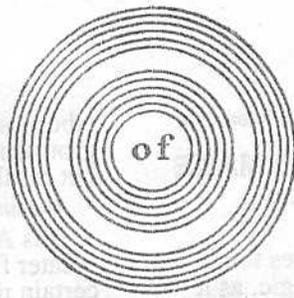


# Revelations

The Cosmic Newsletter



# Awareness

COSMIC AWARENESS COMMUNICATIONS  
P.O. Box 115, Olympia, Washington 98507  
Helping People Become Aware

FAX: 360-352-6294  
INTERNET: CosmicComm@aol.com

*Celebrating our 27<sup>th</sup> Year!*

98-16  
Issue No. 510  
\$3.00



## Magic and Miracles: How to make them work in your life

INDEX IS ON PAGE 13

## MAGIC AND MIRACLES: HOW TO MAKE THEM WORK IN YOUR LIFE

### OPENING MESSAGE:

This Awareness indicates that many entities think that the performance or action of miracles or magic, as it may be termed, is that which occurs without any great energy being put forth, and therefore, they feel that it would be much easier to use magic than to use the ordinary effort that is associated with certain accomplishments such as earning a living. This Awareness indicates that also, many entities feel that Magic would be much better than taking the proper steps to bring one's health back to normalcy.

This Awareness indicates that magic is not something that occurs without effort; indeed, it requires extreme effort, far more effort perhaps than the ordinary day-to-day action of making a living or improving one's behavioral patterns in order to bring one's health back to order; but there are, of course, entities who are willing to put forth the effort to develop those certain skills or qualities over long periods of time whereby they may have some capacity toward miracles or magic, and in using that capacity to assist others they feel a certain appreciation which they wish to share and this becomes as much a motivation as any rewards they may receive.

### Some Negative Effects From Using Magic for Personal Gain

This Awareness indicates the entities who attempt to use magic for personal gain generally are both poor magicians and are also generally accumulating negative karma for anything in which they have personally gained over another out of any sense of balance. This Awareness indicates that in doing a service to another, using magic or any other form of energy expression, an entity has the right to claim what appears to that entity to be a proper fee. but when an entity knows that the actions which he or she is performing is out of balance to what is just and fair, or if the entity knows that the work he is doing is fraudulent, then the entity will accumulate negative karma for such action.

### Most Entities Use Magic But Don't Understand the Principles

This Awareness indicates that in regard to the performance of magic, in one's own life, it is interesting to realize that most entities do in some degree or another use magic, even if they do not understand these principles of magic. This Awareness indicates that in general, the concept of magic is that action of using mind over matter, but even in the most magical efforts, the mind must use some form of physical action for grounding purposes. The mind simply holds the image of that which the entity wishes to create, and then that image being held feeds the energy into the electromagnetic spectrum, or that which has also been referred to as the biosphere computer; it feeds the energy into the cosmos, or to the High Self, however you wish to term this, so that the energies then are worked with by these invisible forces and the manifestation then comes about as a result of the imaging along with the physical actions that have been used.

Thus, when an entity seeks to plant a seed thought for magical purposes by focusing and holding an image for the germination of some manifestation, that entity needs also to accompany that image with some kind of physical action. Now, the entity who works for a paycheck and who is trying to manifest a certain paycheck at the end of a time period may be focused and have a good image of the paycheck which he or she wishes, and the action of the entity on the physical level may be prolonged throughout that paycheck period as

labor for which the entity gets paid, so in this sense, the grounding action is strung out for a long period of time, but results in the manifestation of the paycheck.

### The Importance of a Grounding Energy to Make Magic Work

This Awareness indicates that when an entity has greater faith or higher faith, and higher understanding of certain principles and can visualize an image of some kind of exchange occurring in a higher sense, with other forms of energies, such as through negotiating an exchange of large amounts of energy, swinging some kind of deal such as real estate or products or the sale of some item or service that another wishes to have; this kind of energy exchange that moves large amounts of money over a short period of time or for a small amount of energy expense, the entity may do most of the work on the mental level, such as negotiating a contract or filling out the contract or writing up certain papers and may not actually indulge in physical labor, but even in this action, there must be something somewhere in the transaction that serves as a grounding energy for the magical formula to work.

Thus, if the entity is, for example, working on a particular transaction, the entity may need to take a finalized copy and have it stamped, sealed and notarized; this becomes the grounding action which makes the copy official. This Awareness indicates that likewise, in terms of transactions for the selling of services, the final grounding action may be, for example, the contract, wherein the signature is placed attesting to the transaction of services for a certain amount, and this may occur in such a manner as to provide that the entity gives service, perhaps not his own energies, but of his workers or those who are working for this entity, thus, the signature moves larger or other energies besides just the signers' energies, and in such manner, an entity may accumulate a certain amount of reward for a transaction that is mostly accomplished on the mental or verbal levels with very little physical action involved, but which may allow others to assert themselves in physical labor.

### Some Grounding Actions to Make Magic Work

This Awareness indicates that these are in actuality reflections of the same principles as found in magic; that the magician, the true magician may begin to effect, through the imaging process and mental process, the manifestation of some image which he or she wishes accomplished by clearly imaging over some period of time, but the entity must also have some kind of grounding action. It may be nothing more than a stamping of the foot, or striking of a hammer or gavel, or overturning with a shovel a shovel-full of dirt, or christening of a ship or some other form of grounding behavior, a physical ritual such as is used in churches or for some type of rite or ceremony, but that physical action is what brings the mental image into eventual manifestation.

Without that physical action, the manifestation will always remain up in the air, in the abstract, in the etherical level. It will never come down to you, no matter how much you dream or image or visualize. This Awareness indicates that in understanding this, the use of these magical techniques, or the techniques of magic, whereby after such visualizations, **there is that physical grounding action**, an entity may also find that just the ritual alone is not enough. There may then be some kind of opportunity provided. It all depends on how much energy you are trying to move with magic.

### Problems When the Degree of Desire Exceeds the Energy

You may visualize yourself receiving one million dollars, for example, or some other great amount of value for something, and you may have nothing to

exchange for this, and if there is nothing to give in exchange for this, it may seem to you as an impossibility that you could actually receive the amount you visualize, and even though you may do the physical actions of stomping your foot or turning over a shovel-full of dirt, or otherwise conducting some ritual or rite, that alone might not be enough **because the degree of desire exceeds that which you have in terms of energy put forth for the manifestation of your desire;** so instead of receiving that million dollars just for doing the little ritual in your kitchen or living room, you may instead be provided with, at some time in the near future, an opportunity to get involved in something, and if you recognize that this is somehow associated with your request and desire for your reward or goal and you do get involved, it may in some roundabout way lead to something else which in turn leads to something more, and each of these events occurring brings you closer and closer to that goal which you put forth, so that there is an accumulation, along with your further investment of energies that can eventually lead you to receiving that which you visualize, so long as you continue to visualize that goal.

If, in the process, you are given an opportunity and you say; "Oh, that's too much trouble. I'd rather do this! I was planning to go fishing today," or something of this nature, and instead of acting on the opportunity, you switch goals, and again you are provided with another opportunity, and you say: "Too much trouble. Don't bother me. I'm doing this now. This is more fun," then these opportunities are likened unto choices that you are making whereby you select **other than the goal** that you originally sought and find yourself being diverted from your original goal with other images, images of more pleasure. Therefore, these pleasurable images are outweighing the power of your image toward that which you originally thought and the outweighing of that image diminishes the power of the image so that your real goals become momentary pleasures rather than the goal which you thought you wanted.

#### Those Born With a Silver Spoon In the Mouth

Many entities opt for immediate comfort rather than sacrificing for something that is of greater value to them in the long run or at a distant time, and then they lament that magic has not worked for them, and nothing seems to work for them. They never seem to get what they want or deserve. This Awareness indicates they **do** get what they have earned. Many people look at others who come into the world with their silver spoon in their mouth, envious because the spoon in their mouth is plastic. This Awareness indicates those entities who come in with a silver spoon have done something to earn that or have arrived with some kind of need for that setting in terms of the karma which they need to experience.

They may come in to a wealthy family with an opportunity to do something worthwhile, and if they fail to do so, they may lose everything within their lifetime, or they may come in to a wealthy family with the realization that there is much which they wish to do and accomplish and in order to do so they must be born into a wealthy family, and they may have earned in the past that right and they have previously held those riches or even greater riches so that it is not something given to them. It is something that they have already earned or already possessed prior to entering into this plane.

This Awareness indicates there are others who come in with a plastic spoon in their mouth, they catch on to the way the games are played and find in that giving certain services they receive certain rewards and they are careful to sacrifice or carefully spend or use what-

ever values, talents or possessions they have and they gradually build a little more of a base of financial wealth from which to operate, and then from that base build still a greater base, until within a short time they graduate from the plastic spoon to one which is silver, and they may still grow further, providing others with silver spoons.

#### Do Not Lament. Start With What You Have!

This Awareness indicates that it is foolish for entities to lament and compare what they have with others, for whatever you have is what you have, and you must start there, and if you do not have enough and you have something to offer, even if it is just a dream, even if it is just something that could happen, you will always have the opportunity to go out and look for someone else who will join with you in the venture, someone who has the means to help create the venture. If you have more than just a dream, if you have certain talents, you can work with these. If you have the intelligence to do something, you can study, you can work to enhance that intelligence so that you can become that which you wish to be; but for entities to sit back and lament that: "They got all that, and I got nothing! I was born on the wrong side of the tracks"-all of this lamenting does nothing for you. It simply helps to excuse you for not progressing, or not doing anything with what you have to work with already.

This Awareness suggests that one could take pride in being able to use whatever one has and move into better and better states. It is important to realize that one of the most precious aspects you have, which so many entities overlook is time, and life, and using their life energy in time to be constructive, to do things effectively. For if you had at your disposal someone else who could do your bidding, would this person who would do your bidding be of value to you? And would not this person in doing your bidding be valuable in helping to raise your fortune, increase your fortune?

This Awareness reminds you that you **do** have such a person. It is yourself! But if yourself refuses to cooperate, it is likened unto the one who has the person who is supposed to work for them but that person is too lazy and too uncooperative, and therefore, detracts from one's wealth rather than adding to it. This Awareness indicates there are too many people who would rather put brakes on and stop themselves from improving their fortunes than to work toward improving their fortunes. They want to hold back and say: "Pick me up, daddy! I'm tired! Somebody help me! I can't get myself going!"

#### The Responsibility To Do More Than You Are Doing

This Awareness indicates there are too many entities who have the ability to do more than they are doing, but because they have not realized it is their responsibility to do more than they are doing and believe it is the responsibility of someone else to help them, these entities don't do anything. It is important that entities appreciate every help they receive from others as being extra of what they deserve so that they see this extra help not as something that should be taken for granted, but as something that should be deeply appreciated as a kind of boost to give them the extra help which can speed up their move toward their good fortune.

This Awareness indicates that too many entities perceive anyone who takes on a responsibility or attempts to heal or help them: that such entities *owe* it to them. If one says: "Well, I'll see if I can help you. I'll try to help you get the money together for your doctor bill and for your house payment,"-as soon as one says that, there are some entities who consider that entity as *obligated* and they simply sit back and wait for the person to

perform without putting forth any of their own effort toward this direction. This Awareness indicates that many entities perceive this as expected payment simply because they are there and need the gift.

#### **Codependency Often Created by Being a "Good Guy"**

This Awareness indicates that it creates considerable difficulty and that which may be termed codependency, wherein an entity becomes too dependent on another for things that the entity could just as easily provide for himself as could the other, so that the one person who takes on responsibilities has to work extra hard in order to come up with the energy which the other entity, who is doing nothing, needs, in order to keep doing nothing, whereby the entity could, himself do the same kind of work or some other work, or could develop certain skills over a period of time as does perhaps the more responsible person; or the entity could work to build a business as did the responsible person, but instead of doing any of this, the entity simply needs more sustenance to continue existing in the lifestyle, which he has become accustomed to, which is a lifestyle of dependency and non-production.

#### **The Consumer Consciousness of Non-Production**

This Awareness indicates that there are some entities whose sole action is to consume. They do not produce. They simply consume and they expect someone to provide so that they can consume. It is quite common for children. It is their nature to have this state of consciousness, but there are many who grow into adulthood without ever leaving that state of consciousness behind. They do not venture into actions of being productive. They prefer to stay and remain forever a consumer, wherein the greatest effort put forth is to find someone who helps them receive that which they wish to consume.

This Awareness indicates that there are also those whose actions not only allow them to pay for their own consumption, but whereby they are productive and they develop skills, talents, businesses or other energies that allow them to have more energy than they personally need, so that they can help others who need to be provided with some kind of assistance, and in some cases, these entities feel an obligation, much like the person who sees a stray cat and just cannot turn it away, whereby they see a consumer hanging around, eyes and paws begging, and they say: "Well, how much do you need?" and though they realize that they are contributing to the entity's consumer mentality, enabling the entity to continue in that vein of lifestyle, they still can't say no. And therefore, they provide the entity with another day, another week, another month, another year of dependency, by giving in to the entity, allowing the entity to receive the sustenance or consumption without any strings attached.

#### **Attach Strings to Your Dole to the Consumer**

This Awareness indicates that it would be far better that they put strings on that gift if the entity is actually using or living in the lifestyle of a consumer and avoiding efforts to improve and become productive. It would be far better that they present just enough to keep the entity going with a promise, that if the entity performs this, this, and this by a certain time, there will be another payment of energy for that entity, but if this is not done by the entity, that will be the end of any further doling out to that entity. This Awareness indicates that this allows the entity to have the foundation by which to perform which is necessary, and to make the choice of whether the entity truly wishes to improve his overall life and get out of the dependency realms or syndrome. It also allows the provider to know that his or her gift is not going to create and sustain and

enable the entity to continue in a perpetual trip that simply keeps the entity in a state of dependency.

#### **Determine Whether More or Less Sustenance is Necessary**

This Awareness indicates the amount necessary for an entity to have a base from which to operate in order to improve will vary according to what kind of improvement is needed, according to the skills of the entity involved and according to the needs of the entity. An entity such as a mother with 3 children whose full time is taken up with caring for the children may not have any time left over to put into building a business or developing educational skills and talents for some kind of independent work, or lifestyle, and therefore, the entity may need sustenance for some longer term while the children are still highly dependent on her, or the entity may need some kind of sustenance to provide care for the children while she attends schooling or education or skill development, or takes on an occupation.

#### **No One Really Owes the Needy, But Most Care About Them**

Therefore, depending on the situation, the entity may need more or may need less sustenance as her foundation from which to improve her lifestyle. This Awareness indicates that this refers not only to social programs and welfare programs, it also refers to private individual relationships with entity; that no one really owes the needy, but can one actually avoid caring about the needy when one has so much? It is important that you respond to the needy, but not to enable the needy to continue getting by when they could do something for themselves, either from where they are, or with a little directive help.

#### **Necessities to Consider When You Help a Needy Friend**

It is important that these needy people be given directions as to how they can help themselves, as well as the testaments needed for them to help themselves. Thus, entities can help by training or giving advice and direction, or giving skills so that the entity cannot plead ignorant of any understanding of how to help themselves, nor plead that they have no foundation from which to operate in order to help themselves. How can an entity who lives on the street without an address apply for a job in hopes that someone will write them or call them and tell them to come in to work, when in fact they have no phone or address. This Awareness indicates that there needs to be some kind of provision to allow the entity to have a phone and an address in such a case.

This Awareness indicates that these are necessities to consider in planning future social programs. These are also necessities to consider when thinking in terms of helping your needy friends so that these friends are given the opportunities, -sufficient opportunities, sufficient foundation and sufficient guidance whereby they may improve their situation; that this is as important if not moreso than merely providing them with another meal so that they may get by another day and then face the same bleak prospect of the future the next day or the next week, whereby they need to beg for further handouts.

#### **Some Entities Enjoy Keeping Others in Dependency**

This Awareness indicates there are some entities who in giving out to others, in giving handouts to others, do not truly wish to see them progress. They enjoy keeping them in a dependency level. As long as the amount they ask for does not hurt them, they do not mind giving small amounts. The reason for this is that it helps them to feel important, to be able to help a needy person, and it also assures that the needy person will always be a friend, especially if the entity whom you are supporting is a likable person, and it sometimes develops that once

this pattern begins it is sustained over long periods of time so that whereby it would be possible to break the pattern and either stop giving to the entity or give a sufficient amount to help the entity get started in a business of his or her own; rather than doing so, the pattern is sustained repeatedly, repeatedly, until each party in the pattern begins to expect certain repetitions and response from the other.

This Awareness indicates that this precedence becomes habitual and the habit becomes hard to break, because of the expectations involved. This Awareness indicates often times this can go on for years, so that the child returns repeatedly over the years to the parent, seeking assistance, seeking help, and then goes off to Las Vegas to gamble the money or spends the money on some foolish investment, only to return again to the parent for help. This Awareness indicates that so long as the parent continues to enable the child, by repeating the pattern, the child will continue to repeat his or her patterns of behavior, for there is no reason why the child should change unless the help is cut off or unless there are conditions placed on the help which is given.

#### It's Important to Watch an Entity's Lifestyle Pattern

This Awareness indicates that it is important to watch patterns in terms of how entities perpetuate their lifestyle. Once you understand the pattern of an entity's lifestyle perpetuation, you can very easily know what likelihood is to occur from any sustenance you give that entity, and you can, with considerable accuracy, foretell the future of that entity by the patterns by which the entity sustains and perpetuates his or her lifestyle. This Awareness suggests you not forget to apply these observations to yourself as well as to others for each of you has patterns for perpetuating your lifestyle.

#### Magic Also Relates to Patterns of Behavior

This Awareness indicates that all of this comes under or relates to activities of magic, for magic relates also to patterns of behavior which are designed to bring about certain results and the physical actions that perpetuate these patterns which are in effect rites or rituals of magic. The energies put into these rituals and rites of magic are also grounding actions, and entities often will perpetuate some kind of grounding action to a ritual which, for example, may be the acquisition of money in order to accomplish some great thing, but they find that there is a second pattern of behavior that kicks in immediately upon acquisition which triggers the entity to spend the money for something else other than that which it was intended, only to find the entity is now back to square one, looking for money in order to get something going.

This Awareness indicates that this is how patterns can interfere with the completion of another pattern's designation or purpose. It is quite common that an entity can have a great plan which others may buy and say: "Right on! Let me invest in that," only to find that the investment was used for something else, and the plan therefore, was never completed, and the entity returns saying: "Well, I had to use the money for this. My rent was due. My car broke down, but I'll tell you this. The plan is still workable if I just had enough to get there and to do this and to do that. Do you know anyone else who might invest?"

This Awareness indicates that entities often find themselves using a plan that appeals to others, allowing them to receive short-term rewards for that plan, but these entities may never follow through on the plan long enough to make it happen, because they may have some other pattern in their psyche that kicks in, alters the plan, comes up with a new plan, every time they are

almost ready to close on the plan. This Awareness indicates that this is a pattern within a pattern that alters patterns so that you, in your mental complexities can avoid facing responsibilities for completion of certain acts, and protect your particular lifestyle which functions best in a situation in which you are eternally incomplete in terms of your purposes.

#### Why Many Entities Fear Completing a Project

There are many entities who fear finishing something because if they finished they would be at a loss to know what next to do. They love the thrill of the struggle and do not want the completion. It may be a subconscious fear of dying. They may associate the end of any action subconsciously with the end of life, and therefore, they never quite finish anything for fear that if they finished it, somehow it would give energy or influence to their death.

#### Magic is the Ability to Change Consciousness

There are other entities who fear to start something, for fear that if they started it, they might not finish and then others would criticize them or, if they finished, it might not be as good as they planned it to be, therefore, you have those who can start something, and those who can finish something but cannot start it; those who can start but cannot finish, and those who can finish but cannot start.

This Awareness indicates that such entities may find that if it is difficult to start something, they may think of it as rather finishing, so that they say to themselves: "I'm going to finish the beginning of this within this amount of time. I'm going to finish the first page. I'll finish the first portion of this field," and in so doing, they don't mind. They've got a goal that they can easily reach, and there are those who cannot finish, but they can start, and so they start and they get part way, and they become nervous, afraid. It is best for these entities then to say: "I have gone half way. I have started. Now I will start on the second half." They must keep starting the project at whatever point they are operating from so that when they come down to the final leg, they say: "Now I must start the end of this. I must start the final paragraph. I must start the final portion of the field. I must start the final part of this job," and in this manner, entities can still accomplish in spite of their own aberrations and fears, so that things are completed, so that things are started.

It is important that you know yourself, that you know whether you are best at starting, or whether you are best at finishing, and you respond accordingly. This is all part of magic. Magic is the understanding and knowing and ability to change consciousness. Thus, if your consciousness balks at finishing, you change it by having it continually start from where you left off. If your consciousness balks at starting, you have it finish the beginning. You finish the first paragraph or the first line. You are not afraid to finish, so you finish that which is the first part.

This Awareness indicates that in this manner you have changed consciousness, and in so doing, have performed magic. This Awareness indicates that these are simple little twists of logic, the twisting of the mind to make it function for you, so that you understand how to proceed according to your own nature, and the gifts and skills and talents that you have. If you are not one who has vast knowledge in manifesting with magical words, do it with physical actions. It matters not. Work with what you have, not just with what you wish you have. Begin where you are, and lament not that you don't have everything you need to work with, for you have every-

thing you need to work with, to start from where you are, or to finish that which is next.

## THE STORY OF RICHARD

(What Will Act as a Grounding Action in His Case?)

### FOLLOW-UP QUESTION:

I have a question about the grounding action, which would apply to our friend Richard, whom Awareness aptly described in this reading.

### COSMIC AWARENESS:

This Awareness indicates that *It* was not intending to describe any particular individual.

### (AVATON):

I understand that. It just happens Richard falls into this category. He's a Sagittarius and an itinerant musician all his life, and he has received at least two inheritances in his lifetime which he promptly squandered in dissipation and self-indulgence, drugs, alcohol, which almost killed him physically, and put him in a situation where he had to rely on welfare and friends simply to keep alive. Now, a year and a half ago, he received a letter from a lawyer in California that some relative, whom he either didn't know or hardly ever heard of had died intestate, but left a large fortune that was being distributed to some 10 or 12 relatives and Richard happened to be one of these, and it implied that his slice would be somewhere around the area of \$70,000 dollars and a check would be forthcoming in a few months.

Well, Richard at the time was at the very depths. The power company had shut off his electricity, and he had no water in his trailer where he lived. He had no food and so forth, and was physically ill, so he came to us with this document and on the strength of that we loaned him some money to get out of debt, with the understanding that in 4 months when the check came in, he would pay us off. Well, of course, in 4 months, the check didn't come, but Richard kept coming around for monies so we would pay his utilities and stock his food and so forth, and this went on for about a year, and I finally told him we couldn't afford his friendship anymore. It was costing too much. I didn't have the money, and that the next time I saw him, I wanted to see him with some kind of gainful employment, because I had a talk with him telling him that this was the third inheritance, and I told him "This is something that you haven't done anything to earn. You squandered the first two, and if you don't put something out, you know you're not going to get it, but you're being given a third chance by the powers that be, or by magic or something," and I told him; "You go out and get a job," because he kept getting letters, stalling about the check, and he'd phone and he'd phone and just one thing after another comes up, so the check is never in the mail.

Well, he disappeared for 3 or 4 months and left us alone, and a week or so ago, we got a call from somebody in his town to whom he had applied for a job as a painter, and we told him about it, and he actually got the job and he spent his first week working last week, and he told us that for the first time he really had some pride, and that he wished he had followed our advice months ago to go out and get a job, but he'd always complained that he was a musician and it was beneath him to go to work in a restaurant or anything else. Well, my question is: Does magic, and I think this might qualify: is the fact that Richard finally went out and got a job and if he sticks with it, is this a grounding action in consciousness that will probably eventually bring him his inheritance check, and if he hadn't grounded himself in this manner, it would probably go on and on and he probably never would get it? Is there other ways of grounding?

### COSMIC AWARENESS:

This Awareness indicates it appears that in this instance, the entity would probably have still had the same chance of receiving the inheritance whether or not he involved himself in the job action. This Awareness indicates, however, that the action of getting the job as that which is a grounding of magic, for another area of the entity's life, this being in terms of his own personal character growth; that the entity prior to taking that job, had come face to face with an even greater problem than poverty; the realization that he was losing his friends, and losing face and losing respect for himself as well, and this caused him to start visualizing for some other kind of personal lifestyle. Your talk with him about him squandering all that he had previously received which he had not deserved, was the part that most impressed him, because it called to attention the areas which he preferred to ignore, the aspects of himself which he did not wish to see, and in this process of calling it to his attention, he brought it into his consciousness. It was no longer subconscious or unconscious, but it was put before him to look at, and in the process of this, he did not like himself.

This Awareness indicates that it was frightening for him to take this job as it was the first manual labor job the entity has had other than that of musician and the entity had a breakthrough in terms of his consciousness, a change in consciousness which is magic, and this change in consciousness allowing the entity to actually be rewarded with a check that he himself had earned, not something he merely talked another out of, but something he had earned himself, through honest exchange of energies. This was that which gave the entity a new feeling which he had not previously understood or experienced.

### Many Beg From Friends but Actual Work is Beneath Them

This Awareness indicates that once the entity has that feeling, it creates an entirely different self-image, so that the entity will always have greater respect for himself as well as for others. This Awareness indicates that there are quite a number of entities who see work, manual labor as being beneath them, which implies that they are higher than those who work for a living, but these entities are not too high and mighty to beg for a living from their friends or from the government. This Awareness indicates that there are many who even are too proud to take from the government, but they are not too proud to take from their family or friends.

### Can We See the Motive Behind This Pattern?

#### FOLLOW-UP (VIKKI):

Awareness, you earlier discussed looking more deeply beyond the surface actions that are going on and in today's context, you've seen the surface conditions, then you see the repeated patterns and then, would the next step be to see the *motive* behind the patterns?

#### COSMIC AWARENESS:

This as possible. Often entities will never be able to look at the motives behind the patterns within themselves, although it is easier for entities to see the motives of others. This Awareness indicates that each entity has errors that may be termed blind spots and it is easier to see the blind spots of others than it is to see your own, for it is you who have the blind spot and entities who look at others and see those blind spots there, can inform the other, and if the other is open to hearing about his or her blind spots there can be communication and benefits. If the other is closed and does not want to hear about his or her blind spots, then of course, there is little communication and little worth comes from the communication that is there.

### Mental and Psychic "Blind Spots"

This Awareness indicates that it is beneficial, however, for entities to be open to present and discuss each other's blind spots in such a way as to not be offensive to the other, and to be willing yourself to hear about your own blind spots; these blind spots are psychological and have nothing to do with what you see in terms of visual sighting. It is referring of course to mental or psychic blind spots, wherein there are things hidden from you which you deliberately have hidden but which you conveniently refuse to look at, and have conveniently forgotten to think about.

This Awareness indicates that this is in reference to everyone; all entities have blind spots in their consciousness.

### A Psychic Surgeon Deals With Hearing Problem (Using "Stick Finger" to Open Up Clogged Eustachian Tubes)

#### QUESTION:

A question from Pamela K., Albany, California. It's a personal question and we couldn't find any information in the files about what she's asking for.

She writes: "I'm writing to ask if you would be able to provide certain information. For about 15 years I have had a hearing problem which has gotten quite severe. It has caused severe economic hardship, as it makes it very difficult for me to make a living for myself and my two children. The only thing I am economically trained for is secretarial work. I have two hearing aids, however they need to be adjusted for different peoples' voice and for telephone use; different for each person talking on the phone and so forth.

It makes me pretty inefficient as a secretary. Many, many jobs have not been open because of this difficulty. I have recently gotten the best job that I have ever had, and there is an opportunity for me to be given an even better job soon with more money, but I feel that keeping this one and obtaining a better one depends on regaining my hearing. I have seen AMA people. 'Cause unknown they say, and 'nothing can be done.' and probably I will get worse and worse until I cannot hear at all, and this at a young age.

However, recently a friend took me to see Glory, the niece of A. Orbito (sp) the psychic surgeon from the Philippines. There seems to be a significant improvement in my hearing after this. There seemed to be a lot of junk that was removed. This leads me to believe that there is no nerve damage; that perhaps there is just a lot of stuff clogging the eustachian tubes or something. I am therefore planning to have some more sessions when she or her uncle are available again. I am also trying to think what things might help drain these passages and remove more junk as I do feel this is the source of the problem and that it is correctable.

My questions are: 1) Are you aware of anything in the readings regarding this kind of psychic surgery? 2) Are you aware of any person who might help me in trying to drain these passages by consuming something or in some other way? I would be very grateful for this information.

#### COSMIC AWARENESS:

This Awareness suggests that the continuation of that psychic-surgeon with the entity who has previously helped you appears to be a good move on your part. This Awareness indicates in reference to the second part of your question, in terms of wearing or cleaning the eustachian tubes; that this is a common problem for many entities that can be handled through what is provided through certain training for naturopathic and chiropractic doctors, although not all of these entities

are trained or elect to seek such training. There is an action which many of the chiropractic and naturopathic doctors learn, wherein a rubber glove is inserted back, with the finger, inserted back into the mouth and up the eustachian tube in a very quick manner in such a way as to open those tubes up to allow draining. It improves the voice resonance; this being one of the benefits, and it often improves the hearing, and often drains or allows better drainage through the eustachian tubes so that the entity has a better hearing and clearing the throat as well as a feeling of being less clogged in the area.

This Awareness indicates that it is a very quick operation. It is also a very startling operation. There is no cutting involved, but simply the action of having someone shove their finger up the eustachian tube, almost to the ear, is quite traumatic, but it is so quick that it is over before you realize what happened. This Awareness indicates that in order to locate someone who can assist you in this,

This Awareness suggests that you speak with or call chiropractic doctors or naturopathic doctors, or if you have no result in your area, that you contact the Western State Chiropractic college in Portland, Oregon, or one of the naturopathic colleges; there are several around the country; in Chicago, in Portland, Oregon, and in other areas. It appears, Indiana; that you may look in the Yellow Pages for locating naturopathic and chiropractic colleges and ask about where you can find someone who performs this operation.\*

\*At the time this reading was given, the John Bastyr Naturopathic School in Seattle, Washington, also taught this treatment.

#### "Stick Finger" Treatment Often Can Improve Hearing

This Awareness indicates it is nicknamed or called 'Stick Finger,' but there is another name for it in terms of the medical terminology; this being wherein the finger, inserted into a rubber glove, is inserted into the eustachian tubes to open them up, to allow for drainage. It does help in many cases to improve the hearing of many entities. This Awareness indicates that this especially wherein there is no nerve damage. This Awareness indicates that entities' hearing can be affected by certain diseases, even childhood diseases that are common, and also by work around high-pitched and loud machinery; also, individual situations can cause damage to the hearing, such as an explosion or scream too close to the ears or even being injured through a slap or something that hinders or breaks the ear drums.

#### Any Sound Over 80 Decibels Is Dangerous to Hearing

Also, there can be damage when entities listen to music too loud, especially over long periods of time. Many rock musicians have suffered great hearing loss over the years, and even though quite young, they have the hearing loss common among people twice their age, because of the decibels being too high. This Awareness indicates that this can even be dangerous to those attending these rock concerts, wherein the music is too loud. This Awareness indicates anything over 80 decibels can be hazardous; that the normal speaking voice of approximately 60 decibels, the shouting voice of 70, and 80, the cry of a child being approximately 90, sirens being slightly higher, and rock music in recent times has been as high as 120 decibels and above, and this is extremely hazardous to hearing, and can cause permanent hearing loss.

#### Psychic Surgery: How Fraudulent is it?

#### FOLLOW-UP QUESTION:

Awareness, in relation to psychic surgery, there has been an awfully lot of information put out on this controversial subject, most of which is designed to

inform the public that the whole thing is fraudulent, and that they've actually filmed some of these surgeons using chicken entrails and so on; but fraudulent or not, probably not every case, isn't it more of a placebo action? -that if you believe you are going to be healed, or if you believe your cancer will be removed, you believe this so strongly that it is removed?

#### COSMIC AWARENESS:

This Awareness indicates that this in many instances is correct. This Awareness indicates that not all psychic surgeons rely on chicken blood and external paraphernalia. Those who do are relying strictly on the power of suggestion for the healing purposes, but even this has certain values for many entities who are thus hypnotized to accept the healing, through that power of suggestion. This Awareness indicates that there are, however, some psychic surgeons who are actually capable of moving through the flesh with their hands, serving with psychic energy to open up certain areas and remove certain things so that true healing from this action is immediate and the suggestion as being secondary, and complementary to the surgical action.

#### Both Suggestion and Consciousness Change is Magic

This Awareness indicates that both are forms of magic. The suggestion, if strong enough, alters consciousness; the change of consciousness is magic. If an entity's consciousness changes in regard to a disease, it alters the disease. This Awareness indicates that whether the alteration is strong enough to effect a permanent change in the disease will depend on the strength of the suggestion and the strength of the acceptance of that suggestion by the individual. In other words, it operates like a placebo. If you believe in the placebo as a healing factor, then it has had its proper effect. If you reject it, then it will not be effective. If you know it is a placebo then it is not as effective as if you believe it is a healer.

This Awareness indicates that psychic surgery is not something that in its true form can simply be taught. It requires a certain kind of gift, whereby the entity involved has a spiritual connection to higher forces. There are many who can fake it, and in faking, can have beneficial results, but these beneficial results are not as strong as the true psychic surgery, for they are based mostly on suggestion. It is likened unto the use of hypnosis. Hypnosis also has certain beneficial results when properly used.

#### Hypnosis as a Cure or a Suggestion to Create Illness

This Awareness indicates that if you do not understand the power of hypnosis and suggestion to cure, consider the power of suggestion to create illness, and recall that there have been instances, for example, of entities who have witnessed some event which was so startling as to turn their hair white, almost overnight,\* or to cause them to become asthmatic from the trauma, or to become so frightened as to develop some kind of chronic illness because of the situation. When a situation occurs it acts as a suggestion, and the entity may even become paralyzed or have some other psychological reaction, such as impotence.

\*During world war 2 the hair of this editor's father turned from jet black to pure white overnight. He was a sailor on a ship in the Pacific that was constantly being attacked by kamikaze suicide fighter planes (piloted by imbecilic young Japs who were told they could instantly get into heaven if they died for their Emperor by crashing their plane into a U.S. warship).

An entity can become almost catatonic from a traumatic event. These things are but the effects of witnessing some event in which it is all psychological, or in other words, suggestion. Likewise, consider stage hypnotists who are able through mere words and

suggestion, to cause entities to perform in manners that are supernatural. For example, lying with head and feet on two chairs with such rigidity that another person can stand on the individual without the entity collapsing; causing an entity to be physically drunk from drinking water which the entity believes to be whiskey.

There are many ways wherein hypnosis can alter one's consciousness to effect something that is totally outlandish in regard to reality, totally out of the mainstream of reality. If it can be done in parlor games or on stage with hypnotists or if it can be done through events that occur to traumatize a person, why does it seem so outlandish that a good psychic surgeon, using suggestion and chicken blood could not convince the subconscious of an entity that some malfunction in the body had been corrected?

This Awareness indicates that this is in reference to the healing power based on suggestion through psychic surgery, or the facsimile of psychic surgery. There is also that which is the true psychic surgery, in which an entity is capable of reaching through the physical body to draw out the malignancy. This Awareness indicates it is the same principle as discussed in the earlier message such as that action of recognizing the physical as being but a reflection or image of the spiritual and knowing that the spiritual and mental is the cause of the image known as matter, and that the matter is not in fact solid, but is a conglomeration on miniscule atoms that work together to create the appearance of something solid and that if there is an energy capable of becoming different, on a different frequency or vibration, it can cut through that apparently solid matter, even as if it were reaching into the substance of a dream and pulling out some malignancy.

#### Dream You Are A Psychic Surgeon and You Heal Entities

This Awareness suggests in your dreams you may wish to try psychic surgery. In your dreams sometime dream about reaching into the body of an ill person and taking out something that symbolizes their illness. You will find that even this action has a healing effect. The only difficulty is remembering to do this in your dream. It is much easier to dream of reaching into a body, to dream of being a psychic surgeon than to perform the act in a physical level because there are so many other influences in the world you call reality in which the 5 senses dictate and these other influences all work together to tell you it can't be done, but in your dream, you know you have the power and ability to dream your dream without interference from anyone else, and therefore, you can dream yourself to be a psychic surgeon reaching in to the bodies of those the are ill and healing these entities.

This Awareness indicates that if you cannot dream this in your deeper sleep, dream it in your imagination. Even that can have some effect in helping entities whom you deal with in your imagination, even though they may be at great distance from you. This Awareness suggests that you not worry about or attempt to contact them about these things, for it will easily degenerate into some kind of ego concern as to whether or not it is working, and this can detract from the training and from the effectiveness, but this Awareness suggests instead that you just work at this in silence, quietly over long periods of time as a way of healing entities at a distance whom you know to need such healing.

This Awareness indicates you may also wrap these entities in Light after extracting any dark diseased or malignant invasion in their system.

## Why Was the Preamble to the Constitution Deleted From So Many Publications?

### QUESTION:

One last question from Robert. "Why was the Preamble to the Bill Of Rights in the United States Constitution deleted from so many publications, especially text books? When did this start to happen, and how could such a thing have happened and continue to happen? (and then he prints out the Bill Of Rights preamble):

"The Conventions of a number of the states, having at the time of their adopting the Constitution, expressed a desire in order to prevent misconstruction or abuse of its powers, that further declaratory and restrictive clauses should be added, and as extending the ground of public confidence in the government will best insure the beneficent ends of its institution."

### COSMIC AWARENESS:

This Awareness indicates that *It* does not see any reason for this to have been removed, except that it helps to clarify the rights of the states as opposed to the rights of Federal government over the states and by removing this it helps to take away some of the argument that states are independent and that the Federal government needs to defer to the states in this regard. This Awareness indicates that the Federal government has generally and consistently moved towards greater controls over the states, and in so doing, has gained greater and greater Federal power.

The purpose of the Constitution was to limit the power of the Federal government, to use the Federal government only to help preserve the rights of the states, not to deny those rights and impose its control over the states. But by taking this preamble out, it has helped to assure that the Federal government could move still further into the controlling of states' rights.

## COLLOIDAL SILVER: DOES IT CURE AIDS?

### QUESTION:

We've received about four questions on colloidal silver from about 4 different entities. There's a man in Utah who claims he has found a cure for AIDS using colloidal silver. I'll read a little of a newspaper article that they sent in it's titled, "Orem man claims he has found AIDS cure"

The small glass vial is filled with a clear liquid resembling water, but one Utah resident is convinced it contains the cure for AID

"I don't have a doubt in my mind. It's what eats me alive at night," said Daryl Tichy.

Suspended in the liquid, which is mostly distilled water, are ultra-fine particles of positively-charged silver. By researching within several different sciences, Tichy has determined that the solution will kill the AIDS virus without harming the human body.

Tichy, a full-time member of the administrative staff at Brigham Young University's physical plant, said he considers himself a searcher, not a researcher. He looks for patterns and answers to problems by crossing the boundaries of different disciplines such as physics and medicine.

In reading a book called "The Body Electric" by Robert O. Becker and Gary Shelden, Tichy learned that Becker encouraged bone fractures to grow back together by stimulating the area with silver electrodes and low voltage electricity.

According to the book, silver at the positive pole killed many kinds of bacteria without side effects.

Through studying small aggregates of atoms called microclusters, Tichy learned these clusters stay electrically neutral.

However, when positively charged, the microclusters will stay as tenaciously positive, he said.

Other research showed that at the turn of the century, people used ultrafine particles of silver to treat a myriad of illnesses from pneumonia to warts and tonsillitis, Tichy said. Some praised the treatment; others were not so encouraged.

Tichy said in that time, particles were obtained by chemically breaking down a silver salt such as silver nitrate. However, while these particles were positively charged, they were of different sizes and tended to group together and neutralize over time.

By creating the particles from elemental silver and using the science of microclusters, Tichy said he was able to create ultrafine particles nearer the same size which retain their positive charge.

Tichy said he had the material tested at two different labs; results showed the solution killed a variety of pathogens, including the HIV virus.

After creating the solution, Tichy tested it on his 6-year old son whom he said had about 70 warts on his hands. After one injection of the liquid, all of the warts cleared up, he said.

It was also given to the family dog which was suffering from parvo virus. Several days later, the dog had recovered, Tichy said.

Tichy said he has had problems gathering the needed support to test his findings. To gain the necessary approvals from the Food and Drug Administration to test the substance on humans.

The article goes on. Could Awareness comment on the use of colloidal silver? It is legally available, since it was available before 1938, and so people can still get it very cheaply.

### COSMIC AWARENESS:

This Awareness indicates it appears it does have value in treating a wide variety of illnesses. This Awareness indicates that it appears that it can be effective in some of the AIDS cases. It does not appear to be an absolute answer in all AIDS cases. That his focus on the effort to get the particles to become even in size and to avoid them clustering together is the right approach; that *It* sees this as being quite difficult and one of the problems in pursuing this approach.

This Awareness indicates that this can be properly fixed; the substance appears to have a good promising future, if it is allowed to be used for these purposes. This Awareness indicates that it appears that if it comes into widespread use and is effective, there could be some problems from higher authorities, those particularly from the FDA.

This Awareness indicates that it is suggested that if entities want to purchase this, it should be purchased soon, in case the entity is put out of business. This Awareness indicates that the purchase of this substance does not need to wait for a disease to occur. Entities can store this for later use, if the substances are balanced in such a way as to prevent them from jelling together in the liquid.

This Awareness indicates that there are some problems still needing to be addressed in regard to the creation of this, but it does appear that it is very promising and can be most helpful in the treatment of certain diseases.

## The Many Uses of Colloidal Silver

### (FOLLOW-UP QUESTION):

In a *Helpful News* newsletter someone sent on colloidal silver it states: "Other uses of silver. Silver, whether in the colloidal form or in various other forms is once more receiving widespread attention in the medical

community. For example, most antibiotics kill only perhaps 6 or 7 different disease organisms, but silver is known to kill some 650, almost a hundred times more. Further resistant strains fail to develop."

Does Awareness see that as valid information?

**COSMIC AWARENESS:**

This is in the affirmative. This Awareness indicates that the use of the silver in extremely small amounts is seen as beneficial; that if the silver is too large in amount or is too heavy and clusters together, it is not to the benefit of the medicinal purpose described.

This Awareness indicates that it is possible that the entity could grow plants to absorb the silver and extract these silver salts from the plants and have a more harmless and beneficial product. The growing of the plants in soil that has been sprinkled, saturated with silver, and the extractions of silver salts from the plant as that which might be an area of future research in this regard.

**(FOLLOW-UP QUESTION):**

Member Alan P., of Cleveland, Ohio, says you can get a four ounce bottle of colloidal silver for \$59.00 plus \$3.00 postage and handling from the Lord Company, Hancock, Wisconsin. If entities ordered this stuff, do they take it orally, and if they do, is there any side-effects from taking it?"

**COSMIC AWARENESS:**

This Awareness indicates that it appears to be relatively harmless, if taken in proper doses. It appears that this could be beneficial for many entities. For continued use over long periods of time, it could be less beneficial or even harmful. After all, you must consider that silver is a heavy metal, and if one ingests heavy metals into the system, even gold, it can be harmful in too much an amount.

This Awareness indicates the same is so with copper. Though the human body needs copper, it does not need too much. This Awareness indicates that of course, in the event one receives too much silver, chelation treatments help to remove heavy metal, including silver, gold, copper, aluminum, et cetera.

ED's Note: This reading was given in January, 1994, several years before Wayne Rowland developed his now famous *Silver Wain Water*, using Tesla and Rife technologies. Awareness has since evaluated Wain Water and found that it stays in suspension and is not harmful as is the pure colloidal silver being sold in 4 ounce bottles. In addition, Silver Wain Water contains the vibration of B flat, which Wayne Rowland, its creator, says helps entities move with the Photon Belt energies more quickly as it raises the vibration/frequency rate of entities in preparation for 2012 when the transformation into the new vibration will be complete.

In this reading, Awareness foresaw the FDA harassment of people who were putting out colloidal silver. In January, 1997, the FDA issued a "cease and desist" order against Wayne Rowland and all other manufacturers of colloidal silver. Wayne has lawyers in Chicago who at this moment are battling the FDA over this directive in order to remain in business. So far Wayne is still making his Silver Wain Water but is calling it "drinking water" and making no health claims whatsoever and has removed all printing from the shipping carton so as not to draw attention to the contents, which is the same Silver Wain Water as previously. CAC is still making Silver Wain Water available to the membership and has literally hundreds of testimonials as to its effectiveness against a myriad of health problems. Please refer to current Book Price Sheet Catalog for current prices.

## WHAT IS THE SECRET OF INVISIBILITY?

**QUESTION:**

A question from Alan P., Cleveland, Ohio. He writes: "From the book *The Fellowship* by Brad Steiger: "Invisibility is nothing more than moving up in the vibration slightly beyond the center stage frequencies that the human eye is normally perceiving." And his question is: "Is this trick done by breath control? And

will a Leikovsky (sp) Multi-Wave Oscillator make it work?"

**COSMIC AWARENESS:**

This Awareness indicates that this Awareness has given information on the Meditation of Disappearance. This Awareness suggests that this may be studied for this activity. This Awareness indicates that it is seen that moving into higher frequency beyond the speed of light, the 49th octave, is that which allows an entity to go beyond sight, out of sight, for the sight is that which occurs within the 49th octave and below.

This Awareness indicates that the use of the Meditation of Disappearance\* as that which allows entities to move into those higher frequencies.

\*The Meditation of Disappearance is one of the meditations in the *Book of Meditation*, available from CAC (price \$3.00).

**FOLLOW-UP QUESTION:**

Can this also be done with this Leikovsky (sp) Multi-Wave Oscillator?

**COSMIC AWARENESS:**

This Awareness indicates that this appears to be something that leads in this direction, but *It* does not see this as moving far enough without some effort on the part of the individual. With the oscillator being used during the Meditation of Disappearance, it can be more effective. Both working together can be more effective than either working individually.

## What Did Wilhelm Reich Discover That We Are Not to Know About?

**QUESTION:**

Another question from Allen P. "The last time a book on the subject of the Orgone Energy Accumulator was published, the US government ordered all copies to be burned. What did Dr. Wilhelm Reich discover that we are not allowed to know?"

**COSMIC AWARENESS:**

This Awareness indicates the entity was involved in deep research into physics levels that were seen by the US government as being more or less top secret. The entity was involved in using certain energy fields as weapons, and had the ability to affect weather and UFOs, and auras, et cetera.

The US government felt this information was far too important to be left indiscriminately to the public.

## KOMBUCHA TEA: IS IT A MIRACLE CURE? ( More on Chondriana )

**QUESTION:**

Some questions from Nicholas L., Oak Park, Illinois, on a substance called Kombucha. He sent along some literature on it, which I'll read. The July/ August 1993 issue of *Search For Health* magazine has an article on Kombucha. This is a fermented beverage with seemingly unusual healing properties. The background of this beverage is in Eastern Europe, basically the Western Ural Mountains. Soviet cancer researchers, spurred by cancer disease increase, were able to pinpoint two areas having hardly any cancer cases.

Further probing turned up the popular consumption of a refreshing drink called "tea kvass." In Moscow the Central Biological Institute determined that tea kvass and Kombucha were the same. This Kombucha is a fungus whose fermentation creates an acidic drink similar to sweet apple juice. Candidiasis sufferers would naturally be repelled by this beverage except that the Saccharomyces (the family that Kombucha belongs to) is not in the same family as the Candidiasis and also does not have spores."

In another part of his question, Nicholas writes: "Dr. Rudolph Sklenar has been working with this material for over thirty years. Here are some of the highlights: (1) Iris Diagnostics is heavily emphasized by the doctor. A "competent iris diagnostician" can predict organic diseases. (2) Dr. Sklenar works with a "dyed blood smear" to prove the existence of viruses causing cancer. Years of research reveal four visible stages of the virus in its "fungal" phase. (3) "In the proximity of blood cells that are strongly charged with orgone energy no pathogenous organisms can exist."

"Would Awareness discuss orgone energy and its relation to prana?"

#### COSMIC AWARENESS:

This Awareness indicates that essentially, these both are sources for or reflections of the electromagnetic energy that has been described in the Huna philosophy as the mana, or that which is vitality or the Life Force. This Awareness indicates that these energies are filled with high levels of Chondriana, or the Life Force, and have great healing powers.

Entities having high levels of Chondriana have strong immune systems and the ability to be healed, rejuvenated, taking on a healing approach, even to the degree of being able to regrow damaged organs within the body.

This Awareness indicates that the amount and degree and density of the orgone energy or prana, will be a factor as to how much Chondriana is involved.

#### FOLLOW-UP QUESTION:

He also states: "Kombucha tea is a thirst-quencher, has antibiotic properties, invigorates glands, enhances metabolism, improves or eliminates gout, rheumatism, early arteriosclerosis, and is a body weight-reducing agent. It also has cancer-curing possibilities."

Could Awareness look at this Kombucha and verify if it has all of these potentials?

#### COSMIC AWARENESS:

This Awareness suggests this as being an accurate evaluation of the substance.

For an in-depth message from Awareness on Kombucha, please refer to "Revelations of Awareness" No.95-2 Manchurian Mushroom (Kombucha) Elixir; \$3.00 from CAC.

## RONALD REAGAN'S CANCER REVERSED BY DRINKING COLLOIDAL SILVER

#### FOLLOW-UP QUESTION:

A final note he puts in, a quote from some information on colloidal silver:

"The President drinks a liter of it daily. Ronald Reagan's cancer and his metastasis are hardly heard of now." Does Awareness see this as being factual?

#### COSMIC AWARENESS:

This is in the affirmative. The entity is quite healthy at present time.

## FDA Denying the Masses of Healing Herbs

#### CLOSING MESSAGE:

This Awareness indicates that there are so many things being discovered, so many new products, so many new herbs and so many new uses for these things, and at the same time, there is still that effort by certain agencies working in behalf of the medical profession to deny the masses the use of some of these simplest of herbs.

This Awareness indicates that already, comfrey, for one, has been made unavailable by the FDA and there are a great number of others that are extremely important in the herbalist's field, for the treatment of diseases. These herbs having been used for hundreds of years by

various cultures throughout the world. In some cases, they have been used for thousands of years, yet the FDA in its infinite wisdom, has determined that these herbs can be harmful to humans.

This Awareness indicates that if the FDA has its way, it will continue to remove more and more herbs, more and more vitamins and minerals so that entities, in order to survive, would either need to rely wholly on air alone, or will need to settle for a life that is shorter and relies on drugs and pharmaceutical mixtures that keep the entity reviving itself, in spite of the total malnutrition that comes from a body that cannot have its required nutrients.

#### The FDA Could Even Ban Bananas

This Awareness indicates that if the FDA had its way, it appears even bananas would be banned because of the potassium value therein, and other foods would probably be banned also, if the FDA had its way. There seems to be no limit as to what they would do to force entities into their medical doctor's offices, to receive the pharmaceutical drugs and to promote these entities as the saviors of humanity.

This Awareness indicates that there is, however, that movement on the part of certain individuals gradually reaching out to the masses to help support certain Bills in Congress that will soon be voted on which may not only allow the people to keep their vitamins and herbs, but may even prevent the FDA from keeping off the shelves some of the herbs that have already been taken.

This Awareness indicates that it would be greatly helpful if the FDA's powers could be curbed somewhat in order for entities to have greater health from alternative sources other than the American Medical Association which seems to be nothing more than an agency designed to help sell pharmaceutical drugs and surgical operations to the masses.

(The Law of Gratitude is given)

## WHAT IS COSMIC AWARENESS?

COSMIC AWARENESS is the Force that expressed itself through Jesus of Nazareth, the Buddha, Krishna, Mohammed, Edgar Cayce and other great avatars who served as 'Channels' for the 'Heavenly Father' and who speaks again today as the world begins to enter the 'New Age' of spiritual consciousness and awareness. Since 1963 Cosmic Awareness has been communicating through carefully trained channels. This information is for those who desire to help in bringing in the New Age. Throughout the thousands of 'Readings' given through these various channels, Cosmic Awareness tells us not to believe anything, but to question, explore, doubt, and discover for yourself, through your own channel what is the truth. Cosmic Awareness will only 'indicate' and 'suggest'. Neither C.A.C. or any of the Interpreters is responsible for anything Cosmic Awareness states in any of these readings, nor does C.A.C. or the Interpreters necessarily agree with the statements of Cosmic Awareness. The Interpreters interpret the energies as they see them in trance levels and are not personally responsible for what is said. The Interpreters published herein have no connection with, nor control over the editorial comments and material, including illustrations. This is entirely the responsibility of the editor. Members of C.A.C. are invited to send in questions of general interest to ask Awareness for possible publication in this newsletter.

The Interpreters for the readings in this newsletter are:  
Paul Shockley and Grace.

Avaton, Editor  
Vikki T. Sec./Treasurer

#### HOW TO GET THIS NEWSLETTER BY MAIL

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

MEMBERSHIPS AVAILABLE (HonorSystem)  
INDIVIDUAL: \$42 FAMILY: \$52  
CONTRIBUTING: \$77 SPONSORING: \$144

## Time to Reconstruct Individual Minds

(The Millennium Bug in the Computers Serves as Example)

OPENING MESSAGE: (1/18/98)

This Awareness indicates that the basic foundation for the usherance of enlightenment has now been laid, and that there has been already a tremendous shift in certain energies regarding the receptivity of human consciousness, and this is good. This Awareness suggests that the task at hand as the first millennium winds to a close, that those entities having achieved the altered attunement as offered through the understandings channeled through this Awareness, known as the Lessons of Enlightenment; that the task on hand is now to begin the process of reconstructing individual minds, so that the overall reconstruction of mass-consciousness can begin.

This Awareness suggests that in previous discussions, the issue regarding a technological quagmire of computer systems accommodating the change from one millennium to the next, with questionable capability within the design. To accomplish such a shift, is comparable to a shift in human consciousness, and that certain steps are necessary. This Awareness indicates that the problem which now looms before humankind regarding the computer date sets which are based upon codes, which can be likened to layers of threads comprising a fabric.

This Awareness suggests that the task of identifying the pathways and interconnections of the specific portions of code that need to be adjusted to accommodate the year 2000 is likened unto identifying and altering a single thread, weaving its way through the multitude of threads comprising the fabric of the technological environment.

### The Computer Bug a Symbolic Reflection of Mind

This Awareness has suggested that solutions will be obtained to resolve this issue, but it is important to note that this technological quagmire offers a symbolic reflection of the issues facing each individual, as they set about examining and refining the contents of each individual mind.

This Awareness suggests that those technological engineers now working frantically to identify the singular strand of date codes that are interwoven through other codes, other levels, other systems, networking into still other systems; that to trace this strand and to effect the alterations necessary is exactly the task of each entity seeking to identify each thread within the fabric of mind which contains faulty or limited beliefs.

This Awareness suggests that such a metaphor as the event now taking place in the computer technology is but one example of many such situations which reflect the task at hand. This Awareness suggests that the engineers understand the nature of the time constraints to solve this particular problem and they know that the clock is ticking.

This Awareness suggests that if they are not successful in identifying and correcting each strand of code interwoven throughout the technological complexity which now underlies entire operating systems of institutions, government services, banking industries, transportation systems; that if each and every strand of the ineffective code is not ferreted out and corrected, that entire networks can collapse.

### Threads in the Fabric of Mass-Consciousness

This Awareness suggests that just as this faulty or incomplete code is interwoven throughout computer systems and networks surrounding the entire world, so are certain ideas that have been introduced, which have

been built upon and built upon and built upon, like threads in the fabric of mass-consciousness and interwoven between cultural systems, ideas, religions, politics, so that there constitutes a network of misunderstanding likened to the network of the inadequate computer code and that the significance of this event coinciding with the very first moment of what is to be the second millennium, highlights the urgency for entities to begin identifying the faulty strands of information, belief and code, if you will, within mass consciousness, for the situation that exists, the level of limitation which now profoundly frustrates human experience and spiritual intention, has effectively begun systemic shut-down, just as the faulty computer code threatens to do at the turn of the millennium, should it not be corrected in a timely manner.

This Awareness suggests that likened unto the computer wizards who are fast at work rectifying this problem, so shall the enlightened ones be the first to set about the task of identifying the faulty strands of thought, first within their individual minds, and expressing their findings, contributing to the removal of such debilitating ideas from mass-consciousness and in two years time tremendous progress can be made with information already received.

There is no further opening message this time.

## Will Millennium Bug Shut Down the IRS?

FOLLOW-UP QUESTION:

Does that mean that the IRS, for example, isn't going to shut down and send income tax forms to citizens for the year 2000?

COSMIC AWARENESS:

This Awareness suggests that that probability still holds significant energy, but as has been offered, the major negativities which can result from the ineffective attempts to rectify this problem have been averted. This Awareness suggests that there may be some minor fallout, unless the solutions are agreed upon, communicated and carried out in a uniform manner.

This Awareness suggests that such cooperative effort and uniformity lies well within the realm of human ability; however, without the clarity and attunement to spiritual intention, there can be communication breakdowns which can allow the solutions to not be effected uniformly. This Awareness suggests that as all consciousness is interconnected, the technological communication systems are thusly interconnected, and that without cohesion and uniformity, the mistakes of the few can affect the order of the many.

This Awareness suggests that the IRS will have several negative influential factors which will delay the progress, but that ultimately, there will be an overall success in averting such a shut-down as that suggested.

If we have completion, we can continue.

## Why do Some People Heal and Others Don't?

QUESTION:

Questions from Soj Browman, Santa Barbara, CA. He asks: "Why do some people heal and others don't? How much is a product of their attitude and belief system, and how much a result of the practitioner or form of medicine?"

COSMIC AWARENESS:

This Awareness suggests that all healing ultimately is a process of spiritual communion with the physical form. This Awareness suggests that the differences observed in how entities respond to diseased state and disorders, daily vibrancy and health depends substantially upon the contents of the individual mind of the

entity involved.

This Awareness suggests that the mind can allow cure, the mind can create disease, the mind can facilitate death, or the mind can allow the unimpeded flow of spiritual energy necessary to animate the form and delight the entity's physical experience for many, many, many years to come.

This Awareness suggests that certain curative potions, herbs, medications, nutritive supplementations exist with vibrational frequencies that have physiological effect upon the energy system, and that such substances have been identified and continue to be recommended to alter physical energy systems associated with disease processes, or to bolster a healthy system to prevent or delay such physical deterioration.

#### Mind Can Alter the Actual Frequency of a Substance

This Awareness suggests, however, that the physical properties of such substances can be dramatically affected by the contents of the mind of the entity. This Awareness suggests that the actual frequency of the substance can be altered if belief structures either support its medicinal effect or support a negative, destructive effect.

This Awareness suggests that if an individual utilizes a substance with no knowledge of the curative or destructive properties of the substance, then the effect upon the physical form will be that provided by the energy frequency of the substance.

This Awareness suggests, however, that this is true only in the ideal sense wherein such an entity exists in a void, unaffected by the thoughts and beliefs and collective energy of mass-consciousness, for if the mass-consciousness *believes* in the curative powers of a specific property or substance, regardless of its validity, then that mass-belief can alter the substance accordingly, to the degree that the individual with no knowledge can be affected in that positive or negative way in direct correspondence with the energy investment in the belief within mass-consciousness.

This Awareness suggests that to avoid this situation, entities can apprise themselves or prepare themselves to receive optimal benefits from substances and reject the negative effects of substances, environmental pollutants, allergens and the like. This Awareness suggests that the creative manipulation of the Will Power through visualization can bolster the physical form which can increase medicinal effects and obtain them from substances that carry little or no innate energy correspondence or healing capacity.

This Awareness suggests entities can also entertain beliefs, rejections of specific properties, so that medications and treatments which may otherwise have altered physical structures are reduced in their effectiveness. This Awareness suggests that entities become apprised of each and every such belief system regarding positive and negative values from chemical and food substances to ensure the identification and removal of such belief systems which defile food items, which insist and support a belief in a negative effect from any environmental pollutant, chemical, or any other contaminant, so that the negativity is countered.

This Awareness suggests likewise, for entities to put in place positive belief systems regarding the innate healing capabilities that exist within each cell, and the energy dynamic, which, if left to flow unimpeded, can contain far more healing power and life-giving resources than any substance, foodstuff, treatment or physical manipulation.

This Awareness suggests also, that as entities begin to

understand and attune to the spiritual feeling system, to right the energies that remain blocked in individual and mass consciousness; that such innate healing capabilities will become more understood and widely utilized. This Awareness suggests that also, entities have often chosen specific forms with specific challenges to spark the memory within the cells of former mind experiences which can more quickly reveal the illusory nature of the physical experience and such choices are often accompanied by physical challenge and the confrontation with disease.

This Awareness suggests that these are the major factors involved in the diversity observed in human healing.

## INDEX

• Magic and Miracles: How to Make Them Work in Your Life (Some Secrets You Need If Magic Hasn't Worked Before)...2-8

The Story of Richard	6
The Motive Behind Richard's Pattern	6
A Psychic Surgeon Deals With Hearing Problem (Using "Stick Finger" to Open Clogged Eustachians)	7
Psychic Surgery: How Fraudulent Is It?	7
Why Was the Preamble to the Constitution Omitted From So Many Publications?	9
Colloidal Silver: Does It Cure AIDS?	9
The Many Uses of Colloidal Silver...	9
What Is The Secret of Invisibility?	10
What Did Wilhelm Reich Discover That We Are not to Know About?	10
Kombucha Tea: Is It A Miracle Cure?	10
Ronald Reagan's Cancer Reversed by Drinking Colloidal Silver	11
FDA Denying The Masses Of Healing Herbs	11
Time to Reconstruct Individual Minds (The Millennium Bug in Computers Serves as Example)	12
Will Millennium Bug Shut Down the IRS?	12
Why Do Some People Heal and Others Don't?	12
Time to Stop Repeating the Rules (Personal Re-empowerment is the Goal From Now On)	14
How To Protect Yourself From Stress and Fear	14
Coming to Grips With the New Direction of C.A.C.	15
He Goes to Hospital and Comes Back Far Worse For His Efforts: What To Do?	18
Foreign Accent Syndrome	18
How To Forgive Others When Under Pressure From The "Rat Race?"	19
How Can We Have Unconditional Love Toward Others?	20

## LESSONS OF ENLIGHTENMENT NOW ON THE INTERNET FREE OF CHARGE.

All entities using the World-Wide Web are invited to download and study these important lessons and share them with others. Be a part in the alchemy of changing the old consciousness to the new and help bring forth that "new Being" which has been prophesied. These on the CAC Home Page Web Site, which is:

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

### VISIT THE TEMPLE OF LIGHT IN YOUR DAILY MEDITATIONS

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!

## TIME TO STOP REPEATING THE RULES

(Personal Re-empowerment is the goal from now on)

OPENING MESSAGE: (GRACE 37)

This Awareness indicates that sufficient energy has been conducted between this Awareness through this Interpreter, and has completed its electromagnetic circuit within many entities, regarding the initial foundation for the shift in consciousness. This Awareness suggests that as the floodgates of consciousness have begun to open sufficiently to allow the foundational understandings, this being a most gracious reception. This Awareness suggests that the initial necessity for continued refocus, reorientation, and the guiding of thought consciousness from point A within the members of this organization regarding the fear-based processes, directions and focuses of individual mind upon those aspects within the mass-mind has been accomplished.

This Awareness suggests the accomplishment of a shift from this initial orientation, to the point B now desirous of this Awareness, to a point of personal empowerment to turn the consciousness inward with laser-like clarity, to focus at last upon the personal re-empowerment, and sufficient energy has been conducted to usher many conscious entities to the desired point.

This Awareness suggests that those entities who do not feel that this has been accomplished with their personal experience shall fear not, for such accomplishment manifests in many ways, on many levels, some quite subtle, given the expectations and understandings and the diverse perspectives of human beings. This Awareness suggests that many entities have confronted limiting beliefs regarding their ability to perceive impressions through this Awareness, or have been confronted by life-long beliefs regarding the nature of the universe, the nature of humanity, the origins and the destiny of the species, and such new information is providing tremendous opportunity for them to experience first-hand the power and wisdom of their emotional system.

This Awareness suggests that since such a shift has begun and is experienced as successful from the perspective of this Awareness, that the requirement of the initial repetition and continuous drawing the focus of the discussion and responses to questions ranging from a wide variety of perspectives and issues; that with such repeated orientation of the readership to the fundamental concepts underlying the movement toward empowerment, that the focus can now broaden and shift to a more experiential understanding and practicum wherein the concepts can begin to take shape and manifest in the day-to-day lives of the entities.

This Awareness suggests that the basic concept of mind, of spirit, and of the differences and the interactions between the two are becoming more clarified and understandable in individual consciousness, and the primary understanding of how the human feeling system mediates and provides balance between these two essential components of the human being; that individuals are now poised to understand the meaning of each and every experience which is empowered with feeling.

Entities can begin to pay attention and to note, and ultimately to control their active responses to such feelings in ways that facilitate empowerment and the energy of the Universal Spirit rather than the defenses which spring from limited beliefs, yet serve to maintain such limitation and continue to create life experience

which mirrors such limitation.

This Awareness suggests that as entities begin to have an expansion of consciousness, begin to experience a grasping of the many levels of abstraction within the many offerings given these past 6 months, that individual issues, reports, explanations, and community sharings of information can best facilitate the general progress toward empowerment.

This Awareness suggests that entities are to be congratulated for finding the courage and the faith in Spirit and within themselves to set about this task of re-empowerment, to bravely look within, to sift through the contents of mind fearlessly and ruthlessly, to identify and remove that which they have not chosen through the experience of spiritual fulfillment or those ideas which have been foisted upon them at such an early age that they might not even be conscious of their existence.

This Awareness suggests that in response to this particular shift, that entities submit questions reflecting these processes, the daily events which have afforded understanding or confusion, and most particularly, emotional signals of every variety so that their experiences, their questions, and their answers, if they have found them, can be shared.

This Awareness suggests now, that the door can be closed to certain repetitions and reorientations and that other forums shall open in their place. There is no further opening message.

## How to Protect Self From Stress and Fear

(He's Afraid He Will Pick up the illnesses of his patients)

QUESTION:

A question from Karl F., which came in over the Internet. He writes: "I work in the health field. My co-workers and I are constantly surrounded with a lot of emotional and physical stress. I have begun to notice that people around me often mirror the disease around us. A lot of my colleagues spend a lot of time with serious colds and worse.

"A physical therapist who worked for years with disabled people was recently paralyzed in an auto accident. It is almost as if the problems we treat rub off on some people. I often wonder what my fate will be, and if I might wind up like the patients I serve. What can we do to protect ourselves from the damaging beliefs and fears that seem to emerge from this kind of work?"

COSMIC AWARENESS:

This Awareness suggests that it is essential that you and your co-workers remove *just* such beliefs as those identified which promote the fear, and open the door to your own vulnerability to conceive, contract, and have befallen upon you specific accidents, diseases or disorders which you observe on a daily basis.

This Awareness suggests that within your profession there are basic tenets which place human beings as hapless victims with no control upon disease processes, physical disorders or accidents, so that as you observe a steady flow of such entities appearing at your door on a daily basis, it reinforces such belief structures within your mind that can minimize your own potential to maintain your physical energy system to its optimal peak performance.

This Awareness suggests as you are aware, entities respond in varying levels and with individualized mechanisms regarding personal susceptibility; that certain entities that you interact with regularly are more

healthful, energetic and less susceptible to such disorders.

This Awareness suggests that you will also be able to point out those entities who appear to fall victim more readily and more routinely, perhaps more regularly, and that the difference between these two populations of people, are simply their belief structures. This Awareness suggests that those drawn to the health field have a particular responsibility and spiritual impetus to understand the energy system which comprises the human mind/body.

**There is No Such Thing as an "Innocent Victim"**

This Awareness suggests that regardless of what you have been taught in your institutions of learning, that there is no such thing as an 'innocent victim' who contracts a disease or a disorder, or even a virus *without* specific participation and consent in the process.

This Awareness suggests that this singular understanding shall be burned into the memory, bumping from existence within your mental realm, any to the contrary, and that this singular action can bolster not only your personal immunity, vibrance and health, but can assist you in imparting such strength and resistance in your patients.

This Awareness suggests that the physical energy system is one and the same with the spiritual energy system, and that the contents of mind are every bit as creative in the physical sense regarding the human body as they are in creating physical events and material forms.

This Awareness suggests that the reason the emphasis has been placed upon the understanding of the human emotional system is due to the fact that it is not only the key to designing the optimum mind to maximize spiritual development and expression in the physical realm, but that it also is the single most vital piece of information which can ultimately allow human beings to understand and control their very physical existence and attain the miraculous healing results offered through many previous teachers.

This Awareness suggests that the emotional energy (which can give feeling signals to adjudicate the experience and provide the information for the entity to add or subtract specific beliefs and strategies which resulted in either the positive or the negative emotional experience in their daily activity); that in addition to this service, that the emotional energy also contains arousal energy to move the entity to the next subsequent action, responding to the alteration of the belief structure of mind wherein a second attempt in a similar situation brings rewarding fulfillment and positive emotion, rather than the previous negative one.

This Awareness suggests that this cycle of feedback between entity and environment, between mind and spirit, between world and body, is the very energy flow necessary to maintain and alter the physical form. This Awareness suggests that disease process is ultimately the effect of disturbances in the emotional energy flow.

**The Emotional System IS the Life-Giving Force**

This Awareness suggests, then, that those who have been reading the information offered through this channel, who have seen such phrases again and again regarding the human feeling system, so that they have begun to experience annoyance or some physical manifestation, or to wonder when this Awareness will return to more health-giving, life-giving information, that they can rest assured that their effort and understanding has now been rewarded in that they can bring

the consciousness full circle to recognize the power of the emotional system, in that it is the essential life-giving force which can promote healing and incredible physical transformations, once it is unimpeded by the restrictions and beliefs that normally exist within the ordinary mind at this point in time in human history.

This Awareness suggests that entities in the health care profession begin to experiment, particularly following those experiences which yield the negative emotions of fear and anger; that to notice the physical responses of the body, to become attuned to the rhythm of this informational system between mind and body, and to begin some experimentation regarding alterations of specific ideas which base the strategies which were tested in the world through activities which met with resistance, which was signaled by negative emotion, which in turn can unmask the belief which originated the action, and that the manipulation and shifting of such belief can then be tested with a new action, and validated with positive emotions of fulfillment and joy, when they achieve success, and then to note the feelings within the body, the energy level, the sleep requirement and the overall countenance and glow, and that you, of all people, will begin to notice how this missing understanding is the cornerstone understanding to reuniting mind, body and spirit and achieving the ultimate individual control over the physical form. Not only will you be impervious to those who you see on a daily basis who have contracted seemingly accidental viruses, illnesses or inherited genetic disorders; that you will be prepared to offer them a more full service health care, for you can attune them to the very emotional stresses within their lives which have cast their energy system off kilter, whereas energy leaks and drains of a continuous nature erode first the experience and then the outlook and ultimately, the physical form.

This Awareness indicates if spirit is not allowed expression as it intends through its feelings signals, then it will retreat from physical existence in the experience of disease, and ultimately death. This Awareness suggests that this has become a normal and ordinary consequences for many, many individuals with such diseases as the very prevalent cancer forms, certain immune disorders, et cetera.

This Awareness indicates that beginning to identify those belief systems which are frustrating and unhealthy to spirit, and to remove them from their source, the cycle, the dominoes that fall from this singular action will result in the *opposite* of disease processes, and the opening of a human physical ability to the direction of mind, through the intention of spirit, so that the human being can become a fully operational unit, rather than a partially automated, dying ball of material/ spiritual frustration.

If we have completion, we can continue.

**Coming to Grips with the New Direction**

(Recognition in the Land of the Spirit)

**QUESTION:**

Tom Krueger, a man for whom I have great respect, recently sent in two letters, one of which I want to read to Awareness today, and the other, perhaps in a future session. The questions he brings up, for the most part he answers himself, but I'd like Awareness to comment on his statements.

He writes: "I know that reading mail from subscribers takes a significant amount of your time. In that respect, I am sorry to add to your burden. However, every so often I sit at the computer and write something which seems

to be significant, to me at least. Since it involves what you are trying to do, I will pass these two writings on to you for what they are worth.

"I keep struggling to understand, and this expression does seem to help. Thanks for being an ear. Tom." The letter he writes:

"Dear Vikki and Avaton. I think that the first issue of those who are involved with CAC is that we *want* to believe. The second issue is that conventional belief has not satisfied us. The third issue is that we seek a source of belief which is not involved with the pandering of conventional society, for somehow, intuitively, we know that they are in error.

Therefore, we seek understanding from what is "channeled" from an exterior, more trustable source. In reality, it is all an effort to try to connect with what we have within us, that "trustable" source.

If we are asleep to the machinations around us which work to our detriment, it is necessary that we become informed of those enmeshments and **that**, Paul has done very well. Yet, it is all too likely that if we don't understand the process, we will attach our belief to the detriment of our welfare. However, in opposing them, we blind ourselves to what lies beyond, which can free us from the belief of their power. For they have power to the extent that we **allow** them to have power over us.

But what is the alternative? Do we emulate the ostrich? "Well, it's going to turn out all right anyway?" That very ostrich-like approach is greatly responsible for the current condition.

The dilemma is, and always has been: What do we **do**?"

It is like a group of people picked up from their familiar environment and deposited in a foreign country. "How can we talk to them? How can we let them know that we're hungry and need food? How can we *function* in this foreign environment? What is our environment?"

That is the kind of thing we are experiencing from what Grace has channeled from Awareness to us. We can read the words--they have a kind of echo of rightness within us--but we are in a foreign,--to-us,--territory, and we flounder with much of the understanding.

Those who adhere to, and want more information of the wrongness in the society around us, have chosen a reality which, in essence, *defends* them against greater awareness. They are uncomfortable within themselves to a degree of expression which blinds them to a greater understanding.

We bring to us what we energize; but do we, if we could be honest with ourselves, **want** what energizing the faults of society, brings?

Isn't it really that we are afraid of the vulnerability which dropping this outlet for our energy will bring? Perhaps we are merely insufficiently aware of the *reality* of the nature of the human being, which causes this. We have been so taught to *externalize* our existence, that we have nothing to "fall back upon," *within* ourselves, which nourishes a kind of inner solidity, in the face of outer events.

The messages which we are now receiving through Grace, are intended, as I see it, to bring light to this internal dichotomy, to allow us to build upon what is *within* us, rather than reacting to what is *outside* us. We cannot ignore what is around us--we can even help to ameliorate the enmeshment of society by our actions--but we must have a *solidity* in doing this, of the awareness that we are acting, not from fear, but from an

*independence* from within, that whatever occurs in the outer, we are expressing from the strength of *self*, of our *real* selves.

We have always wanted to believe; now we must attend to what that belief requires of us, which is to believe in that which is our inner awareness, our true source of strength. We are asked to "pick up our bootstraps," move into that "foreign" country, and learn the language of that country--for in that, is freedom. Is that asking more of us than what we can do? or is it a matter of *recognizing* what we can do?

The thing most lacking in our society today is *responsibility*. Isn't it time that we heed the messages, set aside our fears and aggressions, and address the poverty of *self* which we have allowed within us, that this very "weakness" of self is stronger than what oppresses us?

If we are responsible to that inner awareness and solidity, can we do other than express that in the outer, within our environment? That is the challenge with which we are presented. Let us rise to that challenge."

That was the end of Tom's statement. Does Awareness have any comment?

#### COSMIC AWARENESS:

This Awareness understands the comment regarding respect for this entity, and this Awareness echoes that respect. This Awareness has many comments on many points, but in a general overall response, can validate the impressions and experience of this entity and offer a hearty congratulations for the courage to transport oneself to this "foreign land" wherein so many questions remain unanswered within traditional frameworks of knowledge, and existing truths of mass consciousness have no meaning, for you have indeed ventured within.

This Awareness suggests, however, that rather than feeling as a foreigner, that as you suggest, there is a resonance of truth in the necessity for this journey, and there should be the experience of excitement, if not comfort, in the recognition of the land of the Spirit.

This Awareness suggests that, as stated, human civilization is experiencing symptoms of self-limitation and the creations within mass-consciousness have become drivers of individual consciousness, so that the concept of self is permeated with ideas from other lifetimes long past, so that the very identity of individuals is often based upon the whims of the culture, the information distributed through mass-media, the values of the arts and entertainers of the day, or the limitations and disinformation and finger-shaking from the religious community at the "evil, sinful self" that is human nature.

#### When Defining Self Include Mind, Body and Spirit

It should be no wonder that entities feel impoverished within their sense of self. This Awareness suggests that as each entity disembarks from their mode of transportation into this journey inward, that the concept of self shall be defined to include the mind, the body, and the spirit, but that specific tasks are necessary for the completion of spirit in the physical form for different aspects of this self.

This Awareness suggests that the mind is that aspect of self which is intended to constantly undergo transformation and change and development in any way and every way necessary for the spirit to find fulfillment in the worldly environments within which that spirit can find oneself on any given day. This Awareness suggests that the self that is mind has virtually unlimited capacity to obtain information, to house information, to sift it together, to calculate, to direct the experience through

sequence of habit and thought, which can be rewarding to the spiritual needs or can be limiting and debilitating to the spiritual needs.

This Awareness suggests that such development of mind is constant and necessary to insure that the changing needs of the environment match the skills learned and the truths of the mind, so that the entity can actively find and achieve fulfillment in every arena of challenge. This Awareness suggests that the emotional signals of spirit constantly point to those beliefs and contents of mind which are limiting through negative emotional experiences and identifies those positive contents of mind which work and should be retained through positive emotional feelings following experiences that the beliefs motivated. This Awareness suggests that this continuous self-development of mind is an inherent purpose of human existence.

#### Spirit—the Second Aspect of Self

This Awareness suggests that although body and spirit are in essence one and the same, it is beneficial to this discussion to separate them. This Awareness suggests that the second aspect of self is the spirit, which is that energy essence not limited by the physical realm as is mind, but is focused through the lens of mind to manifest the spiritual destiny choice of that entity as well as the spiritual expression which facilitates the expansion of All That Is.

This Awareness suggests that the spiritual aspect of self has the singular goal of self-expression. Therefore, a spirit fulfilled is a completed energy circuit in the physical realm, which is accompanied by the experience of positive emotion, fulfillment, health, vitality, and vibrance.

#### The Third Aspect of Self—the Body

This Awareness suggests that the third aspect of self: the body, the physical manifestation of the spirit, and mind, is that aspect of self, with the goal of self-preservation, in that the mind and spirit cannot exist within the physical realm without the physical form.

This Awareness suggests that the body is wired with physical responses to preserve the body, which ultimately preserves the spirit and the life existence, but that as the journey into self becomes extended, entities will recognize with profound clarity how the impulses and motivations of self preservation and self-expression of spirit and body can be oppositional to the self-developmental requirement of mind.

This Awareness suggests that a fundamental error of the human being and a missing piece of knowledge which is critical to the understanding of the self and empowerment, is that entities profoundly prevent the impulse of self-preservation (which is right and correct when maintaining spiritual needs and boundaries and the very body which houses the spirit) from generalizing to the self-preservation of mind. This impulse shall never be mistakenly used to maintain and self-preserve limitations of mind, for the mind has an exact opposite goal.

#### The Goal of Mind is to Grow and Evolve

The goal of mind is to expand dynamically and responsively, and to continuously grow and evolve with the ebbs and flows of the conditions of the environment: the social, the physical, the economic, the cultural challenges wherein entities have the task of finding spiritual fulfillment and meeting the human spiritual needs.

This Awareness suggests that this multiple concept of self-preservation can help orient the traveler who has

embarked upon this journey and when these critical distinctions are internalized and the understandings of the information cycle between body, mind, and spirit, through how the feeling signals determine what changes are necessary for the ever-dynamic growing developing mind, at any and every given moment, and that if such information is acted upon within spiritual intention, the mind will evolve and grow exactly as desired and intended by spirit. The spirit is indeed the only valid service upon which to adopt belief. Entities look both within and without, allowing mind to undergo continuous scrutiny and revision, based upon the feelings from outer experiences. This is the cycle of learning and expansion of consciousness which marches the visitor toward the goal of maximum self-expression and fulfillment.

With reconnection to this inner language, the experience will be one of ever-expanding successes in broader and broader arenas of challenge, with fewer and fewer negative emotional experiences, more vibrant health, and more expanded consciousness of mind and receptability of direct intuitional insight from All That Is, and sources described as this Awareness. For within the self-component, within the mind of each and every entity lies the ability to access Universal Consciousness through the spiritual energy, and the only obstacles preventing the use of this phenomenal capability are the beliefs themselves which channel, divert, and waste the energy and power of the individual, deflecting it outward in belief systems and thought structures and mechanisms established as 'truth' in mass-consciousness and never questioned or altered within the individual mind, so that the external events become manipulations and machinations as those described. Yet it is the diversion, the deflection of the individual power through the faulty and limiting beliefs which empower and create the very negativity that is feared.

This Awareness suggests that, yes, there have been tremendous distortions and manipulations from within mass-consciousness which have disempowered and controlled human beings in many situations since time untold, however, there have also been entities with a strength of self and an understanding and resilience of spirit which have maintained a connection to the feeling system, which have flatly and soundly rejected certain ideas foisted upon them or offered them which were aversive to spirit and noted as such.

The difference between these two groups of entities is the recognition of the feeling of Spirit, the faith that such empowered goodness and Godliness does indeed lie within, and that if anger is experienced when ideas are offered which are limiting, it is a righteous anger, for it is spiritual frustration, and that when acted upon under the direction of spirit, that those negativities and limitations within mass-consciousness, within the external environment, are cooperatively and peacefully altered and removed due to the efforts of the individual.

That environment, that world, that mass-consciousness is reduced by one unit of negativity for each and every such expression of individual spirit. For indeed, it is through the actions of the individuals who are at peace within the Land of Self, who are in unison within mind, body and spirit, who can be fully functional, who can and will design the very civilization that will be the human experience in the coming millennium.

This Awareness suggests that this particular entity continue to contribute such thought processes, and to hang in there, experiencing the frustrations which are inevitable, due to the fact that he has discovered within

himself vast areas of potential, where the spotlight of consciousness has not previously been cast with such focus. And yes, indeed, there will be some painful revelations as the core identifying self ideas, which are in fact masquerading as such and are in reality limiting and frustrating to spirit, are now being acknowledged as part and parcel of the mind; but such is to be expected, for discovery and consciousness is the first step toward re-empowerment, and this is good.

This Awareness suggests that entities embarking on this inward journey shall be congratulated when they confront emotional dissonance and feelings of shock at discovery of belief systems that had been so familiar and accepted and unquestioned, yet have been diverting the power and the energy away from the goals of spirit and into the hands of external manipulators and fantasies, which then become nightmarish realities.

This Awareness suggests that entities find the strength within themselves in the belief in their inner spirit, for each and every entity is attuned to it in some manner, in some way, through some experience, and that in those dark moments of frustration and conflict, that the strength of focusing upon and having courage and faith in spirit can bridge the gap in such dark moments and lead one into the Light.

This Awareness expresses gratitude and appreciation to this entity for his contributions.

If we have completion, we can continue.

### Goes to Hospital and Comes Back Far Worse for his Efforts: What to Do?

#### QUESTION:

A question from JD. It sounds rather urgent. "I have a personal question for someone very dear to me: John H., AKA Benjamin W. He went to the VA hospital for outpatient surgery, micro-surgery on a painful knee. He ended up in far worse pain with a blood-clot from his hip to his ankle. He's on prescription anti-coagulants and still developing more clots, and the doctors don't know why and say he may have to keep taking anti-clotting drugs all his life.

He works in a sawmill and at other dangerous work where, in the event of an accident, lack of blood coagulation could be fatal. Please tell us what caused this problem in the wake of "minor" surgery, and what we can do to correct it?"

#### COSMIC AWARENESS:

This Awareness suggests that the energy patterns contributing to this situation were in place long before the surgical procedure. This Awareness suggests that this may have been a final stressor upon the energy system which brought about the ultimate symptoms now being observed, but that it is due to certain emotional frustrations and stresses within the life of this individual; that such a pattern was set into place.

This Awareness suggests that the entity experiences conflict in several areas of his life regarding responsibilities, duty, and that certain belief systems are in conflict with one another, and in conflict with the intentions and spiritual needs. This Awareness suggests that this entity is diverting a great degree of power through these beliefs, away from sustaining his own existence and vibrance, and that an energy leak has been allowed and has continued until it has created this physical manifestation.

This Awareness suggests that the most direct way to correcting this imbalance is for the entity to examine his belief systems in general, but specifically focusing on

how he interprets the role of masculinity and responsibility, and how his choices in life and in profession reflect those beliefs; to contrast those beliefs with his genuine needs of spirit, for he knows with minimal self-reflection, several areas of his own life which are unfulfilling and creating dissonance.

This Awareness suggests that a resolution between the needs of spirit, wherein the mind is adapted to accommodate them, the beliefs are altered and the necessary action steps are taken to set up a more balanced routine and focus of energy for this individual; that the imbalances created from the energy leak can be restored.

This Awareness suggests that this can be a time-consuming process, although not necessary so, and that in the meantime, the medications prescribed can provide a temporary solution. This Awareness suggests the entity can offer himself certain protection regarding accidents so that he recognizes that there is no such thing, and that he directs his experience in more safe and life-giving directions.

This Awareness suggests that the entity JD may be familiar with the situation and can offer assistance in untangling the conflicting beliefs which base the symptoms and in doing so can obtain ever-higher levels of self-understanding, and consciousness in the process. This Awareness offers this suggestion.

If we have completion, we can continue.

#### FOLLOW-UP QUESTION:

It doesn't see any herb or anything like that the entity can take that can stop the immediate clotting of the blood?

#### COSMIC AWARENESS:

This Awareness suggests that certain dietary supplements and alterations in the basic diet can be beneficial regarding additional sources of Vitamins E & A, however, the most empowering changes necessary and the focus that this Awareness prefers to emphasize are those conflicting beliefs of mind, for they are indeed the source of the symptoms and merely relieving the symptoms will not relieve the source.

If we have completion we can continue.

### FOREIGN ACCENT SYNDROME

(After a Stroke She Speaks With a Different Accent)

#### QUESTION:

Another question from JD. She sent a little clipping which I'll read and then I'll ask a question. It was from some New Age publication apparently. It says: "A Scottish woman in her 50's suffered a minor stroke during her sleep that left her speaking in a different voice, with a South African accent instead of her usual Highland brogue" according Dr. Sophie Scott of the Applied Psychology Unit in Cambridge, England.

The Doctor said the woman suffers from "Foreign Accent Syndrome," a rare condition in which patients acquire a completely different accent. Only 12 cases have been reported." And JD asks: "What happens in a case of 'Foreign Accent Syndrome' like this? Why the specific accent? And is it a past life thing?"

#### COSMIC AWARENESS:

This Awareness suggests that an alternative life thing is perhaps the clearest most direct answer to the question, but that such conditions are a bit more complex, with such complexities difficult to grasp within the limitations of the space/time orientation of human consciousness.

This Awareness suggests that lifetimes are in fact simultaneous, and that with clarity of mind, perceiving

wisdom, world views and experience from alternate incarnations, can be beneficial and information drawn upon to evolve and develop the mind of the immediately conscious incarnation. This is a mind-to-mind phenomena wherein the mind of one incarnation taps the mind of another, bringing with it the learning and experiences. Language is learned and speaks to the realm of mind.

This Awareness suggests, however, that such intuitive capability is tremendously reduced by the existing limitations which most minds now contain. However, since the brain structure facilitates the development of mind, that with certain physical anomalies and damages such as that described in the stroke, that certain abilities which are latent or undeveloped, due to the limitation of the existing thoughtwork framework, peek out and expose themselves, offering hints into human potential, such as that described as this 'Foreign Accent Syndrome'.

This Awareness suggests that an even clearer peek into the abilities and the multidimensional nature of spirits and entities in general is the condition known as Multiple Personality Disorder, wherein certain access is made between counterparts or simultaneous incarnations, if you will, wherein the predominant entity can suddenly exhibit talents, abilities, now speak languages obviously not developed given that entity's particular individual experience, and mystify those who observe them. At minimum, the contrast between mind and spirit and the validation of multiple existences.

Instead, such entities have been cast away and institutionalized and vilified and imprisoned due to the fears prompted by their behavior which serves to challenge each and every major world view of humanity in general, rather than opening to understandings and making some sense of these individuals, wherein a great deal of wisdom can be obtained.

#### During Meditation Intuition and Inspiration Seeps Through

This Awareness suggests that as an exercise, entities during their meditative processes can focus on other aspects of themselves and invite such presence and invitations can include specific talents, abilities and knowledge, and then to sit back and watch for inspiration, and intuition to seep through into ordinary experience. This not only can provide benefit from such sources, but it can assist entities in understanding and noticing those thoughts which are of an intuitive, spiritually inspired nature, and to focus upon them and to value them and to seek them out, to give them special attention, and to always honor them by acting within ways suggested.

If we have completion we can continue.

### How to Forgive Others When Under Pressures from the "Rat Race?"

#### QUESTION:

A question from Jack Manuel, who writes: "Living or working in a crowded big city may lead to a stressful life: Waking up; driving in a busy highway at rush hour; the hassle and pressure of doing a job we do not like; grabbing something to eat at lunch time; then back to work again, and at sunset, driving or taking a busy public transportation to home in another rush hour. Picking the daily mail which mostly is sad news and bills to pay; then listening to mostly negative news and pictures broadcasted from the TV etc. In fairness, somebody calls this kind of making a living a 'rat race.'

Now, in a lifestyle like this, amidst the pressures and

stress of life, someone is apt to forget how to forgive his fellow human beings. And the question is: Could Awareness give us some insights on how we can *forgive* others that hurt us in word, deed, behavior and likewise, in our hectic and stressful way of life?"

#### COSMIC AWARENESS:

This Awareness has several comments. First, in direct answer to your question: Forgiveness is indeed a powerful and positive habit to develop and place within the mind as a strategy which can minimize many negative emotional experiences in situations such as that described as a 'rat race.'

This Awareness suggests that ultimately, underlying forgiveness is the compassion which is innately experienced as empathic understanding of another's experience. This Awareness suggests that innate human compassion has been seriously eroded and watered down, given territorial belief systems which separate 'them' from 'us,' which defy and frustrate the human need for spiritual connectedness, and that in the simple act of compassion, in the acceptance of each and every individual's rightful path of self-development and expression, to honor that right just as deeply and profoundly as that right is honored and desired within the self, or entities would like it in fact to be.

This Awareness suggests that it is essential that entities honor the process and pace of others. This Awareness suggests that in every entity's life on a daily basis, there will be other entities encountered who are at a different place in development, in understanding, who have belief systems both empowering and frustrating, and that entities can oftentimes see something limiting within such entities that they themselves have already identified and eliminated.

In understanding the challenge and remembering when entities themselves were mired within such limitation, to find compassion for those still in such situations is spiritually desirous and rewarding. From this compassion can spring the forgiveness for the seemingly competitive brutish behaviors, responses, comments, territoriality, basic resistance and self-preservationary acts that entities will encounter as part and parcel of the human experience.

This Awareness suggests that as entities who experience compassion and readily offer forgiveness, can adopt a lifestyle such as that described wherein there are basic frustrations inherent in the choices and opportunities, that fulfillment and happiness can become more the norm, and that the return home in the evening, that the entity can turn and enjoy the beauty of the sunset and glow in the empowering strategy of finding forgiveness for the oafish, brutish behavior for those sitting next to the entity in the mass transit environment.

#### Every Entity Chooses his Routine and Choices in Life

The second issue suggested is that the entity should carefully examine the patterns and routines and choices of the life, for each and every entity has *chosen* their city of existence, their job, their mode of transportation, how they choose to spend their lunch time and their off hours, and that if such choices are not rewarding and fulfilling to spirit, that the entity has every right and spiritual obligation to change those choices and conditions and life situations which are providing frustration rather than fulfillment to spirit.

This Awareness suggests that within humanity, there is a gross and universal acceptance for limitation, when such an attitude or belief quite effectively shuts down the very actions and choices which would illustrate the

fallaciousness of this belief, for courageous entities can pick up their belongings and their families and transport themselves to other environments with a completely different lifestyle far more easily than might be suspected.

It takes the courage and faith in spirit to follow such urgings, yet such courage will always be rewarded with fulfillment and an existence far less stressful and more rewarding in experience and life events.

This Awareness suggests that an entity tied in to a rigorous schedule such as that described, can begin making subtle minor changes, find those rewards that honor the spirit, whether it is simply turning the attention upon the sunset, and away from the antagonizers of the day, but with each such shift in focus, that self-fulfillment becomes an evolving and ever-present strategy which will ultimately create far more rewarding experiences and conditions than might even be imagined at this point.

This Awareness suggests that each and every entity receiving this communication, upon the very next day, to attune specifically to the desires of spirit and to the first desire which becomes clear to the consciousness; that the entities are challenged to respond in a manner which fulfills that desire regardless of the expectations, the habits, the routines and the beliefs.

This Awareness suggests that such an exercise can begin to reorient the focus away from what the mind and mass-consciousness has told entities they should be doing, to attune to what the spirit truly desires them to be doing, and that it is only the answer to the call of spirit wherein empowerment, expansion of consciousness and fulfillment will ultimately be achieved.

The time has passed when entities believed that suffering was good for the soul, that selflessness was Godliness, for that is an antiquated and mistaken belief.

If we have completion, we can continue.

## HOW CAN WE HAVE UNCONDITIONAL LOVE TOWARD OTHERS?

### QUESTION:

Another question from Jack. He asks: "How can we attain to, and how can we have, unconditional love toward other human beings, be they relatives to us or non-relatives?"

### COSMIC AWARENESS:

This Awareness suggests that related to the first question, underlying the many belief structures that tend to separate human beings by class, by color, by geography, by economic distinction, by educational level, and any other such ridiculous categorization, lies the interconnected strand of all spirituality and Universal Consciousness.

This Awareness suggests that this truth and validity exists within the cell of each and every organ of each and every system of each and every human being, and that when beliefs to the contrary are removed, that such connection, compassion and empathic resonance shall be far more apparent than it exists today.

This Awareness suggests that from such compassion and empathic connectiveness, entities will be far more attuned to the Universal Divine and love as that described. This Awareness suggests it begins by identifying any belief structures and categorizations and judgments that separate entities from one another. Even such things as atrocious behaviors can significantly limit the connectedness and compassion necessary for

entities to offer light, compassion and forgiveness to their ignorant others.

This Awareness suggests as with every experience, the emotional signals will faithfully point to the belief structures which stand between human beings, and that as you, specifically, Jack, and every other entity, go about the daily experience, to carefully attend to the feelings with each and every individual encountered. If there is a negative response or feeling to any entity, it most assuredly will spring from a belief system and will point to that belief system.

If you should choose to focus your consciousness upon it and to chase your thoughts to their roots regarding why you assessed the situation and the person the way you did, that such a belief can be identified and altered in that moment of experience. With every such interaction, entities can polish utilization of the feedback signals of emotion, of manipulating belief systems, of removing debilitating beliefs or expanding them, revising them to be more accepting of spiritual intention.

This Awareness suggests that the gross categorizations of race, of culture, of religion, of language, of mind-set, of world view, are easy targets of belief upon which to focus the attention, for beneath each and every such divisive categorization lies the essential Universal Human Being who has flexibility of mind to accept and to choose any ideas, to speak any language, to adopt any lifestyle, strategy or world-view, and that the specific conditions of this particular incarnation have directed the entity, or influenced the entity, given the particular ebb and flow of mass-consciousness of the local community, to become as limited or as fully expressive as his or her mind can now allow.

In the understanding that each and every entity can be mistaken in belief choices, can entertain world-views and belief structures which they have never actually considered under the lens of rational thought or through the spiritual adjudicator of feeling; that each and every entity suffers from the ignorance and the misunderstandings regarding humanity itself, and that if forgiveness, through this understanding can be achieved, then a basic cooperative impulse and inherent innate morality can come to the fore.

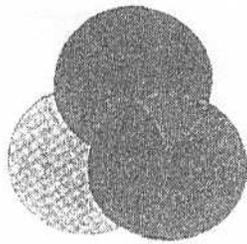
### Before You can Love Others You First Must Love Self

This Awareness suggests, of course, that before entities can find compassion and forgiveness, and ultimately experience the resonance of Universal love for another entity, they must first be able to do so for themselves. This Awareness suggests that this is the critical piece many entities leave out, for many religious traditions encourage such a high level of selflessness, that entities are encouraged to martyr themselves for the sake of others and such entities are so profoundly spiritually frustrated that they harbor antagonisms and anger and even hatred for those which they seek to share their light, but such light must first be allowed to shine upon the individual consciousness, before it actually can be expressed outward in true resonance, connection, compassion and forgiveness of others.

If we have completion we can continued.

This Awareness is concerned that the Interpreter is losing her voice and that she is instructed to find an elixir or prepare an elixir with lemon and ginger root and a bit of honey before her next session. We can continue.

HOW TO SUBSCRIBE TO THIS NEWSLETTER  
Please see page 11



11/23/98

Dear CAC Members,

In the latest session conducted, less than a week ago, Awareness indicated a necessity for the Staff of CAC to slow down and attempt to achieve more balance within their personal lives. The suggestion to go to a monthly mailing was offered, and was met with mixed feelings. For those of you who may not know, Avaton and Vikki work doggedly and tirelessly in their mission of ushering spiritual enlightenment. They have done so for the past 27 years, perhaps to the exclusion of other more personal needs.

An event would soon arise that would emphasize the timeliness of this suggestion. For at this moment, Avaton, the founder and editor of CAC, and former Minister of Communication for the original Organization of Awareness, lies in a hospital bed following congestive heart failure. Fortunately, or perhaps divinely intended, his prognosis looks good, although he is still in quite serious condition. Were it not for his years of chelation therapy, this apparently congenital condition might have confronted him much sooner.

At this time, we ask that you send him your love and light, perhaps visiting a special "Avaton wing" within the Temple Of Light and depositing healing energy therein. Each such offering would be greatly appreciated.

In Love and Light,

Grace

P.S.

Let us know what you think about a monthly mailing schedule, although Avaton continues to insist from his sickbed that it only be temporary.

FROM ME TO THEE, Nov 30, 1998  
(Vikki T.)

Hi Gang,

Saturday, Nov 21 started out like any other Saturday. The editor and I were working at CAC HQ and since I'd been working on a project that had worn me out, I talked him into taking a break for a restaurant dinner after we dropped off the day's mail.

It was after dark and rain was coming down in torrents, so visibility was bad when the idiot light went on for the battery. So while I was unloading mail, he found that the alternator had stopped turning. Our stress levels were building and after some near-panic driving to find one thing and another, Avaton went into what I thought was hyperventilation, and had me drive.

Our original plan was to find a car part or repair place, and the restaurant was still waiting, but as I heard him gasping for breath, I realized we were driving to the hospital—despite his request to just drive him home. I got him there in about 5 minutes, ran into the emergency room explaining he couldn't breathe and needed care immediately—then waited for what seemed to be an eternity (probably 3 minutes) before medics actually became visible.

Once they got their hands on him, things went quickly and efficiently. While I gave paper work information, they went to work and had him breathing better very quickly. That was the beginning of the long road back to normalcy.

In short, we came within 10 minutes of not having our editor. He had that long to live. What I had thought was hyperventilating was congestive heart failure and his lungs were as full of fluid as they could be and him still be here to tell the tale.

We were lucky that we were so close to the hospital when it hit and lucky I could make the drive without an accident or without the car battery giving up the ghost. If the car had died, so would have Avaton. The cardiologist told us he was lucky the admitting doctor was patient, as most would have jammed a breathing tube

down his throat—which sometimes **doesn't** work out, but did for Avaton.

Avaton says if you guys are interested, he'll tell the tale from his perspective sometime. He doubted it would be of interest, but I've never known anyone that close to death before—

He was stabilized, then transported up to ICU, where he spent Saturday-Wednesday. All the local family were allowed in Sunday, which I heard later may be have been because it might be their last chance to see him (usually only 3 visitors at a time are allowed, I guess).

Sunday was the angiogram, which really surprised the cardiologist, because it showed no blockages: in fact, the artery system of a 35 year old! He told Avaton's kids they all had the little spots of plaque that did show up and while doctor said he didn't believe in chelation, he had no other explanation for the clean test. So you folks considering chelation, this is a dramatic demonstration of how well it works.

What *was* the problem, was the heart muscle, which is pumping 35 percent at present. The average heart is putting about 70-80 out, so he has a ways to go, but Dr. George has told him to take Cardioguard (which contains CoQ10, carnitine, and hawthorn berry) and germanium to increase the oxygen in his blood; so we expect to see a full recovery over time.

So, while I finally get to write you guys myself, it's for an occasion I would never want to repeat. But while I have your attention—this is when we send our annual holiday gifts-to-CAC suggestion letter, so I hope you remember CAC in your holiday generosity. It's been suggested we raise rates and stop asking for donations above them, but we get so many letters from folks saying they're just barely able to meet *them* that I'd hate to do that. So I'm hoping those of you who can, will help at whatever level you feel our work is worth.

Also, some may feel like sending flowers or some such for Avaton, and he requests any monies that might be spent that way be put where it would really do CAC some good, sent to us to meet CAC's expenses.