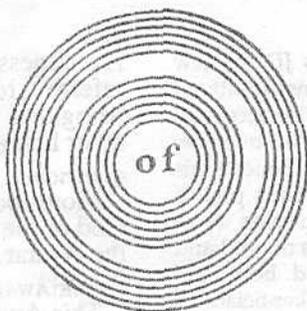


Revelations

The Cosmic Newsletter

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Awareness

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Sai Baba: Is he really God Incarnate?

(The Problem with depending on a guru)

ALSO: The Meditation to Observe Yourself

---Seth and the Nature of Personal Reality

---Feeling Cornered in a Relationship

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Ed's Note: We invited JD Rabbit (the famous JD in New York who so consistently sends in good questions) to attend one of our monthly sessions here in Olympia. She accepted. She was just back from India and was quite excited over the avatar Sai Baba, who she had seen in action. Many believe this entity is God incarnate. She brought back numerous photos and a video of the entity being idolized by the masses as he "manifested" ashes out of an empty bottle, trinkets of gold and other objects which he threw to the adoring crowd. Both Paul and I viewed this video spectacle with polite skepticism; it looked like slight-of-hand tricks to us, and not too good at that. We asked JD if she had any questions about this entity she would like to ask Awareness about. She did, and the response was quite enlightening as was the dialogue between Awareness and the redoubtable Rabbit.

THE TRUTH ABOUT SAI BABA

(4/95/ PAUL SHOCKLEY, INTERPRETER)

QUESTION:(JD)

Awareness, since we are now familiar with Sai Baba, I'd like to ask: Is Sai Baba a Cosmic Avatar, that is to say *not* of the human or earth evolution? Can you say where he is from and who or what he is?

COSMIC AWARENESS:

This Awareness suggests that you define further your definition of "Cosmic Avatar."

QUESTIONER:

An Avatar is defined as being a manifestation of the Divine Principle in human form living among us. "Cosmic" implies that this sort is not one that has come to his advanced spiritual evolution through the normal process of earth evolution, but actually originates somewhere from off of this planet.

COSMIC AWARENESS:

This Awareness suggests you define what you mean by non-human.

QUESTIONER:

Human would be human of the earth evolution. Non-human would be any being from anywhere, not of the human race as we understand it. The "Cosmic Avatar" would be something other than an earth human.

COSMIC AWARENESS:

This Awareness asks if you are requesting to know if this entity manifested on earth without going through the birth process?

QUESTIONER:

In this case, this one is known to have come in through the birth process, but is believed to have come from somewhere other than the usual place where earth souls come from.

COSMIC AWARENESS:

This Awareness indicates that this appears to be a question of whether the entity can be of an extraterrestrial or ultradimensional creation, yet come through the human birth process and be manifested on earth while simultaneously denying human origin. Is this your question?

QUESTIONER:

Not precisely. The first half of that, yes. The question of human origin is not relevant. The question is: "Does the being originate, the soul, the being, the essence of this entity originate from somewhere off of this planet from a region that would be called Divine?"

COSMIC AWARENESS:

This Awareness suggests that this is in the affirmative. This Awareness wishes also to point out that other entities on earth have souls that originated off of this planet. This Awareness indicates that this does not appear to be what you are seeking in this question. This

Awareness indicates that it appears to be a question referring to a uniqueness of the origin of this entity being that which is uniquely different from humans or other humans in soul origin. Is this your question?

QUESTIONER:

More specifically, it is said that what we think of as God or the Godhead Itself comes into human form as the Avatar. This is the question.

COSMIC AWARENESS:

This Awareness indicates that it appears this entity has a human source on this planet, an origin that dates far back to a different time and different place and different dimension in the Divine Fields of energy, as do others. This Awareness indicates it appears that this entity, having come into this plane through the human birth process, has been assisted through Divine Energies to rise in consciousness to that state of God Realization, to a state of unity with the Divine Energy so that the entity is able to reflect that Divinity through his being to those on earth, who often become his devotees.

Sai Baba Took a Cosmic Leap in Spiritual Evolution

This Awareness indicates that this action is not one which relates to extraterrestrial appearance on earth. It is an action of spiritual evolution through a kind of quantum leap into higher frequencies of an entity born of woman, who could have, without this special assistance from Divine Forces, could have developed as any other young boy might have developed as an earthling, but the entity, by being guided through his youth by spiritual beings, went through a kind of Cosmic Leap into a spiritual attunement that reached a frequency which vibrated in harmony with the Divine Frequencies, and the entity began to hold more and more onto these Divine Frequencies until they became a part of him.

The Entity Ascended to Divinity in Human Form

In other words, the entity ascended to Divinity while in human form. This Awareness indicates this is much in the same manner as is attributed to Jesus the Christ in the story of the New Testament.

This Awareness indicates that it is very rare for entities to move to such spiritual attunement in a single lifetime, and in this case, as with others, the entity has experienced many lifetimes of having moved into this Divine Frequency, therefore the entity found it natural to evolve spiritually in this body at this time, because this is essentially the comfort zone of the entity in terms of his soul development and his spiritual comfort.

The entity's evolution over many lifetimes makes this level of divine harmony a position or place which is comfortable to the entity, and therefore, he cannot reside in lower vibrations, but can only find peace and comfort in moving into harmony and oneness with the Divine Consciousness.

IS IT COSMIC AWARENESS THAT SHINES THROUGH SAI BABA?

QUESTION:

Awareness is it Cosmic Awareness Itself which shines through these great Avatars?

COSMIC AWARENESS:

This Awareness indicates that again, this needs to be clearly defined. This Awareness wishes to make it clear that this Awareness is not reflective in any way of the channeler. The channeler is simply providing one of many outlets for This Awareness to speak through in a unique way that belongs to the channeler; but this Awareness speaks through many other outlets of the Creation and it is not always the same in these expressions, for each outlet has its own uniqueness, and there

are some outlets that are not always or totally in agreement with one another, and yet, this Awareness will speak through these outlets and the outlets will sometimes distort the message from this Awareness and sometimes the message comes through clearly as desired by This Awareness.

The Real Nature of Cosmic Awareness

This Awareness indicates the nature of this Awareness is in essence the life and love frequency of the universe. *It* is simply a vibration that permeates the entire creation. This Awareness indicates that entities wishing to contact this Awareness must surrender their own personal essence to become One with this Awareness, and when so doing, they become a relatively clear reflection of this love/life/vitality of the Universal Frequency, and in this way, this Awareness vibrates through these different channels or sources.

This Awareness indicates that the great Avatars are very clear in their surrender and attunement to this frequency, to this Divine Vibration of the Creator Force in the Creation, which is the higher frequencies which manifest the lower frequencies, even down to the materialized vibrations of the most dense matter.

How the Interpreter Views Cosmic Awareness

This Awareness indicates that as entities surrender themselves to this highest frequency in the Creation, which is the Creator Frequency or Vibration, they essentially become *One* with God. You must recognize that some terms are interchangeable in the way this Interpreter uses them, for he reads the frequencies of the highest possible type as being the Creator of the Universe, as being the Creator of that which has been created, and in his interpretation and understanding, he sees this as being a different term for the concept and idea of God.

What is the Divine Being?

This Awareness indicates that other entities may have a different word or meaning for the term "God." Many entities see God as a male figure in the form of a human being. This Awareness indicates that this is a kind of childish view, but it is understandable because entities have been told that man is created in the image of God, which would imply that God must be shaped like a man.

Reflecting the Creator Through Your DNA

This Awareness indicates what if *It* were to say that DNA is made in the image of man; does this mean that all those little DNA cells in your body are little men running around that look exactly like you? This Awareness indicates that scientifically it is understood that DNA carries the exact replica of the body in which the DNA resides, but that the DNA, if seen through a microscope, would look different from the entity that carries the DNA; yet the DNA reflects precisely the entity, and with proper technology, a DNA substance could be used to create a clone of the body that holds the DNA. Is this not a kind of pattern that could be described as "being made in the image of the Creator?" If the host body is the creator of the DNA or if it is a reflection of the DNA of the host, can it not also be seen that man is a kind of DNA reflection from the Divine Creator and that individuals in their human bodies are made in the image of the Divine Creator, or are a reflection of the Divine Creator just in the same way that the DNA is a reflection of the body in which it is found?

This Awareness indicates that with this kind of understanding, it simplifies the recognition that man or woman or child or whatever; the human, is a reflection

of the Divine Frequency or Vibration that creates the created individual, and therefore, the idea of God being a humanoid type of being can be symbolically true as long as it is seen as a symbol; but it is *only* metaphorical and the true Divine Being is a frequency, a Divine Consciousness, an Awareness, a recognition of a Universal Consciousness.

By the term "universal," this Awareness is actually referring to the Creation in its entirety rather than one of many universes. The Creation in its entirety as a reflection of the Creator in *Its* entirety, are closely linked. Essentially, they are one and the same, but the Creator part of the Creation is a higher frequency, which caused the lower frequencies to come about, and those lower frequencies created that which is seen as the Creation, or the manifestation of all things spiritual and physical, all things material and immaterial that reside below the highest Creator Frequencies.

When "I am One with God" is Correct

This Awareness indicates therefore, when an entity such as Sai Baba evolved to the point of vibrating to the same frequencies as the Creator, it can be valid for the entity to say "I am One with God," so long as the entity refers to the "I" which he speaks of as being attuned to God. If the entity lowers his vibration to that close to other humans who are vibrating on the lower frequency and then makes the claim "I am One with God!" the "I" that speaks at that level is not properly speaking, because the implied message of one who is in a lower frequency claiming to be one that is at a frequency of a Creator of all things, is quite inconsistent with the truth.

How the Stone is One With God

This Awareness indicates that of course one can stretch things to the point of speaking for the Divine and say in behalf of a stone that the stone is One with God, if in fact you equate the entire Creation as being One with God. Thus, to say in behalf of the stone, "I am God!" and entities to look at the stone and say, "Oh. I wondered where God was! We've been looking for you!" This Awareness indicates, of course, this is stretching the meanings so that there is an inconsistency in what people expect of God and what the meaning in the words of the stone imply.

The stone can truthfully say "I am One with God!" because the stone is part of the Creation of God, and God is the Creator, and therefore is the Creation also. It is an extension of *Itself*. The Creator creates, and the Creation reflection reflects, as part of the Creator's being.

If entities understand this way of reasoning, they could understand how the stone could honestly think it is one with God or make the claim of being God, and it would be difficult to dispute it in a court of law with that line of reasoning, but for entities who think that the line of reasoning makes that stone the Creator, then it becomes questionable.

Which came first, the chicken or the egg? Which came first, God or the stone? This Awareness indicates that most entities in their reasoning would not select the stone as the Creator of all things, and therefore, the lower vibrations are seen as the *result*, not the *cause* of the Creation. Therefore entities who, from a lower vibratory position, make statements: "I am God!" cannot be accurate, even if they are sincere in their belief in themselves, and entities who are attuned to the vibration and frequency of the Creator can say in truth "I am God!" but they will find it difficult to find the word "I" as being correct in that state of consciousness, for there is *no* self when one is identified with the

Creator.

The self *has* to be surrendered and the attunement becomes the individual. The individual simply attunes to God and in that way can speak with the essence of God behind the speech when they say, "I am God!" but there is no "I". Therefore, that has to be changed in the sentence. They can only speak in a kind of realization. They can realize that they are One with God, but to claim as an individual that they are One with God will throw them out of the essence or kingdom of God. They cannot remain in that state and have an individual *I* representing a particular person.

This Awareness indicates therefore, Sai Baba can be a reflection of the Divine, but technically, it would require others to speak of him as God, and for him to claim to be God would be fudging on the truth because he could not remain in a state of interior God Consciousness and also claim the selfhood of an "I" individual.

The Intent of Sai Baba

This Awareness indicates that it does not appear that this is the intent of Sai Baba. It appears that the intent of this entity is simply to express the love he feels in his attunement with the Divine to all humanity, and sometime the words get in the way of his expression, and most entities would accept the words literally and without question; and the way he presents his message tends to ask entities: "Don't think too much! Just give your devotion and you will receive blessings!" and this Awareness indicates that this action does create in the hearts of entities a devotion to the entity without. It is much like the entity Jesus the Christ stating: "Believe in me!"

Gnani Yoga and Bhakti Yoga

The paths of Yoga are six-fold. There are 6 types of Yoga for entities to follow. The Gnani Yoga asks entities to understand, with reason, the realities and truths. The Bhakti Yoga, which is the Yoga of devotion, which is personified by both Jesus the Christ and Sai Baba, asks entities to simply follow the master without question, without skepticism, without trying to understand in a reasonable sense, and these entities gather greater numbers of devotees because the masses are such that for every head person there are eight heart people, and the heart people tend to follow with their heart and ignore the mental or reasoning part of their being. They see the leap of faith as being more important than the understanding of the reality they experience.

Krishnamurti "The Guru to End All Gurus"

This Awareness indicates that these are the two Yoga principles or paths that are in focus here. Krishnamurti represents the Gnani Yoga path, the path of knowledge, the path of knowing, and this entity knows the unity with the Divine, and also knows that the action of seeking devotees creates a kind of leader and follower relationship. This entity was described in Time magazine as the guru to end all gurus, because he cautioned people to not follow gurus, but to recognize the reality of their own Divinity.

This Awareness indicates that this entity was very cautious in keeping those which followed him from being devotees, from worshipping him. He made sure that they saw him as just another man, someone who taught a message, but did not want followers and devotees. This Awareness indicates that the Krishnamurti organization also followed this line, cautioning many young spiritual students to be very careful about any action of teaching others which led the others to become dependent on them.

The Problem with Depending on a Guru

This Awareness indicates the problem with dependency on a master or guru is that it tends to draw energy from the guru. It also tends to draw energy from the devotee, and the leader or guru having all this energy from all these devotees, may benefit from that energy, may reach greater fame and receive more glory from those entities, but there tends to be a siphoning off of the energies of the devotees, hindering them from discovering their own divinity, because they attribute all things good that could occur to their master, and they do not tend to develop or seek to master themselves, only to cling to the master as a kind of devoted follower.

This Awareness indicates it is as though they are saying, "Save me Lord! I am unable to save myself! I cannot find Divinity except through you!" This Awareness indicates that the entity Krishnamurti taught others that "Divinity is everywhere about you! God is present everywhere! All you need to recognize is that you surrender self to the Divinity and that you are One with the Divine!"

Devoted to a Divine God Without Being One Implies a Separation

This Awareness indicates that it is a question of which path entities want; if they wish to follow the path of Bhakti Yoga, the yoga of devotion; or the path of Gnani Yoga, the yoga of knowing one's God personally, as a Divine Force that you can be absorbed by, and become One with. The concept of being devoted to a Divine God without being One with the Divine God implies that there is a separation.

The concept of being One with God, of knowing God implies a unity, a Oneness. It is a matter of which path entities wish to follow, and it is a serious choice, because one can spend one's entire life chasing a god or can spend one's entire life *being* with God.

This Awareness indicates that there is nothing wrong with entities being amazed and impressed or awed by the masters and their accomplishments, their miracles, anymore than there is anything wrong with entities being amazed, awed and astounded by great actors, sports personages or great teachers and gurus, but This Awareness would suggest that entities become One with the Divine and let that be center-most in your being and that your appreciation for the artists, the great sports people, the greater entertainers and the great miracle makers be part of the enjoyment of humanity and its development and spiritual growth, its talent, and the entertainment that it can offer.

Worshipping a Movie Star, Sports Hero or a God-Realized Person Will Not Fulfill Your Needs

This Awareness suggests that worshipping a sports person and forgetting the unity with God cannot fulfill one's total needs. Worshipping a great actor cannot fulfill your total needs. Worshipping a God-realized entity *cannot* fulfill your total needs. Your total needs can *only* become fulfilled when you become One with the Divine, and you become One with the Divine *only* when you surrender all of self to become One with the Divine, and therefore, this Awareness suggests that the surrender of self to Divinity should be the first priority. After that, all other actions can be that which you enjoy or are impressed by or are that you are inclined towards.

Once You Have Surrendered, It's OK to be a Groupie to a Guru if you Wish

If, as a person who is One with God, wherein you have surrendered self to the Divine, if, after this has been done and has been solidified in your life as a base

from which you move, *then* you may move into following a guru, studying the guru, learning about the guru and how great the guru is, as much as you desire, while keeping that unity with God fully intact.

This Awareness indicates such groupie following of a guru at that time will not detract from your Oneness with God. If it begins to detract, then you need to strengthen your unity with God, surrender self to the Divine, continually surrendering self to the Divine, making it part of your life to keep surrendering yourself to the Divine.

It may be that you simply cannot do it once. It may be that it has to be done repeatedly, every moment, from moment to moment throughout your entire life. This Awareness indicates it will be a very rewarding time for great soul growth, for how can your soul grow any faster than being surrendered to the highest vibrations in the Creation?

Surrendering yourself to the highest frequencies of love, life and Divinity is the most rapid way, because you are *there already*. You cannot go any higher. You are there at the time of such surrender, and when this surrender is moment to moment, you are not falling from grace, you are remaining in grace.

You will not need to follow gurus, great sports personages, famous people, famous movie stars, famous entertainers, great comedians or great leaders of the earth or great spiritual masters. You may do so as part of your journey through the circus of life, but it is not a necessity for your growth, for when you have totally surrendered yourself to the Divine, there is no further thinking involved. You have *found* that which you once sought to find through all these other things.

It's Easy to be Distracted in the Circus of Life

This Awareness indicates, of course, it is easy to become distracted in this circus of life: There are many market places; there are many shopping centers; there are many fields of interest, and there are many carnival barkers: "Come look at me! See what I can do! Give yourself to me! Focus on me! Look what I have to offer you!"

There are many entities who have developed a great art of threatening and coercing, to take your money: "Come! Give yourself to this great cause! It will give you life after death! Give your money to us, that we may promote this teaching to others!" There are many entities who can tempt you: "Come! Have pleasure! Enjoy this pleasure we offer you! Think not of tomorrow! Think not of the cost! Think not of the dangers involved! Enjoy yourself while you can!"

This Awareness indicates there are many entities who tempt you through fear: "Quick! Get your insurance here! Make sure that you are alive tomorrow! Make sure that your family is provided for! Make sure that everything will work out all right, if the next ride you go on crashes, or if the next pleasure you seek gives you AIDS, or some other hostile disease!"

Life Filled with Distractions, but Don't Forget!

This Awareness indicates the circus of life is filled with distractions from your union with the Divine, and all of these distractions can become so over-powering that you forget your Oneness with the Divine and start thinking more in terms of yourself as a poor individual caught in the wheels of society, being ground to bits and trying to get out of the society machine, trying to find some kind of solitude away from it all, to get something that you had in the back of your mind but can't quite remember, and thus, if you are fortunate, you can get your mind back, even for a few minutes, long enough to

realize: "Oh yes! I *was* once with God! How did I lose my attunement? All of these things distracted me! Now I want to get back to that place in consciousness where I and God were One!"

This Awareness indicates just keep in mind that all you must do to be back with the Divine is surrender self at every moment. If you get distracted, think back: "There was something I was doing! What was it? Oh yes! I was being One with God! I got pulled off of my trip. I must get back to it!"

This Awareness does not admonish entities to avoid all of the world in which they reside. It is not necessary for entities to be One with God every single moment, or to have that as the utmost focus. The more you *can* do so, the better off you will be.

This Awareness indicates there is also benefit in experiencing other things in life in order to rediscover the higher values and the importance of being One with God so that your center becomes attuned to the Divine, and that in moving into those outer regions of the circus of life, you can move while still being One with the Divine.

If you Should Find Yourself Wandering the Halls of Hell During Some Unhappy Moment

This Awareness indicates therefore, if in some unhappy moment you find yourself wandering in the halls of hell, seeing the great pain and agony in the circus of life, you can also know that you are still One with God and can walk into the depths of hell and still be One with God, knowing that wherever you go, in whatever distraction that is around, you can still be One with God by constantly surrendering yourself to the Divine.

If all your gurus are taken and there's not one priest to be found, it will not destroy your attunement to the Divine, because you are One with God. You have surrendered yourself to the Divine. This Awareness indicates that Sai Baba is a marvel, and you can marvel at the entity's divinity, but in the marveling, do not forget *your own* divinity and the importance of being One with the Divine yourself, or surrendering yourself to the Divine in order to be attuned to *It*, immersed in *It*.

This Awareness indicates that entities wandering in the circus of life may have all kinds of choices. It could be that some entities enter the circus of life with the purpose of trying to find the best guru in town, and thus they set out looking for different gurus, trying to find the one that outshines all others.

This Awareness indicates that if this occurs and is enjoyable as a game, then recognize this is a game you are enjoying, but this Awareness suggests also, that at some point in your gathering of wisdom, you also reflect on yourself and ask yourself: "What are *my* potentials? What am *I* in regard to the potential of being a Divine Person? Can *I* become as Divine as the guru I seek? Can *I* do anything to become the best guru in town, or the most Divine Person of my potentiality?"

You may find that it is your own Divine Self you are seeking. It may be that rather than finding the best guru in town as a teacher for you, you will really need to become the most Divine Person you can be, and you may need to teach yourself or learn for yourself. This Awareness suggests again, the greatest learning and the greatest Divinity can be achieved through surrender of self to that which is highest and best in your reality.

By surrendering yourself to the Creator, to the Divine Creator, you can become your own best guru.

A Caution on Basking in the Divine Light

This Awareness also cautions that when entities find

themselves in the Divine Light, they may bask in that Divine Light to their heart's content, but in the basking in the Light, This Awareness cautions entities not to indulge in self-worshiping for it is the Light that deserves the worshiping, and it is important that if ego begins to build in regard to one's Divinity, that ego needs to be immediately sacrificed or surrendered to the Divine Light so that it does not become a Luciferian quality in your spiritual essence.

Remember the Story of Lucifer

This Awareness suggests you recall the story of Lucifer, who was the brightest of all the angels, who saw himself as being One with God, as being equal to God, and possibly rightfully so, if the entity was indeed totally surrendered to God, totally immersed in the Light of Divinity; but when the entity began to see "self" as being the Divinity, the Light, and began to separate self as significant and equal to God, or even greater than God; when the entity began to bask in "his" own light of Divinity, a separation occurred and the entity Lucifer fell from heaven, and the separation from God did not leave Lucifer as a god, but simply as an egotist, trying to be one equal to God.

Don't Allow Vanity to Bring you Down

This Awareness indicates that the vanity of spiritual evolution brought the entity down and this is another thing that can happen to entities who become One with God. In humility they serve God by giving themselves to God, but it is very easy at that time to become comfortable in your Oneness with God and to turn and take an ego trip, seeing your self as important because you have such spiritual insight, or such spiritual qualities, and thus your ego can bring you down, even as Lucifer fell from Grace.

This Awareness indicates that this will be something to watch carefully as you reach your Oneness with the Divine. It is important not to become egotistical or self-glorifying in your spiritual evolution.

Nothing Personal Intended in this Message

This Awareness wishes to make an aside comment. This message was not intended to be a personal message for the questioner. The questioner's question simply provided the opportunity for this Awareness to address all entities in the organization regarding concerns this Awareness has about spiritual seeking and spiritual evolution, and it was not intended to be focused on the questioner.

This particular message is to clarify that this Awareness did not give that message as a directive to the questioner. It was for the membership in general. The questioner provided an opportunity for a general message to be given.

"EVERY VILE AND WRETCHED THING YOU DO, SAYS RAMTHA, BROADENS YOUR UNDERSTANDING".

(Was this Ramtha or J.Z. Knight Speaking?)

QUESTION:

In the April, 1995, issue of *A & E Monthly*, which is the official publication of the Arts and Entertainment cable network, there is an article on the New Age trend called "Welcome to the New Age. Ramtha the Warrior will be right with you!" (Is the *New Age Movement Silly or Significant*) by Dorothy Rompalske. I'm not going to read the article, but there is a statement here attributed to Ramtha which might be pertinent to the information Awareness just delivered.

It reads: "Other critics of the New Age movement are not as understanding as Nevill Drury, author of 'The Elements of Human Potential.' A well-known science writer and social critic, Martin Gardner has made a career of debunking pseudo-sciences and many New Age trends. What Drury sees as an "uncritical mix of ideas," Gardner finds far more troubling, especially when it comes to channeling.

"In an article from the *New York Review of Books*, he complains that J.Z. Knight seems more like the incarnation of corrupt evangelist Aimee Semple McPherson than Ramtha, a warrior from Atlantis. Gardner also pointed out the amorality of the philosophy that members of the Ramtha cult apparently take to heart: "Every vile and wretched thing you do," says Ramtha, "broadens your understanding. If you want to do any one thing, regardless of what it is, it would not be wise to go against that feeling, for there is an experience awaiting you and a grand adventure that will make your life sweeter."

I'd like to ask Awareness if *It* would comment on that statement attributed to Ramtha.

COSMIC AWARENESS:

This Awareness indicates that *if* this is a statement from Ramtha, it is a statement given without much depth of thought or understanding, because it excuses entities for activities that are potentially extremely dangerous. If taken literally, and some entities *will* take it literally, an entity could say: "I have a vile and wretched desire to kill my mother-in-law, and Ramtha says that it will be sweet."

This Awareness indicates that this is simply thoughtless. It is assuming that everyone is quite sane and will know where to draw the line in such a statement and not go beyond the line into immorality. This Awareness indicates that there are entities who are basically confused or sick who might take this kind of statement too far and do something that is totally erroneous and tragic.

Some actions that entities may want to do will not necessarily be sweet. It is advised that entities be taught responsibility as well as expression, compassion as well as pleasure-seeking, and a sense of respect for others as well as self-indulgence, for there are many different ways that humans can behave, and this Awareness suggests that a statement or rule as just given opens the door for all forms of tragic behavior, of monstrous activities to follow, if entities take these statements as something permitting them to express themselves as suggested.

This Awareness suggests that it appears the statement was simply a reasoning to excuse certain actions that the channeler, J.Z. Knight, had some questions about in regard to her behavior. In order to keep critics in her group from thinking she was behaving in an immoral way, she attempted to preempt the heavy criticism by having Ramtha give this statement as an excuse, or method of excusing her behavior from any criticism her followers might be tempted to unleash upon her.

This Awareness indicates that this appears to be a good example of how channelers can often use the channel to benefit themselves or to try to benefit themselves and this Awareness suggests that entities should avoid accepting that statement as applicable to their lives because it is much too broad and can leave tragic interpretations that would be undesirable, even for the messenger, if the followers took it literally.

IS INJECTING OZONE DANGEROUS?

QUESTION

In another area, a question from Dr. S.K. in New York City. He writes: "I am using ozone in my practice now and wonder whether there is any hidden danger in direct intravenous injection, similar to the dangers encountered in the use of intravenous hydrogen peroxide. Doesn't the ozone react within the body to form H₂O₂ which can form potentially lethal aneurysms within the vascular system?"

COSMIC AWARENESS:

This Awareness indicates that this appears to be that which would be or could be quite dangerous. The ozone can form gaseous pockets in the blood, much like injecting oxygen into a vein or artery. Such an injection could cause problems not only in the brain but also in the heart as oxygen, if it is too long of a pocket, and can affect the heartbeat, causing death.

This Awareness indicates that ozone could be used through breathing activity without any concern whatsoever in the sense of any danger whatsoever, and can be most beneficial for most entities. This Awareness indicates that there are of course certain instructions on the use of ozone. You do not overuse it and you must continue to get proper amounts of oxygen along with the ozone, but in using the ozone properly, and most entities involved in such action should know the proper use of this, this can be beneficial if used through the breathing activity.

This Awareness indicates, however, to inject it would be quite dangerous. This Awareness indicates that it is possible that ozone could be introduced in liquid in such a way as to mix it so that it is not in pockets, and this would reduce the hazards of injection. However this Awareness suggests that this should not be done without great understanding and research prior to using it on humans until it is perfected, but this Awareness suggests this also is not seen as being of ultimate benefit over the use of ozone as breathed through the lungs.

Breathing the ozone through the lungs will get it into the bloodstream without danger and with just as much ease. This Awareness indicates that there are certain entities who have developed breathing devices for using ozone. This Awareness indicates that the Interpreter can send you information or a telephone number of one who is using such a device and this entity can inform you on where she received her device. This Awareness indicates the entity is using it for fibromyositis and is receiving considerable benefits from it.

A CHILD'S LEARNING DISORDER: ANY HELP?

QUESTION:

A question from C.B. San Anselmo. He writes: "My son Will has a learning disorder. It may be dyslexia. Whatever it is, it prevents him from recognizing words he sees. We would like to help him get over this. Is there something that would benefit him? Foods, exercise, no TV, vitamins, or is this the universe's way of telling him that he needs to direct his life in other areas beside the written word?"

COSMIC AWARENESS:

This Awareness indicates that this appears to be a common problem with many of the children today and much of it has to do with certain medications that have been given to these children. This Awareness indicates that there is a doctor, Dr. Duarte, who has written a book on alternative medicines, and this entity discusses this very problem and what to do about it.

This Awareness indicates that the Interpreter can provide a phone number and address and information on

acquiring this book when the Interpreter goes home after this reading. The information will be given to the editor for inclusion in this reading.*

FOLLOW-UP QUESTION:

Is the problem dyslexia or is it something else?

COSMIC AWARENESS:

This does not appear to be dyslexia. It appears to be something different, having to do with the effect of certain chemicals on the brain. This Awareness indicates there are certain vaccines that have also had an adverse effect on the mental abilities of children so that their brains have slowed down as a result of some of these vaccines that are required by the schools.

New World Order Making Worker Drones of Our Kids

The intention of certain beings in high places is to create a society of entities whose intelligence diminishes generation after generation in order to make a generation of worker drones or slaves who cannot think well enough to overthrow their masters. It is part of the New World Order programming system, creating and manipulating the masses to become likened unto worker drones and slaves so that they cannot rise above their position in society and cause the rulers difficulty.

*Ed's note: as of today, 3 years later, the editor has not received this information promised by Awareness.

DID NOSTRADAMUS FORESEE 2012 COMING? (His Present-Day "Predictions" are Forgeries)

One last question. This one from Jon S., in Seattle. He asks: "Has Awareness commented on the fact that some of the later predictions of Nostradamus seem to cancel each other out, speaking of both doom and destruction, and at other times describing a world living in peace and harmony? It's as though Nostradamus was seeing two distinctly different worlds. Perhaps this ties in with the Awareness's prediction that by the year 2040 there will be actually two worlds; a world of more spiritual-minded entities, and another world of darker harder energies?"

COSMIC AWARENESS:

This Awareness indicates that it appears there is also the fact that much of what is attributed to Nostradamus actually is the result of forgeries and entities trying to make money on his name by predicting things that he didn't ever say. It appears that this is the case, especially where these messages are in conflict, referring to present-day predictions.

This Awareness indicates that it appears the majority of present-time predictions are not actual predictions of Nostradamus and are not worthy of his name. This pertains to many of the present day predictions. There are many allegedly new discoveries of Nostradamus's predictions that are not new at all, but are simply using his name and are creations of other people.

A Golden Age is Seen Coming Soon!

CLOSING MESSAGE:

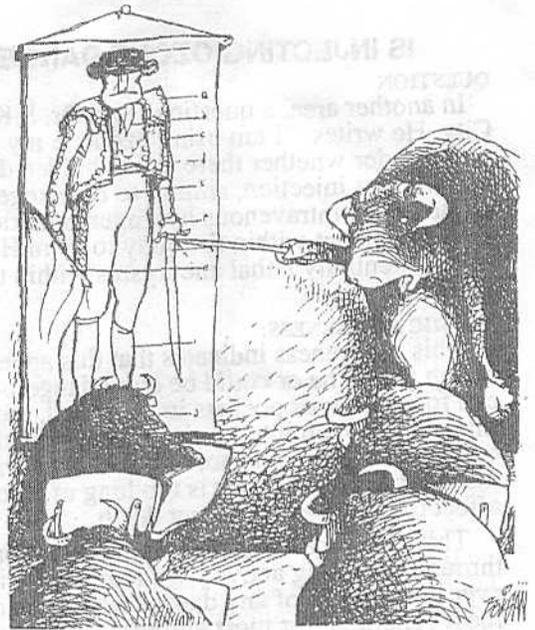
This Awareness indicates there is seen what appears to be a golden temple. It appears to be far in the future. It appears to be in an area that is dark and shadowy, big in its image. The darkness and shadow keep the gold from shining, keep the lines from being clear. It is seen as that which is in the distant future, but has a meaning for entities in the here and now.

It appears that humanity is moving toward it, and that there is an unusual feeling or understanding that the light will appear on this golden temple when humanity is near, and that the gold will shine brightly. It appears that there will be bright rays shining forth from reflections of the gold.

This appears to be a symbolic message referring to a golden age that comes in the next century for humanity, wherein humanity's full spiritual growth comes into its own, allowing humanity to join with other advanced spiritual cultures from other dimensions and from other planets in the galaxy, whereby humanity becomes a highly accepted and admired form of being, partly because of the great transition of a spiritual nature that humanity will experience as it approaches this golden age.

This Awareness indicates that humans will be regarded with great admiration, particularly after they have passed through this dark void of uncertainty prior to entering that golden age of reality. This Awareness indicates that as humans move through these changes and through this dark vortex into the next dimension, they will experience great wonder, excitement, and a sense of awesome discovery regarding the nature of the Creation, and there will be great appreciation for all that humanity has suffered to get where they are going.

(The Law of Gratitude is given)



Boligan/La Crónica de Hoy/Mexico City



One of many posters of the "God" Sai Baba as a younger man.

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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

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



"THE CHANCE TO EVOLVE ON THIS PLANE IS VERY SLIM"—(G.I. GURDJIEFF)

QUESTION:

(2/4/88)

A question from Deborah Shenk, Berkely, California. I'll read the whole thing. She asks: "I would like to know if Awareness has spoken of G.I. Gurdjieff, or commented on any aspect of his teaching. In particular, I would ask Awareness to comment on this quote, taken from *The Gurdjieff Work*, by Kathleen Riordon Speeth: "According to Gurdjieff, we live in a very poor place in the universe from the point of view of our possible evolution. Self-realization is almost maximally difficult owing to the extreme density of mechanical laws that operate on our planet, so that although human beings are designed, so to speak, with the potential for increasing the level of their being, the chance that any particular individual will succeed in doing so, is very slim."

"One of the obstacles facing those who seek to liberate themselves is that humanity exists on this planet for a definite purpose and that purpose would not be served if more than a certain percentage of people attained extraordinary levels of being; in fact, the flow of substance from the highest level to the lowest would be disrupted, if mankind's general level of consciousness were to change. The biosphere serves as an energy transducer at a critical place in a constantly evolving universe, serving to bridge the gap between sun and solar system and our own moon."

I am troubled by the idea that only a limited number of individuals can attain a high level of awareness. It deals quite a blow to my vision of the future and I wonder if there is truth to this concept. Could we not use technological means to accomplish this energy transducing function, rather than having it tied to low level awareness in humans? Please ask Awareness to comment. Thank you."

COSMIC AWARENESS:

This Awareness indicates that this question covers many, many levels of importance. This Awareness indicates that this relates in part to that which the entity Gurdjieff taught in relation to the notes of the musical scale. This Awareness refers you to this teaching in the works of P.D. Ouspensky, the book: *In Search of the Miraculous*. This Awareness indicates that in looking at the musical scale, there are certain progressions of the notes in the major scale, whereby the: do re me fa so la ti do, does have proportionate placement, and the entity taught that these placements often required shocks to the system as it progressed in its movement or evolution. This Awareness indicates that this shocking of the system required that the entity struggle greatly to reach a particular level in the evolution, at which point there would be a resting state for a temporary period, then a shock would be initiated which would cause a further movement.

Earth Only the 13th Most Dense Inhabitable Planet

This Awareness indicates that the earth's placement in the solar system is such as to serve as one of these places in which there is some difficulty in terms of the movement, requiring shocks in order for the entity to evolve from one state to another. This Awareness indicates that likewise, *It* has earlier mentioned that the earth was approximately the 13th from the most dense of the planets which were inhabitable. This Awareness indicates that this is not necessarily an indication of great loss, for even being in the 13th position from the bottom of the scale of evolution in this regard does not mean that entities can't improve their status while on earth.

This Awareness indicates that the planet is beginning to blossom in many ways. There are still, of course, areas of density and darkness. This Awareness indicates that those who are fortunate enough to have any direction in movement toward the light should indeed take advantage of all that is possible for their growth and liberation from this planet, or should assist in using whatever light is available to help raise the vibrations of the planet, so that others too may benefit from this effort.

Communication and Art Offer Greatest Potentials

This Awareness indicates that there has been tremendous progress in a very short time on this plane in regard to the technological changes. The greatest and most important of these various progressive movements is in the area of communication which does affect everyone including the potential for spiritual growth and the uplifting of humankind. This Awareness indicates that also, the areas known as art of the various types offer great potential for lifting the souls of entities on this plane.

Vibratory Rate of Earth Not Healthy for Humans at This Time

This Awareness indicates that in terms of the concept of the earth being in a difficult placement in the universe, that this may be seen as referring to the placement of the vibratory rate rather than referring to a location. This Awareness indicates that the vibratory rate of the earth in terms of its polarization as that which is not healthy for human kind and does cause much of the suffering here. This Awareness indicates unfortunately, those entities who think that by committing suicide, or in some way escaping from the reality of this planet, that they can escape from the hazardous vibratory rates, these entities are to be sadly mistaken, for the vibratory rates are such that the only escape is through learning to deal with them and from inner strengthening of the self. This Awareness indicates this is the reason for much of the purpose on this earth plane and the various existences here.

This Awareness indicates there are also entities who do come to this plane for the purpose of helping to keep it from sinking into greater abysmal vibratory levels. This Awareness indicates that there is much that can be learned by living in a condition of this nature. It is true that the earth is not a healthy and pleasant place for entities to live. There are many other places much more harmonious to the human species. This Awareness indicates that the fact, however, that you are here indicates that you have something which must be worked at here, either something which you have chosen or something which has been imposed upon you, to work at and to follow through on.

You Can't Escape From this Prison Called Earth

This Awareness indicates that there is a value in your not avoiding the realities of this plane, but in taking on the challenge. The value is largely for your own growth and development and in the action of avoiding the challenge of this plane, entities can and usually do, create for themselves even further time. It is likened unto a prison in which many entities are cast on this plane, and those who try to escape simply have more time extended to their term here. It may be another lifetime, if suicide is the method of escape or if drugs and alcohol and other forms of avoiding responsibility for one's growth and development are used, then the time can still be extended until the entity in fact faces the responsibility and overcomes the limitations by learning what is necessary to function on this plane while still evolving in a higher spiritual sense.

Gurdjieff was Speaking About 90 Years Ago

This Awareness that the entity Gurdjieff was speaking at a time in the early part of this century in which there was greater difficulty regarding the evolving of human species on this plane than there is at present time. At present time there are many opportunities for evolving, yet there are also greater temptations available for entities to regress in their evolution, so it is a time in which entities have greater choices and greater opportunities to fulfill those choices. They may either regress or evolve spiritually at greater speed than in earlier times.

This Awareness indicates that in general sense, the planet has become much lighter and has evolved in totality, quite some degree since the entity Gurdjieff wrote that statement, but there is still far to go.

GURDJIEFF SAYS ENTITIES ARE MACHINES AND ARE ASLEEP

(Does Self-Awareness Exist Only as a Potential?)

QUESTION:

In a related question by Richard Joseph of Gilroy, California, (Awareness may have answered part of this): He writes: G.I. Gurdjieff, in the Fourth Way Discipline, teaches that entities are machines and are asleep. Self-consciousness exists in potential. The reality of this plane is evolution hindered by laws and maya. Self-remembering and self-observing are methods that, when applied, demonstrate clearly the difficulty of self-awareness. Most entities cannot remember themselves beyond the span of a few seconds. When one studies the Qabalah, it is noted that the energy flows from Kether to Malkuth. The flow is out away from the Godhead. Evolution becomes similar to the salmon swimming upstream. This reinforces the Fourth Way precept that entities are asleep and are machines bantered about by the caprices of laws beyond their control and awareness. Could Awareness comment on this in light of the theory of Free Will? Does self-awareness exist only as potential and Cosmic Awareness, somewhere beyond?"

COSMIC AWARENESS:

This Awareness has indicated previously that there is very little actual free will on this plane. This Awareness indicates that the free will which is available to entities has more to do with the selection or choice of attitudes one may take in regard to the experiences or choices which are presented before an entity. This Awareness indicates that when an event occurs, the event and the reaction to the event are largely due to your previous conditioning or to the personality makeup which comes into being in part by your astrological and genetic and psychological and conditioning from past.

This Awareness indicates that these environmental pressures and the pressures that have made you what you are tend to dictate your reaction and even your choice in selecting a position or manner of expression regarding an event in your life. This Awareness indicates that in this sense, an entity who thoroughly understood your background in a complete manner could effectively predict what your choice would be in a given situation, even though you thought you were choosing from a sense of free will. This Awareness indicates that conditioning that makes you what you are is what actually makes the choice for you.

One Area Where You do Have Free Will

This Awareness indicates there is an area in which you have free will, and that is you have the ability to decide whether to evolve and make an effort to move into higher expression or whether to be lazy and choose a route that is irresponsible. You also have the choice of attitude as to how you look at life. This Awareness indicates that even these things can in part, come from

your conditioning and your past training, but these are always choices which you can reverse, if you so decide.

This Awareness indicates an entity who has always selected the escapism and the irresponsible path always has that option within his or her psyche, to turn a slight screw in the mind and change totally one's behavior. This Awareness wishes you to look carefully; that the choice of altering one's direction in life does not begin with changes in one's environment or changes in one's way of perceiving. It comes about through the slight turn of the mind, in such a subtle movement, a click of the mind that says: "I'm not going down any more."

This Awareness indicates that once this entity makes this slight decision, this little movement of the mind, the entire life then begins to turn around and move toward the progression of the soul. This Awareness indicates that in the evolution of the individual and the movement toward the higher aspects of consciousness, entities can make certain alterations in their attitude and in their sense of direction and may consider that as being the closest to free will that is available, and in making such slight alterations in their perception, they then can begin moving and altering all other kinds of conditioning.

What Gurdjieff Meant About Entities "Being Asleep"

This Awareness indicates that as one begins to move into higher realms of consciousness and becomes more self-aware, the entity then, escapes much of that which has been associated with the sleep state that is described by Gurdjieff. This Awareness suggests that if anyone wishes to understand more clearly what Gurdjieff speaks of when he says that entities are asleep and do not remember themselves, this Awareness suggests this following experiment:

A Meditation to Observe Yourself Observing

This Awareness suggests that you stop for a moment and observe yourself, what you have been doing the past few seconds, where you are, what you feel, and simply look at yourself briefly.

This Awareness suggests now that you project yourself out of your body and look at yourself from ten feet in front of you, looking back at your own self sitting there, doing whatever you have been doing. Pretend you are across the room, looking at yourself, seeing yourself from across the room. This Awareness indicates in doing so, you will have a totally different attitude toward yourself than when you are inside looking out. This Awareness indicates that it becomes even more interesting when you are outside of your home in an open area and look down at yourself from the sky, somewhere up in a distant place, looking down from a mountainside or down from a cloud, seeing yourself down there in the countryside or in the city. Look at your life as it is, and as it has been from that great distance.

This Awareness indicates that when you do this, you are observing yourself from a new advantage point. You will see things in a greater clarity with greater objectivity. This Awareness indicates the entity Ouspensky noted that if you could hold that state of consciousness for ten minutes, it would give you a totally different view of yourself and of your life, and you would learn things you might never learn from any books ever read. This Awareness indicates that a slight breeze during such times can cause you to recall experiences years before with such vividness, such clarity, as though you were right there, transcended from the present time to the time of the past, when you were a child, or when you were in another area.

This Awareness indicates these slight movements surround you when you are observing yourself observ-

ing; these states of consciousness which are altered as you project yourself out and look back at yourself observing yourself observing, tend to project you also into an observance of your life over a period of time. This Awareness indicates it takes you out of present time and projects your long years of life into a moment, into a brief moment of the eternal now, the eternal present. This Awareness indicates it is an amazing meditation that all entities should experience, and it is so simple.

This Awareness indicates that there is in such meditation, the realization of what Gurdjieff speaks of; that you have been asleep. It is perhaps not the correct word, but there is no word to explain the difference in those states of consciousness, for when you are in your body, locked in time at a moment, to move out of that state of consciousness in which you see your body objectively as if you were looking at another person on a screen, seeing their life stretched out over many years all at one moment, you see a totally different experience and expression of your being.

This Meditation can Totally Alter Your Life

This Awareness indicates there are tremendous lessons in that brief glimpse of that new reality from that awakened state. This Awareness indicates that any entity who is capable of remaining in that state, wherein you observe yourself observing, even for a brief time, and looking from that state into yourself, into your past, into the experiences that you have had during your lifetime, looking even for a few brief moments, can be a totally new and revealing experience that totally alters your life.

This Awareness indicates, of course, you can always go back into your state of sleep, of seeing yourself from inside looking out and you can totally fail or cease to be objective if that is desired. This Awareness indicates that entities will find it most difficult to always remain observing in that awakened state, and indeed, it may even be inappropriate at certain times. This Awareness indicates, for example, if you are at a party, talking to someone before you and are also split so that you are looking down at yourself in the party, talking to someone before you, it may cause you to lose track of what was being said in the conversation and may cause entities to wonder if you are all there mentally.

The Altered State Krishnamurti Lived In

This Awareness indicates with practice it becomes possible for an entity to carry on conversations while still remaining outside of the body and speaking through the body. This Awareness indicates the entity Krishnamurti as one who lived in this state. The entity was seldom locked inside of his own head. He was quite commonly above himself, speaking through himself to the audiences whom he addressed. This Awareness indicates that there are others who are awakened and can do this kind of objective expression through their own body.

This Awareness indicates that in the case of Krishnamurti, he referred to this expression as 'The Speaker says'. This Awareness indicates the Speaker was the part of himself which sat above himself and spoke through himself. This Awareness indicates this Speaker often was but a few inches above his head, but spoke through him, as that which was speaking from a higher state of consciousness. This Awareness indicates that as you learn to project out of yourself, above yourself, see yourself in the physical body as a kind of machine, and see your true self as a spirit or soul, that often inhabits the body and operates the body and drives the body, but not one who is locked into the body, who is confined to

the body; as you see yourself as one who is free to enter and exit your body, and to look down upon your body, and use the body, you get a totally different view of yourself.

This Awareness indicates it is likened unto the entity who wears a suit of armor, and one entity wearing a suit of armor is locked into the suit and never can get out, while another says: "Hey! I don't need this suit all the time! I only need it some of the time. I can take it off and walk around without this armor." This Awareness indicates that likewise, entities can take off the body, let it function on its own in just an effective manner while they observe it from above, or they can even observe it from beside it, or below it, behind it or in front of it. You do not have to be in any particular position, but generally speaking, it is easier to look down at yourself from a higher standpoint and be objective from that viewpoint.

This Awareness indicates that the entity Gurdjieff tried to show this way of being objective whereby an entity could transcend the moment and stretch the moment out into an eternal now, so that memories of the past could be experienced as though they were occurring in the present time.

Now Move Yourself Back in Time Five Years

This Awareness suggests that you now, again, project yourself across the room, look back at yourself, see yourself observing in present time, and simultaneously, move back in time 5 years. This Awareness suggests you now move back in time 10 years. This Awareness suggests you now move back in time to the age of 10 years of age. Feel the presence of the moment when you were ten years of age, as though it were now. This Awareness suggests you go back even further.

This Awareness suggests you go back, observe yourself observing at the age of three. See yourself looking out of your eyes at the world at the age of three. Experience the nowness, the moment around you as though you were now three years of age. This Awareness suggests this be a meditation which you experience repeatedly on various occasions, and you will find that the moment is *always* now, the moment of now never ceases to be. The Eternal Now is ever and always present. It is only the images and the movement of matter or images on the screen of the moment that alters as the so-called time passage.

The Eternal Now is Like a Movie Screen

This Awareness indicates it is likened unto the Eternal Now, as being the screen which holds the projection of the movie film, the screen itself is always present as now, it never changes, but the flashing of the light and the action, of ever-moving life and events continues to change on that moment of the Eternal Now. This Awareness indicates that the past is nothing more than an earlier stage of the film, and that entities can run that film back and experience the memory of that experience on the screen of the Eternal Now.

This Awareness indicates this is in essence, much of the teaching in regard to Gurdjieff, much of the other part of his teaching had to do with related concerns and techniques and discoveries. This Awareness indicates there is much that can be learned from the works of Gurdjieff and his disciple Ouspensky, for those who wish to study this further.

This Awareness suggests the book: *In Search Of The Miraculous**, and the book *The Fourth Way*, by P. D. Ouspensky, as being of considerable value. This Awareness indicates *The Fourth Way* as discussing how to experience these awakening states. It can become

somewhat tedious reading, but essentially the message is to observe yourself observing.

*CAC permanently stocks "In Search of the Miraculous" (please refer to current Book Price sheet). If you want the Gurdjieff book "The Fourth Way," we can order it for you. (Current price is \$15 plus postage).

THE LIFE FORCE, THE LOVE FORCE AND THE NATURAL FORCE

QUESTION:

Awareness, we're here today for session #45 with Grace as Interpreter. This is May 31st, 1998. Does Awareness have an opening message?

COSMIC AWARENESS:

This Awareness indicates that the Life Force, the Love Force, and the Natural Force are of one and the same energy, and that the uniting of such concepts within the consciousness of humanity can assist in uniting belief systems, strands of thought and orientations of perspective which tend to dilute and redirect energy in multiple directions, rather than focus with intensity to use toward creative, unified and more rapid results.

This Awareness suggests that entities attune to the Life Force within, which is experienced as a flow of energy, an influx and outgo which moves through the body and mind, with specific patterns and rhythms, peaks and valleys and fluctuations indicative of certain conscious attunement to the energies of this Awareness.

This Awareness suggests that as entities begin to recognize and become familiar with such patterns that an equal recognition can result within that force known as the Love Force, wherein entities affiliate and commune and connect in loving joyful acceptance of one another, wherein the Quickening of energies is most notable, and that in such recognition, entities can begin combining and uniting the Life Force and the Love Force in more overtly conscious manners of expression.

The Third Force: The Force of Nature

This Awareness suggests also that entities can become attuned to "the third force," the Force of Nature, wherein similar patterns and ebbs and flows of energy can be observed and experienced through attunement to the energies of all other natural forms, so that an intuitive melding of spiritual energy can be attained between an entity and, for example, a leaf or flower blossom, so that with this third process, this third force can be once again recognized as that one and the same energy contained within the Life Force, the Love Force and the Natural Force, so that entities can begin to flow with the tide of such energies, which can assist the natural attunement to the inner voice and language already being utilized to design a mind with which to most completely express spirit, but which utilized in this manner can also open doors of inner, instant intuitive understanding and knowingness.

This Awareness suggests that as entities eliminate unnecessary yet chosen belief systems and limitations from mind, that such centers and abilities will naturally unfold and reawaken within human beings. Many such beliefs have separated and segregated such energies from one another, allowing the greatest benefits to fall outside of the consciousness choices and a loss of the benefits they bring. In attuning to the underlying similarity or one-ness between these three major forces entities can facilitate such progress, and help reawaken vast inner knowledge. We have completion.

Seth and the Nature of Personal Reality

(An Adjunct to the Lessons of Enlightenment?)

QUESTION:

A Question from Michael Beckeley, in Sheridan, Oregon. He writes: "I don't recall seeing commentary on, and if so would like to see it through the current Interpreter, regarding the channeling of Seth through Jane Roberts. It seems to me that the book The Nature of Personal Reality is very much in synch with the Lessons of Enlightenment and provides a strong adjunct to said lessons.

"Does Awareness see this as valid, and/or would care to comment on this observation?"

COSMIC AWARENESS:

This Awareness suggests that there is a great deal of validity within this observation. The entity Jane Roberts, having actively participated in the usherance of a new consciousness in a most unique and necessary manner, laying the groundwork for current and future progress. These offerings and mechanisms of communication were very specific given human consciousness, international struggles and cultural upheavals experienced over the past 9 decades which culminated in a world-wide awakening to the need for a social turnabout.

This Awareness suggests that as long as human beings have existed, that certain understandings had been offered through the energy of this Awareness to many entities and, in fact, to every entity, to clarify and reawaken inner channels of spiritual communication, yet such energy met with resistance, blockage and utter rejection, given the energy networks continuously fed, which underlie mass-consciousness wherein extreme limitation necessitates individual specialization of brain structures in rather limited directions from very early ages.

What Jane Roberts and Her Soul Group Was Really Up to

This Awareness suggests that the limitation and the shutting down of innate processes which could lead to human salvation had become so severe as to reach crisis proportion, where human technology began to far outpace spiritual understanding, and human civilizations spun out of control, lacking the Divine Intention, that certain more direct and drastic measures became necessary, which facilitated the group spiritual effort of entities participating in specific manners and with specific relationships, with specific roles and specific offerings which, when united in space/time through interactions of seemingly unrelated and diverse earth-bound human beings, that the stage would be set to facilitate more direct communication.

The Sense of Urgency and Desperate Measures Taken

This Awareness suggests that major accomplishments in many areas facilitated the receptivity of American culture during the decade known as the Sixties, wherein certain ideas, avenues of investigation, interests in the arts, patterns in music, and patterns of questioning established paradigms and valuing free thought dramatically altered the receptivity and openness of many entities. At the same time, the world was awakening to its technological ability to virtually obliterate the entire earth. A sense of urgency among those entities who had taken on the spiritual challenge of earthly enlightenment requires rather desperate measures.

This Awareness indicates that earlier attempts by this soul group to deposit spiritual information had resulted in gross distortions and complex religions that have become so laden with human judgment that they had lost most of the original spiritual value and the bearers of the tidings had been immortalized as Gods or heavenly messengers, who had suffered and died as good martyrs should, in suffering for human "sin."

Instead of instilling knowledge of innate human goodness, and how to restore inner empowerment, the result was further distancing humans from their source.

The Awareness suggests that the climate was right, the consciousness was receptive, and in dire need of a direct infusion of spiritual energy and information. The choice was made to avoid the previous mistakes resulting from illusion-bound intermediaries by establishing a direct communication between self-aspects, both incarnate and focused in a non-physical reality. This communication came from what is considered to be a future aspect of self, from a perspective unimpeded by the limitations of time/space, developing a partnership, a cooperative relationship with a present earth-bound self-aspect in the entity known as Jane Roberts. This mutual effort was designed to directly infuse certain ideas to remove specific limitations from within mass-consciousness, and that the entity known as 'Seth' represents the future aspect, or more removed from the physical realm in space, whichever interpretation is preferred; that representative energies from alternate entities, both embodied in the current focus of space/time, and alternate focuses, brought about the communication of a large body of important and spiritually valid understandings through the entity Jane Roberts.

This Awareness suggests that through the achievements of this effort, a successful and broad dissemination of the initial conceptual framework which shall replace the limitations within mass-consciousness were planted like seeds in the consciousness of each and every entity inclined to pick up such a book, to read and feel the validity of the teachings and to allow the consciousness to be physically, emotionally and mentally altered through entertaining such ideas, in that the seed was planted and scattered far and wide and that as each entity began to experiment with the concepts embodied in the Seth Material, that certain weaknesses began to occur within the tightly bound energy networks of mass-consciousness, much like puncture holes, aerated within, so that the consciousness of every incoming entity to the earthly experience achieved benefit from the alterations in consciousness of each and every entity touched by this information.

This Awareness suggests that other entities and other contributions also facilitated this effort, but that the direct relationship between multiple aspects of the entity Jane Roberts had a profound impact upon the works of many such entities and the subsequent successes that have been attained, which allow at this time entities to perceive higher levels of energies from this Awareness and that entities have been prepared to take the understandings to the next level, to reconnect to the spiritual intention which awaits as the guidance within, so that such dramatic measures as entities possessing other entities, as ritualistic trance channeling, as mediumship, as mysterious and esoteric oracles are far less necessary as intermediaries than they were perhaps only 5 decades ago.

This Awareness suggests that this information still contains the validity and power to continue to plant seeds in the consciousness of many and to continue the unfolding of individual consciousness and the erosion of the limitations within mass-consciousness (that continue to limit and restrict the innate potentials) and unleash the true and valid power of mind and spirit.

This Awareness suggests that these contributions and many such others contain those energies which resonate within entities and that now, with the addition of the *Lessons of Enlightenment*, that entities can begin to understand the specific tones and rhythms of this resonance through the understanding of the emotions

and the relationship between the feelings, the beliefs of mind and the needs and values of spirit, so that entities can begin to physically attain the boundless limitless powers and potentials set forth as valid in the Seth Material.

This Awareness suggests that many such offerings continue to successfully be imparted upon mass-consciousness and that entities can now begin to utilize this inner system of evaluation and adjudication, to pick and to choose those belief structures which facilitate continuous development and expression.

This Awareness suggests that this body of material is specifically designed to provide a foundation within individual and mass-consciousness to usher the phase now at hand and that in a larger sense, there are two more phases to follow.

If we have completion we can continue.

Ed's Note: The books, "Seth Speaks" and "The Nature of Personal Reality," by Jane Roberts are permanently stocked by CAC. Please refer to current Book Price Sheet.

The Three Future Christs Prophesied by Seth? (What Group is Promoting Some of them Now?)

QUESTION:

A question from Kathleen V., Houston, TX, while we're on this subject of Seth. She writes: "Every once in awhile, I pull out old Seth books and reread them. There's a section in *Seth Speaks* written in 1971, where Seth is speaking about religion, and he says: "The third personality mentioned many times by me has not in your terms appeared, although his existence has been prophesied as the "Second Coming."

"Now, these prophecies were given in terms of the current culture at that time, and therefore, while the stage has been set, the distortions are deplorable, for this Christ will not come at the end of your world as the prophecies have been maintaining. He will not come to reward the righteous and send evil-doers to eternal doom. He will, however, begin a new religious drama. A certain historical continuity will be maintained.

"As happened once before, however, he will not be generally known for who he is. There will be no glorious proclamation to which the whole world will bow. He will return to straighten out Christianity, which will be in a shambles at the time of his arrival, and to set up a new system of thought when the world is thoroughly in need of one.

"By that time, all the religions will be in severe crisis. He will undermine religious organizations, not unite them. His message will be that of the individual in relation to All That Is. He will clearly state methods by which each individual can attain a state of intimate contact with his own entity; the entity, to some extent being a man's mediator with All That Is.

"By the year 2075, all of this will be already accomplished. The third personality of Christ will indeed be known as a great psychic, for it is he who will teach humanity to use those inner senses that alone make true spirituality possible.

"Slayers and victims will change roles as reincarnational memories rise to the surface of consciousness. Through the development of these abilities, the sacredness of all life will be intimately recognized and appreciated.

"Now there will be several born before that time who in various ways will re-arouse man's expectations. One such man has already been born in India, in a small province near Calcutta, but his ministry will seem to remain comparatively local for his lifetime. Another will be born in Africa, a black man whose main work will be done in Indonesia.

"The Expectations were set long ago in your terms and will be fed by new prophets until the third personality of Christ does indeed emerge. He will lead man behind the symbolism upon which religion has relied for so many centuries. He will emphasize individual spiritual experience, the expansiveness of soul, and teach man to recognize the multitudinous aspects of his own reality."

That was the end of her quote, and her question: "Awareness may not want to name names, but would Awareness perhaps recommend a publication or an organization that is or will be promoting the works of these incarnates mentioned by Seth?"

COSMIC AWARENESS:

This Awareness suggests that entities attune themselves to the *Lessons of Enlightenment*.

We have completion.

Ed's Note: Please refer to the Closing Message of this reading for an explanation of this brief response.

MERLIN'S GIFT TO MICHAEL

(Is This Potion the Key to Longevity?)

QUESTION:

A question from Michael Miller, Orlando, Florida, which came in over a year ago. He writes: "Now for the weird stuff. I'm sure that you get your share of strange letters. Here's another one for you. My spirit guide is Merlin. He claims that he also reincarnated as Saint Germaine.

"Legend has it that Merlin, during the time of Camelot, did not age from the period when Arthur was a young boy to when Arthur died at the age of 57. Legend also has it that Saint Germaine lived for 300 or 400 years. I have been told that they drank a special clear liquid potion which kept them young.

"Merlin, coming to me in meditation has imparted a great deal of knowledge to me. For years I have been asking him for his "formula" for this clear liquid potion. He has always side-stepped my request, until this last Monday. Then he told me that I was ready, and he gave me the formula.

"As is usually the case in such matter, the formula is amazingly simple. The key ingredient to remaining ageless is love. The potion is a sea-salt water-base, which has the energy to love added to it through a special process. Merlin has also told me that I can share this potion with others.

"I am shipping several bottles to you in case you wish to experiment. He also said that this mixture will cure all illness. Could you please ask Awareness to comment on this?"

COSMIC AWARENESS:

This Awareness suggests that the entity Merlin does indeed exist on many levels of consciousness, both symbolic and actual, in archetypal form, dispensing knowledge, wisdom, and such prescriptive specialties as the one mentioned. This Awareness suggests that however effective your love potion may be, that it is specifically designed to be utilized by those having received the understandings regarding the power of love, the ultimate Divine Intention, and who have awakened within themselves the mechanisms of inner guidance.

The Riddle Merlin Posed for Michael

This Awareness suggests that a degree of humor and felicity underlies the Merlin energy in specific relation to you and your communications with this energy, in that a riddle has been placed before you in the message of the love potion, for whatever technique you creatively intuit in order to infuse the liquid with the love energy shall be conditional upon your own self-understanding, and this in essence is the nature of the

riddle Merlin has posed for you.

This Awareness suggests that such substances can indeed elicit astounding physiological effects and benefits upon entities prefaced upon the condition of the understandings and heightened expansion of consciousness, having been attained to the degree that the inner spiritual directives have been carried out sufficiently to remove the necessary amount of mental limitation to tip the scales toward the more ordinary developmental course of brain structures, wherein altered states of consciousness and of understanding become the norm, wherein the love energy becomes the predominant motivating force, replacing fear and self-preservationary actions with joyous, blissful, cooperative exuberance and yes, longevity of mind, body and soul.

If we have completion we can continue.

He Gets Married to Another and His Female Friend Lashes Out in Attack (Feeling Cornered in a Relationship)

QUESTION:

A Question from Charles H. I'll ask it and then I'll turn the tape over. It came over the Internet. "Awareness recently discussed how people often feel trapped or cornered in relationships, and this makes them lash out at others, even those they love. I recently had this happen with a very dear friend. This friend has repeatedly lashed out at me for no rational reason, while also projecting that I was "crazily" attacking her whenever I tried to tell her that she was unjustly attacking me.

"She was first upset that I had "eloped" and did not have a marriage ceremony, i.e., that I did not include her in my wedding. Then she lashed with a very nasty letter when I cut short my telephone conversations with her out of consideration to my new wife, and was involved in two crises and could not call her as much as previously. She repeatedly hung up on me and was very nasty to me.

"I finally got fed up with this behavior and wrote her a note in some anger and in response, she wrote a truly hideously attacking letter, utterly betraying me and using against me the personal information I've shared with her over the years. This friend then cut me out of her life. She has deep-seated abandonment and victimhood issues which my marriage and apparent "abandonment" of her triggered.

"Could Awareness discuss the process of feeling cornered in relationships in more detail and what can be done in response?"

COSMIC AWARENESS:

This Awareness suggests that this example illustrates an excellent dynamic, far too common among human beings, wherein the understandings of the spiritual message, of the various emotions, when left misunderstood and unanswered, can create the cycle of self-preservationary, defensive responses.

This Awareness suggests that this entity does indeed experience a deep sense of connectedness with you, perhaps fulfilling an over-exaggerated need for human connection, given the initial experience of abandonment. This entity has over-compensated and over-accentuated the connection need at the expense of the needs for freedom, to find meaning, for power and for creativity.

This Awareness suggests that when entities do not honor, understand and develop mental strategies and beliefs which support and accommodate each of the human needs in a simultaneous fashion, then they will experience varying degrees of negative emotional

responses when life does not deliver events and experiences fulfilling to spirit. Such events, of course, have been created by the very limitations of mind that signal the feelings.

This Awareness suggests that the negative feelings of fear, of guilt, of anger, which each specifically address beliefs which limit the entity's progress and are to be acted upon with corrective strategies, (right responses of mind, wherein mental additions, reflections and alterations are made which broaden the avenues of opportunity for spiritual development and expression).

This Awareness suggests that if such responses are not effected, the entity continues to experience painful emotional experiences, which lead to further defensive responses. Thus, a negative cycle of defense and self-preservation replaces the positive cycle of emotional motivation toward that which brings fulfillment, a cooperative effort, a compassionate connection, the courageous use of power and freedom to develop and express upon the world, those unique spiritual gifts and Destiny paths as the Creator intends. This Awareness suggests that instead, entities struggle meet needs that they have identified and oftentimes become reliant upon one area at the expense of others.

This Awareness suggests that **you** understand the nature of the imbalance within this friend, and your understanding of how she has recreated her abandonment scenario though you is very perceptive. Even so, you have experienced certain emotional responses to this entity's level of neediness and clinging to you for support, understanding, and camaraderie which you so graciously provide. In actuality, she experiences vicarious freedom and power through others such as yourself and in such creates a powerful requirement of co-living your life.

This Awareness suggests that as your spirit guided you toward other directions, one of which to invest in a primary relationship and marriage, that this entity did indeed make you feel trapped and overly responsible to satisfy her unfulfilled connection needs. This Awareness suggests that as you provide less and less opportunity or connection that this entity's needs were further frustrated and the signals were not utilized to develop new relationships, new avenues of opportunity, new areas of personal expression, so that this entity began the cycle of resentment, and ultimately revenge upon you as the perceived source of her pain.

This Awareness suggests that this cycle of human behavior has become an acceptable norm, albeit hurtful and negative aspect of human nature. This Awareness suggests, however, that this is simply an example of the backward nature of the misuse of an elegant system of communication between spirit and mind with bodily reactions overtaking the limitations of mind, satisfying basic survival urges.

This Awareness suggests that the entity's vengeful anger directed toward you is her self-preservationary response to the loss of your connection, and although quite painful, will ensure that other avenues of opportunities will be forced upon this entity, for the pain will become too much to bear.

This Awareness suggests that it is important that you do not feel overly responsible for the learning situation of this entity, for that indeed is the case, and that as the physiological responses push the entity into further and further isolation and pain, that the point of learning will be reached.

This Awareness suggests that you possess a more innate understanding of the emotional language and

accept more accountability for your feelings, thoughts, actions and experiences, and thus you will not be subjected to the level of painful experience that this entity has chosen.

This Awareness suggests that all entities are challenged with the task of deciphering this inner language, of interpreting the emotional signals and acting upon them, as dictated by the Divine Guidance within. It is also suggested that entities retain compassion and empathic understanding and forgiveness of other entities who inflict pain upon others in the course of their own ignorant suffering.

This Awareness suggests that a strategy of loving acceptance, of forgiveness, and of compassion can strengthen entities on the giving and on the receiving end of such energies in ways far more powerful than might be suspected. This Awareness suggests that the basic human morality which springs from a balanced mind and spirit is that in which pain is not inflicted upon another. "Hurt not others with that which pains thyself" is an ultimate guide and such response to painful, aggressive, defensive, responses to others is to resist returning like energy.

Empowerment for Those Who Understand the Nature of Pain

This Awareness suggests that incredible levels of empowerment result from those who can receive and mentally accommodate and understand the pain and conflict and vengeful anger and aggression from another and resist the automatic response of returning such energy, and although a painful emotional signal will result from any such violation, that it can be acted upon with love, compassion, forgiveness for self and others for such common human error and ignorance, so that the cycle of pain ends with the responsible one.

This Awareness suggests that entities on the receiving end of such vengeful, angry and hurtful defensive responses, who choose such Divine cooperative and forgiving responses, will enjoy the blissful emotional fulfillment of Divine Validation which far outweighs the momentary pleasure experienced in hurting back in vengeful self-preservation.

This Awareness suggests that as each and every entity attunes and understands the implications of each message of the human system, wherein each word of the voice of spirit is understood and acted upon with conscious purpose, that human experience will be far less negative. The angers and fears and cycles of resentment and revenge will become less and less frequent, so that entities will begin to recognize the innate goodness, morality and unity and cooperation intended and embodied in human nature.

If we have completion we can continue.

Is There a Way to Heal This Situation?

FOLLOW-UP QUESTION:

He had a follow-up question here. Awareness may have covered this. He writes: "Is there anything I can do in this situation to heal it? I have tried apologizing, pointing out that this situation triggered her abandonment issues, and that the situation is not as she believes it to be, all with no success." And he adds: "Can Awareness help to heal the relationship, send a message to her subconscious that the situation is not as she believes it to be; that I have not abandoned her, nor have I been crazily attacking her; that I still love and care for her, or can Awareness help in any other way?" he asks.

COSMIC AWARENESS:

This Awareness suggests that there has been positive benefit simply releasing and discussing and moving the energy surrounding this situation, and that this entity

shall be receiving benefit, and has indeed already, from such efforts. This Awareness suggests that as entities respond as the spirit intends to negative feelings, that certain communications, certain understandings are exchanged, certain wisdom is expressed and offered.

This Awareness suggests that this entity was not receptive to your suggestions and offerings due to the specific learning challenges and level of conscious understanding at that point in time, and that entities are to understand and recognize when such expressions have been offered, yet have not been received.

This Awareness suggests that the initial offer falls within the recommendations of spiritual intention, but that if the offer is not received, then it is not in the best interest to continue to make expressions in this particular direction until such time as the entity is ready to receive such energies.

This Awareness suggests that the emotions within the giving entity will point to this fact and to this conclusion, and lead to further such actions which seek to continue expressions in areas more generally receptive, to find reward and fulfillment.

This Awareness suggests, however, that entities can continue to express toward those not yet receptive in vicarious meditative projections of consciousness wherein the love energy is carried beneath the boundaries and limitations of mind through vicarious interactions rather than physical confrontations with ones so carried with their own limitations that they continue to exist within the cycle of self-preservation and angry defense.

This Awareness suggests that entities can experience compassion, love and understanding, and yet cease to continue to express physically in situations where the choice has been made by the receiver to reject the offering.

This Awareness suggests that the spiritual requirement is to follow the movement of spirit, to offer the expression, and regardless of whether or not the reception is physical, that the spirit will then deliver themselves a hearty dose of personal reward and recognition by utilizing the power of forgiveness, of compassion and understanding for the limitations within others for which there is a natural need for such understanding, forgiveness and acceptance of self in each moment of weakness.

This Awareness suggests that when entities understand the singular struggle of each and every entity to overcome the illusions and limitations of mind and of mass-consciousness, to re-empower themselves with the consciously chosen beliefs which have been adjudicated as valid, and positive and fulfilling by Spirit; that such acceptance of ignorance, of limitation and of such nearly uncontrollable responses is the gift that entities can give one another in exchange for the compassion and forgiveness of individual ignorance.

This Awareness suggests that in addition, entities can offer alternative opportunities, activities and relationships to provide fulfillment in need areas which have been neglected, if such are identifiable, and that receptivity to such efforts will be facilitated.

This Awareness suggests that such efforts need not be direct and confrontative, yet that certain communications, opportunities, can be set up behind the scenes, so that the entity cannot help but to discover such activities or relationships or empowerments, so that the positive contribution can be attained, despite the negativity and rejection and woe of ignorant defense which has been erected.

This Awareness suggests, however, that the central power which can assuage the pain from an expression not received is to acknowledge the validity of the choice, to forgive the ignorance with compassion and understanding and to direct the expressions in more successful pursuits. This is the gift that you should now give yourself.

This Awareness suggests the ultimate gift that you can now give to your friend is in imparting the understandings of the self-system and a most generous offering would be to share the *Lessons Of Enlightenment*.

If we have completion we can continue.

Happy or Sad Her Tears Flow Frequently and Her Husband is Embarrassed:

(Can Emotions be Dangerous or Too Dominant?)

QUESTION:

A question from Joan M. in Canada, regarding feedback requested. She writes: "Several years ago I was privileged to a reading concerning an ongoing problem being experienced whereby my emotions were so close to the surface, the tears would flow whenever a situation, be it beautiful music, singing along with others, a crowd cheering, happiness or sadness for another person or myself, or whatever, happy or sad, regardless, would occur, much to the embarrassment of my husband and anyone else close by when this happened.

"Awareness at that time indicated I was identifying too closely with the situation. As a result, to combat this, I tried all kinds of conscious efforts to control these tears: biting lips to maintain that stiff upper lip, clenching hands, diverting my attention attempts...I could go on and on. Over the years, some success has been achieved, but not total.

"The *Lessons* being received now are stressing the importance of the emotions as an inner guide. My question: Considering the foregoing, is it possible or dangerous, the emotions can become too dominant, and uncontrollable indicator? Needless to say the *Lessons* have also caused the tears to flow. I may not always completely understand what I am reading, but when I do, they do."

COSMIC AWARENESS:

This Awareness suggests that a great physical and spiritual cleansing occurs when the tears do flow, and that it is unfortunate that human culture has placed such judgment and restriction upon such a powerful and necessary function. This Awareness suggests, however, that an over-sensitivity and an over-emphasis and focusing upon the emotional signals themselves, without understanding the message they bring, can result in further pain and dissonance.

This Awareness suggests that this entity is indeed of the sensitive variety, wherein certain energies are perceptible to the sensitive ones which escape the notice and the emotional system of others with perhaps thicker hides. This Awareness suggests that this capacity is a gift, not a burden, however, given the restrictions and ignorances within societies in general which reject sensitivity and emotionality, the structures of living and the dictates and operational rules of day-to-day personal and professional living, so that a stiff upper lip is preferable to an honest physiological release of tears.

This Awareness suggests that those sensitive ones can easily develop beliefs and strategies to manage their sensitivity and experience the benefits of the sensitivities and minimize the more negative aspects. This Awareness suggests the strategies of forgiveness and courage and faith in spirit can assist the entity in enduring situations which invoke intense emotional

response to the degree that the tears begin to flow.

This Awareness suggests the simple removal of the self from the situation for a time of reflection following the necessary expression of each and every emotional feeling. This Awareness suggests that this entity remove themselves from the situation, find a quiet comfortable place through which a complete physiological release is attained.

Unrestrained bodily lurchings, tears which wash chemicals and stresses from the body, physical movements which release stress from the muscles, vocalizations which resonate with energies and cleansing vibrations---each and every such expression can facilitate the physiological release of the emotional energy necessary to then move on to a solution.

This Awareness suggests that every entity, and every household, and every society should recognize the benefit, prepare special rooms or edifices necessary for the release of emotions, until such time as negative emotion responses become more accepted and ultimately, far less frequent. As humans come to realize, recognize and respond correctively to feelings signals, the volume will automatically be turned up on emotions, so corrections can be affected with even the slightest limitation easily perceived. With such sensitivity, however, the rather shocking, most negative events will be experienced in high intensity, such as by those already gifted with the emotional sensitivity.

This Awareness suggests that with existing levels of understanding, that negative situations are not understood, they are recreated and emotional intensity is the norm. It then must be handled accordingly and allowed to vent from the body or illness and disease can result. Using the expressive methods offered will ensure adequate release of the emotional energy. Once the physiological emotion has dissipated from the body, the consciousness can then be directed to the source of the dissonance where mental analysis can occur. This Awareness suggests that mental, rational, analysis cannot occur until the emotion itself has dissipated.

This Awareness suggests that in situations which severely deprive the mind of its expectation, that the degree of severity will relate directly to the degree of emotional response. This Awareness suggests that if certain plans and expectations having been empowered and energized for great deals of time are shattered by actual experience, wherein the hope is dashed, the dream is obliterated, the relationship ends, the opportunity disappears, et cetera, that such major mis-matches between mental intention and worldly outcome will signal the most severe and attention-getting levels of emotion from spirit to effect corrections and replacements.

This Awareness suggests that within the throes of powerful emotional responses to those most challenging of life's experiences, such as loss of loved ones, the discoveries of serious illnesses, of the losses of jobs, of financial ruin, of sudden fatal accidents; each major traumatic experience will elicit major powerful physiological emotional responses, and that in such situations the physiological emotions much be expected, managed, understood, and allowed to dissipate before mental examinations and right responses can be attained.

This Awareness suggests that efforts to analyze situations in the throes of continued emotional responses are futile and that instead entities should deliver themselves to their special room for emotional release, where screams and tears and violent physical motions can dispel and cleanse the body with the necessary movement of energy.

This Awareness suggests that entities should expect several weeks of continued emotional response during the most severe of shocking experiences and that loved ones should understand and accommodate and facilitate the release of such emotion as well as to predict the denial which may exist, wherein entities can simply not believe that such a thing has occurred.

This Awareness suggests that although the denial response has self-preservationary value, that it indeed stands between the entity and the necessary emotional beliefs and that the sooner the reality of the situation is understood, the sooner the emotional process can begin.

The Cosmic Slap in the Face

This Awareness indicates that there need be no concern that the emotions themselves are dangerous and uncontrollable, for if they are understood as signals to be acted upon in specific ways, they will need to be far less urgent and painful than normally experienced. Humans are intended to be the masters benefiting from the wisdom and power of emotion, not its unwitting slaves. But emotions are intense for the very purpose of getting the attention of the illusion-bound human being, in an undeniable, cosmic slap in the face. They are indeed the road to human salvation and to be heeded and honored as such.

If we have completion we can continue.

DON'T FORGET! APPRECIATED STOCKS COULD BE YOUR GIFT OF CHOICE!

Gifts of appreciated stocks or property are referred to as "Capital Gain Property" if you have held it longer than one year. The advantages of giving in the form of appreciated stock/property are very real.

You can sell your appreciated stocks, but when you receive that check, you will loose up to 28% of it to uncle Sam.

By making a gift of appreciated stock, you will see the full market value at the time of transfer return your original investment plus its full appreciation. The charitable deduction you receive on your taxes is for the FULL market value. You may also be able to carry this contribution forward for up to five years from the date of contribution.

In brief, you will have made more money for yourself and supported Cosmic Awareness Communications at the same time.

As always, please consult your personal tax advisor for additional tax information.

C.A.C. is now energizing a permanent place where the Cosmic Awareness body of knowledge can be archived and made available to the public so historians and others can mine the immense philosophical and historical riches given to humanity through the 4 Interpreters from the beginning to present of the Awareness Movement. This could be something on the order of the A.R.E. which was set up to archive the Edgar Cayce readings.

CAC is in no position to launch this project. Our present funding is barely enough to keep the newsletter coming on a regular basis. HOWEVER, with the magic of capital gains and the help of a few ANGELS who have held stocks and property a long time and have been wondering what to do with it in some manner that would serve humanity, we believe this project can be launched.

Think about it! ("How many have you served and how well?")



Allopathic, Ayurvedic and Chinese Medicine

(Can We Trust These Medical Practitioners of Today?)

QUESTION:

A question from John Thornton. He writes: "Since you are requesting the membership send in questions for Awareness, I have one to ask which may be too general, but I will ask it anyway and see what happens. My question concerns the relationship between allopathic medicine as it is practiced generally in the United States, and the kind of medicine practiced in India as Ayurvedic medicine, and also that kind of medicine called Chinese medicine.

"It is my understanding that Chinese medicine emphasizes the inner relationship between the physical, mental, spiritual character of human personality. Is this also essential to Ayurvedic medicine as well?" he asks.

"Friends of mine tell me that allopathic medicine came about during the depression in the United States when the pharmaceutical manufacturers provided scholarships for doctoral students in order to indoctrinate them in a methodology which would be lucrative to them in the years to come.

"Practitioners of Chinese medicine, I am told, believe that drugs which are prepared without natural or organic substances always do harm rather than good because they do not heal the spiritual resources of the body. I am interested in knowing if this is true.

"What I really want to know is to what extent we can trust the medical practitioners of our time. This is a pretty general kind of question, but I would like to find out if there are any general or specific principles by which we can determine the wisdom and/or the honesty of the advice we get from our medical doctors.

"There may be a great many more things which could be asked, but what they might be depends on the kind of answers we get from Awareness. When we find out, maybe you can think of a few more for starters. Thanks for your kindness in presenting this to Awareness for me: John, Thornton."

COSMIC AWARENESS:

This Awareness suggests that there is indeed a difference between the approaches to healing in general Western medicine versus Eastern approaches. This Awareness suggests that the Eastern approaches are attuned to the energy network that unites the physical, emotional, spiritual and mental bodies of humanity.

This Awareness suggests that initially, this wisdom was intuited with the creative insights of certain activists of specific religious focus wherein inspirations regarding energy networks and the relationship with the unity of mind and body became part of mainstream thought within the medical communities and have remained a guiding and driving force toward the philosophical and therapeutical approaches in Eastern traditions like those described.

Western Tradition Severed Itself From the Eastern Wisdom

This Awareness suggests on the other hand, the Western traditions, having had initial access to understandings of the energy patterns, that such ancient wisdom was rejected as the rational, technological impetus began to take superiority in Western consciousness over the intuitive more spiritual avenues of information and pursuit.

This Awareness suggests that Western tradition did itself a tremendous disservice by severing from the

ancient wisdom, but that recently, given world-wide communication and transportation networks, that the ancient traditions and wisdoms have begun to reappear and become more mainstream within Western Consciousness in general, which has motivated certain questionings, all be them begrudging, within Western medicine, to investigate alternative approaches.

This Awareness suggests that allopathic medicine emphasizes treatment of symptoms as if disease exists externally and separately and is forced upon the human being from uncontrollable sources such as viruses, genetics, the weather, food contamination, et cetera, wherein the symptoms are the focus, and if they can be eliminated, the problem is assumed to be eliminated as well.

Western Medicine Denies the Existence of Spirit

This Awareness suggests, however, that Western allopathic approaches deny the existence of a connection between the mind and the body, as well as denying the existence of the spirit entirely. This Awareness suggests that until the understandings are achieved, that a balanced mind and body necessitates and facilitates positive health and lack of disease, then the approach will continue to be less and less effective.

This Awareness suggests, however, that entities raised to believe in the traditions, the successes and therapeutic value of allopathic medicine do indeed have belief structures which will facilitate healing, given these belief structures, should they achieve or necessitate allopathic treatments for their ailments.

This Awareness suggests, however, that this will be the result of innate healing capabilities sparked by the entities themselves through the conduit in the belief of the allopathic methods successes, rather than through the actual benefit of the treatments themselves.

This Awareness suggests for this reason that entities do not abandon the traditional avenues of medical attention, but yet to broaden the repertoire by adding certain Eastern concepts and traditional approaches which emphasize prevention of the imbalances in energy flows between mind, body and spirit, for it is indeed the dissonance and imbalance between mind and spirit which is embodied by belief structures which continue to frustrate human need-meeting efforts and signal emotional signals which go unmet, creating energy depletions, which ultimately present themselves as physical maladies.

The Current Trend to Investigate Energy Medicine is Positive

This Awareness suggests that the current trend in American pop culture, to investigate such ideas as energy medicine, have begun to represent the shift in consciousness wherein entities have allowed themselves to benefit, to open the door to alternate approaches. This Awareness suggests that it is more a function of limited belief structures, of limited dogmatic scientific approaches which insist upon denying the existence of a higher energy or a higher intelligence that underlies health and life itself, rather than any intended manipulation or deception by the allopathic community. The question of trust should be refocused upon the trust in the healing process and integrity of the human body itself. To mistrust allopathic medicine or any method would be to assume that the healing process actually depended upon such methods when spirit itself is responsible for healing. Faith and trust in spirit should be uncompromising, despite any intermediaries.

This Awareness suggests, however, that the evolution of the profession and the approach in general has been tremendously affected by the economic conditions and concerns to perpetuate certain standards and profes-

sional practices and financial rewards to practitioners within allopathic medicine, that have tended to emphasize pharmaceuticals and expensive applications, procedures, surgeries, and other alterations which support the economic dynamic, and in doing so, discourage alternate approaches which would distract from this money machine and orient entities in directions toward self-empowerment and accountability for their own health, so that a paying customer would then be lost.

This Awareness suggests, however, that this is not a negative reflection upon medical practitioners themselves, for a great amount of sincerity, caring and human compassion underlies and motivates many such activities, but that within mass-consciousness and within the rules and community specific to the medical field, there exist many limiting perspectives and ideas which have created symptomatic pains within the community of allopathic medicine, just as negative emotional signals indicate dissonance and necessary correction within individuals themselves.

This Awareness requests the repeating of the end of the question.

QUESTIONER REPEATS QUESTION:

"What I really want to know, is to what extent we can trust the medical practitioners of our time. This is a pretty general kind of question, but I'd like to find out if there are any general or specific principles by which we can determine the wisdom and/or the advice that we get from our medical doctors."

COSMIC AWARENESS:

This Awareness suggests that trust is most valuably and successfully applied to the wisdom of spirit and the urgings and directions the emotional signals direct the consciousness, and in conquering the challenges suggested by the beliefs which elicit them. This Awareness suggests that a continued level of respect and trust, equating that which already exists within entities can continue to facilitate the maximum benefit from the allopathic approach.

This Awareness suggests, however, that each and every entity can bolster their healing arsenal by adding alternative information and perspectives and to arm themselves with additional information regarding the energy system, the wisdom of human emotion, the physical necessity of its release, the pitfalls of the defensive mechanisms and the cycle of physical dissonance and emotional dissonance which signals the balance between spirit and mind. The maximum health and vitality will be attained when this inner language is understood, so that entities can trust within themselves to follow through accurate interpretation of emotional signals and reasoned responses, to develop the mind state with strategies and beliefs which provides a well-balanced mind and spirit, wherein the energy disruptions will be minimized. This Awareness suggests entities can continue to refine the mindscape and with fewer and fewer limitations, they shall experience a broadening and a development of thus far dormant abilities within the mind and body to control and facilitate healing in many yet to be discovered internal methods.

Allopathic Medicine Will Reclaim the Lost Connection

This Awareness suggests that this will ultimately unite each and every existing approach, and to add considerably profound and insightful creative expressions, yet to be attained once limitations of mind have been removed. This Awareness suggests that as the information within the *Lessons of Enlightenment* becomes absorbed into mainstream society and that the

connection is made between the physical immune system and the emotional system itself, that allopathic medicine cannot help but begin to reclaim the lost connection between mind, body and spirit, which is the essential ingredient to continuing robust and vital health and longevity.

Human dis-ease is far more prevalent due to the limitations and beliefs of mind, than was ever intended.

If we have completion we can continue.

HOW TO DEAL WITH SOFT TEETH

(How Do You Know When Thoughts Are Causing a Problem?)

QUESTION:

One last question, this from Bob Conners, Gap, PA. He writes: "Has Awareness ever mentioned one particular thing in the area of dental hygiene, toothpaste et cetera, that is best for making your teeth last as long and with fewest cavities as possible? I have soft teeth, and it seems no matter what I do, I always have several cavities.

"From your newsletter I understood that it's the Law of Mind, that if you think something is bad for you such as fluoride in water, you are likely to experience negative effects from it. So how do you know if something is **really** bad for you, assuming that things can have negative effects outside of your thinking, and if so, how do you know when negative effects are being caused by your thoughts, or their organic cause?"

"Examples might be mercury fillings. Is all the negativity experienced by these being used by people's thought-forms? Can you create through your mind that you are never going to experience any negative effects from mercury fillings?" he asks. I guess his basic question is the mental aspect here, that if you think something is bad for your teeth, like fluoride, then it is.

But here's a man with soft teeth and he wonders what he can take to keep them from falling apart.

COSMIC AWARENESS:

This Awareness suggests several approaches. First, in the understanding that indeed, belief structures contain the most powerful directives upon the physical form. Second, that certain substances contain energy, vibration and fluctuations which do indeed interact with the energy vibrations and fluctuations of the human form. And three, that if no belief system exists whatsoever, then the substance will have its natural energetic effect upon the body, despite the absence of beliefs.

This Awareness suggests also that individual beliefs or lack thereof can be affected by the energy networks of the cultural beliefs known as mass-consciousness, wherein the energy is directed into a specific belief that is handed down from parent to child from generation to generation. It is written in books and left behind as monuments to human understanding, et cetera; that such contribution of individual energy from many different directions empowers the energy nodes and dense networks of mass consciousness.

The Situation Today With Fluoridation of Waters

This Awareness suggests that the example of fluoridation is one wherein the predominant energy within mass-consciousness suggests a positive benefit, and yet a growing node of energy suggests a negative benefit. This Awareness suggests that entities holding no such understanding, holding no such positive, beneficial, restrictive belief which will bolster and offer protection from the belief networks within mass-consciousness, that such entities are indeed susceptible to the energy thought-forms, if you will, collected within mass-consciousness, and that this manifestation explains many mysterious yet expected maladies and deteriora-

tions.

This Awareness suggests that adequate diet and supplementations of calcium and minerals can strengthen the bone and teeth tissue within this entity, and that specific belief structures of a positive nature, reinforcing the innate healing, the innate integrity, the innate wisdom and heartiness of the human form can minimize negative energy from the thoughts of mass-consciousness.

How to Deal With Mercury Fillings

This Awareness suggests that entities experience widely fluctuating and varying symptoms given understandings or accepted beliefs regarding mercury fillings. This Awareness suggests that some entities are utterly convinced that the source of all physical discomfort and malady can be attributed to the mercury fillings, so that specific symptoms are actually produced and created, which are then attributed to the mercury fillings, validating the rightness of the belief, yet in actuality, created directly from the belief.

This Awareness suggests that although certain energy patterns within this substance can have a reorganizing effect on human tissues, that in this form, the substance is altered and slowed down in its frequency so that minimal negative impact is experienced, unless of course supported by the negative beliefs which empower detrimental activities and degenerations and symptoms attributable to mercury.

This Awareness suggests also, that entities driven by such fears and beliefs, to have the structures removed, expose themselves to higher levels of the materials themselves, for when they are freed from their solidified state, they become more readily absorbed into the system.

The Best Approach to Keeping the Teeth Healthy

This Awareness suggests that the best approach to the continuing health of teeth and gums is a healthy balanced diet supplemented with rich sources of calcium and minerals deposits to strengthen the teeth, as well as attention in hygienic stimulation and reduction of potential for bacterial degeneration of tissues and supporting structures wherein a general cleansing, antibacterial rinsing and daily flossing can perpetuate maximum oral health and the longevity of the teeth themselves.

If we have completion, we can continue.

The Christ Energy Today and Certain Players

CLOSING MESSAGE:

This Awareness does not intend to be succinct to the point of flippancy regarding the Christ energy and the unfolding of human consciousness, and the questions regarding specific players, and sources of information, but this Awareness **does** intend to reiterate time and again the importance and the critical coming together of energies at this point in time and how such tremendous enlightenment can occur and culminate many previous, present and former energies directed specifically at elevating the Christ Consciousness within humanity, as that information offered now at this time as the body of material known as the *Lessons of Enlightenment*, for many such contributions from many entities, many creative expressions, formerly and presently in existence, all contribute to the overall shifts in consciousness as each drop upon the sea of consciousness has its own particular impact; that the information embodied in the *Lessons of Enlightenment* is the glue that can unite and cement the contributions into a useable specifically applied set of strategies which can indeed facilitate the enlightenment and empowerment predicted and awaited

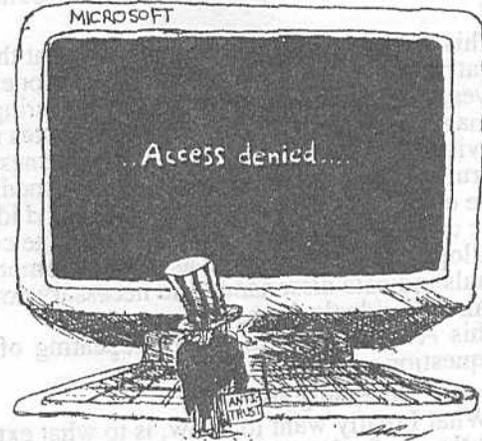
since time untold.

The importance of this information cannot be over-emphasized.

We have completion.

We will now bring the Interpreter up.

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



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:

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Grace ***

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

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Deposit your energy in this cosmic Bank. Withdraw it when needed for healing or personal use. Keep in touch with CAC when you start getting results!

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

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