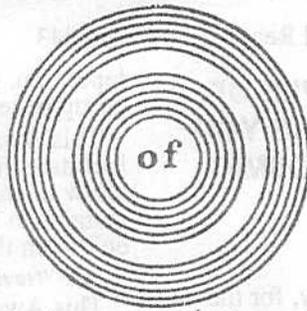


# Revelations

The Cosmic Newsletter

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# Awareness

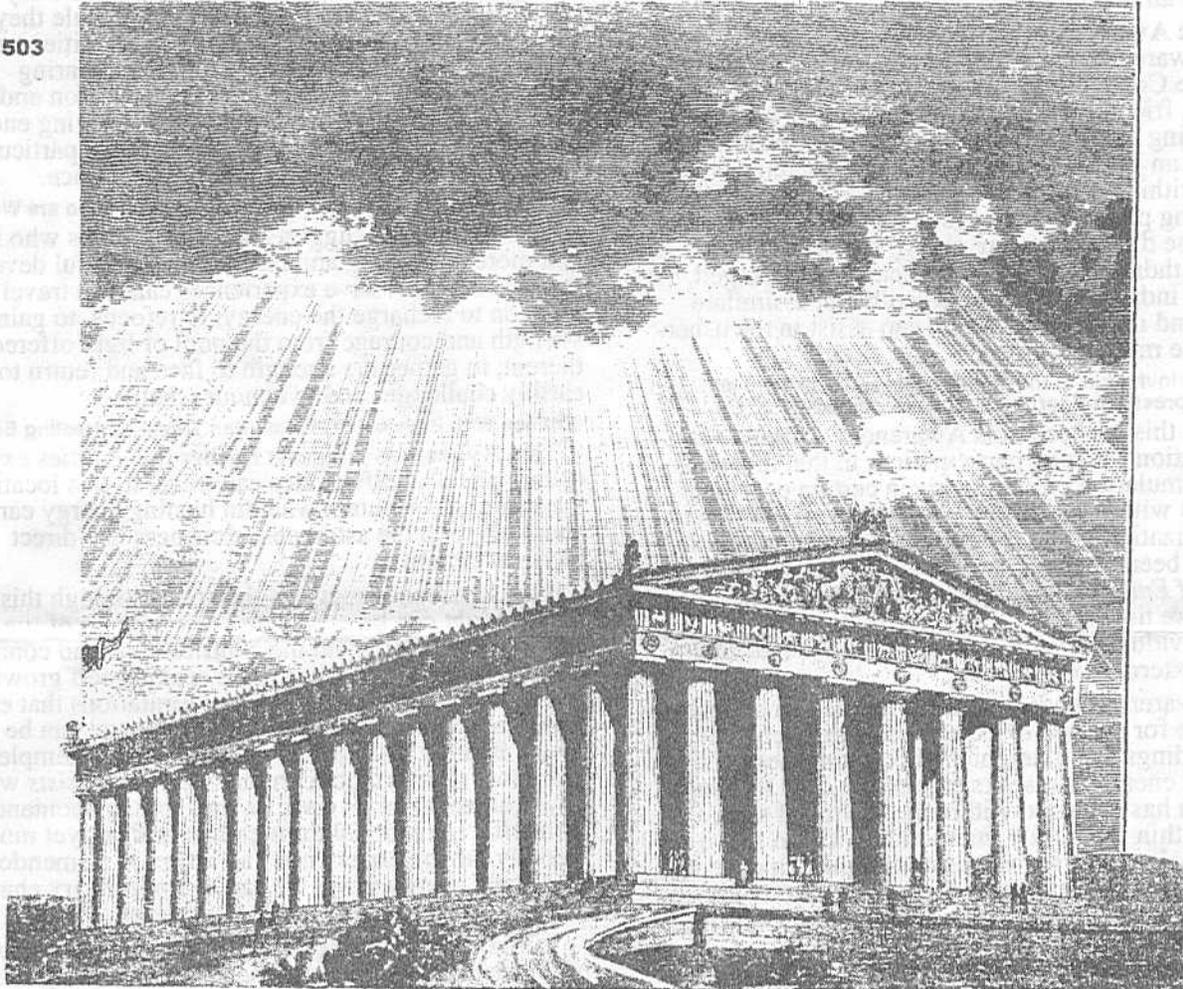
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Cosmic Awareness asks you to participate in a grand cosmic experiment!

## IT'S TIME TO CREATE THE TEMPLE OF LIGHT!

( A Cosmic Meeting Place to Store and Withdraw Group Energies )

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\*\* The Tale of Amen-Ra's Mummy

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## IT'S TIME TO CREATE THE TEMPLE OF LIGHT: COSMIC AWARENESS ASKS YOU TO PARTICIPATE IN A GRAND COSMIC EXPERIMENT

### Question:

5/10/98

Awareness, we're here today, Mother's Day, for the 43rd session with Grace as the Interpreter. Does Awareness have an opening message?

### Cosmic Awareness:

This Awareness suggests and requests the participation of the Cosmic Awareness community, staff and members, friends and relatives of members interested in participating in a grand cosmic experiment wherein energies can be combined, deposited, exchanged and utilized within a centralized location of sorts: a communal meeting place where various focuses of consciousness can be directed; where energy can be deposited and energy withdrawn, where energy can be exchanged, that can assist individuals as well as cultures, assimilate wisdom and information which can assist in the usherance of the millennium.

### A Cosmic Invitation to the Membership to Participate and Help Express the Energies You Have Already Built Up

Toward this purpose, this Awareness extends a cosmic invitation for such participation, in that there has been accumulation of energy given certain consciousness shifts within humanity, particularly in relation to this organization given the conviction and faith of those who have been studying and benefiting from the *Lessons of Enlightenment*; that certain shifts and energies are now ready to be actively expressed within many individuals. The energy now needs some central focus of external expression.

This Awareness suggests that It has been a common experience for entities to experience enlightenment and understandings and a heightened consciousness with an associated energy that seeks expression, and that such expression has occurred within the realms of such entities within the family interactions, within the professional arenas, within the community in general, yet that the energy still seeks a common higher direction to associate with like energies of other entities having generated energy from the same source.

### A Consciously Directed Communal Meditative Practice

This Awareness suggests also that the time is right to facilitate and direct these quickened energies through a consciously directed communal meditative practice. This Awareness suggests that entities resonating with the experiences described, can sign up for participation through the meditative practice to be offered.

This Awareness suggests also that entities who have experienced the quickening, whose sleep patterns and energy levels have been disrupted, those that have been awakening in the wee hours of the night with images and energy and insights flooding the consciousness from alternate realms; that such energy can be channeled at such times by journeying to the specific meeting place wherein energies and consciousness can unite and be exchanged.

### The Meeting Place to be Called The Temple of Light

This Awareness suggests that the meeting place can be described as the Temple of Light, wherein entities can travel through meditative excursions and experience the energy and resonance of love, of unity, of light and universal cooperation that will resound therein. This Awareness suggests that as entities travel to this location in greater and greater numbers and with regular

repetition, that specific and powerful individual and group benefits can result.

This Awareness encourages participation to further facilitate the opening of the doors of consciousness to allow in and to allow out the energy sparking the insights to be processed and expressed, to further enlighten the mass consciousness of humanity.

### Travel to the Temple and Share Your Experiences

This Awareness suggests that entities interested in such participation can practice this exercise daily if possible, or at some regular interval schedule they find pleasing. This Awareness suggests that entities travel to this location for the specific purposes of sharing experiences of love and light and cooperation and depositing the spontaneous enthusiastic loving energy therein, when they have experienced those particular signals from spirit in a given daily experience.

### Entities with Frustrating, Painful Experiences Also are Welcome

This Awareness suggests also that entities who have had more frustrating and challenging, painful developmental and expressive experiences can also travel to this location to recharge the energy, to refocus, to gain the strength and courage from the pool of light offered therein, to gather the strength to face and return to the earthly challenges and to conquer them.

### Entities With Physical Problems Can Travel for Healing Energies

This Awareness suggests further that entities experiencing physical difficulties can travel to this location to the medicinal fountain wherein healing energy can be anointed upon the astral consciousness for direct physical benefit.

This Awareness suggests then that although this Temple Of Light can be considered as symbolic of the community of light and the contributions and connections between enlightened souls seeking self growth and taking active steps to remove the limitations that exist in mass-consciousness, so that enlightenment can be more easily attained by those to follow; that this temple is also more than symbolic in that it *already exists* with a physical reality of its own, having sprung spontaneously from efforts historical through humankind, yet most recently having experienced an influx of tremendous additional energy given the rapid evolutionary change in consciousness humanity is now experiencing.

This Awareness suggests that as entities add experiences that are joyful, spontaneous and pleasing to spirit, that there is an automatic depository into the hall of light within this temple. This Awareness now suggests a specific meditative exercise through which to access this community Temple Of Light and recommends a daily pilgrimage to the wells to add additional energy and strength to the power and effectiveness of the Meditation of the Clock.

This Awareness suggests that both activities are highly beneficial for daily practice and that one perhaps can be practiced in the morning and the next in the evening or whenever the individual deems appropriate. Many entities find their power center more effective in afternoons.

This Awareness suggests that entities design the daily activities in ways to accommodate this enterprise, for as the millennium approaches, the energies gather and such practice is highly beneficial on individual as well as mass-levels. The following is to be known as the Meditation of the Temple.



### The Meditation of the TEMPLE

This Awareness suggests that entities upon relaxing in a quiet location, preferably in an upright position; that entities are to begin the meditation by taking ten deep cyclic cleansing breaths and relaxing the consciousness, focusing it within. This Awareness suggests then suggests the entities envision themselves positioned at the top of a golden staircase that consists of ten large flat descending golden stones.

This Awareness suggests that entities then take a cleansing breath and step to the first stone and feel their consciousness slipping down to the depths of attunement to the Universal Energies. This Awareness suggests that with each step and with each cleansing breath that entities descend deeper and deeper toward the destination which glows at the foot of the staircase as a magnificent golden edifice of architectural design, pleasing to the individual, yet comprising the pinnacle images that exist within mass-consciousness, in such glorious edifices as the Taj Mahal, the Parthenon, the Great Pyramids, and the cathedrals of Russia; or any such visual masterpieces created or imagined by humankind.

This Awareness suggests that the imagery be as detailed and ornate as the entities find pleasing, but that as the consciousness descends to the edifice that an increasing feeling shall be encountered wherein there is a universal resonance with the love and the light of Universal Consciousness, as well as the experience of the connectedness with humanity as a whole and the dance of universal cooperative consciousness.

This Awareness suggests that as entities approach the edifice upon the 10th breath, that they enter through the golden gates into the temple itself, wherein any imagery can be invoked to represent the Hall of Wisdom, the Fountain of Healing Energy all within the eternal glow of Universal Oneness and Light.

This Awareness suggests that entities then recreate experiences of enlightenment and resonance, recreating the emotional signals of joy, of compassion, of cooperation and of love, whereas each vibration permeates the edifice, making it glow ever brighter and ever more powerful. Entities can imagine themselves welling up from within with such light in invitation to daily experiences which can facilitate self-development, until such a point that the light of spirit simply bursts upon the world in powerful enlightened self-expressions.

This Awareness suggests that although energy can be received from individuals, the power is never minimized and is in fact *strengthened by both deposits and withdrawals* of such energy. This Awareness suggests that entities partake of the waters of healing, anointing themselves mentally and physically with bodily areas to cleanse themselves of the results from limiting beliefs with past experiences, and to let go of wounds which they may be recreating in present experience.

This Awareness suggests that insights be deposited into the halls of records and that the imagery of texts and visual stories can facilitate such exchanges of common human experiences. Entities shall experience heightened consciousness and creative insights which they can take back into the physical realm for problem solving and life improvement.

This Awareness suggests that entities use the maximum abilities of the creative imagination to have the most fulfilling and rewarding experiences and exchanges of energy while visiting the Temple of Light,

and that when they return to their normal consciousness, through breathing and ascending back up through the levels of consciousness into the physical realm, that they shall take with them the energy, the insight, the healing, the love and the light to further express and usher the Golden Age.

#### Report Common Experiences to CAC

This Awareness requests that entities begin such activity if they so choose, and to report common experiences through this organization. This Awareness suggests also that entities can experience heightened abilities and mobility of consciousness through such experiences and that entities can work together, meeting each other in the Temple of Light, experimenting with projections of consciousness and telepathic communication and exchange of healing energies.

This Awareness suggests that such practice, individually and en masse, can reap astounding benefits.

If we have completion we can continue.

### THE "MILLENNIUM BUG" IN MAINFRAME COMPUTERS: WILL IT BE FIXED?

#### QUESTION:

Awareness has given a little information on this subject I'm going to read here, but it's a problem that doesn't seem to go away, and each day it seems there's more and more concern and information about it. This question from Bill Cordingly, San Anselmo, CA., should bring forth some more information.

He writes: "I've been hearing more and more talk about what people are calling 'The Year 2000 problem.' As I understand it, when many mainframe computers around the world reach midnight on December 31st, 1999, they are likely to crash or start inaccurately computing data, because they have not been programmed to know that the next day is the beginning of the year 2000.

"Instead, they will interpret the year as 00. What seems to concern many people who understand the problem and its severity, is that these computers are involved in just about every aspect of our lives. Most are all U.S. and international banks, the IRS, the Social Security Administration, and on and on. I've heard that these government bodies have acknowledged that they cannot or are not willing to fix the problem, at least not in time for the millennium.

"A world-wide computer 'crash' is therefore inevitable. That would mean no money would be available from banks. Savings accounts and stock portfolios would potentially be wiped out. People would run out of money, then food and other basic necessities of life. While I'm not inclined to give my attention and energies anymore to the thought of ET's interfering with us and other such negative subjects, I *do* find myself more than a little concerned about this, since it's real.

"It's only about 18 months away and there's no acknowledged solution to it for the largest, most important mainframe computers, and it would have catastrophic impact on the way we live. So, my questions are: "Is this scenario accurate? What does Awareness see as the actual impact of so many key computers crashing? And finally, what can we do to negate or minimize the impact of the problem on our lives?"

#### Cosmic Awareness:

This Awareness suggests that due to the interconnectedness of all of humanity, and the enmeshment of energies which constitute the beliefs and structures of human civilization, referred to as mass-consciousness, that humans are indeed interconnected and interdepend-

ent upon certain technologies, upon information systems and economic systems, and communications systems, and that what is known as the "Year 2000 Problem" is symbolic of humanity's striving for technological unity and cooperation in a consciousness climate of competition and the absence of spiritual unity, understanding and cooperation.

#### **In One Scenario the Year 2000 Problem has Been Underestimated**

This Awareness suggests that humanity travels two alternate probabilities at this point in time, wherein in one actuality, the technological interdependency is not supported by spiritual interrelation to the degree that the situation can be remedied. In this scenario, the year 2000 problem has been *underestimated*.

The second probability, which is experiencing gathering energy, is that the technological interdependency is more closely rivaled by the level of energy of spiritual interdependency and enlightenment that has been achieved through the rapid alterations in consciousness. Should this probability be actualized, the Year 2000 Problem will be minimal indeed.

This Awareness suggests that contrary to many 'dooms-day' predictions, that many problems are solvable as engineers sift through the many strands of interconnection from system to system and program to program, making the necessary alterations, yet that the effort must be a near-universal one in order for the changes to suffice. It is indeed, a mighty and powerful test of the level of human civilization.

#### **Depositing Energies in the Temple of Light Can Help**

This Awareness suggests that the outcome will be in direct relation to the flux in consciousness and the progress of consciousness that can be made between now and then. This Awareness suggests that energy and actions through enlightened entities, for example depositing such positivity toward this specific problem while visiting the Temple of Light, can actually facilitate the progress in this area, just as entities can use this edifice to detract energy from negative scenarios of which they have been apprised.

This Awareness suggests that concerned entities make their contributions in such a way, in addition to any other expressions already in order. This Awareness suggests that although the situation within many government systems is too complicated to effect the needed level of intensity of cooperation to effect solution, that the critical services such as banking industries have experienced a far more intense focus of energy toward solution and that the scenario predicted is not likely to occur as set forth.

#### **Food Supplies Will Not be Affected**

This Awareness suggests that food supplies will not be affected, yet that if entities are concerned, then they are encouraged to take the necessary steps to ensure that they can provide for themselves, but with a caution regarding the power of suggestion and focused thought, such that entities do not create for themselves unnecessary lack. This Awareness suggests that the actuality is not yet set, and that as the energy is sent toward one probability or the other, that the outcome will be readily apparent.

This Awareness suggests that as the energies are building at this point in time, the outcome leans toward the more positive scenario, but that entities are encouraged to vigorously participate and do not deny the level of responsibility wherein each link in a chain must be noticed, attended, altered and reconnected with the alterations.

This Awareness suggests that if humankind is indeed

spiritually connected to the degree that justifies the technological communication and interdependency that is now possible, that they then can begin the next wave of technological advancement. This Awareness suggests that on the other hand, should they fail this test at this time, then there will be a necessary rebalancing and righting within mass-consciousness, wherein a technological reduction or collapse will necessitate the rebuilding of the technology to the level of the rebuilding of the spiritual connection and community.

This Awareness suggests that entities not be overly concerned. For the universal spirit ensures that appropriate balances will occur when necessary for the overall good of humanity, and the reverse progress is in actuality always forward progress.

If we have completion, we can continue.

### **She Dreamed of a Shiny Silver Ball that Exploded by her Ear: What Does it Mean?**

#### **QUESTION:**

A question from Joyce Howard, Cleveland, TN., that she sent in over the Internet. She writes: "Greetings! I am hoping you can and maybe would answer this question for me. I have looked in my library and everywhere to no avail. Two nights ago I was dreaming of a shiny silver ball about four inches in diameter. It was flying around slowly and then it went toward my left side by my ear. Then it exploded and flew apart in the explosion.

"I noticed that the inside had a white lining. When it exploded, it sounded like a loud gunshot and it woke me up with a start. I even got up and looked outside, it seemed so real. I couldn't figure out how my husband could have slept through it, it was such a loud bang. Then I figured it was a dream, but I don't understand. Do you have any ideas or insights? This is the first time I have ever asked for advice. I have asked myself: what could this mean? Thank you."

#### **Cosmic Awareness:**

This Awareness suggests that this entity has been traveling and enjoying such spontaneous sojourns to other focuses of consciousness and altered aspects of her reality, visiting within realms and aspects of the larger personality existing in alternate times and spaces.

This Awareness suggests that the glowing metallic object was taken directly from a technological actuality perceived in what could be described as a future incarnation, a bleed-through experience, as the consciousness embarked upon nocturnal sojourns.

This Awareness suggests that the particular meaning specific to this particular incarnation embodied in this symbol is the bringing forth of energy and enlightenment from alternate realms and bursting open within the physical realm, and exploding upon the consciousness in ways that can awaken from the sleep and hypnotic habitual actions dictated by the limitations offered within the mass-consciousness.

This Awareness suggests that this entity is on the verge of just such a breakthrough wherein specific core belief structures will be identified using the emotional signals and the powers of the mind applying rational analysis and replacing the faulty belief systems with more empowering ones can effect just such an explosion of enlightenment and empowerment upon this entity, so that a tremendous burst of energy and progress toward the Destiny Path which lies within the conscious awareness, but just past arm's length, can now be grabbed by the tail, so to speak, and this entity can get about the tasks at hand with which she has been challenged by higher broader spirit from before physical

incarnation, which can now be achieved and expressed in actuality in the physical realm.

If we have completion we can continue.

## THE TALE OF AMEN-RA'S MUMMY

### QUESTION:

Ed Hager sent to us over the Internet an interesting document which I'm going to read and ask Awareness to comment on, as to whether this information is valid and if it has anything at all to do with the circumstances that occurred at the end of this tale. He writes: "Of all tales of the supernatural, this one is perhaps the best documented, the most disturbing and the most difficult to explain.

"The Princess of Amen-Ra lived some 1500 years before Christ. When she died, she was laid in an ornate wooden coffin and buried deep in a vault in Luxor on the banks of the Nile. In the late 1890's, four rich young Englishmen visiting the excavations at Luxor were invited to buy an exquisitely fashioned mummy case containing the remains of the Princess of Amen-Ra. They drew lots. The man who won paid several thousand pounds and had the coffin taken to his hotel.

"A few hours later he was seen walking out towards the desert. He never returned. The next day one of the remaining three men was shot by an Egyptian servant, accidentally. His arm was so severely wounded it had to be amputated. The third man in the foursome, found on his return home, that the bank holding his entire savings had failed. The fourth guy suffered a severe illness, lost his job and was reduced to selling matches in the street.

"Nevertheless, the coffin reached England, causing other misfortunes along the way, where it was bought by a London businessman. After three of his family members had been injured in a road accident and his house damaged by fire, the businessman donated it to the British Museum. As the coffin was being unloaded from a truck in the museum courtyard, the truck suddenly went into reverse and injured a passerby. Then, as the casket was being lifted up the stairs by two workmen, one fell and broke his leg. The other, apparently in perfect health, died two days later.

"Once the Princess was installed in the Egyptian room, trouble really started. The museum's night watchman frequently heard frantic hammerings and sobbings in the coffin. Other exhibits in the room were also often hurled about at night. One watchman died on duty, causing the other watchmen wanting to quit. Cleaners refused to go near the Princess too. When a visitor derisively flicked a dust cloth at the face painted on the coffin, his child died of measles soon afterward.

"Finally, the authorities had the mummy carried down to the basement, figuring it could not do any harm down there. Within a week one of the helpers was seriously ill and the supervisor of the move was found dead at his desk. By now the papers had heard of it. A journalist photographer took a picture of the mummy face, and when he developed it, the painting on the coffin was of a horrifying human face.

"The photographer was said to have gone home then locked his bedroom door and shot himself. Soon afterwards, the museum sold the mummy to a private collector. After a continual misfortune and death the owner banished it to the attic. A well-known authority on the occult, Madame Helena Blavatsky, visited the house. Upon entry she was seized with a shivering fit and searched the house for the source of "an evil influence of incredible intensity." She finally came to the attic and found the mummy case. 'Can you exorcise

this evil spirit?" asked the owner. Blavatsky replied: "There is no such thing as an exorcism. Evil remains evil forever. Nothing can be done about it. I implore you to get rid of this evil as soon as possible." But no British museum would take the mummy.

"The fact that almost 20 people had met with misfortune, disaster or death from handling the casket in barely 10 years was now well known. Eventually, an American archaeologist who dismissed the happenings as quirks of circumstance paid a handsome price for the mummy and arranged for its removal to New York. In April, 1912, the new owner escorted his treasure aboard a sparkling new White Star liner about to make its maiden voyage to New York.

"On the night of April 14th, amid scenes of unprecedented horror, the Princess of Amen-Ra accompanied 1500 passengers to their deaths at the bottom of the Atlantic. The name of the ship was Titanic."

That was the end of the tale. Does Awareness have any comment on that bit?

### Cosmic Awareness:

This Awareness suggests that the tale provides an excellent and imaginative symbolic representation of many concepts within mass-consciousness spun together to illustrate a universal phenomenon which underlies much of which has been described as 'evil,' which underlies many belief structures and cultural superstitions regarding such powers.

This Awareness suggests that the symbolic benefit from this tale lies in the realm of understanding the incredible creative power of human consciousness and how belief structures themselves can manifest through mental and emotional energy, the creation of such dramatic events.

This Awareness suggests that as to the actual validity of the events in the entire tale, that it exists more as a fabric woven from many such tales, rather than a factual actuality, yet that the patterns and energies reflect actual universal principles valuable to discuss. This Awareness suggests that the entity described as the princess is, was, and will be, a powerful entity indeed, and that in current past and present incarnations, the entity still participates in focusing consciousness toward that incarnation, so that certain energies are perceptible by entities with connections: physically, emotionally and mentally, to her life and its symbolic meaning, to those that would follow in cultural traditions and historic experiences interacting with such energy.

### The Belief in "Evil" and Black Magic Made These Things Happen

This Awareness suggests that within the culture of the community at the time of this entity's life, there were powerful belief structures regarding 'evil' as an actual force which could be manipulated by individuals, so that the mass consciousness was permeating individual consciousness in such a way as to validate those belief assumptions. Black magic was commonplace, methods for spells and voodoo curses popped up spontaneously around the globe, having very real effects upon the participants.

This Awareness suggests that entities adopting such belief structures, do actually create seemingly evil and negative minor, major, and even catastrophic events simply due to the fear energies fleshing out the mental expectation of such scenarios; that indeed this entity elicited a great deal of power, and was held responsible for many negative as well as many positive events.

Thus, entities vicariously siphoned and directed individual power in crediting it to this entity. This Awareness suggests that as such belief systems are reinforced

and bolstered with incoming energy and belief networks, that such artifacts and symbolic icons actually *collect* and *act* as a repository for certain energies, and do indeed channel such energies into the life events of entities interacting who hold and entertain strong belief systems which are in agreement with the empowerment of the icon.

#### How Entities Unconsciously Create These Events

This Awareness suggests that this type of energy channeling and transfer happens at a less than conscious level of awareness, wherein entities do not rationally perceive nor understand the belief structures through which they organize their perception and direct their Will Energy, through which life events will then manifest. But they none-the-less create with such energy willy nilly in ways which accurately create those events which reflect the original beliefs.

This Awareness suggests that entities who understand and begin to gain conscious control over the incredible power that exists within the realm of mind, to consciously and purposefully design the belief structures so that the power is channeled to manifest those events *desirous* to the spirit, those events which propel the entity to the rightful position along the Destiny Path, and provide the motion for its rapid actualization; that such entities can *never* be susceptible to negative or so-called 'evil' forces emanating from coffins.

This Awareness suggests that such tales can provide much enlightenment indeed, or they can continue to perpetuate belief structures that disempower with such concepts as 'external evil forces' which can somehow control and remove the rightful will and freedom that is the Spiritual Destiny and birthright of any physical human being.

If we have completion we can continue.

### THE SINKING OF THE TITANIC

( Was It Just a Tragic Accident or Something More?)

#### QUESTION:

Would Awareness discuss briefly that Titanic tragedy? There's not supposed to be any coincidences or accidents, but here was a ship on its maiden voyage that many entities converged upon, and about 1500 of them died in tragedy. Was this in fact just an 'accident' or was there something more cosmic, and significant about it; the magnitude and so forth.

#### Cosmic Awareness:

This Awareness has reiterated time and again that *there are no accidents*, and also that individual entities utilize far more choice and selectivity given the life events, the birth events and the death events themselves. This Awareness suggests that each participant in that rather dramatic choice of exit was a *willing* participant, and that such willingness exists below the ordinary waking level of consciousness in levels of deeper understanding and universal choice, wherein death is not a fearsome negative end of one's existence, but a liberating resurgence of universal freedom.

This Awareness suggests, however, that entities who choose the physical experience in this specific location in time/space known as the earth, seek in part to have experiences which impact and alter the historic collection of cultural traditions and beliefs and experiences which constitute mass-consciousness, so that an entity donning the chemical cloak and beginning a new physical existence will be received with offerings far less limited than those currently available.

#### All Dramatic Exits Really Anything But What They Appear

This Awareness suggests that each and every human being participates in some manner in leaving their mark

upon mass-consciousness through their life, through their birth, through their physical vehicle, and yes, through their death. This Awareness suggests that each and every exit drama embodies a message to humankind about humankind, and that such dramatic group adventures as the Titanic disaster or as the flight 800 explosion or the Challenger explosion, or any such catastrophic event which seemingly robs innocent victims of their destined experiences, is really anything but what it appears.

#### The Message to Mass-Consciousness From the Titanic

This Awareness suggests that the message to mass-consciousness embodied in the Titanic disaster has been a message often repeated regarding the arrogance of humanity to assume such superiority technologically, yet retain a level of ignorance and disconnection spiritually and actively resist, deny and ignore the messages which scream from within for spiritual liberation and reconnection.

This Awareness suggests that the Titanic itself was symbolic of the best materials, the best nautical engineering, the wisest courses of action, such that it was "unsinkable." Yet the human hubris, the ignorance, disconnection, and arrogance was actualized in the design flaws, in the lack of safety procedures and devices which would ultimately claim the lives of seemingly innocent victims.

This Awareness suggests that entities responding to the recent resurgence of this dramatic event upon the consciousness of modern human beings can once again revisit the relationship between the technological advancement and knowledge and wisdom that exists within mass-consciousness, equating it to the level of understanding connection and receptivity to the spiritual impetus within.

This Awareness suggests that entities are now far more likely to benefit from this tale, given the quickening of consciousness and the understandings regarding the physical, mental and emotional interactions that have historically been neglected, misunderstood and defiled.

This Awareness suggests also that no matter how beautiful, how fetching, how strong and how successful human manipulations and technological creations can be, those that exist as vessels upon the sea of consciousness, upon the energies and motions of nature; those that are buoyant only due to the grace of nature should be humbled indeed in recognition of that support and eternal universal knowledge symbolic of the ocean, which did eventually claim this titanic symbol of human arrogance and vulnerability.

If we have completion we can continue.

### IS THE NEW IMPOTENCE PILL VIAGRA HARMFUL TO THE BODY?

#### QUESTION:

A question from Milton Davenport, in Plymouth, North Carolina. He writes: "I don't trust anything that the government approves, but is the pill Viagra for impotence good or harmful to the body? Please ask Awareness," he implores.

#### Cosmic Awareness:

This Awareness suggests that although the belief systems have a powerful influence upon the physical body regarding the positive and negative medicinal or debilitating effects of any chemical consumed, that there *are* some negative emotional and vibrational patterns associated with this substance, that can exhibit some detrimental effect upon the circulatory system which has

yet to be detected.

This Awareness suggests that entities suffering from afflictions such as those for which this substance is recommended, can find far more powerful benefit in examining the belief systems and structures surrounding their sexuality, and relationships, the level of exchange of energy between the loved ones, the openness and receptivity to valid experience and emotional attunement.

#### **New Meditation Suggested Over Pill to Help Problem**

This Awareness suggests that the repression and denial of emotional signals within the male of the species contributes far more to such dysfunction than any such physical property could ever exhibit such effect. This Awareness does not recommend the use of this substance and instead suggests that entities experiencing such symptomatic distress shall first utilize the meditative exercises recommended by this Awareness and most particularly attune to the emotional signals and attend to the relationship energy flows and that tremendous relief and progress can be achieved in these avenues,

If we have completion we can continue.

Ed's Note: There are some deaths being reported on men who mix Viagra with nitro-glycerin and other heart medicines prescribed by their doctors. The rule now is: Don't mix Viagra with any other drug.

#### **How About Viagra for the Female Libido?**

##### **FOLLOW-UP QUESTION:**

There's an article on this substance. It says it gives hope to women also. That a Boston University study is examining whether the new impotence pill for men might restore lost sex lives for women who take it. One participant in the study, 39 year old Baltimore hair-dresser, tried Viagra and said she had her first orgasm since her hysterectomy, 5 years ago, and so on.

Does Awareness basically have the same advice for women using this substance also?

##### **Cosmic Awareness:**

This Awareness suggests that like any substance, it recreates chemical interactions and hormonal substances *already* existing in the physical form. This Awareness suggests that belief systems negatively influence the body, so that production of essential communicative chemicals is often interfered with to the degree that systems do break down. This Awareness suggests that the human medical propensity to recreate chemicals, crude versions of the elegant biological creations of Universal Spirit, can indeed physically manipulate the form, just as certain chemical compounds can manipulate the consciousness through adjusting brain chemicals.

This Awareness suggests, however, that drug dependency of any kind is not a healthy or wholesome approach, but that the example provided does illustrates the connection between belief structures, chemicals and physical alterations in experience including sexual dysfunction.

For example, the entity, a woman in this particular incarnation, entertained a life-long belief network wherein the identity and sexuality revolved around the reproductive activities and roles and expectations for a woman to achieve self expression in the realm of motherhood. When the vessel of reproduction was removed, the belief structures brought about the physiological separation of this woman from her sexuality, given certain beliefs regarding sexuality being strictly a reproductive energy, as entangled with her identification with material expectation.

**Her Belief Prevented her From Enjoying Sex**

This Awareness suggests that this belief in and of itself prevented this entity from enjoying the physical energy exchange and pleasure associated with the sexual encounter, for it had been divorced from its energized value of reproduction. This Awareness suggests that the belief structures associated with this new 'wonder drug' were sufficient to overpower and replace the missing connection between the woman's physical desires and her self-concept regarding sexuality.

This Awareness emphasizes that it was the alteration in the mental energy and the emotional energy associated with her sexuality that allowed this woman a more normal ordinary sexual functioning than the pill itself. This Awareness suggests again, that these types of internal mental alterations are far more valid and curative than most physical substances currently revered as those creating such change. With that said, within the given understandings entities can indeed experience certain sexual relief given the existing beliefs and the chemical composition of this substance, with every bit of effectiveness as taking aspirin for a headache.

If we have completion we can continue.

#### **Old Codgers on the Pill: What do Their Wives Think About It?**

##### **FOLLOW-UP QUESTION:**

In regard to this pill, a friend of mine phoned me the other day and wanted me to know if I knew about it, and I told him I'd read about it, and he was really excited about it, he'd just gotten some, and he was saying that he knew of three old codgers who have been impotent for many, many, many years who have gotten this pill and are now rising to the occasion, and they are very excited about it, and my question was: What do their wives think about it?

If you've got old guys who have not had sex with their wife for 20 or 30 years and they suddenly get something that stimulates them, what about the wife, who no doubt has gotten into the idea that sex is no longer part of her life and doesn't think about it, but yet she's suddenly got a horny old husband. What does Awareness say about that type of situation?

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

This Awareness has several comments. This Awareness suggests that entities exhibiting a valid investment in belief which generate sufficient levels of excitement and enthusiasm shall indeed reap more benefit from such a substance, if the belief is truly strong enough to invoke such enthusiastic response, enough to outweigh certain negative aspects of the drug itself. This Awareness suggests that if such a level of belief and enthusiasm can be attained within entities, then certainly it is within the realm of their freedom to choose such an avenue of expression.

This Awareness suggests secondly, that female entities in the situation described possess a wide variety of belief structures regarding their sexuality and the necessity and acceptability of physical interactions and sexual interminglings at such advanced ages. This Awareness suggests that there are energies on both ends of the spectrum and everywhere in between regarding the desirability of cohabiting with what has been described as a 'horny old husband'.

This Awareness suggests that the level of enthusiasm within the male, if it can be reflected within the female, can awaken useful levels of hormonal activity, of interest, of energy and of sexuality that are pure expressions of the love and bond which has existed through the years. This Awareness suggests also, an equally negative impact upon those who experience freedom from

the physical and psychological distancing of diminished sexuality.

This Awareness suggests that entities recognizing patterns of disconnection which exist within the relationship would best be advised to steer clear of creating such dissonance if the relationship is to continue. This Awareness suggests that the energy that flows between males and females bonded together is a critical factor in all issues of sexuality and that with belief structures in place, wherein communication and creative expression is the norm, instead of competition, negativity and frustrated emotional energy, that human sexuality can be a highly positive, empowering, pleasurable and indeed, consciousness altering, practice.

This Awareness suggests that entities uniting energies in such loving connection are indeed accumulating energy which can facilitate reception to the energies of this Awareness, and with exuberance, spontaneity and sufficient enthusiasm associated with this substance, it can provide a link to an ordinary functioning, as a temporary bridge, yet ultimately, it must be understood that the power springs from within.

If we have completion we can continue.

### IS IT PREFERABLE TO THE RACE THAT WE NOT LIVE TO A RIPE OLD AGE?

(Has Nature a Built-In Plan to Eliminate the Elderly?)

#### QUESTION:

A question from JD, which could also apply to the Viagra question, I believe. She writes: "Has nature actually a built-in plan for eliminating older people who can no longer breed and who consume food and resources which younger people might instead have? Insomnia of the elderly is an example; unable to sleep well. The elderly see their health deteriorate as a result.

"Menopause too can have such severe negative effects on women that it quite undermines their health and longevity. It all looks like nature's way of getting rid of "useless" older people. Any truth to this? Is it preferable to the race that we not live to ripe old ages?"

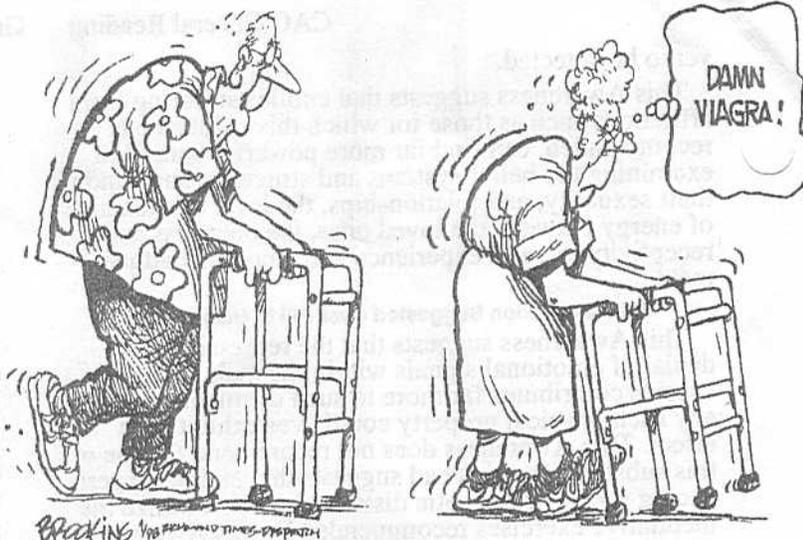
#### Cosmic Awareness:

This Awareness suggests that this is in the negative. This Awareness suggests that there are some inherent value judgments contained within the question regarding the usefulness and value of aged entities. This Awareness suggests that although the scientific community may base interpretations of evidence upon the assumption that genetic reproductive fitness is a prerequisite for successful existence, that in a general sense, these thought systems completely disregard the spiritual intentionality, the cooperative impetus within nature, and the innate purpose of self-development and expression.

This Awareness suggests that certainly, reproductive capacity is an insurance policy toward perpetuation of the species, but species perpetuation in the absence of meaning is a perversion and a waste of human potential.

This Awareness suggests that although certain biological deterioration is the norm within the physical form at the current time, that this is more a function of the relationship between spirit, mind and body, and that current understandings and limitations within mass-consciousness continue to leave spirit out of this essential equation of life.

This Awareness suggests that when the understandings set forth within the *Lessons of Enlightenment* are understood and embraced within mass-consciousness that the inherent value of elderly human beings will be readily apparent. This Awareness suggests that these entities have had the most life experience, the most



opportunities toward self-development and expression and contain a great deal of historical wisdom, which could be shared.

This Awareness suggests that attitudes regarding aging, which associate intense negativity with the natural changes of the seasons, the births, the renewals, and the deaths and cycles which exist throughout nature, greatly reduce the positivity of the experience of advanced age, so that certain disease processes are invited to more quickly end the entity's suffering, should they entertain such limiting concepts, that age equates with infirmity and loss.

This Awareness suggests that more positive beliefs and suggestions alone, as the entity JD knows only too well, can invigorate and greatly perpetuate the energy, vitality, spontaneity and overall joy of entities beyond a culturally acceptable youthful age. This Awareness heartily suggests that entities reject such negative, detrimental and limiting concepts as those that would do anything but respect, anticipate, and enter with vitality, those truly golden years of human existence.

If we have completion we can continue.

### The Inner Child Within That Connects With the Divine Spirit: What Exactly Is It?

#### QUESTION:

A question from Jack Manuel. He writes "There is a certain belief in New Age circles that everyone inside them has an inner child, and that this inner child within them is the one that connects them with the Universal Divine and Its Cosmic Energy. There is reflection of this same belief in a saying of Jesus Christ: "Truly I say to you, unless you are converted and become little children, you shall not enter the Kingdom of Heaven," meaning of course unless you get acquainted with the inner child within you, you cannot attain higher consciousness or spiritual enlightenment.

"The question: I do not remember Cosmic Awareness speaking or giving a reading about this inner child within us that connects us with the cosmic force of energy and with God. Would Awareness enlighten us about this phenomenon?"

#### COSMIC AWARENESS:

This Awareness suggests that what is now in popular terms described as the 'inner child' relates to what this Awareness has described in the *Lessons of Enlightenment* as the 'spirit.' This Awareness suggests that modern humanity sees the spirit as an inner child, describing it in such terms, due to its own limitations and disenfranchisement with the very concept of spirit.

This Awareness suggests that as entities are born into earthly existence, the spirit comes into the flesh whole,

complete, good, and full of value which will seek expression. This Awareness suggests that the intentions of spirit is reflected upon the body through biological intentionality and bodily motivations.

This Awareness suggests that this spirit is also referred to as a child, due to the fact that disconnection between spirit and consciousness often occurs during the normal "developmental stages" wherein the human mind is formed.

This Awareness suggests that what this developmental process actually describes is the adopting of belief structures which formulate perspectives and literally alter perception, which limit the overall mental, perceptual and analytical and intuitive abilities innately born into the form.

This Awareness suggests that as the mind becomes choked with ever-more limiting views and perspectives, as the child becomes enculturated and knowledgeable and skilled in the ways of living in that specific community, but that in doing so other pathways of opportunity, of learning, of alternate perceptual pathways become atrophied and lie dormant. This process describes the disconnection between mind and spirit as mind evolves through learning which does not include beliefs which support and acknowledge the voice or even the existence of spirit.

This Awareness suggests that as more rigid beliefs are adopted, there is a gradual disenfranchisement with the overall unlimited yearnings of spirit, thus, the spirit is relegated to an infant stage, frozen within the development as an inner child, since the mental realm has then taken over the conscious control of the Destiny Path and directs the adult as best it can.

This Awareness suggests that the child need not remain a child. For it can be allowed to direct the mind to develop so that it can express simply by adding new information about the nature of humanity. For the most devastating piece of knowledge is that which disconnects entities in their most crucial developmental stages from their feeling system. This knowledge which is now becoming available can maintain the communication so pure and spontaneous in the child, which is necessary to inform the mind of the desires of spirit in the adult.

This Awareness suggests that the best, most complete and rewarding route to connecting with the inner child is to understand and embrace the language of human feeling and to allow it to adjudicate the contents of mind by evaluating experience and that the evaluations, the feelings of pleasure and pain be completely received without resistance, denial or defense of mental limitation, so that the child can be allowed to mature and to fulfill the Destiny Path to align with the mind as is intended, to unite the rational capacities with the intuitive capacities, so that the entity can be fully human, rather than exist within the confines of an overdeveloped, over-directed mental realm, which has been disenfranchised from the stunted, often frustrated, angry, fearful and reactionary child, symbolic of continuous and perpetuated spiritual frustration.

This Awareness suggests that many curative techniques do indeed facilitate emotional expression and understanding, yet without the crucial interactions set forth in the *Lessons of Enlightenment*, that the advice of simply looking within can never be successful.

### PLEASE SEND US QUESTIONS!

We really need good, fresh questions on health, relationships, mysteries, spiritual matters, etc. Please, no more conspiracy or negative, fear-based subjects. Put on your thinking caps and send them in! Send by mail, FAX, or E-Mail to C.A.C. Many thanks!

## AT ADVANCED AGE HOW IMPORTANT IS IT TO STUDY THE LESSONS?

### QUESTION:

One last question, this from Alice Parenti, Fresno, Ca. She asks "How important is it for me spiritually at my advanced age to take the necessary time to read the Lessons? I feel that what I understand is what I have been doing for a long time. My time seems so short. I'm asking in humility, not meaning a pat on my back, but feel my path is more or less set. Trying to raise mass-consciousness before my transition. Life is really not enjoyable or satisfying any more." she adds.

### Cosmic Awareness:

This Awareness suggests that this entity deserves a life of joy and satisfaction. This Awareness suggests that a more appropriate route, perhaps for this entity, would be the daily practice of the Meditation of the Clock, and particularly the Meditation of the Temple, wherein this entity can draw upon the creative understandings and imaginative capacities to directly affiliate with like energies of those copiously pouring through the *Lessons of Enlightenment*, so that benefit can be achieved through such connection.

This Awareness suggests that the central theme of reconnecting with the feeling system is one familiar with this entity due to certain intuitive pathways that have been part and parcel of this entity's identity and life situations, and of this, she is most aware. This Awareness suggests, however, that there are limiting belief structures that are preventing this entity from the spontaneity and joy that she rightfully deserves.

This Awareness suggests that a belief structure also exists within this entity that directs her to accept more limited exuberance and joyous experience as a natural end or recession from the life experience. This Awareness suggests that this is *not* in fact necessary in any universal sense, but that if that belief structure can assist the entity in her transitional process, then she most certainly has a right to that choice.

However, this Awareness suggests that there is a conflict within this entity also, wherein her intuitions do indeed validate the fact that she deserves pleasurable life experiences throughout the entire sojourn in the physical existence. Thus, this Awareness suggests that this entity utilize her capacities through the exercise of the Temple, and that tremendous benefit can be obtained.

If we have completion we can continue.

### The Truth Can Be Found Within

#### CLOSING MESSAGE:

This Awareness suggests that the efforts toward advertising in broadening the membership base are positive movements, and it is suggested to emphasize the specific mechanisms which can allow entities to find the answers from within.

This Awareness suggests that through many channels and through many historic creative human expressions already set forth and in existence within mass-consciousness, entities have received the message again and again and again; that the truth can be found within, yet entities have experienced tremendous frustration when told to simply "Just Do it".... "Look within to find the answers," yet they are never in any of these instances provided with the details of how to do just that.

This Awareness suggests that the outpouring of energy through the material offered in the *Lessons of Enlightenment*, wherein entities for the first time have attained conscious awareness to the degree that they can begin to understand the connections between mind,

body and spirit and to attune to the mechanisms in existence within each and every human form; that this for the *first time* provides the *exact* methodologies to attuning to the voice within, and that such information is of profound value and is offered in response to the gathered frustration of every entity seeking enlightenment which has been stymied at the door of progress due to the lack of self-understanding.

This Awareness suggests that advertisements which can appeal to these frustrated, yet enlightened ones, poised on the edge of maximum self-development, that the missing pieces can be provided through this organization, to gather the sufficient pool of energy taken into this source which can propel the changes which are now at hand.

We have completion.

We will now bring the Interpreter up.) The Law of Gratitude is given)



### 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:

Grace \*\*\* Paul Shockley

Avaton, Editor Vikki T. Sec. Treas.

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Paul Shockley, Interpreter

OPENING MESSAGE: (CAC GENERAL READING, 3/7/97)

## DON'T TRY TO ROOT OUT ROMANTICISM FROM YOUR LIFE

This Awareness indicates there is a phenomenon that entities experience when they look into the eyes of another person. When you look deeply into the eyes of another person, you have the impression that there is a long tunnel behind those eyes, and that in looking deeply into the eyes, you can sense the being from his or her childhood, up to the present.

This Awareness indicates that this is a kind of psychic experience that entities frequently have, and they tend to forget, or not to realize that the eyes are actually very short in that so-called tunnel, and that the brain is right there, connected to the eyes, and that the brain sits right behind the face, right behind the bones around the eyes. It is stuck right up close to the front of the eyes, with the eyes simply being button-like knobs sticking out of the brain.

This Awareness indicates this is the reality, but still there is that other reality of the psychic experience of looking deeply into the mind or into the eyes of another, which tends to yield much depth of being, as though you can see into the soul of a person. It is often said that the eyes are the window of the soul. This Awareness indicates that if the bones were stripped from around the brain, you would not have the same feeling, but with the face and the skull and the bones around the brain, you have that pleasure of looking deeply into the soul of the person.

This Awareness indicates this is simply to show entities that there is something about the psyche that is more than just the information that can be yielded by facts. There is a depth and a reality that is separate from facts. Entities may say that is not the reality, but only illusion, yet anyone who has looked into the eyes of another, does not see the illusion of a gray brain sitting behind the log known as the face. They see something totally different, something much more beautiful.

This Awareness indicates it is important to realize the poetic and beautiful aspects of life as being very precious and sometimes more precious than the facts. An entity who studies a flower as a scientist may miss the beauty of the flower studied by the poet or the romanticist. This Awareness suggests therefore, that you not attempt to root out any romanticism from your life to make yourself more realistic, for it can take away much of the beauty of life, much of the reason for living, much of the riches of life.

### Christian Funeral Service—A Real Bummer

#### QUESTION:

A question from Robert S., Vancouver, British Columbia. I'll read his statement. "On September 20th, 1996, my brother David died of lung cancer, at 52 years of age. Five days later, I suffered. Knowing that life goes on beyond the grave, this didn't really upset me. What **did** upset me was his Christian funeral service.

"Dave had found some people to help him with his drinking problem at a Salvation Army apartment building that had a chapel, and apparently caring officers. Dave did odd jobs around the building, and even made a video for the Salvation Army. Anyway, what upset me about the funeral service was the overbearing and opportunistic preaching of the Sally Anne's officials.

"Having endured a lot of mental and emotional pain as a child because of my Fundamentalist Christian

father, the preacher of the officers was very much an unpleasant reminder of that pain I felt. I **did** manage to endure the preaching, although I hated the idea of the Salvation Army being so presumptuous as to think that their paying for the funeral meant that they had the right to shove their idiotic religion down my throat. I have thought that I'd really hate to be trapped in a Christian funeral again, yet when some more of my relative dies, I will probably feel I have to sacrifice my peace of mind and emotions out of consideration for what others feel and think.

"Also, since I myself live in another Salvation Army building, I strongly loathe the idea of my corpse being used as a prop by some oily Christian zealot who totally misrepresents me and my life, while preaching his Bible nonsense. Of course, once in the afterlife, I may not care what happens at my funeral or what people say about me. Would Cosmic Awareness please comment on what I've just shared?"

#### COSMIC AWARENESS:

This Awareness indicates that this is completely understandable on your part. This Awareness suggests however, that you may overcome some of your intense feelings by realizing that the Christian religion, as it is taught in the Fundamentalist and religious outlets for it, is basically the skeleton of a much greater, much deeper philosophy. This Awareness indicates that when you realize the basic outline of the religion is based on a truth, it is simply presented in a way that would be suitable only for children; if you realize that it is based on a truth and you see the deeper meanings of the Christian religion, then indeed it will not be so offensive to you.

This Awareness indicates it is likened unto someone creating a cult based around Star Wars and taking everything from the Star Wars movie as literal truth and being very zealot and radical about this or that topic relating to Star Wars. You could get to the point where you totally loathed the whole concept of the Star Wars philosophy and concepts.

This Awareness indicates that the Christian religion, as it is presented today, is a composite of many different religions that have come down through centuries through various cultures, and they essentially told a story in the same manner as the story of Adam and Eve was told, about the ideas that could be beneficial for entities.

If instead of thinking about the Christ in the Christian religion as being merely a human, you recognize that this is symbolic of a consciousness that is there, a vibration or frequency that is next to Divine Frequency or next to the Creator, the Universal Creative Frequency, and that this Universal Creative Frequency is vibrating at the same rate as Universal Love or Universal Creative Energies, and that in this vibration of Universal Love, the universe was created as a reflection of the harmonies from this frequency, and that the Christ Consciousness is just part of that totality, and that *It* permeates in and through the universe, and that this story has been recast with personified characters named "God" and "Jesus" or "God & the Son" and that the lower vibrations have been personified as "Satan" or "Lucifer" or other demonic names, and that these entities have been used as a pantheon of gods in some of the various historical cultures from antiquity.

This Awareness indicates if you realize also that it is just another type of literary creation, similar to the gods of the Greeks, wherein Zeus represented Jupiter, and Hercules was Mars, Apollo was the sun, Venus of course was Venus, and these various gods of the Greeks

were simply telling the stories of the planets and some of the stars and that you can appreciate the personification of these beings and enjoy the literary values of these personified beings known as gods. They were symbolic of the planets, but they were cast with personalities and faces.

This Awareness indicates if you can see the Christian religion was much the same, then you can have a greater appreciation of it, for there is wisdom contained therein, and the wisdom can help entities live a better life, if they grasp the meanings of these philosophical nuggets of information. This Awareness indicates the way it is presented by some entities, where they push the information on you, as though you are some kind of garbage can, and they're trying to clean you up with their special scouring pads, this can feel very offensive to you. You can be very angry toward them.

This Awareness indicates these entities, also pushing their philosophy on you, telling you that you will "burn in hell" that you are "toast" if you don't accept their view of God and religion, can be very aggravating and frustrating to entities. You feel that they have no right to be so offensive to you, to treat you that way, but this Awareness suggests that you just consider them as not fully informed, and as being overly zealous, because they want company, and it bothers them if people don't agree with them, and you do not need to feel hostile to them.

#### How to Deal With Rabid Fundamentalists

This Awareness indicates recently, the Interpreter received an E-mail letter from someone who had seen the Aquarian Church web-page who blasted the Interpreter for not having Biblical basis for the Aquarian Church. His argument was that anything that does not get its existence from the Bible is but a cult: "Which are you? A cultist or a religionist? Are you part of the religion of God? Or are you just a cult?"

This Awareness indicates that it caused the Interpreter to ponder for some time how to respond to this entity's letter, and the Interpreter began to realize the frustration the writer felt when he read about Cosmic Awareness and some of the message portrayed there, because it was not his view of God or his view of reality, and yet the Interpreter, having come from Fundamentalist Christian background also understood exactly where the entity was coming from.

This Awareness indicates the Interpreter had some sympathy for the entity's position, and all he could do was write to the entity and say "I would love to get into a good discussion of religion with you, but it would take a book for you to understand where I am. I came from a Christian background. I still consider myself a Christian, but not under **your** definitions. The definitions that I have now assumed from my view of God and Christ are much different from yours and you could not possibly accept **my** definitions, any more than I can now accept **your** definitions, though I once held the same definitions as you.

This Awareness indicates that this was expressed in a loving way and the Interpreter was able to then set aside any feelings or frustration or feelings of indebtedness to the entity, so that he could comfortably put aside that entity's letter and not hold any kind of hostility toward the entity. This Awareness indicates of course, he did not hear anything back from the entity, but he did not really expect to.

This Awareness suggests that it is important to maintain a sense of respect for those entities who are trying to save you from the hell they believe in, because they are really wanting to do something for you. It is just a

little too bad that they so firmly believe their position that they cannot question or cannot allow anyone else to have a different belief. This Awareness indicates it appears that everyone who has a belief in God has a little different belief from everyone else. Obviously, none of them can be sure that they are the ones who are absolutely right.

Entities need to realize that if indeed God exists, God is aware of all the different beliefs and must have taken some kind of tolerant attitude toward humanity so that He or It does not just decide on one of those religions as being acceptable, and all of the others worthy of condemnation, as do many of the believers. This Awareness indicates they cannot *all* be right, and God cannot condemn all except one of those positions, and entities who think that they have the **only** truth should stop and realize that God is probably much more tolerant about such things than are they.

You can also ask these entities: "Do you think you will have the exact same religion 80 years from now?, 40 years from now? or in 100 lifetimes from now? Do you think your religion is so absolute it will never change? your beliefs will never grow, never change?"

This Awareness indicates that putting things in perspective can help them to perhaps be a little more tolerant. You may also want to ask them "Would your present religions have fit in the time of the inquisition, or would you perhaps not be seen as a heretic because of some of your present beliefs? Would you perhaps not be burned at the stake for some of your present beliefs? Can you be so sure that your present beliefs are better than those who held more rigid ideas in the past?"

This Awareness indicates it is important for entities to recognize that they need to be a little more tolerant in regard to how they judge and condemn others. You may want to ask them if they have read the passage: "Judge not, lest you be so judged!" And ask them if they were their judge, would they condemn you to hell to burn forever for your beliefs? And if they say they would, then, of course, you can say, "Well, I am glad you are not my God!"

And if they say, "Well I wouldn't, but the Bible says you will!" then ask them: "If you are more merciful than the Bible, are you sure your interpretation of the Bible is correct? Do you think God is more tyrannical than you?" This Awareness indicates there are many ways you can deal with these people just by asking questions, but you must remain calm, and not be triggered into hostile responses because of your own background.

This Awareness indicates if you do not wish to get in such long conversations, you may simply say "I've been there. I've done that. Now I'm elsewhere." Or, you may say, "Thank you for sharing your concerns for my soul" and move on. You do not have to remain in communication with these entities. The important thing is not to feel hostile toward the entities after such an encounter.

This Awareness also suggests that you may wish to make a will indicating the kind of funeral you want to have and whom you want to officiate it, or you may simply say you want to be cremated without a funeral. Whatever you put in your will, will usually be carried out.

### Bright Lights and Cacophony in Hospitals: Does This Harm the Patients?

#### QUESTION:

A question from JD in New York. She writes: "I have just been to visit a critically ill friend in intensive care. His body is hooked up to a respirator, monitors and a

general plethora of tubes and apparatuses, some of which flop, wheeze, beep, chirp, chime and even make large shrieking sounds; all this under bright fluorescent lighting with his eyes facing upward.

"Despite being heavily sedated, it seems to me that all this light and noise must be creating a negative effect on his prospect for survival, and should he not survive, for the quality of his death." And she asks Awareness to please comment.

#### COSMIC AWARENESS:

This Awareness indicates it appears that the entity can get used to the noises, but that it is disturbing and nerve-racking. It appears to be something that would hinder his peace and rest. The peace and rest appear to be something that would be more beneficial without all of the noises and bright lights. Apparently, doctors don't understand this and rely so much on technology and the apparatus, that they just fail to realize that sometimes rest is the best healer.

This Awareness indicates, however, it is not the place of this Awareness or anyone to attempt to suggest the doctors don't know what they are doing in this instance, because the entity may be under some special situation that truly requires unusual or bizarre type of treatment. For most entities, they would rather avoid this kind of treatment, but perhaps there is something in the treatment that is necessary for this entity. Perhaps the loud noises are part of what keeps the entity alive, or perhaps they simply feed his senses in a way that generates nervous reaction and the nervous reaction maybe is beneficial for this entity.

Without a full diagnosis of the entity it is very difficult to say that these noises and bright lights are not helpful to the entity, but the impression is that rest would be of great benefit. Also, it may be that these are only for a short period and that you were there during the period when these noises and things were occurring, and that for the most part, the entity is allowed to rest and have quiet.

Thus, it is very difficult to comment with a clear understanding in regard to this type of treatment, and the individual himself may not be the entity on which to evaluate the treatment, for there may be some benefits in that treatment for only certain individuals and the doctors may have determined from tests that this particular individual needed that treatment for a certain number of minutes.

This Awareness indicates that of course, most doctors are going by some theory that was created by some other doctor who managed to get his theory into book form and perhaps had some success with it, and many of the doctors don't really understand the full implications of the treatment. They are just going by the book. Whether this will benefit the entity depends on how much success that treatment has.

This Awareness indicates for example, chemotherapy, used for almost all types of cancer, is only 40% effective, and only 40% effective for certain types of cancer, and not effective at all for other types of cancer, and yet, most doctors who work with cancer patients rely heavily on chemotherapy, even though they know the statistics do not favor all kinds of cancers.

#### Much of Medicine is Pure Bluff—Doctors Simply Don't Know

Much of medicine is bluff. Doctors *pretend* to know more about what they are doing than they actually know. They simply go by prescribed methods of treating patients according to the teaching they have received from the medical schools and from the medical profession. Many of them know that they are not very successful, yet they do not change their treatment methods

because this is what they are directed to do in order to maintain their license to practice medicine.

There are a few doctors who break away from the mainstream medical approach. One doctor has separated and written books on alternative medicines and when to use them and which ones are more effective. This entity studied various types of alternative medicines, ranging from acupuncture to chiropractic, and some dietary and naturopathic medicines, and the entity has written numerous books explaining the value of alternative medicines, and when the traditional medicine is workable, and when an alternative would be preferable.

The entity's work is being hailed, even by other medical doctors. At the same time, of course, many of the medical authorities are very upset about this doctor's work.

### Training Others to Become "Spirit Guides"

#### QUESTION:

A question from Vera K. in San Francisco. She writes: "It has been stated that some entities spend time away from their bodies while on earth, looking to becoming spirit guides in their future life. Since we are not aware of such sojourns, it is difficult to believe. Also, what if one does not balance their karma? How can they become spirit guides, when it will be necessary to return to earth for another lifetime of learning? And why would they be investigating such work at this point from the earth plane?"

"Would it not be more appropriate to look into such a possibility after making the transition, and it is known whether or not karma has been balanced?"

#### COSMIC AWARENESS:

This Awareness indicates it appears that this is simply another program designed by someone who wants to train people in this work, mostly because he thinks he has discovered how to become a spirit guide, and feels that he could make some money teaching others how to become spirit guides. There is a certain degree of dedication in the entity's efforts, but much of this ambition is related to a desire to have control over others.

What can be more fitting for an entity who is interested in spiritual development than to have the ability to be someone's spirit guide that would allow them to have control over others and still progress spiritually? If you could be someone's spirit guide, wouldn't you be very important, and wouldn't you have considerable control over others?

It is a kind of ambition that many entities might feel is appealing, and it is the kind of concepts that some entities might see as being marketable. It does not appear to have a great spiritual value for entities on this plane to worry about becoming a spirit guide for others, and training while in their physical bodies for such activity.

### What and Where is "Limbo?"

#### QUESTION:

One other question from Vera. She writes: "If hell, Hades, purgatory, heaven, Celestria, and Sach Kahn are vibratory levels in the spirit world, what is limbo, and how is it applied? Does everyone go to limbo initially as a waiting room, so to speak, and then are sent to the appropriate vibratory level, after judgment? If this is correct thus far, is bathing in the White Light step number one? Limbo, step number two, and the appropriate vibratory level, step number three?"

**COSMIC AWARENESS:**

This Awareness indicates that limbo is a *condition*, rather than a place, and entities can be in limbo while still living in a physical form, and entities can be in limbo when in the transition between life and death and entities can be in limbo, even after death, waiting for something to happen.

**Entities Locked Into Trees Are in Limbo**

This Awareness indicates that entities locked into trees for hundreds of thousands of years are essentially in a state of limbo, yet their life force remains free in the tree, enjoying the wind, enjoying the fresh air, enjoying the food from its roots, and just being a tree. This Awareness indicates that limbo is not so much a place, as a condition, and entities do not need to feel trapped in limbo, or they can feel trapped in limbo.

A hell or a jail or a prison can be made of any situation, and such experiences may be thought of as 'limbo'. This Awareness indicates that the movement into the White Light is a momentary experience after the passing over. Some entities cannot stand the White Light and try to avoid it because it is a reflection of Christ Light energy on their own psyche. It is likened unto the ultimate mirror of self in relationship with Divinity or the Divine Light.

**What You See When You Confront the White Light**

This Awareness indicates when you put yourself up to something that is absolutely perfect and stand there in contrast with the absolutely perfect, you then see yourself as you truly are, and all the flaws are there. Can you do this and still maintain a sense of self-importance? Or do you not at some point want to merge with and surrender to that White Light of absolute perfection?

**You Can Circumvent Many Lifetimes in the White Light**

If you can merge with, and get into and close to the Absolute Perfection, then of course, you will cleanse yourself considerably of any negativities or flaws, and you can go onto higher evolution. It has been said that when you pass over, claw, scratch, crawl, do **anything** to get into the White Light, and you can circumvent many lifetimes. You can surge ahead through many lifetimes of evolution.

This is in reference to spiritual evolution. This Awareness indicates that *It* does not see the need or the importance or value in numbering these steps, because they all are a process flowing, that do not really require numbers. It is like asking, "If you go down a street, what is the first step in reaching the concert hall? What is the second step in reaching the concert hall? And when you reach the concert hall, what is the next step, after you watch the concert?"

**What to Keep in Mind at the Passing Over**

This Awareness indicates it is a flowing process. It does not need to be divided into numbered steps. When you pass over, everything will take care of itself. You will simply flow with the energies present, but this Awareness suggests attempting to go to the White Light, rather than trying to hide from *It*, is *very* important. If you can keep that in mind at the passing over, you will be very fortunate, for most of what you want to remember will be forgotten anyway, during the experiences.

Remember, you will not have a notepad in which to check to see which step comes after which, and whether you are still on course. Just remember that one thing: crawl, claw or do anything necessary to get to the White Light, the Divine Light.

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IN YOUR DAILY MEDITATIONS**

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**Dolpinoïd Extraterrestrials, Area 51—An Update****QUESTION:**

Ron R. sends updates on International UFO Congress meetings that he goes to, and he recently sent us an E-mail, outlining what some of these people discussed. One, a Dr. Shargel for example, "showed gun-camera photos of a craft flying near Roswell on July 13th, apparently searching for the wreckage and any survivor of a similar craft, which crashed northwest of Roswell, around July 4th, 1947.

"Dr. Shargel reveals that the US military has killer SDI lasers in orbit around earth, in violation of the No Weapons In Space treaty. He displayed a piece of the Roswell saucer, composed of 32,000 layers of homogeneous aluminum, with dielectric properties. Travis Walton said he saw a similar part on the craft he was taken aboard.

"Shargel revealed that the United States has a Diamond Mace craft which can circumnavigate the world in 33 minutes. He showed Clementine leaked photos of extraterrestrial spacecraft and bunkers on the moon's far side. Dr. Shargel revealed that he worked at a super-secret huge underground facility at China Lake Naval Weapons Research Station, in the northern Mojave desert near Richcrest, California. The facility is known as "The Mine."

"He says that Area 51 is now just a ruse; that the real ET craft research and development is taking place at The Mine. Shargel's most astounding presentation was that one day, 7 China Lake scientists, including himself, were working on the surface on China Lake, NWRS, when a clear plexiglas-like bubble appeared next to them containing three dolpinoïd extraterrestrials, with webbed arms, fetus-like hands and legs, but a flipper-like face.

"The contact was photographed, and arrangements are being made that it will be shown on television. Later, Dr. Shargel privately showed me the photographs, which are quite spectacular!"

And he goes on with other stuff about the Vatican and so on, but does that information sound accurate to Awareness?

**COSMIC AWARENESS:**

This Awareness indicates this is in the affirmative; that the dolpinoïd beings have been on earth for several millennium, even prior to the time of Atlantis. This Awareness indicates that the Area 51 has been essentially vacated and equipment and technology removed and taken elsewhere, into New Mexico, apparently to that area described, or some similar new place.

This Awareness indicates that essentially, it appears the entity's story is basically accurate and correct, in so far as it goes. Of course, the entity does not tell everything or know everything about the area, or what is actually occurring in the area, but essentially, the information, as far as is known, is told correctly.

This Awareness suggests that there will be more information emerging from this entity, and from these sources mentioned.

**Why Doesn't Boeing Use Alien Technology?**

(Why Build the Same Old Jet Planes Year After Year?)

**FOLLOW-UP QUESTION:**

This reference to a Diamond Mace craft which can circumnavigate the world in 33 minutes. I've heard for years that the United States has technology and has actual prototypes and so on, of aircraft that would almost rival UFO's, and I've always wondered why a company like Boeing, which has been involved in

super-secret projects of a military nature for years, continues to build gasoline or kerosene-burning airplanes and new generations of planes that will go a little bit faster than the older ones, and hold a few more people? Surely they must have access to some of this technology! Why don't they take a leap and create a really new type of airplane that would take people around the world incredibly fast and hold a lot of them? Is there some reason for this?

**COSMIC AWARENESS:**

This Awareness indicates that it is not permitted that all of the highest technology that has been developed be made public. This Awareness indicates that the cloning, for example, is only recently being discussed publicly, yet this has been going on for well over 30 years. This Awareness indicates that likewise, the UFO's, only in the last decade, have been allowed to be presented as if there may be some truth in regard to their existence.

Always before, anyone presenting something about UFO's had to end their messages as though the UFO's were some kind of joke or incredible hoax. This Awareness indicates that more recently, these "incredible hoaxes" are being treated more seriously, as if the plan now is to condition the masses to accept the concept of UFO's.

This Awareness indicates that the atomic bomb, atomic energy and the atom were being researched even back in the Twenties, but it was not until 1945 that the public discovered the first word relating to the atomic bomb. People ask "What does 'atomic' mean?" Most people did not even know what an atomic bomb could be, and reading "Atomic Bomb Explosion in Japan!" made them wonder: "What is this thing?"

This Awareness indicates the government is capable of keeping secrets for decades, and they are not likely to simply let some of their technology out to some big business who would dabble in that technology because it is more effective than the technology that they are already developing. This Awareness indicates 'free energy' is another of these kind of technological areas that the government keeps hidden. There are many types of 'free energy' the government is well aware of.

You would wonder then: "Why doesn't General Electric produce these better sources of energy?" The government simply does not want this stuff out yet. Once they have set up a New World Order, they will bring out all kinds of goodies in the manner they want it brought out. They will always hold back and keep some secrets so that the masses are always technologically inferior to them, but much of this will eventually come out when they feel very secure about releasing such information.

**Government Now has Cure for AIDS and Cancer, etc.**

This Awareness indicates likewise, they have medical information that could heal cancers and all kinds of other dire diseases, including AIDS, but these things are being held secretly by the government, and entities are not yet to be allowed that information. If certain entities in higher positions of government were to get cancer or AIDS, they would have the technology available to cure them.

In fact, there are medical technologies that would even **prevent** entities from getting cancer or AIDS if they are high enough in the government.

**The "Armageddon Virus" According to Sabe**  
( "It will either kill you or heal you" )

**QUESTION:**

Bill & Winifred M., out here in Yelm, WA., gave us a couple of Audio tapes from an entity named Sabe. It's

called "Sabe 1997 Energies," and one of the things that he talked about was an 'Armageddon Virus,' which will either kill you, or cure you, because our DNA is being altered. Does Awareness see any truth to that?

**COSMIC AWARENESS:**

This Awareness suggests the question apparently is in relation to a message Sabe has given, but there appears to be no indication as to who is releasing this virus, whether it is from the government, or from private individual, or from some extraterrestrial or some spiritual source. Is that the nature of the question?

**QUESTIONER:**

I'm not sure he's pinpointed it, but he's talking about changes that are occurring in our dimension that are altering our DNA, and this Armageddon Virus...

**COSMIC AWARENESS:**

This Awareness requests information as to whether he is saying that the DNA virus that is apparently acting on this dimension is altering the DNA, and that this will kill people or heal them.

**QUESTIONER:**

That is correct.

**COSMIC AWARENESS:**

This Awareness indicates that this apparently is a question that was not worded clearly, but this Awareness indicates that the term "virus" is not seen as being accurate. It is a vibration or frequency that is occurring in this time, and it is associated with the Photon Energies, and **does** have an effect on the DNA, and it can lead entities to have a more healthy life. Over a gradual period of time it can cure them of all disease, if they live long enough and are suitable in terms of their spiritual condition and the physical condition that they presently have.

Some entities, even though of a spiritual level, may still pass over before the frequencies have their effect. This Awareness suggests, however, that the frequencies from the Photon Energies appear to be that which are increasing the changes in DNA and will have effects in health levels or in hindering the health of those who are not responding properly to the changes.

This Awareness indicates that there are still entities who have problems with health that may not be able to overcome the difficulties, even in spite of the efforts and effects of the DNA changes. This Awareness indicates that to say that it will either kill you or heal you, is more or less accurate without determining whether the entity has earned a healing or has earned a healing. It has nothing to do with that.

This Awareness indicates it is more likened unto changes in the DNA may cause an entity to have a more stressful experience which could hinder, if the entity's physical health has already been greatly weakened, or if the entity's physical and emotional health has been solid and strong, it can bring out further strengthening. Much has also to do with the immune system. An entity with a strong immune system receiving these changes in DNA is likely to experience more of a chance of healing than one whose immune system has been depleted.

This Awareness indicates however, it does not appear that this is a virus, although virus is perhaps a good way to describe an unusual and unknown frequency that is presently affecting humanity.

**Outcome Based Education Mind Control**  
( What Teachers are Doing to Our Kids )

**QUESTION:**

There was a small article in Media Bypass called "Outcome Based Education Manual, and Higher Order Thinking Skills." Awareness has discussed somewhat

the Outcome based Education, but I'd like to read this and ask Awareness to comment.

"Across the nation, parents have expressed indignation and shock at some of the programs being pushed by government agencies, but even worse than questionable programs are the motives and the methods behind them.

"Parents have objected to Outcome Based Education, mostly on the grounds that the expected outcomes were unclear, or, if they were clear, that they were not academic, political and psychological in nature. While these charges are true, the process by which the social designers' plan for every child to reach the correct responses is even more disturbing.

"To get straight to the point and to be very blunt, the schools, and we include all accredited schools, private and public, are implementing through teaching retraining the best mind control methods ever known to man. The motive is to change the attitudes, values and beliefs of the teachers. The teachers, aided by the never-tiring computer, are then using these same manipulative psychological methods to change the children.

"The conscience of an entire generation is being intentionally obliterated through these processes. We are hearing of children who will kill for no other reason than perhaps to see where the blood will splatter. There is no shame, no respect, no discipline. There is no motive, and certainly no justice.

"Parents who have purposely attempted to rear good children are asking themselves where they went wrong. Anarchy looms on the horizon, and no doubt we will call for order at any cost to our freedom. We have already seen signs of this as citizens call for laws to punish parents for the sins of their children, which might be a good idea, if the parents realized what was happening to their children.

"What we are experiencing is being caused by these deliberate acts of psychological manipulation against our children. In fact, it has been going at less severe rates, for quite some time. Children today are being reared in a different culture than their parents were, and entirely different from the way today's senior citizens were raised.

"Kids are being told that there is no meaning to life; there is no right, no wrong. They are to make their own decisions based on feelings and whims, and if the parents interfere or restrain the child or attempts to discipline the child, children are to turn the parent in to the state, for mental or psychological abuse.

"Parents find it much more difficult to discipline and teach their children. After all, why should the child obey the parent and spell words correctly, when the teacher gives them high marks for "creative and /or inventive" spelling? Why obey when the parent can be thrown in jail for disciplining his own child?

"They teach there is no right way to spell a word, and no right way to pronounce it, no meaning in it, no absolutes. Truth becomes unknowable, because truth does not exist. Life becomes meaningless. The promised Utopia never existed. The depression that follows is all inevitable, but depression is not the only goal of this educative process we expose.

"This process is being implemented for the disorganization of mind and behavior, or mental breakdown. What follows this despair is a total desolation, with nothing left, but mysticism. Those raised on mysticism and superstition are easy to lead, easy to program, easy to enslave. It is not by blind chance that altered states of consciousness and occultism are being taught.

"Many people regard this brainwashing as too com-

plicated to be understood by the average person. It is not. If you fail to understand after reading the following expose, it may take a little more time and effort, but it is worth it, because people perish for lack of knowledge." And the following expose, I believe was in the magazine. It was a really long article on this Outcome based Education Manual that they just published.

#### COSMIC AWARENESS:

This Awareness indicates the article describes the first stage of the preparation for children. It essentially wipes out any firm ideas that may have been planted in the children, opens their mind, and gives their programmers an open mind to which they can later, after this has been done for this generation, put in ideas of right and wrong, according to the then desired programming.

At this time, it simply opens the mind to be susceptible to any ideas. At this point they do not want children to have any programmed ideas of their own or reflect ideas from their parents. They want the minds to be open, so they can then give them a new programming that is yet to be initiated.

This Awareness indicates the difficulty is that this Outcome based Education program is already being implemented across the nation, and children are being opened up for their future programming. It may be another decade before their minds are then implanted with the new programming. Meanwhile, they will be open and waiting for programmers to give them their next step.

#### FOLLOW-UP QUESTION:

So, the sinister part of this manual they're issuing is to retrain the teacher, who in turn trains the children. Is that correct?

#### COSMIC AWARENESS:

This is in the affirmative, but many of these teachers have already been retrained and the programs affecting the students are already in process in many areas.

### DHEA and Melatonin: How Much is Enough?

#### QUESTION:

A question from Chris L. He writes: "Though there have been promises made in books about DHEA and melatonin, the critics have said that people are taking too much of these, and that can be dangerous. While, for instance, the melatonin tablets I've seen range from 3 to 5 milligrams, an article in *Time Magazine* said that the daily limit should not exceed 5 milligrams, and one researcher agrees.

"Our DHEA tablets are about 30 milligrams, but I've heard some reports that 100 milligrams is too much, while 1000 milligrams per day is fine. While I know that Awareness can't prescribe, can it offer some helpful guidelines for these two?"

#### COSMIC AWARENESS:

This Awareness indicates that it does not appear that 1000 milligrams of DHEA would be beneficial; it appears that under 100 would be satisfactory. This Awareness suggests likewise with the melatonin-- 3 to 5 appears to be satisfactory; not more than 30. This Awareness suggests that entities are all so different that some entities would be hindered or could be harmed by the higher end of the scale. Others could take those higher levels and benefit more completely or better than in just taking the lower end of the scale.

#### FOLLOW-UP STATEMENT:

Dr. Shahbaz told us that the FDA is already making plans that DHEA and melatonin will be taken off the market and be made available *only* under doctor's prescriptions, very soon, and at much, much higher prices.

## You Don't Eat Herbs: You Contact the Spirit of the Herb Which Then Heals You

(Plant Spirit Medicine May Be the Wave of the Future)

### QUESTION:

Another question from Chris L. He writes: "Elliot Cowan's book *Plant Spirit Medicine* has accounts of Shamanic healing with herbs, but in these cases, people don't take the herbs; they only contact the *spirit* of the herb, and that contact alone heals them. Is this a new direction in healing?" he asks.

### COSMIC AWARENESS:

This Awareness indicates that this may be a necessary direction when herbs are taken from possession of individuals and put into prescription forms, coming about through the GATT treaty and the Codex program. This Awareness indicates the action of attuning to an herb with your mind does tap into the vibration of the herb, and when you take an herb orally or use it physically, it is the vibration of the herb that you absorb, and thus, either method can be effective.

This Awareness indicates in other words, even if you cannot get an herb on the market, if you know which herb you need, and you vibrate or focus your attention on the herb and feel its vibration, it can have a similar effect to that if you were to absorb the herb. In some ways it may even be more effective when it is attuned to psychically, because it immediately goes into your aura and your psyche, whereas when it is absorbed physically, it goes into the stomach, is broken down into the bloodstream, and from there goes out to the aura.

This Awareness indicates just having some herb in your presence can help you to absorb the vibration also, but the attunement psychically is more effective.

### FOLLOW-UP QUESTION:

Would one physically hold the herb in his hand while mentally attuning to it, or is this necessary?

### COSMIC AWARENESS:

One could do that. One could have the herb in a drug store 5 miles away, or simply a picture of the herb and focus on and attune to it psychically.

## Plant Spirit Medicine Relates to Radionics

### QUESTION:

Chris also asks: "Will we move toward a time when substances such as herbs or nutritional substances will be needed less and less, while more healing is done by this kind of consciousness-only healing?"

### COSMIC AWARENESS:

This Awareness indicates this is in the affirmative. Entities only need these vibrations for the time it takes for them to develop an awareness that tunes into the illness and vibrates the healing factors, or the healing frequency to deal with the illness. This Awareness indicates this actually relates to that which is called the radionics machine, and the books on radionics machines that deal with certain diseases, give a certain frequency and entities are given the vibration that counters that particular frequency, and the radionics machine is then set for that vibration, and over a period of time the vibration heals by neutralizing the frequency of the disease.

This Awareness indicates there is no need for the herb that vibrates to that frequency is you can get the vibration some other way. This Awareness indicates that if an entity can train his or her mind to vibrate those frequencies, they do not need the radionics machine, but you must be sensitive enough to know what is a counter to the frequency of the disease.

Some of the books available for radionics machines

will have these vibrations listed, to counter the frequency of a disease, but even there, it still requires a certain amount of sensitivity and understanding. For example, question: How does one vibrate 60,000 frequencies per second? What does it feel like psychically or mentally to vibrate that?

This Awareness indicates if that is the vibration you need to counter the particular disease in your body, how do you know if you are vibrating at that speed? This Awareness indicates in other words, it is not something that can be portrayed scientifically and measured scientifically in the human mind. You simply need to know what it feels like to emit a healing energy toward your disease, so that it neutralizes the vibration of the disease.

This Awareness indicates in most cases the entity who visualizes a bright light, a blue light or some healing energy toward a disease, can have an effect on neutralizing it. Much of this attuning to the vibration has to do with your intent in focusing. If you intend to heal a disease and focus on the disease, you will be more inclined to reach the proper frequency in your focus.

## GEORGE WASHINGTON'S VISION OF A CHINESE INVASION OF U.S.

### QUESTION:

A question from John D., Broderick, California. He writes: "Just a note. I keep thinking about George Washington's vision of Chinese troops in this country, with the battle ending in Colorado Mountains. They wouldn't transport troops that far from China to invade. It's too far, and besides, our planes would wipe them out before they even got here these days. Therefore..."

### COSMIC AWARENESS (INTERRUPTING):

This Awareness wishes to comment on this. The entity is assuming that this would be an invasion without the cooperation of certain government forces in this country. If the government forces in this country wanted to make use of Chinese troops and brought troops over, or helped to bring them over for some particular purpose, for some New World Order purpose, for example, the whole assumption would be incorrect. Continue.

### QUESTION CONTINUES:

Yes. He goes into this. Let's see. "They wouldn't transport the troops that far from China to invade. It's too far, and besides our planes would wipe them out before they even got here. Therefore, after reading your last issue about the Freeman of Montana, I came to the conclusion that what Washington saw was Chinese UN Troops brought into this country that we were fighting.

Perfect. They speak no English, and after Tibet, we know how ruthless they can be. And they would carry out orders to the letter, a probability of the future that I hope does not come true."

### COSMIC AWARENESS:

This Awareness indicates this is a good analysis. It does appear to be a possibility if one wishes to consider the vision of George Washington as having any potential possibility of being fulfilled. This Awareness indicates many will consider this as being extremely far-fetched. There are many things that can happen, and therefore, it is simply a consideration.

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[members.aol.com/cosmiccomm/cachome/cac.html](http://members.aol.com/cosmiccomm/cachome/cac.html)

## DID MASS SPONTANEOUS COMBUSTION REALLY OCCUR?

### QUESTION:

There was a small article in a tabloid recently which stated "Twelve family members die in mass spontaneous combustion." And it's dated Houston. And it says: 'Arson investigators are probing the bizarre case of 12 members of a single family who burst into flames simultaneously and perished. The victims are an elderly man, his 5 adult children and 6 grandchildren. They were living in separate households, in Texas, New York, Florida and Michigan, when the tragedy took place late last month.

"Investigators say other members of the family died in a similar episode of mass-spontaneous combustion during a family picnic in 1926." Now, my question is, if this story is true, why and how did this occur?

### COSMIC AWARENESS:

This Awareness indicates that there are certain things that occur that can relate to the spontaneous combustion, mostly having to do with the combination of certain chemicals involved in the human body that can burst into flame. These chemicals are not always present in the same amounts, or some may be missing at some times, and develop at another time so that an entity who has a genetic structure may go for a great part of his or her life without having the spontaneous combustion occur.

This Awareness indicates there are situations in which chemicals of a certain conjunction, being brought together, can be explosive, just as entities in a class on chemistry can begin mixing chemicals to create an explosion in the test-tube if they are not careful and if they are not aware of what they are doing. You may think of the human body as being a test-tube full of different kinds of chemicals, and if the combination is just so, the chemicals may begin to affect each other and ignite the surrounding tissue and affect other chemicals in the body in such a way as to create the burning that comes from within and spreads to the outer parts of the body.

This Awareness indicates that is the view from a chemical point of view. Spontaneous combustion is also seen as having certain karmic and vibrational causes, but these vibrational causes also are effected because of the chemistry involved. This Awareness indicates that the genes help also in the production of certain chemicals and thus a family having common genes of a certain type, and having possibly a common diet that has been a part of the family culture, may have something to do with the development of the chemicals and the frequencies and vibrations of the various members of the family, so that the families, by sympathetic vibration, contribute to the spontaneous combustion, even though far apart from each other.

This Awareness indicates that this would be an extremely unusual situation. It is seen however, as being possible, and if the story is correct, it appears it not only was possible, but coincidental in taking place. This Awareness indicates there is seen a dubiousness as to the reality of this situation. It appears to be more of a fantasy than a reality. It appears to be a story designed to sell papers to delight the excitement of readers for its bizarreness.

This Awareness suggests that if you were to pursue an investigation of this story, by writing to those officials of the cities in which these so-called spontaneous combustion episodes took place, it is very likely that you would receive denial of knowing anything about

them. It appears that this is simply a tabloid story created to fill space and make the tabloid interesting, to sell more papers, as are so many of these tabloid stories.

### FOLLOW-UP QUESTION:

Some years ago Awareness indicated that most of the spontaneous combustions that were occurring at that time and documented, were created by entities on another dimension, using some type of laser or device to zap entities, or something to that effect.

### COSMIC AWARENESS:

This is in the affirmative. This Awareness indicates these devices can be used from other dimensions to trigger the chemicals, vibrations and frequencies of an entity so as to cause the spontaneous combustion. This is possible and has been used in the past. It is important to understand that cases of spontaneous combustion are extremely rare. There has been a great increase of such stories in modern times, most of which are false.

Ed's Note: For more on this subject, please refer to "Revelations of Awareness" No. 82-23 (Human Fireballs: The Mystery of Spontaneous Human Combustion); \$3.00 from C.A.C.

## What is the Truth About Pluto?

### QUESTION:

There's been some recent photos taken of Pluto by the Hubble space telescope, and published, and most of the scientists say that they've never seen anything like it. Now there's this little article I clipped which I'd like to read and ask Awareness to comment:

"Tiny Pluto Loses Pull As a Planet And it's Just a Rock. Some astronomers contend that Pluto shouldn't be categorized as a planet. The solar system is being downsized and Pluto could get a pink slip. The smallest and most distinct planet is feeling the squeeze as scientists collect clearer evidence of its size and origin. "If Pluto were discovered today, it would not be classified as a planet" said University of Colorado astronomer Larry Esposito. That's a slap in the face to traditional star gazers, who say the 9 planet system we've hewed to for 66 years is still valid, despite an avalanche of new theories.

"There's just too much change! It's upsetting people," particularly school kids, said Clyde Tombaugh, who discovered Pluto the old-fashioned way in 1930, by eye-balling thousands of photos of space. Perhaps the only thing the two sides can agree on is that their dispute is the most emotional and rancorous debate in astronomy today.

Pluto is an unlikely intellectual battle field. About 3.7 billion miles from the sun, the last planet to be discovered, and the only one claimed by an American, it is so shrouded in mystery that its huge moon was only discovered in 1978. When discovered in 1930, Pluto was thought to be the majestic and mysterious Planet X, several times larger than earth, but now the downsizers assert, it appears to be more like a cosmic dust bunny.

Their theory: A space immigrant from the wrong side of the solar system's border, Pluto was not spun off from solar matter like the other 8 planets. It may be the remnants of a wayward comet that got sucked into the sun's gravitational pull. Some astronomers think it's a "trans-Neptunian interloper," a lost moon of Neptune, swept away by an unknown force.

The first Hubble space telescope photos of Pluto's surface will be revealed Thursday, but experts say the images are probably too fuzzy to bolster either side."

Could Awareness tell us the truth about Pluto?

### COSMIC AWARENESS:

This Awareness indicates that it is smaller than your earth moon, larger than any of the asteroids, and it

doesn't really matter whether it is called a planet or a comet, or a piece of rock. It is an argument over words, and has no real bearing on what it is. It is what it is, and it has been charted as a planet in all the Ephemerises for many years, and in all likelihood, will continue to be noted in those future Ephemerises.

This Awareness indicates it appears to be a substance, a body that fell into the solar system and began its orbit. It appears to be that of a wayward moon from Neptune. This Awareness indicates that this may have been a moon of Neptune for only a short time in the cosmic sense, having come from elsewhere, orbiting Neptune for a time, and then being pushed out of its orbit by some other force, so that it began circling in the solar system, apart from Neptune.

**FOLLOW-UP QUESTION:**

Is there any form of life on Pluto?

**COSMIC AWARENESS:**

This is negative. This Awareness indicates that it appears there is considerable amount of ice and gas, but *It* does not see any life forms of any significance, even in the micro-level.

### What Are the Major Causes of Cancer Today?

**QUESTION:**

One last question, this from JD in New York. "What are the major causes of cancer in this country today? And is consumption of rancid vegetable oils one of them?"

**COSMIC AWARENESS:**

This Awareness indicates that this consumption of rancid oils, particularly vegetable oils, can be a cause of free radicals, and free radicals can be a major cause of cancer. There are also other causes which have been discussed previously, relating to the use of certain chemicals: isopropyl alcohol, and similar chemicals as has been discussed elsewhere.

There are also causes of cancer from environmental energies, such as high voltage lines and close proximity to such for long periods of time; such as radiation, and such as toxic pollution as in the dioxins, and waste disposals that have been improper. There are cancer developments due to radon gases.

This Awareness indicates that most of this information is readily available and well-known. This Awareness suggests that the many causes of cancer also can be found in some dietary substances and in smoking and also in the parasites within the body. This Awareness suggests the question be restated if it has not been answered.

**QUESTIONER:**

Well, she was asking "What are the major causes of cancer in this country today, and is the consumption of rancid vegetable oils one of them?"

**COSMIC AWARENESS:**

This Awareness indicates that *It* has listed the major causes. When speaking of radiation, it should also be recognized that cancer can be caused from pollution that occurs on a momentary basis or for a short time, such as the Chernobyl melt-down. This Awareness indicates that there can also be cancer caused by certain chemicals in the industrial marketplace. The gasoline fumes and petroleum substances can be a cause for cancer.

Certain foods can cause cancer. This Awareness indicates that these are generally known already, or are available from library sources under the study of cancer. This Awareness indicates that as far as the vegetable oils being rancid as a cause for cancer is concerned, this is a cause. It is not a major cause any more than any of

those others discussed would be considered as a major cause, but it can be a cause, and if entities mean by the word 'major' a number of instances of cancer, then it would be classed as a major cause, for it creates free radicals and free radicals are one of the many major causes of cancer.

This Awareness indicates that free radicals essentially are a problem that occurs when oxygen molecules become separated from their normal bonding and are floating around loose and can be collected by certain other molecules that, when combined with the added oxygen, begin to create that which can become cancerous. This Awareness indicates that rancid oils are a major cause of free radicals, even as pollution, in terms of air pollution and other types of pollution can also cause free radicals.

This Awareness indicates that the problem can be helped by the use of antioxidants. The antioxidants tend to destroy the free radical oxygen particle or molecule and thus eliminate much of the hazards of the free radical becoming attached to something that could cause a cancerous problem.

### OXIDANTS AND ANTIOXIDANTS CLARIFIED

**CLOSING MESSAGE:**

This Awareness indicates that the entity Vicki T. presented a question to the interpreter prior to this reading relating to antioxidants, which indicated the entity noticed a discrepancy in regard to the meaning of oxygen as a beneficial substance, helping to improve the health of entities, while anti-oxidants were also suggested as being capable of helping entities to have better health, and wondered how one can destroy oxygen, and the other give oxygen for the benefit of health.

This Awareness indicates that *It* wishes to clarify this particular confusion. 'Antioxidants' is a term that has been misunderstood. Perhaps it is misnamed. In the early days when the concept of antioxidant was first created, it was noted that an apple left out after being cut turned brown, and the brownness was called oxidation. A piece of hamburger left out would turn green because of the effects of oxygen on the copper within the meat.

This Awareness indicates that this led to the term 'antioxidant' for those things that would stop the thing from oxidizing. This Awareness indicates that the oxidizing process is best known in relation to iron and oxidation is called rust. This Awareness indicates that an 'antioxidant' for iron would be likened unto that which is called Naval Jelly, which helps to dissolve or prevent rust, or some other similar products that are promoted as reducing rust, or removing rust.

This Awareness indicates that the question then is: Why would one want oxygen in the body if it causes one's body to rust from its iron, or causes one's body to become green from the copper in the system, or turn brown, et cetera? This Awareness indicates that the oxygen in the body creates a necessary environment for the blood, and in its proper place it helps to give the proper food to the blood. This is why it is necessary for the oxygen to enter and leave the lungs, to keep the blood healthy.

This Awareness indicates that the placement of oxygen within the tissues and within the blood also helps to destroy viruses that could otherwise be very harmful to the system and oxygen gives life because it contains life energy, gives life to the blood and to the body. It is not the oxygen that one wishes to get out of the body, for surely the body would die without it. It is the *oxidation* that occurs to those cells within the body, and these

oxidation activities are known as the development of free radicals.

Thus, antioxidants deal with the free radicals. They do not remove oxygen from the body. They do not destroy oxygen in the body. They deal with those things that have tarnished because of oxidation, that are running around in the body trying to find something to attach to, and in such attachments, creating some further hazard within the body.

This Awareness hopes this clarifies the use of the terms, because it can be confusing for entities. 'Antioxidant' is perhaps the wrong terminology, but it is that which has been used for many decades in describing a way of dealing with the oxidation process. There is a difference between oxygenating or giving something oxygen, and oxidization, in which the substance is rusted or tarnished or dried out or otherwise affected by coming in contact with oxygen or other pollutions.

### Should You Invoke a "Psychic Implant?"

#### QUESTION:

Maxine B. of Youngstown, Ohio, asks: "I received a letter from the New Age study of Humanity's Purpose, warning us of an entity, a 'cosmic evil' who has come up with a new plan of deception to trick us. They say the sinister plan of this entity involves trying to sweet-talk us into evoking an 'implant' that is designed to short-circuit our ability to communicate with our Higher Self and void our ability to access the good that is stored in our Causal Bodies." And she asks: "Do you see any validity at all in this?"

#### COSMIC AWARENESS:

This Awareness indicates that this refers to a question sent by someone for a reading several days ago in regard to the calling forth of an implant to help entities.

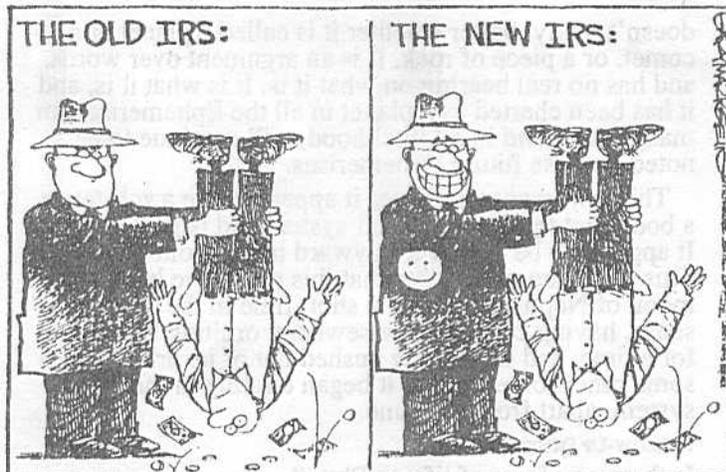
This Awareness indicates that essentially, that kind of activity calling for an implant would be of little value to anyone, and while this Awareness does not see that it could be of any value, *It* also does not see that it could cause great harm, because if the entities are asking for this implant with the identification of a party who is offering the implant, then of course they would be receiving that psychic implant with its signature and vibration associated with the entity promoting it, and therefore, it could have negative qualities if the entity promoting the implant had a negative purpose in mind.

This is likened unto a stone being given to someone in which the stone is said to be a 'healing stone' wherein in fact, the voodoo -type person or doctor who gives the stone may have implanted a curse or negative vibration in the stone, which when used by the entity for healing purposes could actually cause harm.

#### The Kickapoo Indians Ritual to Eliminate Negativity

This Awareness indicates that the Kickapoo Indians have a ritual wherein they gather together in a circle and they pass a stone around the circle and each of them puts all of his or her negativity into the stone and passes it on to the next person, so that by the time it has gone around the circle, they all have dumped their negativity into it. They then discard the stone, throw the stone over a cliff or elsewhere, so that none of them are still holding on to negativities that they brought to the circle in the first place.

It is a fact that energies from consciousness can be stored in stones, rocks, jewels, crystals and so forth, or other objects, and these negativities can be harmful. This Awareness indicates what this entity apparently is doing is creating an idea, a concept as a stone, referring to it as an implant. It is simply a thought-form, and if it is programmed with a negative purpose, to inhibit an entity's more spiritual abilities, and entities draw in that,



even though they may think they are receiving it for good and they are being deceived into taking something of a negative nature, then indeed it could be harmful to them.

#### FOLLOW-UP QUESTION:

Wouldn't the good intentions of the person requesting it override any negativity?

#### COSMIC AWARENESS:

To some degree. It depends on the strength of their good intentions. It depends on the strength of the magician behind the negative concepts. Whoever has the strongest purposes or intentions would rule, but it is of little purpose to take on any kind of thought-form that has any negativity associated with it, regardless of whether you can overpower that negativity. Why bother? Why have it there to fight with?

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

CAC now has another Web site here in Olympia. It contains a lot of information on the history of the Awareness Movement, what CAC is all about, plus colored photos of the entities who make this newsletter possible: Vikki T., your editor, Grace, Paul Shockley, Strongbow, Lady K, Rufus and Wilber. There is also information on some health products like Silver Wain Water. And for you who just can't wait for the next Lesson, The Lessons of Enlightenment are also there, free of charge. Just download and print! You can also click and tie in to our other website. Just type in:

[members.aol.com/cosmiccomm/cachome/cac.html](http://members.aol.com/cosmiccomm/cachome/cac.html)

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

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