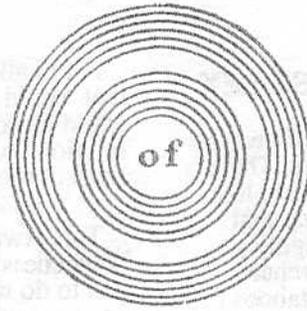


# Revelations

The Cosmic Newsletter

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# Awareness

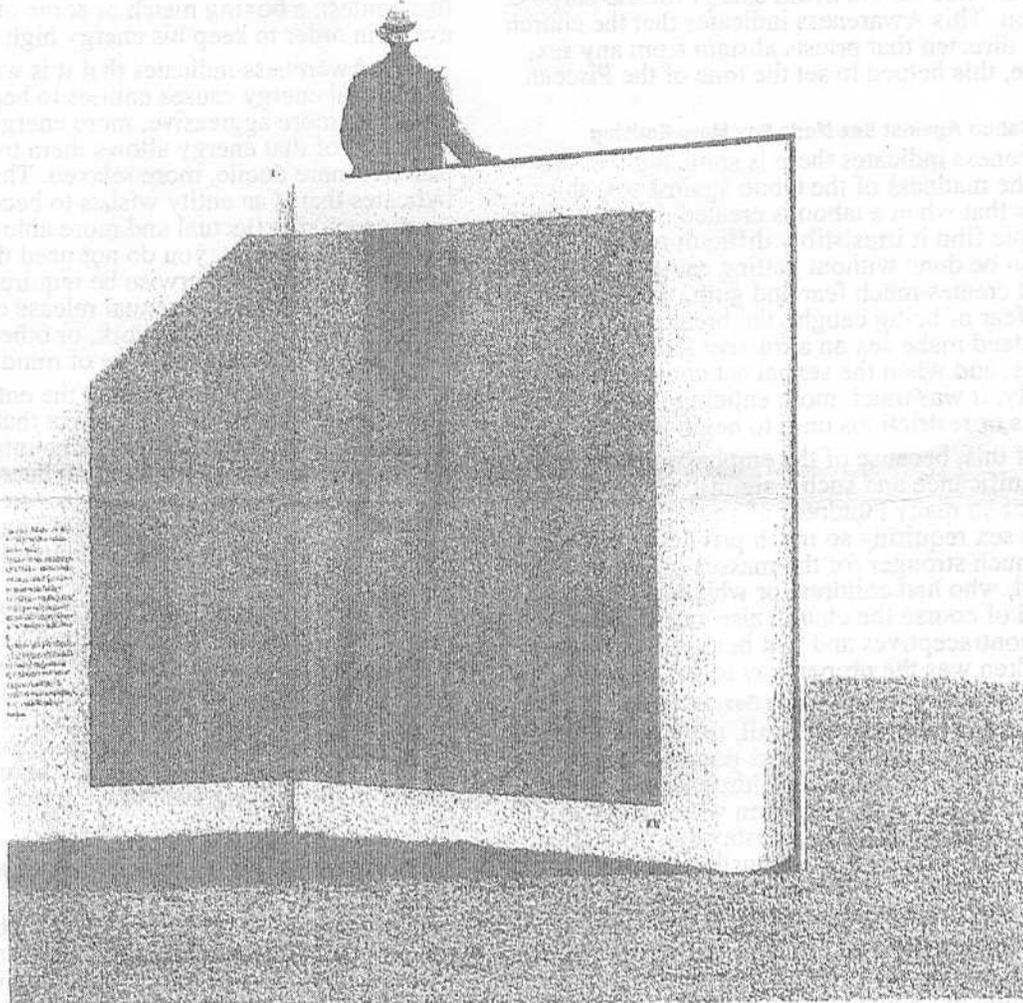
COSMIC AWARENESS COMMUNICATIONS  
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Helping People Become Aware

Celebrating our 26<sup>th</sup> Anniversary

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## Cosmic Awareness is now Requesting Your Personal Questions

Such Personal Examples can Illustrate the Universal Principles Underlying  
the Lessons of Enlightenment

## THE RELIGIOUS TABOOS AGAINST SEX

OPENING MESSAGE: (5/2/96)

This Awareness indicates that in a reading of yesterday, this Awareness discussed sexual energies. There are two points further that this Awareness would like to discuss in regard to this because it is something that needs further clarification and was not thoroughly discussed in the reading yesterday. This Awareness indicates this has to do with energies and the taboos that were given against sex as a traditional and historical religious action.

This Awareness indicates that down through the past two millennia there has been considerable amount of information giving the impression that sex is a taboo thing which entities should avoid except for the purpose of procreation. This Awareness indicates that the church has strongly directed that priests abstain from any sex, and therefore, this helped to set the tone of the Piscean Age.

### The Taboo Against Sex Made Sex More Enticing

This Awareness indicates there is some logic or reason behind the madness of the taboo against sex; this being mostly that when a taboo is created, it generally is broken. People find it irresistibly difficult not to break a taboo if it can be done without getting caught. Therefore, while it creates much fear and guilt, which is to a great deal a fear of being caught, the breaking of the taboo did indeed make sex an attractive temptation for many entities, and when the sexual act could be conducted legally, it was much more enticing than if there were no rules or restrictions on it to begin with.

Because of this, because of the emphasis on sex being of such a significance and such a significant act being a focal point for so many hundreds of years and the right to indulge in sex requiring so much privilege, it made the sex act much stronger for the masses of people who were married, who had children, or who could have children, and of course the church also suggested that there be no contraceptives and that being fruitful and bearing children was the proper way to go.

### The Two Real Reasons for a Sexual Taboo

This Awareness indicates all in all, the whole purpose of the taboo was number 1) to focus people's consciousness on sex, so that more children would be born; and number 2) to keep these children within the families and not have them become mere castaways from street sex, from parents who were irresponsible, or who would not take responsibility for the children. These were the two reasons for the taboos and the rules around sex.

This Awareness indicates that it has led to the population boom that has occurred since the beginning of the Piscean Age that has spread the population to become trillions of people. This Awareness indicates that this in the Western World, where the influence of Christianity has been strong. This has been a way by which most of the newborn would be involved in a religion, family based on the rules that were prevalent, taught by religion. It would help to keep them into the religion so that there would not be all these fatherless children running around without their family religion.

This Awareness indicates in the other areas of the world where the Christian taboos did not have such an influence, there were other cultural means of dealing with the newborn children, such as parents selecting the marriage partners for their children even while their children were still toddlers. This Awareness indicates that these populations also grew, possibly even more prolifically than in the West.

All in all it was planned in the West to create a taboo that would keep the newborn children in families that could be controlled by the religion and allow the religion, in that way, to have a continued place in the lives of most Western families.

### Conserving Sexual Energy Before Sports Events

This Awareness indicates that another point this Awareness wishes to make in regard to sexual energy had to do with the depletion or conservation of the energy, and this Awareness wishes to point out that if one depletes one's sexual energies, then much of the strength or energy an individual has becomes weakened. This Awareness indicates it is a common understanding that when training for a boxing or sports career or match that the participant should avoid sexual activities prior to a contest, a boxing match or some other sporting event, in order to keep his energy high.

This Awareness indicates that it is well understood that sexual energy causes entities to become more assertive, more aggressive, more energized, and the depletion of that energy allows them to become more passive, more docile, more relaxed. This Awareness indicates that if an entity wishes to become more creative and intellectual and more able to communicate and negotiate things, you do not need the high yang-type energy that would otherwise be required for physical contests, and therefore, sexual release can be beneficial to negotiating or creative work, or other similar activities that require a relaxed state of mind.

This Awareness indicates that the entities understanding this should then recognize that when there is something requiring enormous amounts of physical energy, the conservation of sexual energies becomes important. It becomes important not to release these energies to weaken one's initiative or assertiveness, because the initiative and assertiveness are important to the purposes at hand.

This Awareness indicates that once this has occurred, then it may be of similar importance to release the energies because you do not want someone who is too aggressive, too assertive, too forceful being involved in a situation that is requiring sensitivities and relaxed behavior. This Awareness indicates that these are the two points this Awareness should have discussed further in the reading yesterday. It was not fully clarified.

## The Wheel of Karma: Is There Ever Any Relief?

QUESTION:

A question from JD in New York. "It is all but impossible to avoid creating karma while incarnate, and one must incarnate to balance karma. How does one ever gain relief from the wheel of incarnation?" she asks.

COSMIC AWARENESS:

This Awareness indicates that there is a matter of balancing negative karma and good karma for one thing. The good karma being that which can more or less nullify the negative karma, so that although you may owe something to someone in a karmic sense, you have also made up for that debt by giving good karma to others.

Someone Who Owes You Karma Could Pay Off Your Karma Owed to Another

This Awareness indicates that this may not necessarily clear the karma with the first person, but it may allow for you to go on to other experiences and repay that other person at some other time, or it may make it so that because your good karma has grown abundant, that someone else who owes karma to you, could pay the karma you owe to the first person.

This Awareness indicates that there are ways whereby entities, through the **Law of Grace** which makes use of such adjustments, can allow you to move on beyond the wheel of birth, death and rebirth.

### **Do Universal Vibrations, Sound and Light Go With All Entities at all Times?** (How to Attune to Another Frequency)

#### QUESTION:

A question from Terry T., Scottsmeer, Florida. He writes: "There is an exactness in this universe. It seems to be tied to vibration and sound. The awareness of these qualities in every day life could change one's life forever, I have found. I find it most interesting that the qualities of vibration, sound and even light, surrounds each of us in exacting quantity and quality. Those whose peer are able to see and experience the qualities thereof; even they experience it in varying degrees. Man has always wondered what sets him apart to be blessed or not blessed. "Why not me?"

"It would seem that the answer lies in the question. Their awareness excludes them from what they seek by virtue of their acknowledgment that they are not part of what they seek, where instead it would seem the solution to their problem is quite simple: the realization that they already 'are.'

"Does not the universal vibrations: sound and light, go with each soul every second of their life?" he asks. "Is not the answer to their problems but a song away from their fingertips?"

#### COSMIC AWARENESS:

This is in the affirmative. This Awareness indicates this entity has the understanding of how things are. This Awareness indicates that the vibrations and frequencies are everywhere present within the universe, but the individual may only be attuned to a certain small narrow band of frequencies, likened unto the entity who tunes to a particular radio frequency and knows no other.

It may be that the radio has countless stations and countless frequencies that could provide enormous amounts of entertainment, information or beautiful music, but this entity's radio for some reason is never turned and always stays on the same channel which simply picks up a local discussion at a local tavern in a local area, and this entity knows no other reality, because his vibrations are attuned only to that one short-wave radio or CB radio at the local tavern.

This Awareness indicates it is very sad that the entity does not realize there are so many other bands, so many other frequencies that could be contacted or tuned into, if he simply had his radio working better and made use of all the choices available. The entity might be searching for something, searching for information, but is searching in the wrong place because he is tuned into the wrong frequency and may never find what he searches for.

This Awareness indicates another entity may have the ability to switch channels, switch frequencies and attune to the higher Divine Frequencies or attune to frequencies of great joy and bliss, or attune to frequencies in which there is much information made available, or many different dimensions, which the entity could explore, and this entity may be thought of as very lucky by the first entity, but maybe it isn't luck. Maybe it isn't good fortune. Maybe it is simply that the entity has the realization of how to turn the channels, change the frequencies, explore the various frequencies. Perhaps your radio isn't broken. Perhaps you just haven't realized there is a knob that allows you to change

frequencies, if you only knew there were other frequencies to turn to.

#### How to Turn to Another Frequency

This Awareness indicates that you turn to a frequency by visualizing what you want and focusing on that. If you can imagine something of great divinity, of great beauty, of great harmony, and attune to that harmonious feeling, you have thus, in the process, changed your frequency. But you cannot simply glimpse it and expect to have it with you all of the time. Like other things, you have to attune and hold the attunement until you have dwelt in that attunement long enough to feel comfortable. Then you can remain there indefinitely or for greater periods of time.

This Awareness indicates many entities want to be able to tune to higher vibrations, but they don't want to have to do it themselves. They would like someone else to do it for them. They want it to be likened unto the television set wherein they say, "Turn to channel 42!" and have it done. This Awareness is reminded of the entity who once sent in for a reading from this Awareness and his first question was: "I want instant and total salvation and total enlightenment and I want it now! And I don't want to hear *how* to do it, I want it given to me now!"

#### The Purpose of Being Embodied is to Pursue Spiritual Growth

This Awareness indicates the entity was expecting that for the price of his reading he would have everything that his lifetime was intended to pursue. The purpose of being embodied is to pursue spiritual growth, but this entity didn't want to put forth personal effort. He simply wanted Awareness to give it to him free of any effort on his part, and there are many entities like that.

It is somewhat different from changing channels in that 'you' are the instrument and you have to attune to the channel you seek and hold the attention and focus on that channel so that it becomes comfortable, so that you become used to it. It is likened unto training a muscle, to tune in to that particular frequency or channel. If the muscle has never been stretched to that point before, then you may only glimpse it briefly in your attunement, but if you continue to work at it repeatedly, each time you will be able to attune more clearly, attune more precisely and with greater ease until it becomes comfortable for you.

Then you have escaped the old channel of the local tavern that was so familiar to you, and now you are into another frequency, another place in consciousness that becomes relatively familiar, and the more you dwell there, the more easy it becomes so that it eventually is like your second home. And from there you may find it possible to imagine something even higher, even more spiritual or more evolved, so that you can make your next jump into still a higher frequency and become again another voyager into higher vibrations so that you stretch those psychic muscles again by repeatedly visiting those higher psychic vibrations.

#### When You Discover The Meaning of The Christ Consciousness

Gradually, in this way, you raise yourself from one level to another and still to another, gradually growing in your attunement to the Divine. At some point, when you have attuned to Divinity, you can truly say, "At this moment I am one with the Father," then you will know the meaning of the Christ Consciousness.

This Awareness indicates that it may not be your fate to leap into that once and for all. It may be that you just briefly touch on union with the Divine, but once it has occurred, then you know it can occur again and again and again, and each time it becomes easier, and each

time it becomes more permanent, until at some point you may find yourself living your life as a life of union with the Divine Creator in the world, but not of it, walking in the world, but attuned to the vibrations of the Creator.

This Awareness indicates these are the aspirations that you wish to pursue in your lifetime experience, in your voyage into consciousness, and the vibrations of the Ultimate Creation.

## JUST WHAT IS THAT STATE CALLED "ENLIGHTENMENT?"

### QUESTION:

I believe that statement answers this question from JD in New York, who asks "Just what is that state referred to in the East as "enlightenment" and does it occur suddenly or gradually by degrees?"

### COSMIC AWARENESS:

This Awareness indicates that it occurs in visitations; a sudden visitation that may occur by your attunement, which may only last a brief moment, but which may then repeat thereafter more and more frequently. This Awareness indicates it is likened unto that situation described by P.D. Ouspensky, where he asked his students to observe yourself observing. "Look at a tree, then look at yourself from somewhere else. Perhaps look at yourself from up in the sky, down there on earth observing the tree. Observe yourself observing the tree, and you may find that it gives a strange sensation, a strange perception of self."

#### Observing Yourself as Part of the Observed

It is as though you are not the observer, but that you are part of the observed, as you look and observe yourself observing the tree. This Awareness indicates that when you enter into a large city, particularly if you are driving on a highway and the city is down below in the valley, you come down from the mountains toward the city, look at yourself from above, see yourself driving down the mountain toward the city; observe yourself observing the city as you move down the mountain.

It gives you a very strange and different sensation, a different view of yourself. You will never forget it. Years will pass and you will always remember how it was when you saw yourself driving down the hill, down the mountain toward the city that lay below. This Awareness indicates that the action of observing yourself observing, where you step out of yourself to observe yourself, is an experience that will always be etched in your memory and it will always be something easy to recall.

#### What Observing Yourself Observing Can Do For You

This Awareness indicates that sometimes these things happen without realizing what they are. This Awareness indicates a person for example might stop, look at some flower or some object at some point in his or her life, perhaps as a child, and something happens to the consciousness in which the entity sees himself looking at the flower or the object, and for a brief moment, that is likened unto a picture of himself, and the snapshot of this picture goes into the mind, into the memory, and is etched into the memory for the rest of the entity's life, so that 40 or 50 years down the road, the entity only has to flash back to that time period and can recapture the exact feeling, the complete sensation of that moment as though it were reoccurring instantly, as though it were happening again, right now.

This Awareness indicates that this is what observing yourself observing can do for you, and it is something that entities really can enjoy in their experiencing of

special occasions. It is a way of taking psychic pictures to forever remember those special moments. This Awareness suggests you may find this to be especially beneficial when with a loved one. Don't just observe the loved one only. Observe *yourself* observing you and your loved one together.

## How Do We Maintain Balance With All the Intrusions of Today's Society?

### QUESTION:

Another question from Terry T. He writes: "There seems to be a strong push both on the inner and the outer planes. At the same time there is this inner pull to stay balanced and let the outer take its course and not get oneself too involved with distractions. Observe, stay informed, but don't get swallowed up or caught up in the social and physical distractions that seems to be escalating with the advent of the digital age.

"Too much information at one time is not necessarily good for the mind. It really seems our whole life is a test to see how long it is going to take for us to wake to the fact that life on earth is a distraction, and real life is beyond anything we as humans place value on. Everything we place value on will no longer be a part of our world when we translate. There will be impressions left, carried forward, however, the ability to interact with what we place value on will not exist in our new world unless it is love and the qualities it radiates.

"This balancing is very important. But how do we maintain it with all of the intrusions of today's society?"

### COSMIC AWARENESS:

This Awareness indicates that the key is in relation to the love that is experienced in between those actions of living from moment to moment. This Awareness indicates that in your activities of dealing with the world about you, that which most entities refer to as 'reality,' dealing with that material realm, there are many distractions. It is 99% distraction, but there is that 1% of loving expression and relationship that occurs within those distractions and that is what creates the permanence that stays with you from your life experiences.

#### The Parts of Life That Feeds the Soul

Those momentary expressions of love, relationship and affection between yourself and someone else, or that appreciation you feel toward the beauty of life; these are the sensitive ambience qualities of life that remain with you, even as you pass on from the material realm into other dimensions or other experiences. This Awareness indicates that these are the parts of life that feed the soul. The soul then carries these sensitive experiences into the next sojourn of the soul.

## How Can We Step Out of the Agenda of Others Who Control Us?

### QUESTION:

Another question from Terry T. "There seems to be a very subtle undercurrent about all that is going on, one that would suggest that we should not go too fast, for if we do, we will upset everything. There seems to be an agenda, one that we are very directed and tied to, but are not allowed to know just how tied we are, for if we were to know, we would impact the agenda of those who benefit from our control and lack of understanding.

"Should we continue progressing at the controlled pace they are directing, or would it be more beneficial for us as a society/species to define our own agenda, and go for it, instead? It seems to me that we are being tricked into doing what is best for those who have controlled us for our entire history. Their agenda is

being satisfied again, not ours. We are so naive, are we not?"

#### COSMIC AWARENESS:

This Awareness indicates this is in the affirmative. This Awareness indicates that the only thing you can really do that allows you to step out of the agenda of others is to be as observant and discerning as possible so that whenever you feel there is some suggestion or urgency to do something, instead of responding immediately, instead of following the knee-jerk reaction of doing what is suggested, just look deeply, more deeply, and attempt to see more that is there.

This Awareness indicates this extreme observation or attitude of observing more deeply is that which will gradually lead you to a kind of ultimate understanding of *What Is* and you will not have to make a decision about what to do. The doing will simply come upon you. You will find yourself simply doing something without having decided to do so. You will find yourself responding because you have become so ultimately aware of *What Is*.

This Awareness indicates the very act of observing more deeply creates the action that is appropriate, and you will not find yourself deciding or making a decision, or having to make a decision. You will simply find yourself moving, responding, because you have seen *What Is*, and the view of *What Is* moves you, directs you.

This Awareness indicates it takes great patience and deep observation. Discern, discern, discern. Do not seek to act. Do not try to do something. Just observe and observe, and keep observing more deeply, discerning with more clarity, trying to get a better understanding by looking more and more closely. That is the sole occupation you need. The rest will follow automatically.

### Is Heaven Moving Toward Us Rather Than Us Moving Toward Heaven?

#### QUESTION:

Another question from Terry. He writes: In the book *The Fourth Book of Light* by Eben Prichard, he mentions that one can actually move heaven in the direction of the individual, or attract, instead of the classic: "You are moving in the direction of heaven, towards it." This is very profound when it is understood in practice. Actually, by believing, buying into the fact that we are moving toward it, we are in fact pushing it further from us, are we not?

"If heaven will more toward you, any effort to pursue it will only result in failure due to the force that is being exerted towards it. The law of action/reaction assures movement in the opposite direction. Is this remotely correct?" he asks.

#### COSMIC AWARENESS:

This Awareness indicates this is in the affirmative. Keep in mind also that the 'Kingdom of Heaven is Within' and simply watch and wait and draw the kingdom of heaven within you. You do not have to go anywhere to find the Kingdom of Heaven. You simply have to be receptive to it. It is very difficult for many people to be receptive. They feel a need to do, to act, to push rather than to wait and draw something to them, but being receptive means to wait and draw, to be open to receive.

#### The Kingdom of Heaven is Within Not on Madison Avenue

Thus, you open yourself to receive the Kingdom of Heaven which is already within you and you simply recognize its presence; its essence is already there. This Awareness indicates, of course, if you have a preconceived idea of what heaven is supposed to look like; if

you think it looks something like Madison Avenue in New York, or if you are expecting those streets paved with gold wherein you can stop and pick up chunks of gold, you might not recognize the true heaven that is present, which lies within you.

It is better to explore and discover the heaven within rather than try to project your view of heaven over the face of the heaven within. You do not know what heaven looks like if you have not entered the Kingdom of Heaven within, and this Awareness suggests you not try to project your image of heaven onto that Kingdom of Heaven that lies within.

Instead, this Awareness suggests you discover what it is, its nature, by being open to receive the Kingdom of Heaven that lies within.

### HE FEELS HIS HIGHER SELF IS BEING UNFAIR AT TIMES

#### QUESTION:

A question from Robert S. of Vancouver BC., who had a long series of unexpected and unpleasant things happen to him in the last few months, including jobs and relationships and so forth. He asks this question: "The illusion that one's Higher Self is a totally separate being from the incarnate entity is enforced, it seems to me, by what appears to be the Higher Self's misuse of its lion's share of the free will one likes to believe they have.

"It seems that the Higher Self can dump any difficulties or sufferings on you regardless of your objections and can get away with refusing to give an explanation justifying its imposition on you of needless negative experiences. What's more, adding insult to injury, it keeps positive things from happening in your life you know you deserve are long overdue.

"Could Awareness please comment on the idea of one's Higher Self being unfair at times?"

#### COSMIC AWARENESS:

This Awareness indicates that the question of what is fair and what is not fair is a matter of personal prejudice. This Awareness indicates that is likened unto a scale, a balancing scale. The scale is balanced to begin with. If it is properly balanced, it is fair. If it is tilted in one way or another by some weight being placed on one of the balanced holders, then it goes out of balance.

#### There's Good Reason for Calling the High Self the "Higher Self"

If someone has a prejudice, wanting something to happen, the scale becomes imbalanced. This Awareness indicates that the Higher Self is there to balance things that often we as individuals may not recognize need balancing. This Awareness indicates therefore, it is important for entities to recognize there is a reason for calling the High Self 'Higher Self'. It has a view that goes beyond your personal or individual view of things. It may have a deeper understanding or higher awareness of something.

This Awareness suggests that if this is not fully clear, that the question be restated.

#### QUESTION IS RESTATED:

Well, he wanted Awareness to comment on the idea that one's Higher Self is unfair at times. The entity has found himself living in a Salvation Army house due to hard times that have befallen him...

#### COSMIC AWARENESS:

This Awareness indicates the Higher Self may have the realization that it is important for you to go through a certain experience. Perhaps the experience has nothing to do with what is fair. Perhaps it has something to do with what is needed by your soul, and perhaps it is not a karmic thing. Perhaps it is something that you need to

experience so that you can handle something different when it is given to you to handle.

This Awareness indicates that many children go through extreme hardships that are totally unfair in regard to what the child has learned or earned in terms of karma, but the hardships cause the child to develop a kind of character that becomes critical for later years when the entity is involved in something of a different nature.

#### **Not Fair Beethoven's Father Brutally Beat Him--But...**

This Awareness reminds you of the entity Beethoven who was beaten brutally by his father because he could not perform properly as the musician his father wanted him to be. His father wanted him to be a musician so that his father could make large sums of money from his concerts, but people laughed at Beethoven when he played because he was not quite sufficient for the job, and his father beat him brutally, damaging his ears by beating him on the side of the head. This Awareness indicates that this experience was not something that was fair to Beethoven.

The entity suffered greatly from this. It scarred his entire life from then on. It made it so that when he wrote music he could not even hear the music he wrote, but it made him more determined than ever to write the music, and he worked and kept his affliction hidden for many years, continuing to express himself and write and attempt to feel the music through the vibrations.

This Awareness indicates it was that extreme hardship the entity suffered as a child that eventually made the genius that he is noted for. \* This Awareness indicates that this is simply an example. That whatever hardships you may be enduring at any time present may be for a future good, if not for a karmic debt or past debt, and indeed it may not be fair if you use the standard of a social definition of fair, but it may have definite reason of great importance.

\*For a dramatic example of these beatings and how they affected Beethoven, we highly recommend the 1994 movie *Immortal Beloved*, with Gary Oldman and Isabella Rossellini. Beethoven's life was painstakingly researched and the movie successfully solves the mystery of Beethoven's "Immortal Beloved" which he referred to in one note but whom nobody knew about. How he composed while deaf is a stunning example of how the High Self operates. This is a wonderful movie made in believable sets, and of course, Beethoven's soaring music runs through the entire story. This movie was on HBO and other pay channels last year and may be out in video stores. Well worth checking out.

#### **He's Having an Extreme Feeling of Gratitude (Kudos for the Garbage Men: Is Photon Belt Responsible?)**

##### **QUESTION:**

A question from Ted H. He writes: "I would like to ask Awareness about some experiences I've been having lately. I find myself having this intense feeling of gratitude for so many things in my life. It can happen over some things that people don't usually even pay much attention to.

"As an example, while recently putting my garbage out on the street for pick-up the next day, I started thinking, "I'm really lucky to have someone to do this for me. All I have to do is put all the things I don't want anymore, or all this smelly waste out here, and someone takes it away for me."

"Then I imagined what it would be like if no one did this; I'd soon be drowning in my own garbage. Then I felt like I should really thank the people who come around to pick up the garbage. My mind immediately says, "So what! They get paid for it!" but I again felt really grateful for them and thought that even if they get paid for it, a lot of people wouldn't want to do that type

of work. It's cold in the Winter, hot in the Summer and it's dirty and smelly all the time.

"Yes, I really should thank those people. I have these feelings about more and more things in my life. It seems that at least once in the day I thank God, my Higher Self, my guides, Awareness, or the universe at large for all of the wonderful things in my life. These feelings of gratitude are always accompanied by feelings of peace and joy and what I could only call a feeling of 'security.'

"Sure, I still have my moments where I lose my temper or complain and so forth, but these other moments come more frequently and they feel great. Is this because of the Photon Belt or what? I would like to ask Awareness to send energies to the rest of the membership so that they can experience what I'm experiencing. PS. Thank you Awareness, and thank you Avaton, Vicki and Paul for the opportunity to ask these questions."

##### **COSMIC AWARENESS:**

This Awareness indicates this is an excellent example of that which this Awareness spoke of a few moments ago in regard to the 99% of the distraction that occurs in life, wherein there is approximately 1% in which entities have moments of precious experiences, recognizing something or someone as being extremely important and loving, the sensitive relationship involved.

##### **A Schedule of When the Photon Energies Will be Around**

This Awareness indicates the entity is experiencing this with a greater attention because of the influence of the Photon Belt, and this will likely continue to increase for this entity, at least through the month of September. Thereafter, it will begin again in the next year of 1997, in late January and throughout most of the year through October. In 1998 it will be year-round. This is the time when these Photon Energies will be prevalent on the earth plane.

This Awareness indicates that this will then continue from '98 through the year 2006 -07 and then they will begin to decrease somewhat at moments that again rebuild and increase so that by the year 2012 or 2013, the Photon Energies will be fully experienced and will remain at last throughout the main part of the Aquarian Age.

##### **Cosmic Consciousness is Coming to This Plane For All to Enjoy**

This Awareness indicates that it is indeed something that all entities will begin to experience to one degree or another. The sooner and the more sensitive you can become to feeling these energies and recognizing the changes in your consciousness, wherein you begin to experience more and more subtleties of appreciation within your consciousness, you will begin to recognize that Cosmic Consciousness is coming upon this plane for all entities to enjoy.

This Awareness indicates it is likened unto that which has been described as the Light of Christ coming upon, wherein every eye shall see him. In this case it is every identification, every individual. Everyone will experience this Christ-like Consciousness that comes upon entities, and this Awareness indicates it can be said to be coming likened unto a Thief in the Night. It is not coming with a big fanfare. It is not coming with big critical activities.

##### **No Days of Darkness Will Herald the Coming of the Christ Consciousness. More a Symbolic Experience**

You will probably not have a Null-zone of darkness to bring it in, to alert you that something big is happening. It will come subtly, quietly, without great fanfare or warning, but you will find that you have become more

sensitive, more attentive, more alert, more aware, and that the Christ Consciousness is upon you.

This Awareness indicates that the darkness may well turn from physical experience to a symbolic experience, and it may be seen that instead of darkness, in the sense of light, it is a shift in polarity so that there becomes a darkness in terms of consciousness that occurs for a few days, for a short time, wherein entities feel lost and confused and unable to see clearly in the psychic sense.

This Awareness indicates that the one thing that entities can expect is to have the increase in their psychic light, the light of consciousness; that this will gradually grow until all entities experience that which is called Cosmic Consciousness, and this will become a common state of being.

#### Why Is The IQ of Children on the Increase

This Awareness indicates that it has already been noted that IQ's are on the increase and the scientific experts cannot understand why. They realize that it cannot be genetic, and wonder if it could be cultural. Why are so many children showing signs of higher IQ? Why is it happening so suddenly? They do not understand. This Awareness asks: "Could it be that consciousness is growing more cosmic in its nature?"

#### Cellular Phones—Do They Cause Cancer?

##### QUESTION:

A question from Steven N., in Ajax, Ontario. He writes: "With the increased use of cellular phones and the threat of people using them, including myself, what are the chances of a person coming down with cancer because of regular use of Cell-Phones, or are there other problems that we might not be aware of, and if so, what are they and what can we do about it?"

##### COSMIC AWARENESS:

This Awareness indicates that the potential is slight. This Awareness indicates it is likened unto the concerns regarding Radar use by police; the microwaves being used in Radar could cause cancer, but this Awareness indicates it is so slight, there are so many other causes of cancer that this is unlikely to be a major concern. This Awareness indicates that if entities really want to avoid cancer, the best hope is to become aware of the parasites and flukes that are really at the heart of almost all cancer and if one is rid of these, then the vibrations of the microwaves or the telephones will not have any serious effect on the individual.

#### Most Cancers Are Caused by Parasites and Flukes

It is likened unto one half percent of an influence on causing cancer which requires a hundred percent of influence, wherein 97% may be related to the parasites and flukes and other chemicals associated with releasing these parasites into one's system through the solvents and so forth.

This Awareness indicates that there is something that entities need to understand, however, in regard to the technologies such as cellular phones, such as television and so forth. These are technologies that help the human to experience things that lie beyond the norm. In other words, television helps to create pictures that replace what was usually in the past presented only in words and imagination.

#### A Cosmic Result of Viewing Television Regularly

In the past, entities would sit around and read stories or tell stories by a campfire, and this was the evening entertainment. Now they sit around a television set and are told stories by people elsewhere, and this is evening entertainment. This Awareness indicates in the interim, between the old experiences and television, there was the radio, wherein entities would sit around in the

evening and hear the stories with the radio describing the scenes. Now the scenes are shown, and entities do not have to use their imaginations so completely.

But this Awareness indicates there is also something else happening. The generations that have sat around watching television are developing a kind of mental expectation. You would think that it is harming their imagination because they are not exercising their imagination in the same way that occurred when stories were told via radio or first hand around the campfire. You would think that that these entities would have better imaginations than those who are watching television, but there is something happening to these entities who watch television that did not happen with those who sat around the campfire or listened to the radio.

This Awareness indicates these entities are 'expecting' visions, 'expecting' scenes when they think of a story, or when a story is told. Thus, if television were suddenly taken away, it would be discovered that the entities, in having watched decades of television now have better imaginations than those prior to the advent of television. This Awareness indicates that because these entities expect to see visions and views, they have developed qualities in the mind that will help them to be more telepathic than their predecessors, and when they begin to seek information from a distance, they will find it easier to visualize the scenes than would those who were used to stories and radio shows.

#### Those Using the Internet Are Developing Telepathic Qualities

This Awareness indicates likewise, entities working with the Internet during the coming decades will find that they are also developing something within their minds that will help them to have greater telepathic qualities. These qualities develop in the mind in a kind of reflection of the technology that is out there, so that you eventually put away these toys and have the technology as part of your natural self.

Anyone looking at the Internet can see that it is a kind of technological network for telepathic communication that uses wires or uses frequencies for the communication and that the frequencies used can be used by different computers, but the computers could also eventually be substituted for by the use of the mind itself. Everything in a computer is also within the mind in one way or another, and there is also talk of creating computers that feed upon protein and biochemical chips. What is the difference then, in a computer mind and a human mind?

#### Receiving Your E-Mail Telepathically

The line between the computer mind and the human mind becomes a little more fuzzy, a little less precise in differences. This Awareness indicates that within 40 or 50 years it will be quite possible for entities who have been communicating for years and years over the Internet to simply find themselves picking up and receiving electronic mail from one another at a distance without turning on the computer, or without going to the computer.

They will simply sense the E-mail that rests in the computer and know it's there before reading it, and they may even know generally what it is about or what it says. It depends on how attuned they are to their computer; how much they have worked with it, how familiar they have become, so that eventually, certain things begin to happen in their minds that parallel what is happening through the computer world and the Internet.

This Awareness indicates that these are all things that are introduced upon this plane but which are having an

effect in regard to the enhancement of human evolution. This Awareness indicates this may not have been the intention or purpose of television and the Internet, but it may well be the higher purposes that lie behind these technologies.

### Why Did Colloidal Silver Stop Hand Tremors?

#### QUESTION:

A question from JD, in New York. She writes: "After one to two months on calcium/magnesium supplements as directed, my tremors of the hands seems to have abated slightly, but after 5 to 7 days of colloidal silver added to my morning tea, the tremors all but ceased! What did the silver do, and how does it work?"

#### COSMIC AWARENESS:

This Awareness indicates the silver helps to conduct the electrical energies of the body through the meridian and this assists in keeping the energy levels balanced and harmonious. This Awareness indicates the tremors tended to be caused by disruption of the electrical body and the flow of the Odic Force.

### Departed Spirit Returns to Reassure Loved One (Why this is happening more and more these days)

#### QUESTION:

Another question from this entity JD. She writes: "The other day, while friend Donny was in a twilight state, neither awake nor asleep and definitely not dreaming, he experienced a woman. (Honey Knapp was her name) recently deceased. She appeared in the room, approached, laid down beside him and assured him that "It's going to be all right!"

"She then said: "I can't stay long!" and vanished. No one else present saw anything. Donny always regarded her as a maternal-type friend and "my guardian angel" and her death was a severe loss to him. Can Awareness confirm this visitation and explain the mechanism and tell us how common this sort of thing is?"

#### COSMIC AWARENESS:

This Awareness indicates that this kind of thing is happening more and more recently than in the past because of the closing of proximity's between dimensions. This relates to the incoming of the Photon Energies which are helping to break down the barriers between the dimensions. This Awareness indicates that there have been a number of other entities reporting similar contacts from people who have recently departed and similar situation in which they acknowledge that they could not stay long but that there would be further visitations.

This Awareness indicates that for example, in the instance of one entity, Ron Rummell, visiting a friend, indicated that he had not departed the plane and would still be around for other purposes for some time to come, and there have been others who had suggested he would even reappear in the future times in a more solid form. This will occur when entities find the Photon Energies merging the two dimensions more closely together.

#### Photon Energies Are Now Altering our Third Dimensional World

This Awareness indicates that at the time this is happening for entities to view spirits, it should also be understood that some of the energy holding the third dimensional world together is likewise being altered so that it is appearing to those in other dimensions in different frequencies, which is another way of saying that the solidity of matter is beginning to shift into more etheric states.

Therefore, this earth may begin to shift into a different dimension, separating from solid material at some point

and moving more toward material made up of Light, becoming more light and less dense. This Awareness indicates that it is the influence of photons acting upon matter.

### The Mystery of the Stone Urns in Laos

#### QUESTION:

Another question from JD in New York. "What is the age, origin and purpose of the huge stone urns in the Plain of Jars in Laos and how were they made?"

#### COSMIC AWARENESS:

This Awareness indicates these appear to be of extremely ancient quality or origin. It appears they were used for making substances of what may be termed an elixir. It appears they were created by a civilization that had at its disposal a high technology that was extraterrestrial in origin, that used other ways of building and manufacturing quite different from the more primitive nature of the area. It was not a simple act of construction from the kind of building that might occur from cement, brick-laying type of efforts.

The urns appear to have been intact as one by one, created in their full size, and this Awareness indicates that there was considerable size to the machines or tools used in making these. This Awareness indicates that this appears to reach back into a time paralleling the latter years of the Lemurian culture. This Awareness suggests approximately 30,000 years ago, in that general time period.

#### FOLLOW-UP QUESTION:

Is the elixir still being made or known of in that country at this time?

#### COSMIC AWARENESS:

This is negative. This Awareness indicates that this originally was a high quality drink of spiritual and physical/nutritional value, but later the urns were used for less noble types of elixir, wherein storage of less noble drinks and foods were commonplace. It became a storage place for wines and alcoholic drinks, even blood was stored in the urns at one time. This Awareness indicates they have also been used for storing water, but for the most part they have remained empty and have been recognized as sacred objects of unknown purpose or origin, but from an ancient past, and because of the antiquity and stories handed down, they have been protected and cared for as sacred objects.

### How to Get Used to the Photon Energies

#### CLOSING MESSAGE:

This Awareness indicates that the Photon Energies, being of a higher than commonplace frequency, need getting used to. Entities who are not easily attuning to these energies will feel some discomfort from time to time. It is an influence on the electrical body that may take place in nerves or on one's tactile system so that the physical body is feeling certain things such as skin twitches or electrical shocks that have no reason for being there or no origin for the shocks, or nerves.

This Awareness indicates *It* not only refers to nerves on the tactile system, but nervousness in terms of one's psychological attitudes and feelings. This Awareness indicates that as entities experience these things they need to find ways to comfort themselves. Warm baths can be very helpful, or a warm shower; the bath being even better. The use of the colloidal silver in a bath could be very beneficial.

#### Drinking Colloidal Silver Water Helps One Survive Photon Energies

This Awareness indicates that likewise, if entities find themselves becoming psychologically nervous, it would be helpful to drink colloidal silver water. Even a small

amount can be settling to these nerves, because what is happening is the electrical body, your aura, is being affected by the Photon Energies.

This Awareness indicates that gradually you will become more used to the energies and the body will make its necessary adjustments so that it will be quite easy to adapt to the changes that are happening. It is mostly at this early beginning that entities are feeling some discomforts.

**Don't Be Alarmed if You Experience Clairvoyance**

This Awareness indicates that you may also become more cognizant of clairvoyant activities. Some entities may even hear voices or speaking from the next dimension. Do not become too alarmed at these psychic phenomena. They are simply a part of the change that is occurring.

(The Law of Gratitude is given)

ED's Note: CAC is still making Silver Wain Water available to the membership. This is colloidal silver made using Testa technology with a vibration of B Flat. We have received many, many testimonials from CAC members that this Wain Water really works for numerous health problems. Please refer to the CAC Book Price Sheet for current prices on Silver Wain Water.

**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.



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ALL THE DRINGS FIT TO PRINT WEATHER: PARTLY SEXY

# THE DAILY SCOOP

## "ZIPPERGATE" HEATS UP

CLINTON DENIES IMPROPER CONDUCT

CLINTON SEX SCANDAL: WHAT DID HE DO, AND WHEN DID HE DO IT???

Sex, Lies, and Audio Tape

Sex, Sex, More Sex

Hillary: Sex is a Right Wing Conspiracy

Latest Grand Jury Leaks

ORAL SEX: FULL PAGE OF COVERAGE INSIDE!!

THE LIFE OF MONICA LEWINSKY A Special Report (FIRST OF TEN PARTS)

NEWS BRIEFS: IRAQ BOMBS ISRAEL WITH ANTHRAX; 600,000 FEARED DEAD - Page 13 D

The Miami Herald MORNING

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## THE RECENT CHANGE IN FOCUS

(Awareness now Requests your Personal Questions)

OPENING MESSAGE: (GRACE #36, 1/25/98)

This Awareness suggests that the power reserves have been released to flow unimpeded, due to certain clarifications within the individual minds of those involved in this enterprise, and this is good. This Awareness suggests that a large percentage of the opening message has already been delivered and successfully communicated, and continuation can now take place.

This Awareness suggests that with the basic understandings in place regarding the mission of humankind in general, and the specific Destiny Path of those involved in the enterprise known as *Cosmic Awareness Communications* facilitating that mission, the recent changes in focus, as well as individual consciousness can now be grasped.

This Awareness suggests that with such change can come tremendous benefits, with more than adequate compensation for the former benefits provided with the previous focus, that was drawn largely upon information relating to situations, power differentials, shifts, plans and probabilities existing within the realm of mass-consciousness, that necessitated a format focusing upon such events of a mass-nature.

This focus, however, had been at the expense of the events and experience of an *individual nature*, so that personal readings and individual experiences were less useful, nor allowed broad distribution of attention from this Awareness.

This Awareness suggests a positive benefit to members, perhaps feeling displaced, regarding this shift away from mass events within the physical realm, back to the original focus upon Universal Consciousness, the Divine Purpose and mission of human experience, and the restoration of the essential communication between spirit, mind and body.

This Awareness suggests that entities instead can benefit profoundly from the question and answer format established within this community, to focus instead upon individual more personal scenarios wherein the consciousness can be focused. This Awareness suggests the Interpreter is experiencing distraction.\*

\*Ed's Note: It was dark and I had just left the shop and was walking down the trail to the cottage where the sessions take place and I was unaware that I had stepped into a huge pile of doggy doo doo, which Rufus evidently had deposited, that naughty hound. I had taken off my shoes for the session and did not notice at the time that one shoe was mired with this odoriferous substance. During the session that followed, Awareness picked up on Grace whose nose had started to twitch and thus the statement about "experiencing distraction."

QUESTIONER (AFTER A 5 MINUTE BREAK):

The tape recorder is re-activated and the dog manure has been removed.

COSMIC AWARENESS:

This Awareness suggests that entities experiencing a void or puzzlement or dissatisfaction regarding the shift in focus of information provided and requested, can rest assured that such feelings can be channeled, manifesting in **questions of a more individual nature, so that personal examples can illustrate the Universal Principles underlying the Lessons of Enlightenment.**

This Awareness suggests that there was a desire communicated to this Awareness continuously regarding the interest and need to address personal issues, provide readings of a more individualized nature, and that when the emphasis was upon directing the consciousness to the manipulations and potential controlling influencers within mass-consciousness, that such

energy was better appropriated to attend these issues at the expense of the desire to satisfy the individual, more personal longings.

Personal Situations on Which to Base Questions

This Awareness suggests that a benefit from the shift in consciousness toward the empowerment re-opens the door, and this Awareness ushers an invitation to entities, wondering which questions may be appropriate, to simply look to the life issues and experiences which are encountered in daily existence which promote negative emotions, or descriptions of experiences which have occurred seemingly for no particular reason, or to an attributable force outside the desire and intention of a specific entity.

Your Personal Questions Will Help in Understanding the Lessons of Enlightenment and Restoration of Your Personal Power

This Awareness suggests that such contributions and questions put before this Awareness in this particular format, with the permission and discretion and anonymity, if desired by the specific questioner; that this format can provide an excellent illustration to facilitate understanding of the Lessons of Enlightenment and the restoration of the individual power that lies within.

This Awareness suggests that the energy has been building toward this singular mission since the dawn of humanity itself, and that there is a universal excitement and quickening in the receptivity of human beings, being at such a high level of intensity and a rapid vibratory rate that has not been equaled in any previous point in human history.

This Awareness suggests that the culmination of the energies of each and every emissary choosing the Destiny Path of a sojourn into the physical existence with the express purpose of assisting in the restoration of grace, that each and every such effort has added substantially to the accumulation which now facilitates this breakthrough effort, wherein this Awareness shall be accessed by each and every entity, rather than through belief structures, intermediaries or even gifted interpreters, so that the mission of *Cosmic Awareness Communications* can be most fully accomplished.

We have completion.

### Paul Shockley's Channelings: Has it Helped Entities to Transcend Darkness and Negativity?

QUESTION:

Along this line, a question from Jack Manuel. He asks: "Can Awareness affirm *positively* that for the past 20 years, the channeling of Awareness by Paul Shockley has helped most of the CAC members to witness and transcend the darkness of universal negativity?"

COSMIC AWARENESS:

This Awareness suggests that this is in the affirmative, with the removal of the word 'universal' and the replacement of the term 'human'. This Awareness suggests that there has been a tremendous contribution from the entity Paul Shockley, both in initial focus on certain universal principles and developmental strategies to enlighten entities as to individual empowerment and the potential creativity to manifest desired reality.

Coinciding with this impetus existed his specific piece in the group mission regarding allowing entities to become aware of the potential manipulation if such power is unknowingly given away through acquiescence to the truth, beliefs and manipulations of human beings within mass consciousness.

This Awareness suggests that given the timely nature of this message, entities en masse were so befuddled, bewitched and disempowered due to so many conflicting beliefs, that entities thus enlightened, operating upon

principles which can be described as dark and perhaps even 'evil' as the term is conceived, so that a tremendously diminished state of human existence had become the norm.

This Awareness suggests that this emphasis was highly beneficial and essential to the group mission, and that this Awareness can affirm unequivocally, that this entity's mission has been accomplished. For, it was this facilitation and the shift in consciousness which set the stage for the final understandings which can not only protect entities from external manipulation from sources of all types, but can restore the power and control and creative capabilities that are the human Divine Right.

If we have completion, we can continue.

## HOW CAN WE TRANSCEND ANY FUTURE DARK NEGATIVITIES?

### QUESTION:

Jack had a second part to that question. He writes: "Also, could Awareness give us, through the entity Grace, more insights for transcending this dark negativity in case we are confronted again by it. As this kind of transcending surely will help us to assimilate those forthcoming Lessons of Enlightenment and help us to achieve the sought enlightenment more easily.

### COSMIC AWARENESS:

This Awareness suggests that what is described as 'transcending the darkness' or the force, can more appropriately be described as eliminating the unnecessary creation of such darkness. This Awareness suggests that this rewording refocuses the energy and creative power back within the individual where it rightfully belongs.

This Awareness suggests that the only occasion upon which entities can be forced or manipulated or affected in any way by such darkness or evil forces is when they have acquiesced their very power, marshaling it into such a scenario. This Awareness suggests that such has become the normal state of human existence, wherein the individual belief structures continue to perpetuate the illusion of external manipulative forces so that experience appears to be random or worse, and negative experience seems to spring from evil and controlling forces.

### How We Create the Very Evil We Seek to Avoid

This Awareness indicates that specific mental shifts regarding the creative process with the breaking down of belief structures, which for eons have existed as truths, sending human beings scuttling about to identify the source of their misery, and when such edifices are disassembled, then the landscape of mind can be laid bare, wherein piece-by-piece, new belief structures can be erected that facilitate the spirit and restore the creative power that is allowed to flow through these devastating intermediary belief structures, creating the very evil and darkness that they seek to avoid.

This Awareness suggests that this is the ultimate transcendence from the illusion of external control to the reality and validity of the creative capacity of the individual mind and the understanding of the collection of individual minds that becomes the mass-consciousness, which can ultimately reduce the power of the individual mind, if it becomes the over-arching directive.

This Awareness suggests that mass consciousness is the over-arching directive, but that there have become significant shifts in consciousness throughout the entire world from varying sources, couched in many different ideas and perspectives which have implanted within

mass-consciousness itself the idea of individual empowerment, which now can be accessed in many ways by individuals so that they can transcend the all-consuming reality of mass-consciousness and begin to create their own individual reality, to manifest those specific events and creations and experiences desirous to Spirit, wherein the mind and spirit operate in perfect unison, wherein the mind is enlightened by spirit rather than operating alone in darkness, severed from its spiritual adjudicator and subject to each and every mistaken fact or manipulation within mass-consciousness.

Such transcendence is far more readily attainable than one might imagine, and it is as simple as looking within and acquainting oneself with the inner language of spirit, which speaks through feeling, which can facilitate the reconstruction of the mind to more accurately provide its powerful creative service.

If we have completion, we can continue.

## Incredible Things Occurring in Her Meditations (Lessons of Enlightenment Producing Dramatic Results)

### QUESTION:

Rasma Kidd, sent Vicki a letter. It's not particularly a question, but it's an interesting letter and I'll read it and ask Awareness to comment. She writes: "This letter is in response to the Lessons of Enlightenment. I have studied each lesson over and over again until it is fully absorbed. Grace's language is very clear and easy to understand. Then I meditate on the ideas expressed.

"While meditating on the ideas of the 4th lesson, I was totally gone for a moment or two and experienced bliss, light and love. After it passed, regular consciousness returned. I felt like I was released from the prison. Free. Free to be who I am, really, only I couldn't see who I am really, and I didn't care, as if this small portion in the earth personality Rasma did not need to be identified, classified, filed and labeled.

"There is joy, love and peace in my soul. Things that bothered me for so much before have lost their intensity. I can take it or leave it or leave it. The most curious experience is what I call my "Higher Self," and I often was aware of Its presence, It doesn't exist any more. Neither does the 'lower self' which I believed was ruled by the conscious mind.

"Then the physical body and emotional/psychological body, again, a part of each other. Now I can't sort anything apart. Everything is together like different colored water poured together in one bucket, and I love it being that way."

And then she says another thing: "I have been using the radiance of the Great White Light for a number of years. Sometimes I could reach it, sometimes not. I could see it high above me, concentrate towards it, and it would pour down on me through the top of my head. Every so often I was able to gather the Light and direct it through my third-eye chakra and shine it on a person or condition or event in the world to help for the better.

"This doesn't work anymore. I can't plug into the Light anymore. To my astonishment I learned that there is a tiny point of light in each of my body cells. I can turn it up at will when there is an acceptable purpose and direct it through the third-eye like before. Now my intent is to learn how to work with the Light properly and efficiently.

"These are my recent experiences. Each day something new unfolds in the consciousness. I no longer say "In my mind" as my mind files only what the consciousness will. I think my mind will be able to learn some mathematics finally, as it is no longer busy running my life." That's the end of her statement.

**COSMIC AWARENESS:**

This Awareness suggests that this description is part of what is described as enlightenment. This Awareness is pleased that such success is being achieved, for this is a reflection of the fact that certain mental belief structures were already in existence, which allowed the greater facilitating and acceptance of the information offered, and that this particular entity can be congratulated for having had the initial preparation so that the information could be effective, in such a minimal amount of time.

**Simply Remove Existing Mental Structures and Beliefs**

This Awareness suggests that acquiring such understanding is as simple and as difficult as removing the existing mental structures and beliefs which presently frustrate the spirit and create events and experiences less than desirable. This Awareness suggests that although this entity is experiencing satisfaction and success relatively quickly, that other entities experience frustration and still are grappling with the words, yet are sincere in their efforts to obtain the message contained in the Lessons of Enlightenment. Such entities are to fear not, for the intention and the tenacity and the courage to work with the material shall afford great reward.

**Examine Core Beliefs that Seem Innocent Enough**

It is often the most innocent-seeming beliefs, the most basic pieces of knowledge which have never been addressed and appear to be so completely realistic and valid that they comprise cornerstone beliefs underpinning entire edifices of world view, which, when removed, can facilitate tremendous progress and enlightenment. Such underpinning beliefs are different from entity to entity, but that with persistence, faith, and practice, such enlightenment, and far, far more can be obtained by all.

This Awareness has one further comment for the entity. The mind continues to run the life, for that is its specific purpose. The difference being, now, that you have purposefully decided what shall be contained within your mind, and you have begun to discard those limited beliefs that are frustrating the Spirit.

This is why there is an experience of a oneness, and this is just the beginning, for not only can you obtain knowledge in areas where there may have been mental frustration and blockage due to existing limitation and belief, that not only will mathematics be more obtainable to you, but that you can begin to manifest this point of Light energy that you have discovered within yourself in ways your spirit will direct you, which has already begun to manifest in altered states of consciousness, as you may be aware, to address you to a particular gift and you allow you more creative control designing the events and experiences you wish to experience in your life.

**The Mind is a Wondrous and Powerful Tool**

This Awareness indicates indeed it will be your mind that will run your life. The mind is a wondrous and powerful tool, when it contains only those beliefs that facilitate the Spirit. Your feelings will tell you religiously what these will be, for those entities struggling with the Lessons of Enlightenment, it is quite sufficient to attend to the feelings and begin to identify those negative emotions and signals from Spirit wherein frustrations occur, for behind each and every of these frustrated feelings lies an existing belief, and only a belief, which can be plucked from the mind as simply as anointing it with consciousness and removing it, replacing it with one broader and more facilitating to Spirit, and this is the reason the emotion is experienced.

This Awareness suggests that in addition to the negative feelings, the positive feelings of joy point to those belief structures which are in existence which do work and facilitate the Spirit and create the desired experiences and re-empower the entity, for many such beliefs are in place and that a complete demolition is not necessary.

**Rasma's Joyous Experience is a Universal One**

This Awareness suggests that the experience the entity describes is a quite universal one, although couched in terms specific to her perspective and experience. She describes the unfolding and the complete experience of freedom that is the human birthright. She describes experiences flowing into her life that she does not necessarily plan or control, yet each brings delight and unexpected experience, fulfilling, so that even the most planned experiences pale in comparison to those delivered by a mind operating upon intention of Spirit.

This Awareness suggests that there have been many comments from those studying the Lessons of Enlightenment and the concept of unfolding and feeling the synchronicity and the rhythm of life. When the energy is flowing unimpeded there are descriptions of blissful content, of excitement and curiosity and fulfillment as life offers up one event after the next, each significant to the mind and each pointing to the clear connection between the belief, the energy and the event.

This Awareness suggests that this is a tremendous feeling, almost foreign to human beings, yet recognized immediately as something wonderful and universal, for it is the true living human experience.

If we have completion, we can continue.

**THOSE WHO GET PLEASURE FROM THE DARKER THINGS**

(He Doesn't Buy the Pleasure/Pain Principle)

**QUESTION:**

A question sent in on the Internet, from Jeff. He didn't give his last name. He writes: "I do have a question for Awareness. Could you please ask about those that get pleasure from the darker things like S&M, torturing others, serial killers, etc. It seems that if these folks followed the pleasure/pain principle, it wouldn't be a good thing. I am a bit confused on this."

**COSMIC AWARENESS:**

This Awareness suggests that this raises a very important issue and distinction between pleasure as the natural result of the flow of unimpeded spiritual intention versus pleasure as an avoidance tendency to escape from the frustration of spiritual pain.

This Awareness suggests that the reason the basic hedonic principle, the motivation of approach and avoidance has lost its valid spiritual respect, is due to the fact that emotion is profoundly influenced by the belief structures in place in mind.

**Only Spirit and Spirit Alone May Act as Judge**

This Awareness suggests, for example, that each and every belief colors the perception, so that interpretations and adjudications based upon the beliefs and the beliefs alone is possible. This Awareness suggests that judgment, however, is the responsibility of Spirit and Spirit alone. It is the task of the feeling system to communicate those ideas and attitudes and beliefs which perpetuate Spirit and are positive, creating positive emotion, or are frustrating to Spirit, and are negative, causing negative emotion.

**How Mass-Consciousness Got Screwed Up Originally**

This is the system as it is intended to communicate and flow and operate within the human being, uniting

mind, body and spirit. However, if the system is misunderstood and there is a severance due to the limitations and beliefs in the mind, which do not understand nor honor the communicative messages of feeling, then the mind is allowed to run away willy-nilly, accepting belief structures that have not been gained from personal experience, from the adjudicating feedback of positive or negative emotion following actions; and instead, the experiential bypass causes the impartation of information from mass-consciousness.

This was the initial instigator of mass consciousness itself, for experience was no longer the developmental director of mind, as was intended. Once the severance had occurred, entities recognized that the mind needed specific guidance, so it turned to the experience of others, which was shared and passed down from generation to generation, providing surrogate adjudication, value, et cetera, which has become an all-consuming truth at the expense of the real spiritual adjudicator.

This Awareness suggests that when this happens, there is a severance between mind and spirit, wherein innate guidance, innate wisdom and the power of mind is disconnected from the *intention* of spirit and that the creativity of mind *attracts and creates events* which reflect the contents of mind, both good and bad, both negative and positive, both facilitating to spirit and limiting and frustrating to spirit.

Thus, the experiences encountered in daily existence are a mishmash of some good, mostly bad, and generally puzzling experiences which seem to spring from nowhere and are adjudicated as coming from negative or evil forces rather than springing from within.

This Awareness suggests that the third problem in this scenario is that the spirit has not abdicated the body completely, although it has been cut off from mind, and its feeling communication has been ignored. The body still responds to protect and preserve the physical vehicle so that spirit can enjoy the physical experience, for without the preservation of the body, there can be no physical experience, nor mental brain from which the mind can spring.

Therefore, the physiological safety net of spiritual intention has been imbued in each and every cell, along with the capacity of human feeling to not only communicate, but to motivate active responses based upon the approach and avoidance motivation.

This Awareness suggests that when the mind is not apprised of the message, the body reverts to a self-preservationary response to preserve the body, despite the interference of mind. This Awareness suggests that the net effect of this experience upon the mind is the mis-attribution of certain physical urges and emotional states, pairing them with thoughts, beliefs and activities which are not spiritually fulfilling and rewarding.

#### The Motivation In Sexual Dominance

This Awareness suggests that in a specific example of sexual dominance, there is an entanglement of the frustrated freedom need, the frustrated control need, and confusion over the connection need, all of which manifest frustrated energy, which received vicarious fulfillment from dominating, connecting with, and controlling others.

#### Beliefs Create Many Perversion of the Emotional System

This Awareness suggests that there are many such perversions of the emotional system whereby each and every one springs from the belief structures which have been placed within the mind either due to faulty information, or misinterpreted experience due to the fact that

the spiritual adjudicator has gone long denied, misunderstood and stifled.

This Awareness suggests that entities who find themselves participating in behaviors which are momentary pleasurable, yet which bring dissonance and negative emotion shortly thereafter, will discover that they can identify such issues and disturbances and resolve them quite quickly with necessary mental shifts, wherein the experiences and beliefs which comprise the identity, yet which frustrate the spiritual need fulfillment, are identified and removed.

#### Evil, Perverted, Satanic Behavior a Result of Misunderstanding

This Awareness suggests that a great deal of human behavior which is described as evil, perverted, animalistic or even Satanic is the simple misunderstanding and misuse of the emotional energy that is intended to direct specific responses to specific feelings.

This Awareness suggests that the information contained in the Lessons of Enlightenment can clarify quite specifically the message of each feeling and how it is intended to be responded (to), so that the mind can be empowered to work with the system of the spirit/body to have a complete, rewarding and empowering human experience, so that no such pleasure will be experienced from anything less than that which is Divine Intention, and permeated with Universal Love.

If we have completion we can continue.

### She Takes Energy From the Cosmos

(An Amazing Account of How Energy Works)

#### QUESTION:

A rather strange question from Ellen Kierstead, Worcester, MA. She writes: "I have a question that I would like answered. When I was married, there was a constant drain on my energy. Two people were living on it; me and my husband. I became exhausted. Somehow, I realized what was happening and decided to take energy from the cosmos. I didn't want to take it from other people.

"I expanded my etheric body and took mega-energy from the sun. While this was happening, I kept on questioning: Was it happening? Or did I imagine it? I felt great after I performed this ritual. My energy returned and I could go on for days without repeating it again. During my "Is this really happening? doubts" a strange thing occurred.

"I felt a stream of energy leave my eyes and settle on the ground. It pulsated as if it were alive. I watched it dissipate, and when the matter had gone, there was a burn spot on the ground. This happened twice. I was amazed. What happened? Is this cosmic energy? What did I do? I would like to know. Thank you," she says.

#### COSMIC AWARENESS:

This Awareness suggests that you have experienced what you perceive to be the extraordinary, but what is more rightfully defined as the ordinary. You are correct in your assumption that you were imagining the experience, but you were incorrect in the assumption that imagination is not highly creative.

This Awareness suggests that you received your answer quite loudly and clearly as the energy manifested from within your mind, visualizing and physically evolving straight through your eyes and manifesting in the physical, leaving its trace mark of a burn upon the physical environment. This Awareness asks: What more direct evidence do you need of your own creative power?

This Awareness suggests that that this creative venture of manifesting energy from the sun to compensate

for energy drainages was a wonderful and creative way to respond to the Spirit upon its urging for you to determine your own spiritual needs and to define your spiritual boundaries, so that your life force is not being drained in support of others, or in over-reliance upon your own energy due to their own limitations of mind.

This Awareness suggests, however, that one entity can never drain another *without* the express consent and tacit agreement of the entity providing the energy. This Awareness suggests that the tacit agreement is merely a belief which allows an interdependence to exist. This Awareness indicates that mass-consciousness is steeped with ideas, many quite limiting, regarding the nature of entities in their respective couplings, wherein duties and responsibilities of one to provide for the other and to fulfill the needs of the other are bound.

However, this is distorted and disturbing for it implants beliefs which disallow the entity to enjoy the complete power without first channeling it through the partner or the child, or any other such relationship that one is told they are responsible for.

This Awareness suggests that the spiritually intended focal point of individual power is upon and within the self, for one cannot share sufficiently nor connect, nor commune, nor support others, without first a full and complete spiritual boundary wherein the energy is contained, maintained and utilized to its fullest, under the direction of that entity and that entity alone.

This Awareness suggests that it was kind to share the energy in support of the partner who may have needed it temporarily, however, even such temporary support promotes individual powerlessness, and over-dependence upon the giver.

This Awareness suggests that you have delivered and received a message from your spirit to your mind regarding your personal power and how you do indeed have the ability to manipulate it, simply by believing and imagining that such is so.

If we have completion, we can continue.

### What is the Real Purpose of the Soul ( In Taking on An Earth Body? )

#### QUESTION:

A question from Gerard Gottula, Steinauer, NE.  
"Question: Maybe it has been answered before, but I would appreciate it if would be answered through Grace. What is the real purpose of the soul taking on a "earth body" and spending time on the earth planet?"

#### COSMIC AWARENESS:

This Awareness suggests that the purpose of *all* experience is to expand the Universal Consciousness. This Awareness suggests that the earth is one of many physical experiences whereby the experience of All That Is can be continuously expanded in ever-increasing unique and creative ways, limited only by the individual imagination.

This Awareness suggests that the expansion of consciousness through the physical experience is intended to be designed by each and every spirit embodied, under the direction of mind, to create *any* experience desirous or imaginable, to the delight and evolving consciousness of All That is.

This Awareness suggests that due to the disconnection between mind and spirit, the experience, the delight and creative imagining which was intended, has been stifled and limited to a far less pleasing and spiritually frustrating experience. This Awareness suggests that this is experienced as a frustration or a contraction or disturbance in All That Is, so that spirits, souls if you will,

have taken on the express mission of transforming the contents of mass-consciousness and eliminating the negativity and limitation within, and ultimately, in the restoration of the communication between mind and spirit, to restore the expanse and creative joyous experience that is aligned with Universal Intention.

#### On a Cellular Level All Entities are Aware of Their Mission

This Awareness suggests that each and every entity is aware of this mission at a cellular level, and that the creative impetus to make the world a better place is rewarding to spirit. This Awareness suggests that many accomplishments can be made, no matter how apparently small or how sweepingly large; that tremendous progress is being made and energy is gathering for a breakthrough in human consciousness, and that the coming millennium can mark the beginning of the expansive creative existence that humans are intended to experience, and the turnabout, and in a sense, beginning, of human civilization.

This Awareness suggests that in addition to the overarching spiritual mission of restoring the fluidity of individual mind by reducing and ultimately eliminating mass-consciousness, that each individual is motivated by the directive of self-development and expression, or if such basic human purpose cannot be accommodated, the purpose will revert to self-preservation to ensure the existence of the physical form, so that the spirits can continue to attempt the resurrection of the physical experience.

If we have completion, we can continue.

### He had the Feeling of Complete Peace and Contentment: Why?

#### QUESTION:

A question from James Hartman, Barnes, WI. It came in about a month ago. He writes: "Awareness asked us to write down our feelings and send them in. I don't know if what I experienced pertains to what Awareness was speaking of, but about two months ago, I had this feeling, at least once a day for 4 or 5 days in a row. The feeling was one of complete peace and contentment, and it was wonderful, and I just sat back and basked in that feeling.

"I would like to ask Awareness what this feeling is, and what brings it on?"

#### COSMIC AWARENESS:

This Awareness suggests that this feeling will be the signal that calls attention to a belief structure that your actions were based upon during this time period that facilitated certain successes in your need-meeting endeavors. Such actions, even if only mental meanderings, were highly pleasing to spirit in that they facilitated its development and expression.

In each experience of such positive emotion, be it a minor pleasant glow or a powerful ecstatic blissful transcendence; that each and every positive feeling is indicative of a belief structure which works. This feeling is a message from the spirit that the mind has stumbled upon a strategy which is successful at its development and expression.

#### How the Spiritual Judge Responds to Your Feelings

Such belief structures are to be immediately identified, bolstered, and recreated in other strategies, which can then be tried out in physical experience and to be reported upon by the spiritual adjudicator, which will respond with more positive feelings, if they indeed are facilitators of spiritual development and expression, or they will be given a 'thumbs-down' with negative emotion, if they provide any limitation whatsoever to spirit.

This Awareness suggests that given this time period in your life, there were certain events that came together that provided certain understandings and shifts which resolved in existing conflict within your mind, which allowed the winning belief to rise and become your single operative motivator, wherein formerly, it had an adversary, conflicting idea, which provided conflicting impulses to action, creating both negative and positive results, or creating inactivity altogether.

#### All Entities Have the Ability to Design the Contents of Mind

This Awareness suggests that certain changes in your life have facilitated the emergence of the winning belief structure. This Awareness indicates that each and every entity has the ability to define and design the contents of mind, at each moment of every day, by analyzing the situation wherein the emotional experience arises, and looking quickly to the belief structures that are in place which are perceiving and interpreting the experience, for each and every belief structure which allows or creates a negative emotional response, is one that must go.

The experience of bliss and peace was the liberation of your spirit, and one intended to motivate you to discover other relative belief structures, to build upon this success until an edifice of empowerment and complete spiritual expression is your mind and your identity and your self in the physical form.

If we have completion we can continue.

### "FOLLOW YOUR DREAM!"

(During the Superbowl She Sees Examples of How it Works)

#### QUESTION (VIKKI):

In relation to the breakthrough in consciousness....I witnessed at least three different occasions today, in relation to football, of all topics, where the message: "Follow your dream" was heard and repeated, to a mass audience, and then culminated with seeing John Elway and the Denver team, live out their dream. It seemed that this may be connected to the overall thrust of what's coming for the people in general, even from this rather unlikely source. Is this correct?

#### COSMIC AWARENESS:

This Awareness suggests that this is an elegant example of the receptivity of the Enlightenment, so that no longer are the few enlightened ones huddling together in secret mysterious masses, with rituals often shunned by 'acceptable' tenants of mass-consciousness, that no longer is the concept of enlightenment or empowerment nor manifesting the dreams and visions and destiny a boring concept. That it is a reflection of the shift in consciousness that the masses, normally associated with such events, receive such clarity and direction.

#### The Seed Has Been Planted in Consciousness!

This Awareness suggests that although this is still taken as a platitude or cliché in the consciousness of many of the ordinary masses, that the seed has been planted, and that belief structure will begin to take on more and more significance as entities do indeed learn how to dream, learn how to envision that which they desire, learn how to focus the emotional energy to communicate that intention, and manifest those desired experiences into daily existence.

When entities experimenting with creating the dream have external experiences not aligned with the envisioned dream, then this is a clear sign that the dream needs some revision or that there must be an existing belief which stands between the dream and the reality of the belief.

This Awareness suggests that the mind makes no distinction between that which is created and envisioned

unlimited, versus the beliefs that are set upon the consciousness from the outside by mass-consciousness, determined as 'value,' as 'right,' as 'truth,' as 'knowledge,' by the experience of others without the spiritual adjudication of the specific entity involved. That the mind makes no such distinction. It simply creates that which is desired, and it assumes that every content of mind is desired, for it is at the will of the individual that it is placed there, or at least that it remain there.

This Awareness suggests that as each nuance of belief is discovered that is not aligned with the dream and eliminated, that the experience will become ever-more closely attuned to the dream, so that the underdog **can** rise above and win. That certain universal truths such as economic want and lack and competition for scarce resources become but an ancient and faded memory.

If we have completion, we can continue.

## WHEN PAPA COMES HOME DRUNK AND MOUNTS MAMA

(How Does this Affect the Kind of Baby Just Created?)

#### QUESTION:

A question from JD. She writes: "Entirely too many children are born because papa comes home drunk and climbed on mama. How does this affect the child, as compared to a deliberate conception by a loving couple 'wanting' a child?"

#### COSMIC AWARENESS:

This Awareness indicates that there are several influences involved in this specific situation. This Awareness suggests that as a general principle, consciousness attracts *like* consciousness, so that a conception created in a moment of self-preservationary physical release or self-preservationary denial of the spiritual significance of the act, or a coupling in the absence of the love energy, will attract a consciousness of like energy.

This Awareness suggests that secondarily, specific choices are available to spirits upon embodiment regarding specific challenges, parental limitation, physical limitation, social limitation, economic limitation, which can facilitate the remembering of the Destiny Path so that consciousness of a quicker vibratory level can manifest consciously and specifically in to such a situation, should that be the choice.

This Awareness suggests that entities conceived in a moment of spiritual interaction, of complete physical, emotional and spiritual connection, facilitate spirits of like quickening and attunement so that there is less susceptibility to the impartation of beliefs and structures into the mind that do not resonate with Spirit.

#### A New Respect is Due for the Sanctity of Procreation

This Awareness suggests that the higher the vibratory rate, the consciousness of the entity, the more sensitivity and spiritual attunement an entity will enjoy in the flesh. This Awareness suggests that human beings would benefit profoundly from the understanding and acceptance of the profound responsibility of creating and facilitating a developing spirit and that upon the shifts occurring within mass consciousness, that there shall be an ever-increasing focus and respect for the sanctity of procreation, so that there shall be a reduction of the situations where inadvertent conception occurs.

If we have completion, we can continue.

"So we went to Atari and said, 'Hey, we've got this amazing thing, even built with some of your parts, and what do you think about funding us? Or we'll give it to you. We just want to do it. Pay our salary, we'll come work for you.' And they said, 'No.' So then we went to Hewlett-Packard, and they said, 'Hey, we don't need you. You haven't got through college yet.'"  
—Apple Computer Inc. founder Steve Jobs on attempts to get Atari and HP interested in his and Steve Wozniak's personal computer.

## Manifesting "Miracles" Like Jesus Did

(Was the Cosmic Law of the Vacuum Responsible?)

### QUESTION:

Another question from JD. She writes: "This question is about manifestation. Such "miracles" as Jesus' loaves and fishes or advanced beings like Sai Baba materializing holy ash and trinkets for his devotees. I could never imagine how this is done until I read Awareness' remarks on the Cosmic Law of the Vacuum; for any vacuum created, excess from elsewhere "rushes in" to fill it, in the interest of universal balance, no doubt.

"Are things materialized by application of this principle by creating a very specific vacuum that fills instantly with or by the desired objects?" she asks.

### COSMIC AWARENESS:

This Awareness suggests that this is one of many techniques that ultimately constitutes the manipulation of spiritual Will Energy which is the singular source of all manifestation or miraculous transformation. This Awareness suggests that the entity can certainly imagine such an ability, for such an ability begins with imagination itself.

This Awareness suggests that what she describes as a 'void' which can attract or be filled with that which is desired, is precisely the process wherein *all* of experience is manifested. However, rather than having specifically created voids, mass-consciousness has neatly provided belief structures which eliminate any room for creativity or a void, wherein to define that which is desired, so the creative capacities of mind manifest experiences aligned with the contents and belief structures of the mind.

### The Alchemy of the Spiritual Energy of Human Emotion

This Awareness suggests that it is the spiritual energy of human emotion which provides the juice to alchemize the desired event and that any event believed to be possible, imagined passionately to be possible, including the manifestation of matter from energy can be accomplished by the directing of the Will Energy through focused emotion.

This Awareness suggests that this is why it is essential to understand the different between a fear-based perspective and a joy-based perspective, for the joy-based perspective assumes belief structures which have been specifically and consciously added to the mind as a direction of the spirit having passed to the adjudicating process with the positive 'thumbs up' of pleasing emotion.

This Awareness suggests that negative emotion invoking beliefs identified by the fear that they create can also be chosen and contained within the mental realm, and equally manifested into existence, energized by the fear energy.

This Awareness suggests that as entities begin to experiment with their own creative capacity by defining those items in the varying realms of existence using the Meditation of the Clock; that once this clarity of intention is achieved, that experiences that do not match this manifestation and meet with negative emotion in experience can readily be compared to the intention, so that beliefs which stand between the desire and the outcome can be identified and eliminated.\*

This Awareness suggests with each and every such elimination, more and more power of transmutation is restored within the entity so that ultimately, such miraculous manifestations become the norm when grace and power is restored.

If we have completion, we can continue.

\*Ed's Note: The Meditation of the Clock can be found in

"Revelations of Awareness" issue No. 97-12 (\$3.00 from CAC).

## WHY DO MASTER ADEPTS NOT USE MANIFESTING MORE OFTEN?

### QUESTION:

JD had a follow-up to that question which is: "I am told that esoteric masters who live in such remote places as the Himalayas and the Gobi desert, produce all items they need by a process of thought and/or will. Adepts who live among us and have such ability as this claim to use it relatively infrequently. Why is this so?" she asks.

### COSMIC AWARENESS:

This Awareness suggests that entities, once becoming aware of the creative capacity within them, are not likely to use it on a 'seldom' basis, for it is the primary force wherein desirous experience can be obtained. This Awareness suggests that there are indeed entities who have obtained quite heightened levels of understanding and creative manifestation through manipulation of these energies based upon belief and intent, and that the relative isolation minimizes the impact of mass-consciousness, yet it does not completely eliminate its influence.

This Awareness suggests, again, that this ability lies within *each* and *every* entity, and that the initial steps toward reclaiming it are in understanding and identifying the spiritual messages of the human feeling system, and become acquainted with the interaction between mind, body and spirit. In this manner the mind can be created to do that which it can and is spiritually deemed to provide a blissful and joyous creative experience, pleasing and fulfilling to the ever-expanding consciousness of All That Is.

If we have completion we can continue.

## Now Food Stamp Recipients Have Debit Card (Is This a Negative or Sinister Thing?)

### QUESTION:

A question from Nora Smith, Roseburg, Oregon. She writes: "Dear Grace, so nice to have you aboard! I like your vibration. I am so inspired by the Lessons of Enlightenment that I share them with my friends. Now, a question for Awareness, please.

"In April, in Oregon, all Food Stamp recipients are to be changed to using a card to purchase food. Does Awareness see this as a negative thing to do? A friend of mine says, yes, it is using a debit card, which she says is wrong; but we both are asking Awareness to let us know. Thank you."

### COSMIC AWARENESS:

This Awareness suggests that there is no sinister intent behind this system, but instead it appears to be a more efficient distribution system so that less administration is required and that such funds can be re-allocated toward distribution of food and other requirements, to the needy.

This Awareness suggests that although there was potential manipulation within this particular type of technological system, it is not the case in this specific example, or is it likely to manifest as originally feared. This Awareness suggests that entities receiving such service should do so with a clear conscience, but in examination of belief structures which have limited their experience and power, relegating them to such a necessity. If we have completion we can continue.

## Vanadyl Sulfate as an Insulin Replacement?

### QUESTION:

One last question. Bill Johnson, in Angola, Louisiana, wrote "Dear Avaton, I received an ad for a layman's

medical newsletter for an alternate and self-administered medical techniques by Dr. Julian Whitaker, 7811 Melrose Road, Potomac, Maryland, 20854. He praises vanadyl sulfate which is sold over the counter as a cure for insulin depletion which results from excessive urination and causes 90% of the cases diagnosed as diabetes.

"He says it is a safe replacement for insulin in those 90% of cases. You might try it. It can't hurt if you are "borderline" diabetic and not taking insulin." And I'd like to ask Awareness: Is that information correct?

#### COSMIC AWARENESS:

This Awareness suggests that there is validity given the vibratory rate of this specific substance, and that certain experimental testings within individual entities can allow them to know whether this substance can benefit them or not. This Awareness suggests that there is a caution involving over-utilization of this substance, in that it has an effect upon another organ system which, if used in excess, can produce significant side-effects, affecting the kidneys.

This Awareness suggests that if used sparingly, and conservatively, that this substance can be beneficial and supplemented also with additional citrus, it can be of benefit to the population described.

If we have completion we can continue.

#### Awareness is Pleased

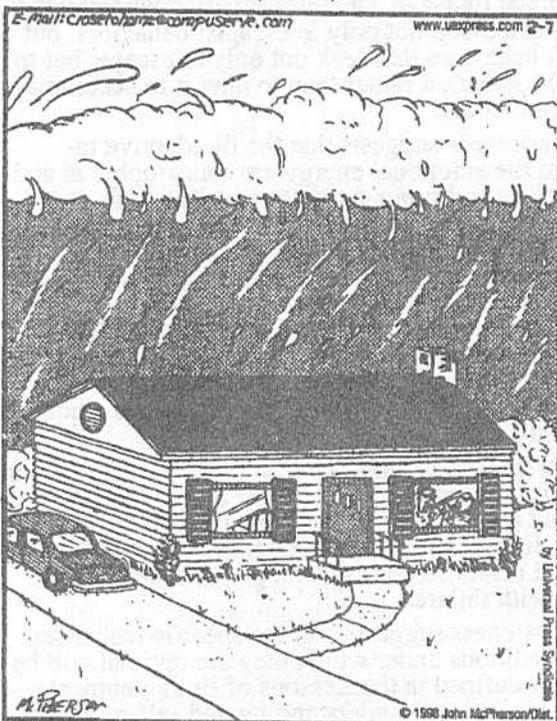
(But Don't Step in Rufus' Dog Manure Again, Avaton!)

#### CLOSING MESSAGE:

This Awareness is pleased with the reception and the broadening of the so-called portal of energy which has vacillated from narrow to broad on many occasions throughout the career of Grace as Interpreter. That this is greatly facilitated by belief structures and shifts and the reduction of limiting mind-sets on each party involved.

This Awareness suggests, however, that there be no further distraction such as that experienced this evening. We have completion.

We will not bring the Interpreter up.



"Well, this whole *el niño* thing sure turned out to be a crock! So it's three degrees warmer than usual. Big deal!"

STAY TUNED FOR THE LATEST IN  
STUDDERED LEATHER COLLARS, CHOKER  
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#### THE KOBE, JAPAN EARTHQUAKE AND THE LESSONS LEARNED

#### QUESTION:

We received a letter from Barbara Cooney, who teaches English in a University at Kobe, Japan, and who was there at the time of the earthquake in April of '95. At that time we contacted Chris Locke, who is another of our members living in Kobe, based on the news of this disaster, which seemed that it had totally wiped out the city.

We heard from him (he survived) and we asked if he would check on her, and gave him her address. Now, in with this letter from Barbara is a post-card dated April '95, with no address. I'd like to read this, and then her comment in the new letter, because there's a question in it. She writes:

"Dear Vicki & Avaton: Chris Locke telephoned and expressed your concern. I'm sending 'Quake Cards' to reassure all those concerned of my well-being.

"The characters symbolize disaster (the quake card has an interesting design on it that symbolizes disaster) and could you ask Awareness for any interpretation that may be available? Such a rich, sophisticated city reduced to Third World status in 20 seconds. The worst aspects was being alone in the chaos, panic, disorganization in the quake's wake.

"I evacuated on Day 5, amidst rumors pending of landslides and flu epidemics. I'm currently fine outside

of Kobe. I returned twice, but still the devastation is shocking, the after-shocks, unnerving. I'm now in Africa to teach peace education in rural Uganda, which is a healing process for me. Thanks for your concern."

Now she included that card with the following letter just received ( July, 1997). She writes: "I just came across this Quake Card I meant to send to you after our earthquake more than 2 years ago. I didn't have your address with me in South Africa so I never mailed it. Thank you for sharing your experience during your severe storms, (which was the ice storm this January). I like to know where people experience trauma. I have an immediate connection with feelings of empathy and compassion.

"Remember, the experiences are a gift. The greater the trauma, the greater the potential for transformation. Isn't it so? We still have occasional after-shocks and many, many empty lots and of construction, daily reminders that life **does** go on."

And my question was: Her statement that "These experiences are a gift. The greater the trauma, the greater the potential for transformation;" could Awareness comment on that, and her observations?

#### COSMIC AWARENESS:

This Awareness suggests two separate strands of thought regarding this situation. The first in that the catastrophic experience of the earthquake in Kobe was in fact symptomatic of the repressed Will Energy of entities in and around that community and of that culture, united by the belief system which subordinates the needs of the individual to the needs of society.

This Awareness suggests that in Japanese culture, the expectation is such that individuals are encouraged to conform to the social dictates to a much higher degree than the individual spirit can allow. The strategy satisfies the needs of the spirit for connectedness and for social cohesion, but at the same time frustrates the needs of the individual to develop and express that unique potential to accomplish the value fulfillment of the spirit in physical form.

This Awareness suggests that the repression of the individual Will Energy without the understanding and the acceptance of the dissonant feelings of individual entities whose social conformity creates a frustrated spirit; that these energies, these emotions, not being identified as the information bearers, which are meant to elicit responses in the individual, which contribute to the social expectations whereby the individual needs for development and expression can become valued; this has not occurred, and that the frustrated Will Energy instead manifested in social phenomena, in individual phenomena, and in physical phenomena such as this particular catastrophic event.

This Awareness suggests that the second line of insight to be gained is related to the first, in that the degree of the catastrophe is related to the degree of wisdom which can be mined from a given experience. This relates specifically to the feedback system in which entities experience the greatest amount of emotional dissonance, of the feelings of fear, of the feelings of anger. This Awareness suggests that the greatest intensities relate directly to the most debilitating and limiting ideas and belief systems with which the entity has subscribed and applied conscious Will Energy, whether or not the intention was in fact conscious, or the learning was part of an early indoctrination, yet unexamined by the individual.

#### Suffering is Necessary for Enlightenment is Not Valid

This Awareness suggests that this principle underlies the distorted image and dogmatic assertion that suffering is necessary for enlightenment in that the dissonance created serves as a symptom and information provider through which enlightenment and creative corrective actions shall result.

This Awareness suggests that entities are not presently attuned to this informational system, and that a predominance of escapist behavior replaces the corrective behavior that the emotion motivates. This Awareness suggests that avoidance activities, strategies that basically deny the feelings, create more and more blocked energy surrounding the belief system, wherein events will be attracted which will bring about its discovery and release with ever more powerful catastrophic results, if the early initial minimal impressions are denied.

This Awareness indicates that such denial allows for the continuing of the building of pressure within the system, in such manner that personal, social and physical catastrophe can be created by the very Will Energy that seeks expression to bring about the discovery of the limits they have inadvertently placed upon themselves.

This Awareness suggests that intensity, however, does not equate with piety and that the more natural course would be the identification of the information contained in the emotional feedback, while the levels of intensity remain reasonably innocuous.

This Awareness suggests that the normal, natural level of sensitivity has become a rarity due to the many strategies of denial and systems of belief that protect entities from those situations, both psychologically and physically, that avoid the extraction of negative feelings, such that there is a numbness created to this particular sensory pathway and that stronger and stronger emotional impressions are necessary to capture the attention and elicit the corrective response.

This Awareness suggests that the more energy invested in the feeling and the less understanding of the informational message, creates a situation whereby the energy is acted out, not only in escapist behaviors, but in violent behaviors that seek not only to escape, but to destroy the situation rather than to alter it to accommodate the individual.

This Awareness suggests that the ill-adaptive responses to the emotional energy are catastrophic in and of themselves and bring about the results which can serve to identify the strategies, if such actions are analyzed and understood. This Awareness suggests entities become attuned to their own level of self-honesty as it pertains to feelings, as it pertains to situations that they may be avoiding, wherein there is a reasonable expectation of fear, of anger, of envy or guilt, such that the situations themselves are avoided rather than the understandings that the avoided emotions should bring about.

This Awareness suggests that such denial is, in fact, in direct opposition to this Awareness, and that there is widespread abuse of the denial strategy, which has a very specific place in the emotional system, but exists as a last-ditch response after several previous responses have met with failure.

This Awareness suggests that the specific responses and the conditions under which they are optimal will be specifically defined in the Lessons of Enlightenment, but that a preliminary understanding and self-reflection

regarding denial, and the level of self-honesty entities operate upon, shall be subject to great scrutiny.

If we have completion we can continue.

### Carrying Trauma "as a Gift"

FOLLOW-UP QUESTION (VIKKI):

I wonder if Barbara's observation of carrying trauma as a gift might relate to the degree of structure that the trauma knocks down. It makes it an opportunity to rebuild without the bad parts of the structure that were there.

COSMIC AWARENESS:

This Awareness suggests this is an excellent recapitulation of the breaking down of belief systems and of physical vestiges of social systems that represent limitation in such manner that a renaissance and a rebuilding can resume, and that negativities are not included in the future floor plans. However, if the association is not made between the symptom and the belief, then the edifices will be resurrected with the inherent flaws for subsequent disasters to continue to plague the inhabitants.

If we have closure we, can continue.

### WHAT EXACTLY IS "DOWSING?"

(And Can it be Used to Contact the Higher Self?)

QUESTION:

A question from Lloyd K., in Vermont. He writes: "In looking over my past issues of Revelations of Awareness in the 1977-1993 index of subjects, I could not find any reference to the subject of dowsing. Also, in issue 88-2, the introductory subject is titled "Talking to God With your Computer," the response from Awareness suggests that a computer can be used as a sort of an electronic Ouija board.

"My personal definition of "dowsing" is that it is a psychic activity exercised through the use of an instrument, i.e., a dowsing rod or pendulum. Based on this presumption, my question to Awareness would be: Could you please explain what dowsing is? How it works, and can it be used for contacting the Higher Self, and as a precursor to automatic writing?"

"If so, what should be our attitude to approaching this subject? I am a member of good standing in the American Society of Dowsters. Their headquarters is in Danver, Vermont. I was the founding president of the Virginia Blue Ridge chapter, and I have had an interest in the subject for many years. I've always felt that it was an activity that many people, especially children, could relate to and practice without difficulty. Thanks for your attention to the above," he says.

COSMIC AWARENESS:

This Awareness suggests the questioner has a fine attunement to the mechanism and the understanding of the process described as 'dowsing'. This Awareness suggests that in a general sense, any mechanism, be it a dowsing rod, a pendulum, a Ouija board, a Tarot card, TV's, a crystal ball; any particular vehicle through which an entity can access the Universal Consciousness is in fact of this category described as 'dowsing'.

This Awareness indicates that experiments and successes in using an intermediary device such as any of those described, can be a precursor for a more clear and direct channel to Universal Consciousness. This Awareness indicates that the entity, the questioner, is also accurate of his depiction of dowsing as a precursor to automatic writing, although in essence, a pen, a pencil, a computer, is yet another instrument through which Universal Consciousness is accessed by the individual.

### How to Use a Computer for Automatic Writing

This Awareness suggests, however, that the computer is a particularly well-suited instrument for such purposes due to the efficiency and expediency involved in the creative accomplishments available to systems presently. This Awareness suggests that the questioner and any other entities interested in experiments in experiencing the phenomenon of dowsing through automatic writing, to sit down at the computer console in a quiet room with no distractions and allow the mind to wander, allow the mind to wander away, to find refuge in the far corner of the room, where it can take a nap and allow for a more direct intuitive communication between Universal Consciousness through the individual consciousness, presenting through the dexterous manipulations of the keyboard, and the manifestation of words and concepts and fluid thoughts upon the screen and ultimately in printed form.

This Awareness suggests that such an exercise can be beneficial to entities interested in embarking upon the journey to self-awareness, and that this particular channel is already utilized by the Interpreter Grace regarding the delivery of the Lessons of Enlightenment.

This Awareness suggests the entity Grace will communicate certain experiences regarding this channel, and regarding the delivery of the lessons and how this work relates to the verbal channel she experiences presently, so that individuals can resonate with their own abilities and benefit from her experience, and from it, to gather the courage for such experiments in consciousness which will ensure them of their Universal Connectedness and individual accessibility to the Universal Consciousness and to this Awareness and to every aspect of All That Is.



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

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#### MEMBERSHIPS AVAILABLE ( Honor System! )

INDIVIDUAL: \$42 per year or \$12 quarterly  
 FAMILY: \$52 per year or \$20 quarterly  
 CONTRIBUTING: \$77 per year or \$25 quarterly  
 SPONSORING: \$144 per year or \$40 per quarter  
 BENEFACTOR: \$500 per year or \$150 per quarter  
 PATRON: \$1000 per year or \$250 per quarter  
 ANGEL: \$5000 per year or \$1500 per quarter  
 LIMITED INCOME: \$30 PER YEAR OR \$9.00 QUARTERLY