the herb hut. The herb hut was intended as a kind of sauna-like experience in which certain herbs would be brought together along with certain diets and supplements to be given to an entity with, the doctor or doctors monitoring the entity for a period of 7 or 8 days, and the entity would stay in this herb hut in which there would be herbs heated to the point of steam so that the entity breathed in the vapors of the various herbs and experienced the heat from the herbs being boiled, along with a special diet of vitamins, minerals and liquids, and the entity would then, after several days of this experience, emerge from this experience with most toxins removed from his or her system.

This Awareness indicates it does not appear that anything has been done in this regard; that the closest thing to it would be the Indian-type sweat lodges, or certain sauna-type experiences and perhaps some dietary programs that individuals have concocted for themselves using various herbs or supplements. This Awareness suggests that there is the possibility that this could still become a project of some value. The entities would need to be monitored in regard to their ability to stand heat and its effect on them over several days.

This Awareness indicates of course, there would need also to be time for the entities to sleep, to rest, and this time could also be used, for some form of further healing, such as with the use of vibrations or music and perhaps in a situation where a cooling down period could be part of the over-all program so that the entity would not need to be under extreme heat repeatedly for over a long period of time, but have times in which the body could cool.

This Awareness indicates the value of such treatment would be not only the effect of the herbs and supplements but also the fact of sweating out toxins from the experience; that entities would need to be carefully monitored for being in a warm sweat-bath situation over such a long period of time. The temperature would have to be that which did not raise the blood pressure on a person who might have problems from such.

This Awareness suggests the other parts of the question be read.

QUESTION:

He would like information on the relative merits of the following as anti-aging substances: melatonin, depranol, HH3; and is HH3 superior to GH3 as an anti-aging substance?

COSMIC AWARENESS:

This Awareness suggests the first...



"It's a petition to extend childhood until age 40."

QUESTIONER:

Melatonin.

COSMIC AWARENESS:

This Awareness indicates melatonin appears to have anti-aging qualities. That this does appear to be of some value in this regard. That the next be given.

QUESTIONER:

Depronal.

COSMIC AWARENESS:

This Awareness indicates that the energies on this do not appear to be clear enough for this Interpreter to decipher. This Awareness suggests that the word be given again. (word is given again).

This Awareness indicates that it appears to be hovering in an area that would suggest a questionable value. It appears there may be some side-effect or secondary effect that could be of little value or hazardous to some entities. The next...

QUESTIONER:

Acetyl carnitene.

COSMIC AWARENESS:

This Awareness indicates that this appears to be valuable and appears to be particularly helpful in reducing blood pressure problems and helping entities to deal with stress and become more calm and relaxed. This Awareness indicates this appears to be a good substance.

QUESTIONER:

KH3

COSMIC AWARENESS:

This Awareness indicates that this appears to be very good. Whether it is better than GH3 depends on who makes it and where it is made. It appears to be very much the same. The quality of the ingredients may make a difference between this and the GH3 or between various types of KH3. This Awareness indicates it appears there is a source from Germany and also a source from Russia of this name. This Awareness indicates that the procaine involved in this is most pure when made from procaine of the United States, however, that of Germany is also of extremely high quality. This Awareness indicates that it appears to be of considerable value in the anti-aging movement.

Anti-Oxidants for Slowing Down the Aging Process

This Awareness indicates also that the use of certain antioxidants can be beneficial. This Awareness warns that the common use of hydrogen peroxide as an antioxidant is in some cases quite dangerous and can have even fatal effects when used improperly, particularly through intravenous injection.

This Awareness indicates that it is best to use antioxidants that come from plants such as the genetically grown wheat sprouts and also antioxidants that are in certain vitamins such as in vitamin E and vitamin C. RNA and DNA supplements are also good sources of antioxidants.

Enzymes to Prevent the Pot Belly and Fat Thighs

This Awareness indicates that beside these anti-aging supplements that have been mentioned, the use of enzymes is extremely important when people pass the age of 40, and particularly 50 or 60, because the enzymes are what break down the food an entity eats, and because of processing food, many of these foods have been irradiated which kills the enzymes, and the foods themselves not containing enzymes, and people in older ages losing their natural enzymes, will eat such foods and not be able to break them down, and therefore, the foods simply lie there, and over long periods of time the entities begin to develop what has been called the pot belly, or in the case of woman, broad hips or various lower body growth.

This is nearly entirely the result of poor enzyme function in the body. If entities learn more about the use of enzymes and use enzymes they can begin to shed these excessive pounds and will feel lighter and healthier and be more inclined to naturally get out and exercise, which is part of keeping oneself youthful and active. This Awareness indicates that entities who eat meat particularly need enzymes as they age; the bromelain enzyme is especially beneficial in helping entities to lose weight from the enzyme function in the body.

This Awareness indicates that papaya is a general enzyme which helps in the digesting of foods in general. This Awareness indicates that of course the wheat-grass enzymes as sold by Bio-tech and Agri-genetics as that which is beneficial in helping to keep free radicals from causing cancer or other problems in the body, and the various hot foods such as peppers and chili powders and garlic have a special benefit in countering viruses.

This Awareness indicates that garlic is especially good also in balancing the blood pressure. This Awareness indicates *It* has commented sufficiently on the question. *It* could go on forever in regard to foods and supplements but much of this is already available elsewhere or has been discussed in depth before.

Dr. Duby's 17 Healing Methods Should be Researched

CLOSING MESSAGE:

This Awareness indicates that there have been numerous projects that were left to sit in limbo over many years. It is possible that entities may take an interest in bringing up these projects for re-examination and implementation. This Awareness indicates that those 17 Healing Techniques left by Dr. Duby could be of considerable value. This Awareness indicates that they still need much work. The work needed is not simply more information from this Awareness, but research from books and from fields of knowledge.

This Awareness indicates the talismans and gemstones type healing could be studied by entities interested in such so that entities could find which types of gems are especially helpful to which types of diseases. Making these can be beneficial for entities who might want to wear a certain gem or group of gems to help counter some tendency or susceptibility to a particular disease or group of diseases.

This Awareness indicates there are also the Type Four or Type Five healing techniques; Type Four being hypnosis; Type Five being self-hypnosis. This Awareness indicates that as time progresses and if interest develops and funds can be raised, some of this information could be made available to entities who have a tendency or propensity and some qualifications in studying further. It would be helpful to have these healing type fields of energy coordinated so that entities not simply take the information and disappear, for this has happened in the past.

This Awareness indicates that it would be beneficial for such research to be monitored in a way that allowed the material to be recorded as new discoveries progress on that field so that the information could be shared and returned for additional evaluation and use if this is to occur. This Awareness suggests that some of these healing techniques are limited to ministers; others are available to people with medical backgrounds; still others are available to anyone who has some interest in a particular field, the gem therapy for example

This Awareness indicates the Chroma Therapy, use of color, is that which is available to ministers. This Awareness indicates that the Interpreter may be brought from trance.

(The Law of Gratitude)

ED's Note: For more on longevity and anti-aging, please refer to the following issues of "Revelations of Awareness:"—92-02 (Longevity and Aphrodisiac); 83-11 (Longevity, Arthritis/Rheumatism); 83-10 (Age Rejuvenation—How GH3 Slows Aging); 88-06 (The Real Cause of Aging); 91-12 (Some Ways to Slow Aging); 85-21 (10 Ways to Slow the Aging Process); 81-23 (How to Tell When Aging Stops); 94-07 (Aging, the Hypnosis put on Mankind); 94-09 (Aging: The Timeless "Here and Now" to Stop it); 94-11 (Aging Problems: How to Counteract); 94-13 (Life Extension); 94-07 (A Daily Meditation to Practice); 95-15 (Age Reversers) --\$3.00 each available from CAC.

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 ***

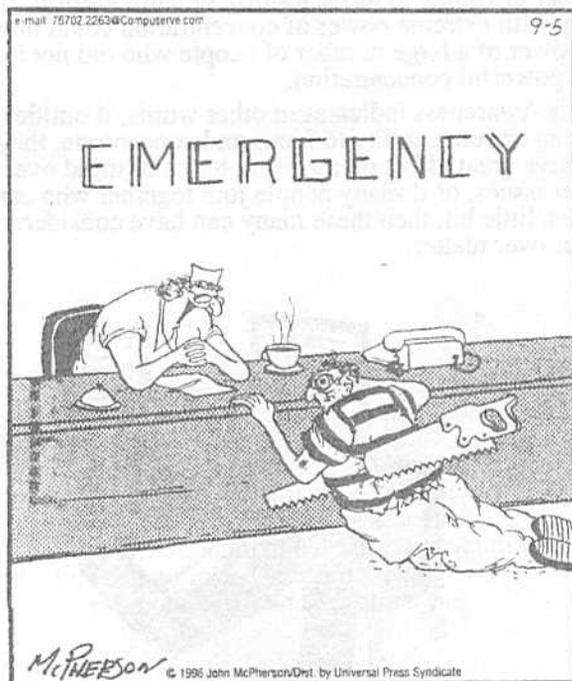
Avaton--Editor
 Vikki T.--Sec. Treas.

... and-and then I found
 out it was only a
 mechanical rabbit that
 we were chasing around
 the track....



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"I'm sorry, sir, but your insurance company requires that you first get a referral slip from your primary care physician before we can treat you."

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

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

MEMBERSHIPS AVAILABLE (Honor System!)

- INDIVIDUAL: \$42 per year or \$12 quarterly
- FAMILY: \$52 per year or \$20 quarterly
- CONTRIBUTING: \$77 per year or \$25 quarterly
- SPONSORING: \$144 per year or \$40 per quarter
- BENEFACTOR: \$500 per year or \$150 per quarter
- PATRON: \$1000 per year or \$250 per quarter
- ANGEL: \$5000 per year or \$1500 per quarter
- LIMITED INCOME: \$30 PER YEAR OR \$8.00 QUARTERLY

What is Causing the Power Outages?

QUESTION:

Several members wanted to know if the big power outage in the Western states recently was related to UFO's or a government dry-run or what?"

COSMIC AWARENESS:

This Awareness indicates it appears to be related to some kind of government experiment. It does not appear that it was related to anything connected with ET's or alien craft, but some officials testing something which caused something to go out and a chain reaction to start.

HURRICANE BERTHA: HOW ONE ENTITY REBUKED THE STORM

QUESTION:

During the recent Hurricane Bertha, John Locke sent out over the Internet a call to action. He wrote: "I thought you would like to join a prayer chair, or if you already have one started, join with ours to form a world-wide link and see what happens. To: All Light Workers: Subject: Hurricane Bertha. Object: To Rebuke the Storm. Time: 9:00 AM Eastern Standard Time, July 11, 1996. Location: USA East Coast.

Mission: To Turn Back the Storm as Jesus did in Matthew, 8:26 "And he said unto them: "Why are you fearful, o ye of little faith?" Then he arose and rebuked the winds and the sea, and there was a great calm."

"For those who wish to respond to this call to action, you may join us in doing the following: 1) Tune your TV or computer onto pictures of the storm on the weather channel, or any channel covering the weather. 2) Point your fingers toward the TV set or monitor and focus in on Bertha. Say a prayer aloud if you can. Say something like: "In the name of God and all that is good, we rebuke you! We rebuke you!" 3) Repeat this over and over until you see the storm move back out to sea and become calm. 4) Rest in the proof of prayer. Join others in the prayer of gratitude. 5) Celebrate this day as a time in history when humans turn the tide that was against them back away and win a tremendous victory in group consciousness lineup on earth. 6) One small step for mankind, one giant step in the critical mass. 7) Achieving peace, love and harmony, truth, beauty and trust through the universe. Notify others on your prayer list. This is a chance to watch history being made by us. Interactive weather. Yes. Prayer to continue until Sunday, July 14th or until the sea is calm for 100 miles out from the Atlantic Coast."

And the entity periodically updated this throughout the storm, on the Internet, and he says a day later: Bertha Storm Watch update: "As a member of the prayer line supporting a rebuke of Bertha, I sent in two meditations. At approximately 4:00 PM Eastern Standard Time I activated my merkaba, and watched the evening news at the same time. It just so happened that I achieved lift-off just as the weather man was showing the swirling vortexes of Hurricane Bertha.

"I launched into the eye of the storm, being as how this is the safest spot anyway. It was easy getting in, but when I tried to test the force of the outer walls of the hurricane, I felt wobbly. I got back into the center of the storm, and then began the meditation where I spread peace, calm and harmony over the earth. A loud angry voice above me said: "We don't like calm. We've got a whole lot of energy brewing here, and it's got to go somewhere!" So I said: "Turn it out to sea, then let the energy dissipate over the ocean!"

"I then tried to stop the storm by myself. It was like pulling on the arms of a stagecoach wheel in a runaway wagon. The voice, which I assumed was one of the gods

of the sky or sea, said: "When enough people pray, then the winds will abate and turn Eastward." So I returned to my armchair to report to you the 6:00 PM update on Rebuke Bertha. The winds at 12:00 Noon when this alert first went out: 100 miles per hour. Winds at 6:00 PM, 80 miles per hour. This is a reduction of 20 miles per hour."

And he goes on an on, and eventually the hurricane did switch course and go out to sea, doing little damage; but I'd like to ask Awareness: is this coincidence, or could something like this actually be effective in turning back a storm like this Hurricane Bertha?

COSMIC AWARENESS:

Absolutely. This Awareness indicates that entities can have effects on things with their minds. Particularly beneficial is when you have an overview, such as can be shown on television, in which the storm is seen from above, or seen from some distance, so that you can grasp the entire thing.

If you are actually in the storm, you may not be able to have as much of an effect because you cannot really get the image and hold the image that you want when there are things blowing around you and threatening your existence. This Awareness indicates that the entity in projecting from his body into the center of the storm, was able to perceive things, was able to grasp a deeper understanding of the power of the storm, and the hearing of the voice was more or less symbolic, though real to him in the sense of actually feeling that he heard these words.

This Awareness indicates, however, the value of that experience was clearly of significance to him, and when he returned, he could then work with others who were joining him in the prayer to bring down the winds and turn the storm to sea.

This Awareness indicates it is the same kind of energy that comes about when entities stare at a cloud. Staring together makes it much easier to dissolve a cloud. One person can dissolve a cloud of reasonable size. Twenty people could dissolve it quickly, or could dissolve a much larger cloud.

This Awareness indicates that it will take quite a number of people to move a storm or calm a storm. An entity with extreme power of concentration could have the power of a large number of people who did not have such powerful concentration.

This Awareness indicates in other words, if entities have an extreme ability to focus and concentrate, they can have great effect on matter in terms of mind over matter issues, or if many people join together who can focus a little bit, then these many can have considerable power over matter.



"... and when you awake you'll believe my fees are extremely reasonable."

aura to be disturbed and making the intruder uneasy about his intrusion. This Awareness indicates both have their particular area of protection which is offered to their host or master.

QUESTION:

Is the information about a cat having karma for possibly having eaten you as a larger animal; is that valid?

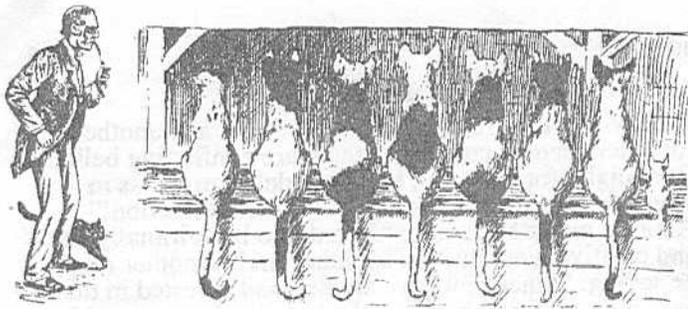
COSMIC AWARENESS:

This Awareness indicates this is a kind of speculation on the part of the writer of the article, however, it *could* be. There is a great likelihood that that is not a common or likely aspect of the cat's relationship with you. It is more likened unto an example of how or why a cat might for one reason or another be with you. This Awareness indicates that it is not necessarily that every pet cat you have ate you in a previous lifetime; that would be quite unusual in fact. This Awareness indicates there might be some karma, but not necessarily that the cat ate you in a previous lifetime.

When an Entity Dies the Cat May Return for a Reason

It might be that the cat is carrying certain energies from a person and that the energies of this person are sent to you for protective reasons and the person owes you a karmic debt. This Awareness remind you that *It* has suggested when an entity dies, the energies of mind, emotion and feeling go from that entity. The mind energies often go into the mineral, the emotional energies into plants, and the feeling energies into animals, and the spirit of the entity then goes on into the Clear Light.

This Awareness indicates at this particular stage we are speaking of the feeling energies of a departed entity which have gone into a cat, and the cat, carrying the energies of a departed spirit may also be carrying some residue of a karmic debt owed to you. Therefore, the cat may select to be with you because the entity who once held the feelings that now make up the cat owed you some karmic debt. It is not necessarily that the cat itself was once a previous tiger or feline animal and ate you.



SOME FACTS ABOUT CATS YOU SHOULD KNOW ABOUT

QUESTION:

Walter C., in Vancouver, British Columbia, sent me a little article from some publication, not named, written by Caroline Connor. It states she's a spiritual healer and author of the book *Radionics Workbook*. I'll read this and ask if most of this is valid information. She writes:

"Did you ever wonder why so many people have cats nowadays, moreso than dogs? The reason is to remove the negativity that *you* have accumulated during the day. While you sleep, they absorb it from your body. If there is more than one person in the home and only one cat, then they may have an overload of negativity, therefore, they will *become overweight*. You thought it was the food that you were feeding them!

"When they sleep, they are releasing the negativity that they have removed from you. If you are extremely stressed out, then they may not have had enough time to release the negative energy. Therefore, it is stored as fat until they can. It is good to have more than one cat in the household so that the burden is shared between and among them. They also guard you while you sleep so that no unwanted spirits can enter the room. That is why they like to sleep on your bed. If they think that you are doing fine, then they will not sleep with you that night. If there is something strange going on, then they will all jump in bed and surround you.

"If a person comes in the house and they sense that they are either there to harm your auric field or are of the dark forces, then they will surround you to protect you. I had this happen to me and couldn't figure out why. I was told through channeling that they were protecting me, so now I am more aware of what they are doing when someone comes into the house. If they run up to the person and smell them and want to be petted then I know that I can relax.

"If you do not have a cat and a stray comes along, it is because at that particular time you have a need for one in the home. The stray has volunteered to help you and has sought you out. Thank the cat for picking your household for its work. If you have other cats and cannot take the stray in, find a home for it. The cat came to you for a reason. It is probably unknown to you on the physical level, but you may see it in the dream state. Sometimes there is a karmic debt that it must pay back to you. It may have eaten you in another lifetime as a larger wildcat and must make it up to you by protecting you in this lifetime. So don't be so quick to shoo them away. They will have to come back in one way or another to fulfill this obligation."

That was the end of the article. Could Awareness comment on that please?

COSMIC AWARENESS:

This Awareness indicates that the information generally is accurate in the sense that the cat does act as a guard in terms of psychic energy whereas the dog acts as a guard in terms of protecting one's physical body, and his bark affects the aura of an intruder, causing the

That Still Small Voice is Occasionally Garbled

QUESTION:

A question from Patricia G., West Palm Beach, Florida. She writes: "Over the years, that 'small voice within' has often spoken to me many times for many reasons. Whenever I responded without question, doors opened magically, proving I was on the right path. Recently, this past year, that voice has guided me to new places and new experiences, but my mind is confused as to the proper path to choose, because doors open in all directions as never before.

"My question is: Is this confusion due to the rapid changes now manifesting on our planet? That voice seems to be garbled at times, making it difficult for me to make a decision. Others I've spoken to confirm this same problem. How can we ground ourselves to know and to feel we are hearing with clarity?"

COSMIC AWARENESS:

This Awareness suggests a hearty congratulation is in order for this entity in the attunement to the inner voice that awaits each and every entity. This Awareness suggests that she has hit upon the answer herself when she mentions that her mind is confused by so many choices, so much freedom, so many doors opening, since the mind has been taught virtually nothing but limitation since the moment this entity was born.

This Awareness suggests this problem can be solved utilizing the feeling system, which is an aspect of the voice which connects the spiritual intention within the voice to the willful beliefs that have been selected, which exist in the realm of mind, which may or may not facilitate the development and expression that spirit desires.

This Awareness suggests that this entity has acted upon her voice and in doing so, has discovered the benefits as well as an illumination regarding a taste of those things which now stand in the way and have always stood in the way, but yet which now are apparent.

This Awareness suggests that this is a continuing unfolding process to disassemble those components, those ideas and beliefs and habits of mind which are no longer useful, replacing them with flexible and constantly evolving strategies of the moment, such that the entity feels inclined toward one of many doors and responds with an active passing through it, into that opportunity, into that experience.

The entity then can trust the feelings to both ensure that this is a pathway toward development and expression of spirit, as well as to expose any impediment beliefs which limit the totality of the experience. This Awareness suggests that a positive feeling indicates successful expression of spirit in that endeavor and that a negative emotional experience, particularly fear or anger, is indicative of an underlying belief system, or an external obstacle or lack of opportunity.

Both feelings indicate specific responses that the entity can effect to restore the state of balance and bring about those positive experiences that evidence a happy content, complete spirit and a completed energy circuit between spiritual, mental and physical aspects of the entity.

This Awareness suggests that when confusion is upon the entity, that there are conflicting beliefs underlying the confusion, and that if the mind is quieted in a meditative, hypnotic, open, receptive space, the entity can ask the question: "Why am I experiencing confusion?" and then, in a relaxed, experienced, receptive

mode, they will receive an answer.

They will then receive another answer, and another, for when there is confusion, there are conflicting beliefs. One might, for example, be: "In order to progress in your life, you must be going in one clear direction!" Another might be saying: "In order to be spiritually free and creative, you must be spontaneous!" Another may be saying: "Since you have studied and invested in this particular profession, this is the only track you should be on!"

All three of these beliefs can exist happily until they are brought into the same context, in which the situation of which door to enter calls all three of these beliefs into the same situation wherein they give conflicting directives. It is then time to identify and purge those beliefs which do not support the felicity of spirit and the spontaneity of living in the moment, assisted by beliefs and strategies and a fluid reality, rather than hampered by outdated beliefs and strategies of a rigid reality that has become the norm.

This Awareness suggests that this entity can benefit substantially from the Lessons of Enlightenment and has already begun her attunement and will be particularly receptive. This Awareness issues her a challenge, to provide feedback to this organization regarding her progress, her understandings, and suggests she submit questions as they may arrive, for she, in particular, is attuned to this body of information and can help others at her level obtain the understandings themselves.

This Awareness welcomes her participation in this endeavor.

If we have completion, we can continue.

What is Causing the "Quickening?"

QUESTION:

A question from Ed H., sent in over the Internet. He writes: "There appears to be a strong 'Quickening' of almost everything that is going on in the material world, and for that matter, in and beyond the cosmos too. I'm wondering if this has to be a combination of the Photon Belt, the increased energizing from beyond the pale of earth, and perhaps some indication of the entrance of extraterrestrials?"

"I get calls every day, it seems, from those who are aware of increased energies, and they are either being enervated, or 'losing it,' depending on where and what they are doing. They keep asking me because I've been in the psychic and metaphysical field for 20 years, and they think I have all the answers. I certainly don't!"

But he'd like Awareness to expand on his question about the "Quickening."

COSMIC AWARENESS:

This Awareness suggests that there is indeed a Quickening which has been taking place and increasing in momentum over the past 5 decades, and will culminate in the usherance of the millennium. These energies are attributed to a wide variety of sources, many of which are mentioned by the questioner, but that the main influence and focus and interpretation and application of the Quickening, and the receptivity and the increased energy experienced by that receptivity is that of re-attunement to the Spiritual Divinity that exists within each and every entity.

This Awareness suggests that now it is time for the simple understanding that mass consciousness is largely contrived by manmade ideologies, beliefs, which have become inflexible, habitual, and have altered the very nature of human existence from one of a flexible, fluid reality to one of a rigid, limited, spiritually impover-

ished, base, self preservationary existence.

This Awareness suggests that it was necessary for human beings to entrap themselves within their own creations in order to understand the nature of physical existence, the nature of free will, the nature of spiritual intention and their place within the totality of All That Is, but the time has come to extricate human beings from the mess that they have created, by reaffirming that communicative capacity that exists and has always existed between man, spirit, Universal Consciousness, and All That Is.

This Awareness suggests that after having become disconnected from this communicative capacity, and having created the situation in which there is a predominance of fear, of sadness, of anger, which indicates limitation, lack of opportunity and frustration of spirit; that these feelings and the actions that spring from them in self-preservationary responses have acted as individual and social symptoms which have cast the focus of attention of enlightened individuals upon their own creations, upon their beliefs, upon their ideologies, upon all the components that exist within mass-consciousness, and they have begun sifting through them, casting out those ideas or attempting to diminish those entrenched ideas which have become burdensome.

This Awareness suggests that the "Quickening" is allowing every individual a heightened sensitivity to his or her own accepted realm of belief, much of which has been foisted upon them through the limited choices that exist within mass-consciousness, and that through each individual acting upon the emotional system and the communication, the wisdom of the spirit to reject those limiting ideas, beliefs and strategies within themselves and to make active responses socially to remove them from the social, educational, religious and political institutions that exist within mass consciousness, such that the evolution of civilization will be propelled following this acceleration of individual evolution.

This is the wave that entities will ride as it crashes upon the shore of a New Era, as the New Millennium begins.

If we have completion, we can continue.

HOW IS THE AVATARIC COMPANY DOING THESE DAYS?

QUESTION:

A question from Howard H., San Francisco, in a letter to Vicki. He writes: "I understand that Avaton and thee are serving splendidly. Bravo. Kudos! Jim Dandy! But what about me and the rest of the Wandering Avataric Company? If I am/ we are, serving and making a difference, I am as yet unaware of it. Would Awareness please address the rest of us who may be in doubt as to what and how are we doing?"

COSMIC AWARENESS:

This Awareness suggests that entities impact their individual reality as well as the mass reality with each and every thought that they energize and entertain. This Awareness suggests that entities inadvertently influence in negative ways as well as purposefully influence in positive ways. This Awareness suggests that each and every entity has made a positive contribution, and that it is the task, the mission, the destiny and the spiritual impetus of every entity to maximize the contribution during the lifetime.

This Awareness suggests that each entity has a continuum of ability ranging from a very limited level of development and expression to a full and complete level of development and expression. This Awareness

indicates that entities that are regarded as extremely successful contributors: social architects, political leaders, artistic contributors, spiritual avatars that are generally considered to be role models, have achieved more toward the upper end of the spectrum of ability. This Awareness suggests impediment to such progress is due to the limits that exist within mass consciousness; but that in their reality these entities, although highly accomplished, are actually operating closer to the 20% capacity, given the full capacity that *can* be achieved.

This Awareness suggests that entities who consider themselves 'ordinary' do make a contribution in far many more ways than they realize, but that they operate at a very small single-digit percentage of their capacity. This Awareness indicates that this is not a judgment at all against the success that entities have achieved; it is more an expression of encouragement towards that ability that lies as potential within.

This Awareness suggests that each and every individual is attuned to their unique genetic spiritual endowment which has a life of its own with impetus toward development and expression, which is experienced through the emotional system. Entities wishing to know how they can contribute, can identify those activities, those pursuits through which they find a resonance of spiritual joy, (which is experienced as pleasure) and that they do not need to limit themselves with ideas, which may insist that pleasure or self-focus should be subordinated to other focus, or that pleasure is 'evil.' These ideas are very limiting and debilitating, for pleasure in the truest sense acknowledges the interconnection of every entity, and of every unit of spirituality that exists throughout the universe, and that nothing is truly pleasing to the self, if it is not truly pleasing to the totality of spirit.

This Awareness suggests that due to the limits and constraints of mass consciousness upon certain feelings, certain impulses are colored by the belief systems. But that in actively pursuing them, those beliefs will come to light as they run into the negative emotional experiences that will expose them.

This Awareness suggests that entities follow their inclinations to do that which brings pleasure and analyze very carefully the interruptions of negative emotion, the guilts, the angers, the sadness, for each will expose ideas and beliefs which need to be examined and replaced with updated ideas, beliefs and strategies. These then can be used to create that fluid reality and bring about those events and opportunities that will allow for the development and the expression of the spirit; and those behaviors and actions which are motivated by self-preservationary responses will give way as those beliefs which drive them are eliminated, and behaviors which are undesirable to the self and to society will no longer be desirable or experienced as impulsive or compulsive to any entity who has responded appropriately to the inclinations of the spirit.

This Awareness suggests that this entity is also particularly attuned to the Lessons of Enlightenment and has made himself receptive, and is welcomed into this organization as a more active participant to provide his feedback and questions as well as his successes, to communicate to the readership, to facilitate a broader understanding, and he is welcomed aboard.

If we have completion we can continue.

"Isn't it a bit unnerving that doctors call what they do "practice"?"

SOME PAST LIFE INFORMATION ON GRACE

QUESTION:

A question from Marie T., in Holy Oaks, Massachusetts. I'll read her whole letter, because it's a charming little bit here. She writes: "Vicki T., Goddess Divine! In the past history of our beloved newsletter, each entity involved has been given a vivid description of their past lives throughout time. Can Awareness please give us a past-life profile of Grace? All of those incarnations must have been instrumental in leading her to what I feel can only be considered the highest possible seat in the land, of which many are envious.

"Also, please include a recent picture of her to add to those given in the past of each of you. Speaking for all of us Wanderers, I give a heart-felt thanks and farewell to the much-loved Paul for all his years of dedication of lifetime service to the masses. We stand proud that the torch has passed to the Divine Goddess known only to us as "Amazing Grace".

I think her basic question is : Could *It* give more information on some of her past lives? Awareness has indicated brief information on her life as High Priestess in the Temple of Isis. I believe that was the only one.

COSMIC AWARENESS:

This Awareness suggests that the entity Grace has indeed experienced many existence's: past, present and future, as it is understood. This Awareness suggests that Grace, in particular, is disinterested in the particular details, for she has recognized how entities have utilized the concept of reincarnation to explain and accept conditions that should be unacceptable to spirit, and this she has found to be most distressing.

This Awareness suggests that she has been careful to not be influenced by the impressions she has received, and they have been many, regarding former, present and future existence's through which she is connected simultaneously. This Awareness suggests that a large degree of her suitability as channel in this capacity is rooted in her ability to attune to many probable aspects of herself, simultaneously in altered states of consciousness, particularly in the rich and vivid dream life that she enjoys.

This Awareness suggests that although Grace is reticent to divulge too much of this information, she will acquiesce to the desires of the readership, as long as it is understood that there has been a tremendous amount of distortion and manipulation regarding the concept of reincarnation and former lifetimes, to the degree that there are systems such as the caste system on earth today which relegate entities to extremely limited experiences solely due to the ideologies that exist within mass consciousness regarding their 'station' as it relates to past lives, or to debts through which they must repay. She recognizes the spiritual violation upon entities by such limitations that they cannot achieve a full and complete opportunity or even concept that they deserve development and expression as equal to every other entity on the face of the planet.

This Awareness indicates that with that said, a few tidbits can be offered regarding Grace, specific to an incarnation that she experienced with the leader Avaton, having to do with the Roman Empire. This Awareness suggests a relationship wherein the entity Avaton was a mighty warrior and a very powerful political leader, likened unto royalty, yet without being born to advantage and opportunity, in that the entity through sheer force of will and spiritual impetus manifested an incredible change in the direction of history, bringing

about the pinnacle of success of the Roman Empire.

This Awareness suggests the entity Grace existed as a spiritual advisor in a female form in an underground society, little known, wherein the Goddess energy was allowed to flow through an underground organization of priestesses, wherein she could continue development and dissemination of esoteric understandings, although femininity and females in general were largely subjugated.

This Awareness indicates the entity Avaton had access to the entity Grace, and through their secret liaison carried out upon receiving certain understandings which had been imparted partially within him and partially within the Order with which Grace was affiliated.

This Awareness suggests that there are much such affiliations regarding other entities connected with the organization, who experience a particular affinity to this organization and the esoteric nature of the knowledge brought forth, due to their own past participation in such activity.

This Awareness suggests the entity Grace will also acquiesce to certain other requests that have been made by the membership regarding more information of a personal nature, but that she wishes to emphasize, as does this Awareness, that details specific to any experience should never become entrenched judgments, even if they are held as highly desirable, spiritual and wonderful, for each and every individual is intended to have the flexibility of choice and the opportunity within civilization to manifest and create any events through which they can develop and express their spiritual potential. Regardless of whether it be something like the activity of ushering enlightenment to humanity, or whether it be assisting a disabled person across the street.

Each and every contribution that facilitates the development and expression of a spirit is equally successful, is equally desirable, and of equal esteem within the Universal Divine Consciousness, for each and every such expression, each and every manifestation of that genetic uniqueness that represents individual spirit, allows for individual contribution to continue the expansion of Universal Consciousness and the never-ending flow of All That Is.

If we have completion we can continue.

Will Grace Provide Information Updates?

QUESTION:

A question from Natalie P., (she goes by) in Tucson, Arizona. She asks: "Will Grace, the new Interpreter, continue to see and let us know what is going on, even if it appears negative, in world affairs and plans. It seems that continued awareness of What Is through informative updates is a basically positive thing."

COSMIC AWARENESS:

This Awareness suggests that the entity Grace will give informative updates as they are relevant to the unfolding understanding of entities inside of the mission of empowering entities to tap into their own source of that information. This Awareness cautions, however, that the entity Grace has belief systems regarding the responsibility of individuals and the accountability that they have for the choices and the creation of their own individual reality as well as their contribution to mass consciousness.

This Awareness suggests that there may be certain blockages in her channel regarding specific questions that seek, at their core, external guidance as a response of escapism, or a response of aggression, rather than a response of spiritual expression and development. This

Awareness indicates that those responses of retreat and aggression spring from self-preservationary impulses, and that these responses spring from the aberrations of mass consciousness. To address those aberrations as if they were reality, would be only to infuse confusion and to continue to energize that which stands between entities and their own enlightenment.

This Awareness suggests that answers will be given, such that the responses will be pointed out, if they do in fact spring from self-preservationary impulse, and such that the entity can be re-attuned to the self-developmental and expressive impulse which should replace the former. This Awareness suggests that if entities focus on specific distractions, and continue to focus and perpetuate paranoia, that this will be addressed in the context of the enlightenment that the entity needs for spiritual expression.

This Awareness suggests that therein lies the relevancy in that it is of the utmost importance that entities begin to understand the fluid nature of the reality, and that they become active participants in that reality, rather than passive victims of conspiracies, of external forces, of past-life karma, of the position of the planets, of the nature of the bio-rhythms, of whether the sun shines, or the rain pours. This Awareness suggests that each and every entity has far more personal empowerment, and that it is of the utmost important that they be directed toward that understanding and away from the distractions and habit-patterns of victimization that have become the norm.

This Awareness suggests that entities should feel free to submit any type of question that they feel is important, with the understanding that the nature of the answer will be toward their best personal interest, toward their own empowerment and enlightenment, and to fear not that there will be judgment or disdain, or any negative energy whatsoever. Rest assured that certain details are not validated or focused upon for the reason that a far greater gift can be imparted.

If we have completion, we can continue.

SHE BECOMES PSYCHIC AFTER BEING STRUCK BY LIGHTNING

QUESTION:

A question from JD in New York. She writes: "I just read of a woman named Greta Alexander who developed psychic abilities after being struck by lightning, indoors! It came in through the window, while pregnant with her 5th child. I have heard of other such lightning cases. How could being struck by lightning bring out psychic abilities?" she asks.

COSMIC AWARENESS:

This Awareness suggests that there are many conditions which can physically alter brain structures such that entities have an increased capacity and sensitivity to the consciousness that exists.

This Awareness suggests that electricity is a very important component in physical existence in that human brain activity is an electro-chemical reaction and that energy itself in various forms is that which constitutes All That Is.

This Awareness suggests that there have been many historical events of people having accidental brain damage, or alterations such that certain channels within the brain have opened automatically. This Awareness indicates that these exist as examples of the innate human potential that does exist within the vast underutilized capacity of the physical vessel in the brain structures, only a small portion of which are utilized.

This Awareness cautions, however, that entities should refrain from standing in lightning storms in the attempt to attain this Awareness, for they are only in need of looking to the example of a primitive form of psychological treatment which is still administered in the form of shock, which sends electrical current through the brain, not unlike a bolt of lightning.

This Awareness suggests that a great deal more damage can be done than good, and that the entity was very fortunate that the lightning affected the specific brain structure necessary to bring about increased psychic ability.

This Awareness suggests there are entities, many of which are born with an increased attunement, having to do with their particular mission, their particular expression, the role that they will play in contributing to the evolution of individual and mass consciousness. Even without special brain endowments, individuals can naturally attune to their psychic abilities in easier ways than being struck by lightning. This Awareness suggests instead, that individuals come inside, enjoy the lightning from (what is usually) a safe location, fix themselves a warm liquid, and curl up with the Lessons of Enlightenment. This will facilitate their most full and complete life experience.

If we have completion we can continue.

Was This a Deliberately Planned Event?

FOLLOW-UP QUESTION:

JD had a follow-up here. "In cases like this, was the lightning hit just random chance or was it a deliberately planned event for the incarnation?"

COSMIC AWARENESS:

This Awareness suggests that this event and every event is the creation of the individual to which it occurs. This Awareness suggests that this particular event was to allow the entity to experience earthly existence without such a capacity, and then to suddenly have it switched on, such that she could go about communicating that enlightenment in ways that she would have understood in her former level of understanding, yet springing from her current level of understanding.

This Awareness suggests that the entity Grace had many such experiences which she brought about, whether consciously or unconsciously, in her readiment for the task which she now has at hand. For example, she was born with a visual deficit that went undetected until she was 7 years old, such that she became acutely aware of the individual highly specialized nature of reality, given that the first 6 years of her life, she believed one set of reality to be true for everyone, when she was suddenly, upon the correction of her vision, was impressed with a completely different set of reality, such that it was one beginning precursor to a series of many, many events and insights and understandings which would allow her to express that which she has come to express.

If we have completion, we can continue.

How Did Lightning Hit Specific People?

(How Thought Can Manifest Physical Events)

FOLLOW-UP QUESTION:

JD wanted to know, if the lightning strike was a deliberately planned event for that incarnation: And if so, please explain 'how' the lightning was caused to hit these people at these times."

COSMIC AWARENESS:

This Awareness suggests that all thought is empowered energy. Each belief is invested with energy. This Awareness indicates that human beings do not under-

stand the nature of their own Will Energy and how the investment in belief systems actually brings about events, and how thoughts are communicated between people, how thoughts can physically manifest physical events such as weather patterns, including lightning.

This Awareness suggests that thought is the basic creative energy in the physical plane. This Awareness suggests that spiritual intention is converted through Will Energy of human freedom of choice to be applied to any thought, any network of beliefs: both positive and accommodating, or negative and debilitating, and that certain events will follow those belief patterns.

This Awareness suggests that these particular entities involved were fortunate in their belief structures whereby the lightning struck them in such a way that it increased their capacity, rather than eliminated their life. These beliefs reflect spiritual intention converted through human choice into the belief network. Those struck and injured by lightning had sufficient limited beliefs that facilitate such 'random' victimization.

All "Accidents" are the Result of Thought

This Awareness suggests that beliefs and thoughts are constantly communicated, such that the thought of an entity across town can create a desired event for an entity on the other side, if it has been attracted by the belief. This Awareness suggests that such coincidences, such opportunities, such "accidents," both positive and negative, are all the result of thought.

This Awareness suggests that this is why it is of the utmost importance to understand the contents of the individual mental landscape, to identify the belief systems and eliminate those thoughts that continue to perpetuate negative events. This Awareness suggests that wherever spiritual intention is blocked, that the belief system blocking the way will continue to manifest the very event that is necessary to impart the understanding to eliminate the belief, so that the spiritual flow can be restored.

This Awareness suggests that negative experiences of every type and variety are brought about due to the limitations of understanding and the belief systems which are creating those events in order for the spirit to jar them loose so that it can manifest its development and expression. This Awareness suggests that events that befall entities that are considered unlucky, that are blamed on the weather, on evil forces, or the mal-positioning of the stars, are in fact brought about by the very belief systems that the entity has adopted, whether consciously or unconsciously, (having been foisted upon him or her due to the limitations that exist within mass consciousness).

The Path of Least Resistance

This Awareness suggests that the optimal state is such that the belief systems are fluid and flexible and aligned only with spiritual intention. This Awareness suggests that when this is the case, positive events, and only positive events will be the experience. This Awareness suggests that this is the path of least resistance. This Awareness suggests that **this** is the intended human condition. This Awareness suggests that the negativity that is now experienced reflects the sorry state and limitation that has been accepted by human beings due to their misunderstanding and their befuddlement and their imprisonment within mass consciousness.

This Awareness suggests that the answer, and the **only** answer to this dilemma is in retaining the communicative strand between spirit, mind and body, wherein the mind can be purged of those debilitating beliefs which the negative events both spring from, and come back to, as red flags or blocks toward spiritual intention.

This Awareness suggests the essence of the Lessons of Enlightenment is to impart just such an understanding.

If we have completion, we can continue.

When Lightning Hits Cross Around Man's Neck (Did God Speak in this Dramatic Way?)

QUESTION:

One last question in regard to lightning. Several months ago there was a story on the local media, the television, that could have come out of the tabloids, but it happened in the Seattle area. I believe this man was on the golf-course and he was struck by lightning, and the part he was struck, was a cross, a little cross he had hanging around his neck; the lightning hit that directly and it was so intense, it burned about a quarter of an inch into his skin, the outline of this cross, and it will probably remain as a scar all his life.

The entity told the newspeople that God had just spoken to him, and that, I'm not sure if he converted or something, but he said it was a message from God that he was supposed to live and do something important.

Could Awareness comment on that particular incident?

COSMIC AWARENESS:

This Awareness suggests that this particular entity interprets a great deal of his life and experience through a religious filter. This Awareness suggests that the adornment itself of a religious symbol is an expression by that entity and a commitment to the belief system, and perhaps an overriding world-view and influence in his day-to-day living and choices.

This Awareness suggests that every such event that brings about understanding is a gift from God as *It* is conceived. This Awareness suggests there will be many people who would observe or interpret this experience as a miraculous one in which religious symbols are observed in clouds, in windows, et cetera, such that flocks of believers come to witness such a miracle, and in this case, the very searing of the cross into the flesh, leaving its permanent mark, would be quite impressive to believers.

This Awareness suggests that this event could very well have been brought about by the belief system itself, regarding the external guidance the entity relies upon in lieu of the spiritual impetus that exists within. This Awareness suggests that there are many ideas of a positive workable nature that exist within every religious framework that do facilitate the development and expression of spirit and that this perhaps was the emphasis of the religious life of this particular entity.

This Awareness also indicates, however, that there are negative limiting doctrines usually disguised within the positivity of the package, such that entities could travel for miles and miles to observe a shadow in a screen that looks like the Madonna, or to talk to an entity who may have been struck by lightning and had the cross seared into his chest.

This Awareness suggests, however, that miraculous events are far more magical, are far more exciting and far more pleasurable than those mentioned. This Awareness suggests that an alternate interpretation of this event might be that those aspects of the entity's religious life that are limiting the individual expression and development of spirit, have manifested a blockage of energy to the point that lightning struck the individual precisely on the cross to show in very vivid literal detail how the scar of his belief system had limited his life.

If we have completion we can continue.