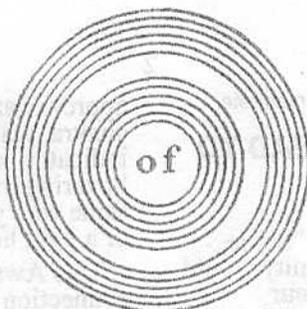


Revelations

The Cosmic Newsletter

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Awareness

COSMIC AWARENESS COMMUNICATIONS

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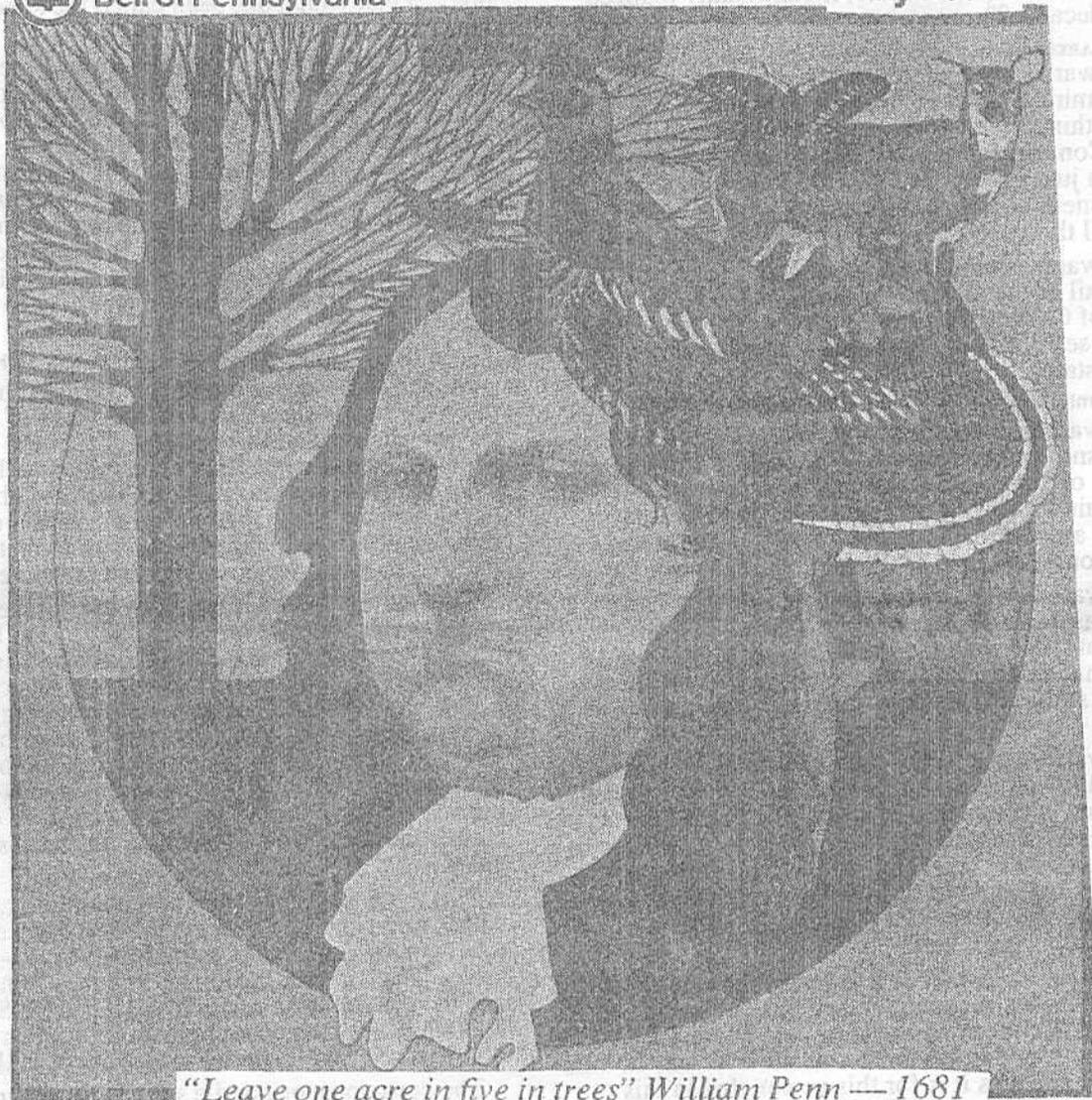
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"Leave one acre in five in trees" William Penn — 1681

Do physical characteristics carry over from lifetime to lifetime? Does personality, values, etc. carry over?

--The Samadhi State: Does it lead to Eternal Liberation?

-- How to tell when we are in the "Eternal Now"

-- How to step back in time

THE SAMADHI STATE: DOES IT LEAD TO ETERNAL LIBERATION?

QUESTION:

A question from R. E. Edwards. He writes: "Some years ago, Awareness indicated 80% of humanity would experience Cosmic Consciousness in two to four generations. Does Awareness now see this as still probable and is that the Samadhi state, or the blissful superconsciousness of the Eastern sages said to lead to eternal liberation and so forth, if continually realized through decades?"

COSMIC AWARENESS:

This Awareness indicates that this is in the affirmative, assuming that what you perceive to be Samadhi is the same thing this Awareness means when *It* speaks of Cosmic Consciousness. This Awareness indicates it is more than just a feeling of bliss. It is the expansion of consciousness outside of self to include universality, to include all things in the universe.

This Awareness indicates that this does not mean that every detail of the universe is experienced in each moment of Cosmic Consciousness, but that any detail in the universe could be focused on and experienced while in such a state.

Cosmic Consciousness VS Samadhi: Not the Same

This Awareness indicates that the concept of Cosmic Consciousness simply means to be in the harmonic frequency of Universal Consciousness; that the universe has a certain frequency and entities attuning to that frequency are in tune with Universal Consciousness or Cosmic Consciousness, while attuned to that frequency.

This Awareness indicates that Samadhi, for some entities, has a somewhat different meaning. It is a blissful state, in a meditative position within a meditation that may not expand into Cosmic Consciousness levels, for some entities who study the concept of Samadhi.

This Awareness indicates, however, that if an entity is in a Cosmic Consciousness level, they will experience the bliss that is associated also with the Samadhi state. The Cosmic Consciousness level ignores the essence of self. The essence of self may still be there, but it is subjugated or ignored in the level of consciousness so that the entity experiences a greater self, a Cosmic Self, rather than a personal self.

This Awareness indicates it is for this reason that the entity John Oliver in tuning in to Cosmic Consciousness levels could not speak of an "I" or say "I love you!" because, as he explained, there was no "I" to say it. This Awareness indicates it is for this reason that in this level, *It* does not speak of "I". It speaks of this Awareness in a sense of defining the consciousness rather than as a personality.

The "High Self"—What and Where Is It?

QUESTION:

A question from Chuck Ferron, Marquette, Michigan. Awareness has gone into this before, but there's actually four questions here; however, I'll read it. A sort of a plaintive plea here. He writes: "I'm confused. Is my High Self in me, or above my head? what is the difference between my soul and my High Self, and where are they located, and how do I make contact to receiving answers and manifestation? Can you help me get this all together?"

COSMIC AWARENESS:

This Awareness indicates that the High Self is most generally associated with the 8th chakra, which is

approximately a foot above the head, or with a higher chakra, which may be even above that. This Awareness indicates that it is best to assume the High Self is hovering over you. It is also safe to think of it in the same way you would think of a halo hovering above you or a light hovering above you.

This Awareness indicates it does, however, have a connection into your head and down through the chakras, including the heart chakra. This Awareness indicates that the soul or low self is a kind of magnetic center that would be associated with the mind in the body or that which has been called the subconscious mind of the individual.

This Awareness indicates in terms of the Biblical terminology, the High Self would equate to the concept of the Father, the middle self to the concept of the Son, and the low self or soul to the Holy Ghost, actually, the Holy Host. That the body's mind is the host of the housing or physical form, and the conscious mind is the guest that usually comes into the body sometime after birth. Usually, for most entities it is approximately at the age of 3 years, but for some it occurs almost immediately after birth or anytime thereafter, up to approximately 3 years.

The Conscious Mind or Middle Self Enters a Child by Age 3

Most middle selves or conscious minds have entered the body by the time the child is 3 years of age. Usually the conscious mind hovers around near the body for some time before entering, and entities will notice the conscious body as personality. When the child begins to develop personality, that is the middle self or conscious mind entering the child's body. Prior to that, it is mostly the soul or subconscious mind that is active.

This Awareness does not want to confuse entities in thinking that the soul is nothing more than the psychological term for subconscious mind for the soul is far more than psychologists recognize as subconscious mind. The subconscious mind in psychology is not seen as permanent or ongoing between lives or beyond the physical norm, and yet the soul is capable of having a relationship with other subconscious minds or souls outside the host's body; that is, the souls of entities can be in communication, even when the bodies are far apart.

This Awareness indicates that essentially, the conscious mind can also step outside the body and move to other places in a kind of astral travel or out-of-body travel. The communication between the conscious mind and the soul or subconscious and the High Self, or to put it another way, the communication between the middle self, low self and High Self, must occur in that order.

The conscious, or middle self, must go through the subconscious or low self in order to reach the Higher Self, the Divine Father. This Awareness indicates that it is not simply a father in a masculine sense, it is a parent type overseer; this is in reference to the High Self; a parental male/female overseer, Divine Being that guides the entity and works through the low self or subconscious.

It is as though the father, in the holy Trinity works through the holy ghost to communicate with the son, or middle self. This Awareness indicates that the middle self, being the offspring of the High Self and the soul or lower self. This Awareness indicates the symbologies in metaphysics equate the High Self to the sun, the low self to the moon, and the middle self to mercury.

In this metaphysical symbology, the High Self or sun, represents the Father. The low self, or moon represents the mother, and the mercury or middle self represents

the child. This Awareness indicates if this did not answer the entity's question completely, that further questions may be formulated.

HOW DOES ONE MAKE CONTACT TO RECEIVE ANSWERS?

FOLLOW-UP QUESTION:

The only part omitted is his question: "How do I make contact to receive answers and manifestations?"

COSMIC AWARENESS:

This Awareness indicates that it is essential that you communicate through the low self to get to the High Self if you wish to have a flow of information passing both directions. In order to do this, blockages in the low self must be removed. This Awareness indicates that in order to fully understand this, *It* suggests you read the *Correspondence Lessons in the Sea of Scorpio*: the 12 lessons in the *Sea of Scorpio* of the Correspondence Lessons that were released several years ago; approximately a decade ago.

This Awareness indicates that these explain in greater detail how to clear out the cobwebs or tangles of the subconscious so that you can have clear communication through the subconscious to the higher conscious minds, from the low self, to the Higher Self. This Awareness indicates that there are also books by Max Freedom Long discussing the Huna philosophy, which also explain this to some degree.

This Awareness refers you to the book *Secret Science Behind Miracles* and also *The Huna Code In Religion*;^{*} the first book being the more revealing in terms of the method. This Awareness has summarized and explained the method more clearly and more completely within the works of the *Sea of Scorpio* in that Correspondence Lesson series, which is available through cosmic Awareness Communications.

* CAC permanently stocks the books of Max Freedom Long. Please refer to Book Price Sheet for current prices. For info and prices on the series of 12 Correspondence Lessons, please write to Vikki T. and she will send you the information.

More on the Mummification of Paul Shockley

(How Retarded Was William Penn?)

QUESTION:

A question from Orrin Redman, Little Rock, Arkansas. Sort of a strange question. He writes: "Awareness stated more than once that Paul Shockley in Atlantis was mummified, and in newsletter #92-5 *It* mentioned that the Interpreter largely has come out of his resultant retarded state and especially in his recent incarnation.

"Awareness stated in a newsletter of several years ago, that two of Paul's previous incarnations were that of the Biblical Nicodemus, and William Penn, founder of Pennsylvania. One would have to conclude that the aforementioned entities were somewhat retarded. Please ask Awareness to confirm or otherwise clarify."

COSMIC AWARENESS:

This Awareness indicates that before discussing anything, *It* wishes to clarify that the entity Nicodemus was not connected with the entity Paul Shockley in previous lifetimes; that indeed, Dr. Beter had a previous lifetime as Nicodemus.

This Awareness indicates that the indications are of a certain level of retardation that has carried through many lifetimes due to the mummification in Atlantis which held this entity in a sense of only part of his consciousness ever being released totally until this incarnation, and more particularly, within the past few years.

This Awareness indicates that of course, the entity was not aware of part of his consciousness being held back by the mummy which was in a state of decay over thousands of years, and felt himself to be complete in these lifetimes, but it was only recently that these energies were freed from the mummy and the entity's full consciousness was returned to him.

This Awareness indicates that this is to say approximately 98 or 99% of his consciousness has been returned to him in this lifetime. This Awareness indicates that earlier in this lifetime, it would have been closer to a 75 or 80% release of the mummified consciousness and most of the further release came after this Awareness became an influence in his life through the Development Classes and through further meditations and influences in the tracing and similar attunements.

Dan Spivey Assists the Interpreter to Tune In to His Mummy

This Awareness indicates that in the late 70s, the entity Dan Spivey assisted the Interpreter through trance, through Type 5 meditation to go back and attune to the mummy in the pyramid and in that attunement, assisted the entity in releasing any holds on the mummy and thus freeing energy from the mummy to return as consciousness to the entity, and this became a major help in freeing up some of that 20% energy.

This Awareness indicates that this does not mean that the entity William Penn appeared retarded in the sense of what most people think of as a retarded person, but more that the entity was not fully complete in his own being, because part of his consciousness was still locked into ancient Egypt and the mummified body that still held part of the consciousness of the entity.

FOLLOW-UP QUESTION:

With the full return, or *almost* the full return of the consciousness to the Interpreter, will there be any manifestations of this that will be noticeable to him and if so, what would they be?

COSMIC AWARENESS:

This Awareness indicates that mostly, the entity simply feels more clear in his thinking and does not have the feeling of being oppressed or psychically shut down as much as before. It is a sense of being held back that the entity experienced when the energies were still tied to the mummy. Whereas the entity presently feels free of that influence from that ancient past, it does not particularly help in giving him any greater advantage in life.

It does not give him greater intelligence. It gives him greater potential for using the added consciousness to learn and to become more capable. In other words, the added consciousness creates a greater capacity to learn and to improve, but does not add greater wisdom or anything of this nature. The entity still has to learn in order to acquire greater knowledge, but at least has more of a consciousness capable of learning than before.

To put it in a physical sense, it is likened unto one who wants to do something but has one arm tied to a rope which stretches back into the darkness somewhere in the past, and the entity can't do very much because the rope is always there holding. This does not mean the entity can't use both hands to do something, but more that the entity can't branch out very far because the rope is still pulling and he can only go as far as the rope allows, but once this rope is loosened from its tied position, the entity then can go wherever and do whatever he desires or sees as desirable to pursue.

The tie to an ancient mummy is a kind of psychological tie, and when it is broken, there is no psychological tie and one is more free. There are advantages. This

Awareness indicates on the other hand, the psychological tie had certain importance in that it helped to guide the entity, to direct the entity in different lifetimes and in the guidance, allowed for many things that the entity was programmed to do to be completed, and once this guiding tie is broken the entity must drift on his own or think for himself or receive higher guidance, not from past programming but from a Divine Guidance, in order to function in a way that is suitable to the entity's destiny, or purposes.

It is likened unto cutting the apron strings and letting the entity have more freedom of choice in terms of his destiny. The entity is no longer being pushed by programming from previous lifetimes, but now attune to the higher forces of this Awareness and let this Awareness guide him.

How Much Personality, Values, Etc. From Past Lifetimes Carry Over Into the Next?

FOLLOW-UP QUESTION:

Today while dining, the Interpreter and I were discussing past lifetimes and were trying to determine how much of one's personality, values character, et cetera, that sort of thing, could carry over through numerous lifetimes, say the William Penn lifetime, for example, which was three or four hundred years ago, and the Interpreter's lifetime today. We were wondering how much of that personality William Penn, if any, exists today in the Interpreter Paul Shockley, or with anybody who has had numerous lifetimes that span that length of time.

COSMIC AWARENESS:

This Awareness indicates that values and character traits which entities cherish carry over from lifetime to lifetime, repeatedly, as long as entities value those character traits or hold those values close to their hearts.

Karma, or the negative influence from things that have been done, in which an entity is being punished for an action or whereby an entity is experiencing negative reactions to something that he or she has done in the past, generally lasts only approximately five lifetimes, assuming those lifetimes are normal, or that the lifetime allows the entity to work off his or her karma in a reasonable fashion.

This Awareness indicates in other words, most karma is eradicated within five lifetimes, but entities' cherished values may continue indefinitely as long as they hold those values dearly and characteristics may also carry over from lifetime to lifetime until entities decide to shed those characteristics.

For example, an entity who is very gregarious in one lifetime is likely to be gregarious in the next lifetime if the entity still likes people. If the entity grows tired of people, the characteristic qualities may change and the entity may become more interested in being alone, being away from the crowd, being away from people, and that characteristic may come through in the next lifetime.

In other words, much of it has to do with what you value, what you choose, except in the case of karma, where much of it is destined as part of your sojourn in a lifetime, until that karma is lifted, either through grace or through your own efforts of working it off.

Do Prejudices Carry Over?

FOLLOW-UP QUESTION:

Do prejudices of a lifetime also carry over? For example, if an entity has been abused or punished by say, the church or the inquisition, would this carry over more than one or two lifetimes also?

COSMIC AWARENESS:

If the entity wants to hold onto those prejudices and cherishes those prejudices, then indeed they carry over. It is according to what you identify with. If you identify with your prejudices, then those are part of you and they carry over into the next lifetime.

If you identify with other values and you let go of prejudices that you feel are no longer valid or meaningful to you, then those new values will be part of your new lifetime and the old prejudices will fade away. It is really a matter of what you identify with as being yourself.

Your Descriptive "Adjuncts" are The Baggage of the Soul

There is a term "adjuncts" which is a reference to things that are joined to the subject. If you are the subject, your adjuncts include your prejudices, your values, your experiences, your attitudes, all those things that would be used to describe you in all of your aspects; your connections to things and your own essences.

These adjuncts are the baggage of your soul. What you carry over in terms of baggage becomes your new self in the next life. In some cases you are forced to carry karmic bags because of some incident from a previous lifetime and so you arrive with not only your own chosen baggage, but also your karmic baggage, and you enter into your life with the ability to make choices as to what bags you wish to carry and what bags you wish to discard, from moment to moment throughout the lifetime.

You may find yourself picking up more baggage in that lifetime and discarding some other baggage. This Awareness indicates that most people become familiar with certain types of baggage and want to keep it because they are identified with it. "These are my shoes. These are my clothes. I hold them closely. I don't lose them. These are my beliefs. These are my attitudes. These are my mannerisms. I hold them closely because I do not wish to lose them."

How the Law of Karma Works

They would like to get rid of the karma, but part of the Law Of Karma is that you carry it until it is taken from you by some Divine Being, or you work it off so that you are then free of it. Karma is likened unto debts owed, and they don't simply go away because you wish they weren't there.

Do Positive and Negative Traits Carry Over From Past Lifetimes?

FOLLOW-UP QUESTION (VIKKI):

So a personality trait then is carried over from one life to another. It doesn't necessarily have to be a positive thing at all then, right?

COSMIC AWARENESS:

Nor does it need to be a negative thing. It may be neutral. The fact that an entity loves to talk may create for a period of time in one lifetime situation, a very popular person, one who is very much rewarded for their ability to talk and tell stories. In another situation, perhaps in the same lifetime, or a different lifetime, this same quality which is perhaps a personality trait, might not be appreciated by certain surrounding environment or group of people who see this entity as nothing but a blabber-mouth who can't stop talking and thus, it is no longer a trait that is seen as beneficial or good or rewarding.

The trait may be the same. It is neither good nor bad, except as the viewer sees it, and except as it is rewarded or punished. If the entity is conditioned to think that talking creates problems, gets them into trouble, or

causes others to dislike them, the entity may then stop talking and become shy and quiet. This trait may carry over into the next lifetime, and it might be difficult to bring the entity out of a shyness trait or the quietness trait of childhood, to get the entity to speak up and be more open and talkative.

Thus, the entity who is born in a lifetime may have qualities or characteristics of shyness and people will say: "Why did she develop this shyness? Was she always like that?" and the mother might say: "She's been that way ever since she was just a baby! Anytime someone looked at her, she turned her head and closed her eyes. She was always shy of people."

This Awareness indicates that this may be a trait carried over from the previous lifetime that was developed in some situation that appeared necessary to the entity and was then carried over as a psychological trait into that next lifetime, where the trait no longer is needed, yet the entity is stuck with it as baggage, which could be discarded.

Do Characteristics of a Personality Carry Over? (Is This Why Vikki T. is Always Smiling?)

FOLLOW-UP QUESTION: (VICKKI):

I guess maybe the general impression I had may deal more with values than characteristics of personality. I had a general sense that in the ongoing process of lifetimes, that you're honing yourself to a point where you end up with just the best qualities repeating after awhile. Is that correct?

COSMIC AWARENESS:

This Awareness indicates that you can develop certain good qualities which you value and these can become stronger with each succeeding lifetime. This Awareness indicates that along with these basic core values that make up your soul, you may also develop lesser qualities and values or characteristics that make up a personality.

For example, you may discover that smiling is a characteristic that you like and may develop a tendency to smile frequently. This is not so much a value as a characteristic and in your subsequent lifetimes, if you have held smiling as a characteristic that you value, you will probably continue to smile, and as a child, perhaps even right after birth, you may find yourself or others may find you smiling.

This is not necessarily a soul value or moral value or spiritual value so much as a personality trait. This Awareness indicates that in other words, along with your deeper values which are embraced by your soul are those lesser qualities and values that are embraced by the personality and become part of your expressiveness; the way you present yourself, the way you express yourself.

Do Physical Characteristics Carry over?

(Paul Shockley's Appearance on the Harrisburg Phone Book)

FOLLOW-UP QUESTION:

In regard to carrying over from previous lifetimes, what about physical characteristics? For example, Alex Thompson sent me a telephone book cover some years back, around '77 or '78 I believe it was, which had a full color painting of William Penn on this cover, and everyone that I know, including myself and Vikki, when we saw that cover, we knew immediately that the entity Paul Shockley was indeed William Penn because the physical characteristic was staring us right in the face.

Now, is this coincidental, or did Paul have some kind of a genetic connection to the Penn family down through the years, or was this self-suggestion, or was it

actually somehow physical characteristics carrying over from a lifetime three to four hundred years prior?

COSMIC AWARENESS:

This Awareness indicates that the characteristics of the entity often are very similar through reincarnation, even moreso than through the genetic trail. The entity did not have any genetic trail from the Penn family, yet the features of the entity's face and head, especially, were very similar to William Penn.

Alexander the Great, George Fox and Disraeli Kept Their Features

Likewise, the entity Alex Thompson, who has certain very unusual widow's peak hairline, matched almost identically in physical features the face on an ancient Grecian coin that held Alexander the Great, whom this Awareness said was Alex Thompson's previous lifetime. The same can be said for Phillip, the father of Alexander the Great and Alexander Thompson's father, who both appeared very similar in their facial and head features.

This Awareness indicates that in the case of George Fox and Avaton, there is likewise that same characteristic facial feature that would suggest some kind of genetic connection, even though there is none known.

This Awareness indicates that the entity Dr. Beter and the entity Disraeli have almost identical facial features. This is even beyond considering their patterns in terms of their lifetimes and their career parallels and the talent that parallels between one entity and the other; the verbal skills, for example, and the philosophical attitudes that each share together.

This Awareness indicates that this is just to name a few entities. There are of course many other cases that could be shown to be likewise revealing of physical features paralleling from one lifetime to another, as well as the other features and circumstances and characteristics that the one lifetime reflects on another.

What About the Entity Making the Decisions?

(How the Personality Shapes Features to Reflect the Soul)

FOLLOW-UP QUESTION:

It's still not clear to me how this is accomplished. I understood that before an entity reincarnates, he or she decides the family, the location, the religion, and all these things that would help him or her succeed in what it is they're going back for.

At this point, does the spirit, the entity himself have something to do with determining what he or she will physically look like in the next lifetime?

COSMIC AWARENESS:

This Awareness indicates that there is sometimes a selection of a certain genetic stock in sense of the parents that the entity is attracted to. The attraction is that which becomes the way by which an entity selects a parent. This Awareness indicates that the way by which the entity molds and chisels or sculpts the physical features occurs after the birth when the soul and personality enter into the child and begin to have an influence on the physical features.

The shaping of a face comes from the soul as much as from the genetic stock that forms the body. The differences between father and son or mother and son or daughter and mother and father are not created solely by the genetic influences. The genetic influences create the small child and the features are there, but the personality begins to shape those features to reveal and reflect on the soul that has reincarnated so that there becomes a similar body to house that soul, which reflects the shape and features of the soul.

Thus, in other words, the soul has its own features; if entities were able to see it on an astral level it could be

recognized as a being with certain features. When that soul enters into physical form that is a kind of generic baby-shape form, the soul begins to mold or sculpt that physical form to fit its own features, and thus, the entity grows up to look much like it did in its earlier lifetimes.

It will be somewhat altered because of the genetic qualities of its parents, but there is a resemblance that carries over from one lifetime to another which allows entities to recognize the features or to see the entity in an ancient painting, or on an ancient coin or such.

He Meditates at a Mayan Ruin and has a Strange Experience

QUESTION:

A question from Charles Holzhauer, Richmond, California. He writes: "Since you solicited questions, strange stories and the like, I recently had an interesting experience. I don't know if it's general enough to ask Awareness, but perhaps it will interest you folks, anyway.

I recently visited the Mayan ruins of Palenque, which, to my surprise, had a very profound effect on me and my friend Vanessa. Vanessa had heard from a friend that Palenque was interesting and powerful. I have always been fascinated by the Mayans and Aztecs, but I did not really have any preconceived ideas; if anything, I thought that, by "powerful" this only meant that the ruins would be physically striking. We planned the trip for Vanessa's spring break in March of this year. The full moon happened to fall during this time, and we returned on the first day of Spring.

I meditated on top of the large pyramid, called the "Temple of the Inscriptions." Since I don't regularly meditate, I was surprised that I quickly fell into a deep meditative state. Since Awareness has said that pyramids are energy lenses and energy transmitters, I hoped that these would enhance my meditation on world peace, healing the planet, uplifting humanity, giving light energies to the planet, using the Kahuna Ring meditation. When I was done, I felt as though I had been really *deep*—punchy, and not yet connected to my body. It was one of the deepest meditations I've had.

On our last day, March 20, there appeared many who called themselves Light Workers. They stated that Palenque had once been a star-gate, one of many such star-gates, and that they were there to re-open this and other star-gates, and that they were there to re-open this and other star-gates. Palenque was to be reopened on March 25.

When we returned to the States, both Vanessa and I, who live 2000 miles apart, had a very similar, very intense experience. Before leaving for Palenque, there had been many intensities in my life. Upon returning, after two days of hardly sleeping, it was as though all the intensities and emotional attachments had dropped away, leaving me feeling clear, balanced, focused and as though many things had crystallized in a positive manner. It was as though I had come through an intense emotional experience, but as a result was cleansed, calm, centered and uplifted. I saw clearly the solutions to the issues which had concerned me before.

Both Vanessa and I felt as though we had come out of a fog into the light, the fog of our excessive negative emotions left over from our early lives. I described it to my friends as a "cosmic laxative." When I used this term, I did not yet know that Vanessa had experienced the same thing, and, in addition, also on the physical plane. She had had severe abdominal pains to the extent she had to seek medical help. The nurse informed her that she was probably constipated. After Vanessa took a

laxative and it had its effect, she experienced the same emotional/psychic effects as I had, and even described it in the same words.

It is almost as though the visit to Palenque was a karmic jump-start, as though it **reprogrammed** us, removing old, negative programming and replaced it with positive programming. I now am much less overwhelmed by negative emotions as I had been. I feel more clear, confident and less controlled by my negative emotions.

It seems as though we were there at that time for a particular purpose, i.e. to contribute our energies as needed. It almost seems as though the "reprogramming" effect is Awareness' thank you gift for participating in this effort. I certainly did not expect such a profound effect!

Ask any, or none of the following questions you deem appropriate.

Would Awareness care to comment on what happened, and why did this happen?"

COSMIC AWARENESS:

This Awareness indicates that it appears there is a vortex of energy that comes from that pyramid and that your willingness to go there and to put something of yourself into the energy without seeking to get something out gave you an opening or vacuum by which something worthy could come into you in terms of spirit.

This Awareness indicates that also, it should be mentioned that you have had Mayan incarnations in the past as well as did your companion.

This Awareness indicates that essentially, it was a rewarding experience for you, partly because of the energies involved and partly because you were putting something into the consciousness of the world to make it a better place, and in response received a certain reward yourself.

This Awareness suggests the next question be asked.

FOLLOW-UP QUESTION:

"Did Palenque in fact reprogram Venessa and I?"

COSMIC AWARENESS:

This is in the affirmative in the sense that it opened up certain chakras to allow you to have a greater opening and freedom in the sense of spiritual energy within yourselves; that you now are more able to channel spiritual energies through those chakras that are open. These chakras had been closed and now are open as a result of your meditations.

Continue.

QUESTIONER:

He asks: "What did it?"

COSMIC AWARENESS:

This Awareness suggests that this has been mentioned, in terms of the opening of chakras.

Was Palenque a "Star-Gate"?

QUESTIONER:

"Was Palenque a star gate?"

COSMIC AWARENESS:

This Awareness indicates this is a term that is unclear as to its precise meaning, but that it did serve as a kind of opening into higher dimensions, higher frequencies in ancient times, and still has the same effect. In that sense it may be thought of as a Star-Gate. The term, however, is undefined for this discussion and therefore, must be understood as representing an opening into a higher frequency or vibratory rate, touching into other dimensional levels.

FOLLOW-UP QUESTION:

He adds: "If so, is it now being reopened, and what effect will opening these Star-Gates have? A vortex is never closed, is it?"

COSMIC AWARENESS:

This in the affirmative. The major effects from this have to do with individuals opening their own chakras to channel higher levels of consciousness and spiritual energy.

WHO IS THE "HOLY CHILD" AND THE "SON OF RIGHTEOUSNESS?"

QUESTION:

A question from Paul Ruzicka, Reading, Pennsylvania. He writes: "In many religions, there is mention of a Holy Child that will come to herald the last age of earth as we know it. Can Awareness comment on this Holy Child and also, what is the Son Of Righteousness talked about in the Bible? The Holy Child and this Son seem to be related. Can Awareness fill us in on this?"

COSMIC AWARENESS:

This Awareness indicates that this is a symbolic statement or a statement of symbolism; that the child represents purity and innocence and in a subconscious level refers to the Christ Light, or Christ Consciousness; and the Age of Pisces, when ending, leads to the Age of Aquarius, and the opposite sign of an age generally has rule over that age, and the opposite sign of Aquarius is Leo, and Leo rules among other things, children.

Thus, the child becomes symbolic of the rulership of the Age of Aquarius, in a similar degree that the virgin was symbolically in charge of the Age of Pisces. The child or the virgin are neither the dominant rulers, but they are both there as strong influences on the age that was respectively ruled by their signs.

This Awareness indicates that it was in this symbolic context that the writers of Biblical information were able to create this kind of symbolism and know that it would have a degree of accuracy, if not in a specific and literal sense, at least in a symbolic sense.

This Awareness indicates that using these symbolic energies of astrology, entities can make symbolic references to future times with considerable accuracy as a kind of prediction or prognostication and if missing in the literal sense, they will at least be seen in future times as accurate in a symbolic sense.

**Are All religions Tightly Related?
(Is God Coming If the "End Times" Occur?)**

QUESTION:

Another question from this entity. He writes: "I believe that all religions are related more tightly than anyone can imagine and the fact that most all speak of an End Time and a Holy Child to herald the time leads me to believe that it is not Jesus or Krishna or Buddha or Mohammed, etc., that is to come, but God himself, in some way, shape or form. Can Awareness comment on this?"

COSMIC AWARENESS:

This Awareness indicates that *It* does not understand what you mean when you speak of "God Himself," if this is in reference to an anthropomorphic being: two legs, two arms, in human shape, or if this is in reference to Reptoid creators or Sirius Creators or if this is in reference to some concept of an old man who lives in the clouds that comes down to earth, or if this is in reference to some new creation of God in human form, or in some other form.

The terminology is not clear enough to be able to comment accurately on your statement. This Awareness

indicates that God can express *Itself* in the world without a human body, without any tangible form at all. *It* can express *Itself* in spirit, in events, in and through the actions of individuals who channel the spirit of God. Perhaps this is what you mean when saying God will return.

This Awareness indicates that it is true that all religions are very close. In general they evolved from a Mother Religion, which became confused when languages were imposed on different regions. The languages which were changed from a single tongue to many different tongues.



For more pictures of Paul and Alexander Thompson, please refer to the booklet "A Magic Happening at Yorktown," written by Avaton and available from CAC. Price: \$3.00

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.

**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!

HOW TO STEP BACK IN TIME

(An Exercise to Regain Some of Your Youth)

OPENING MESSAGE:

This Awareness indicates the entity Dr. Chopra gave a story in one of his books about a doctor doing research, who invited a number of elderly men to a weekend of vacationing. The entities all went together to a particular resort in which all magazines and all discussions between them were dated to 1957.

This took place in the late Eighties, but the entities were not allowed to speak of anything beyond 1957 or to discuss movies or movie stars or any celebrities later than 1957. They continued their meeting together, their party or whatever, with discussions of the events of 1957, the celebrities, the politicians and the movies of that day.

They engaged in games of the time and met and talked with each other, relating to events as if they had stepped back in time to 1957. This Awareness indicates that after a week, the entities were said to have rejuvenated considerably. A number of them especially had regained much of their activity, their vision, their behavior was much younger in appearance than when they arrived.

This Awareness indicates that this action of stepping back in time is a way whereby entities can recapture, momentarily, certain energy feelings of youth, whereby you may grasp a moment of your youth by going to places you have been before when younger. To do this, you will sense a different energy feeling, a different energy level, and it actually has a healing effect in terms of reducing the aging effect on your body.

If you can move into such places or set a scene with certain music and certain environmental apparatus that is more akin to a younger time, you can actually stimulate the cells of your body to rejuvenate toward that time period.

This Awareness indicates that of course this will not necessarily last, if you don't take certain precautions, but you *can* focus on this feeling in such a way that before you exit the feeling and the environmental situation you have selected as a younger period of time, think of yourself as having jelled or solidified into the youth, and having captured the youthful vigor so that when you move back into the current year, the current time period, you will move back younger than before.

The Mind Creates the Aging Process

If you make a mental note to do this, it will help you to hold on to that rejuvenation effect that you have experienced during those moments in traveling back in time. This Awareness indicates it is all psychological. It is all a matter of your own mind, for the mind is that which creates What Is. It creates the aging process, if the mind chooses to create or to expect a certain aging activity of the body.

This Awareness indicates, of course, there are environmental assaults on the body that relate to the aging process, but the mind has a great power and can diminish these environmental assaults if entities recognize such a power of the mind, and when entities step back in time, playing old music from the earlier days, surrounding themselves with paraphernalia from earlier times, seeing older clothing et cetera, talking about things of the past, it actually tends to help the mind recapture the feeling of youth.

If you can recapture it for a moment, you can practice holding that moment, even though you walk back into the future time in which you live. This Awareness

indicates it is something to practice, it is something to use as a meditation, or something which you can simply do for your own enjoyment.

Play Old Music and Fix the Feeling

This Awareness indicates that there is also a way whereby you can help to fix these feelings. When you put on a piece of music from an earlier time, for example, close your eyes and visualize yourself in a setting where you once listened to this music, and feel your body as being young, being healthy.

Practice the Action of Observing Yourself Observing

This Awareness suggests that you practice the action known as observing yourself observing, whereby you feel yourself as a younger person, then step outside your body mentally and look back at yourself, seeing the younger person sitting there. When you do this, it is like observing yourself from outside, even while you are still sitting in your body listening to music from the past.

The action helps to solidify the feeling of that moment, making it a reality, making it stronger, so that you can hold onto this feeling. This Awareness indicates that while you are in such a feeling of youth, even with the music playing, and as you observe yourself observing, project yourself mentally toward the future and see yourself in the future as still being quite a young healthy vibrant person as you are now, so that in your fantasizing of your youth, you also fantasize as a youth, stepping back into your future experience and see yourself as a youth in that future experience.

It is a way whereby you can trick the mind into accepting youth, even as you step forward in time. This Awareness indicates that this is a practice that entities can enjoy and work with, and it will have an effect in helping to rejuvenate the cells in the body.

This Awareness indicates that it is very much akin to a certain technique in the advanced development class given by this Awareness, in which entities are told to visualize themselves walking toward a wall, and then back to the circle. They are then told to walk to the wall and come back to the circle. They are then told to visualize again walking to the wall and back to the circle.

In one case it is visualization. In the other it is actuality, but there comes a situation in the subconscious levels wherein the visualization and the reality get mixed together. It is the same thing when you project yourself into the past, then into the future and back into the past and into the future with the youthful feeling obtained from the projection into the past being carried back into your future, so that even though in the future you began as an elderly person, by projecting back into the past and from there moving back into the future, psychically at first, you will see yourself in the future still having that youthful energy and feeling.

Then, when you actually move back into the future physically and mentally, you can still hold on to that youthful vigor and feeling from your psychological projection. This Awareness suggests this can be of considerable value for entities, particularly those over 40 years of age; that for those who are younger it can be an interesting experience, even if they do not feel they need rejuvenation as of yet. It can be of interest in the experiment.

Prayer for Balance

Start your day and end your day by saying the following aloud:

I AM ONE WITH ALL THAT IS!

Thank you God

WHAT IS THE SINGLE MOST VALUABLE SPIRITUAL PRACTICE?

QUESTION:

JD in New York would like to know: "What is the single most valuable spiritual practice?"

COSMIC AWARENESS:

Surrender to the Divine. This Awareness indicates that whatever you conceive of as the highest and most Divine Force or energy, surrender to that! Give yourself totally to that energy, to that Divinity. Let it become your master, your mentor; the teacher, the lord of your life.

What Future Lies Ahead for the Sociopath?

QUESTION:

A question from Sharon Kane: "What is the karmic balancing for those criminal sociopaths who have no conscience, who seem to feel no guilt or remorse for crimes and pain they have caused?, or for those arrogant entities who, knowing something about karma being self-imposed, declare themselves to be free of charge and ignore the resentment of those they have hurt?"

COSMIC AWARENESS:

This Awareness indicates the answer to this question as to what is the punishment for such entities, would be the long enduring of lifetime after lifetime, if necessary, of these attitudes that gained them nothing and which give them no self-esteem of any meaningful sense, and which cause them endless agonies and self-centered concerns between lives, also causing them the worry of what will happen to them next, for there is indeed, a guilt that rides with these entities whether or not they acknowledge such.

Those who Carry Heavy Karmic Debt can Never Find Happiness

Entities cannot find happiness while carrying heavy karmic debt. This Awareness indicates that a great part of such mental attitudes is nothing more than a shell and a bluff by entities who give an impression to the world that they don't need anyone. They don't need love. They aren't swayed by mercy or love or any of the human kindness qualities. They are able to take care of themselves, and anyone who gets in their way will be in danger.

The entity's attitude is that "I am too tough for you! Therefore, keep out of my way!" It is all bluff, but entities will try to play out, and if possible, give the impression that this is their real self, and in so doing hope to keep entities from getting too close to them or causing them any difficulties.

This Awareness indicates that most such entities got that way by being hurt and becoming angry and finding that in their anger they could hurt people back, and in hurting them back they could then reserve themselves from being hurt further.

When a Little Power Creates Arrogance

QUESTIONER:

Would that apply to the second part of her question: "Or for those arrogant entities who, knowing something about karma being self-imposed, declared themselves to be free of charge and ignore the resentment of those they have hurt?"

COSMIC AWARENESS:

This Awareness indicates that arrogance is a very strange thing which many entities who have gained a little power take on. The attitude of being arrogant simply means "I am above the law! I am above the rules! I am above social demands! I am too important for this! I am better than others!"

It is a way whereby they have to succeed repeatedly in their misbehavior to the point where they think they have gained some kind of near supernatural power that gives them an immunity to the vulnerabilities that most humans experience.

By aligning themselves with a gang, or a group or with certain powers, they think they are invulnerable and can no longer be harmed or touched by anyone else. These are the entities who are often caught in crimes but do not believe they could possibly be sentenced for such a crime, and their arrogance shows in their behavior.

It appears to be confidence, self-confidence, and some entities take it as being self-confidence and admire them for being so self-confident. Little do they know that the arrogant person has only contempt for most other people and really sees himself as being above all others.

"Arrogance Goeth Before the Fall"

This arrogance does tend to carry them through many relationships to the point where they can harm others considerably, before it comes crashing down on them and they are met with forces of greater power who are perhaps just as arrogant and who perhaps send them to jail or diminish their power so that their arrogance no longer serves as a shield or a protective force.

But it happens to all entities who are excessively arrogant. The old saying: "Pride goeth before a fall," should actually be changed to say: "Arrogance goes before the fall!"

Do Our Etheric Bodies Need Attention After Passing Over?

QUESTION:

Another question from Sharon Kane. "It seems our physical bodies need a great deal of care and attention. They must be fed, watered, exercised, rested, bathed and groomed. When we leave this plane, do our etheric or astral bodies need any such maintenance?"

COSMIC AWARENESS:

This Awareness indicates that these more etheric type bodies need some maintenance, but such maintenance generally comes from your own mind, your own attentiveness. You may, for example, want to smooth out certain areas of your etheric body. To do so you simply focus your attention to that area and mentally smooth it.

It is not the same as the physical body, but it does sometimes get ruffled from emotional or psychological or etheric energies that brush it or touch it or influence it in a certain way, causing it to become ruffled, in which case, by turning your attention to it, you can simply smooth it out, visualizing it as smooth and clear and beautiful.

Buffalo Herb Tea: Does it do Wonders?

QUESTION:

Another question from Sharon Kane. "In line with the rejuvenation theme, I recently read these testimonials on Buffalo Herb Tea put out by the Mountain Herb Company of Gasville, Arkansas. I'll enclose the ingredient list, and my question is: "Is this stuff really the wonder worker these users claim?"

And the testimonials, mainly seem to be concerned with rheumatoid arthritis, stiffness in neck, pain in rib-cage, swelling in hands, arthritis pain, a daughter who had warts on her face, elbows, hands, and the ingredients are as follows.

This is a tea. The ingredients: Buffalo herb leaf, burdane root, shave grass, taheebo bark, red clover blossoms, sacred bark, Lion's tooth root, Lion's tooth leaf, cayenne, Fire Tree bark, echinacea, German chamomile,

Rumex Crispex root, green oat tops, green Rock herb leaf, Siberian Ginseng and kelp.

And her question, I'll repeat it, is: "Is this stuff really the wonder-worker these users claim?"

COSMIC AWARENESS:

This Awareness indicates that it appears to be a good combination which could be of benefit for many entities for various ailments. It depends on what entities are claiming as to its ability to be called "wonder-working" tea.

This Awareness indicates it does appear to be of value. It appears that there can be considerable benefit. The blood purification and certain detoxifying effects, rejuvenating effects, are all seen as being of benefit to entities in improving the health. This does not necessarily mean that it will cure any disease you may have. It may help your general health and well-being, but may not have a specific benefit in curing a specific illness.

Most claims of something being a wonder-drug or tea, are such that one must wonder whether it will cure this or that disease, but in which entities usually find it does help on certain other diseases and health problems. In this case it appears to be of considerable value in treating many different ailments.

It does not seem to have any miraculous qualities in treating the more serious diseases.

Ed's Note: There was no address given for the makers of this tea.

Will the "Eternal Now" Meditation Heal Incurable Illnesses?

QUESTION:

JD in New York, asks: "Will the *Eternal Now* healing meditation restore to health people who are ill with frequently fatal conditions, illnesses generally considered incurable?"

COSMIC AWARENESS:

This Awareness indicates that the *Eternal Now* meditation in itself: will do nothing. It depends on the entity using the meditation as to how well, how much quality, how clearly the entity meditates, and if the entity does indeed apply the understanding from the meditation in a way that affects the cellular levels of his or her physical form to the degree that it can overcome the so-called "fatal illnesses."

This Awareness indicates that most fatal illnesses are the result of either environmental insults to the body, or psychological insults to the body, wherein the mind accepts a disease, and in so doing, helps to block the immune system and enhance the effort and work of the disease.

This Awareness indicates that any meditation that helps to change the mind's approach, to reverse the mind in its action, can help to reverse the disease. This Awareness indicates that if it is an environmentally induced disease, then it is not necessarily the result of the mind itself, but the mind can help to hinder or reduce the effects of the environmentally induced disease. In other words, it is possible for the mind in meditation, through focus, through concentration, to overcome great influences from diseases.

This Awareness indicates that if entities can walk on hot coals that would normally burn their feet, but because their mind is set in a certain way they are able to walk on these hot coals and not be burned, then is it not equally feasible that the mind can be set in a certain way so that an environmentally caused insult or assault on the body in some other area or some other way can also be blocked so as not to harm the body when the mind is so set to prevent this?

Is it not likewise possible for the mind to reserve any such insult or assault to the body from an environmental influence if the mind is; so clearly set to repair damages?

How Belief Can Create Miraculous Healings

This Awareness indicates there are entities whom have shown the ability to clear up a wound or an injury very quickly with the mind alone. This may be under certain conditions or it may be from self-hypnosis, or from hypnosis from a professional hypnotist, or it may be from the belief in miracles or perhaps the belief in some kind of wonder-drug, but often entities have been miraculously healed from some problem, physical or whatever, because they had a belief that was more powerful than the cause of the problem.

This Awareness indicates that the more entities practice the meditation of the *Eternal Now*, the more they become able to use it, to find it working in their lives, the more effective it will become in dealing with the more serious problems.

Ed's Note: The *Eternal Now Meditation* can be found in "Revelations of Awareness" issue No. 94-7; \$3.00 from CAC. Also, a cassette tape of this meditation plus affirmations is available from CAC for a minimum donation of \$5.00.

How to Tell When We are in the Eternal Now? (How to Transform the Negative Into the Positive)

QUESTION:

JD wanted to know: (I may have asked this one already) "How can one tell when we are correctly aligned into the *Eternal Now* as directed?"

COSMIC AWARENESS:

This Awareness indicates that all that is necessary is for an entity to close the eyes, experience *What Is*, experience the *Now*, and visualize everything as existing Here and Now, and see this within and around your own self; then push the concept of now into the next moment so that the next moment is part of *Now*, into the past moments so that the past moments are also included as part of *Now*.

This Awareness indicates that you then extended those moments into the future and into the past, always including them as part of *Now*, so that you do not attach minutes, hours or days, but simply see them as moments that are being included as *Eternal Now* stretches out and moves out and flows out in future and past.

In so doing, there is no necessity, no practical reason to say "How am I doing? Am I doing it right?" There is no need for such. It would simply detract from your activity. There is no need to say "Am I aligned yet?" These are mental interruptions to the meditation.

The mental interruptions would simply cause distortions. It is better not to mentally interrupt, but simply to experience the expanding of *Now* into future and past moments, including these future and past moments as your concept of *Now* creates an ever-expanding parameter, taking in more and more moments.

This Awareness indicates that at some point you may wish to stop expanding your concept of past and future as part of *Now* and you may simply want to experience the whole thing that you have expanded to, and recognize this *Eternal Now* holds not only time, but also holds consciousness and that you are in an *Eternal Consciousness* and that this consciousness is capable of having an effect on various colors, influences, shades of being, so that your being can be tickled, manipulated or affected by consciousness to bring about the perfect physical form without distortions in its expression, so that if there were some kind of physical problem, the consciousness would make corrections and the physical

problem would begin to follow toward the corrections made by the consciousness in which you reside.

This Awareness indicates in this way you can heal yourself psychologically, by expanding into that *Eternal Now* and recognizing it contains the *Eternal Consciousness* which has the omnipotent power over all things of matter and can alter them and change them.

This Awareness indicates of course when you exit from such a meditation, from such a focus, from such a state of consciousness, do not immediately turn and check out the physical aspects that were focused upon as the target for the curing, for the healing, but simply keep in your mind that the healing consciousness is working on that physical area and if it is not immediately cured, it is in the process of being cured. The more you reinforce this, that: "It is in the process of being cured! It is now curing! It is now healing!" the more this is reinforced, the more it will continue in the healing process.

Consider this Possibility as an Alternative

This Awareness wishes entities to consider a possibility. Imagine you are in a world in which there is no absolute physical reality, in which the world is created according to the minds, thoughts and images of individuals who inhabit that world. Even their own shapes, their own physical forms are the result of entities looking at them, defining their forms and making them appear to be solid, and are the results of their own focus upon their physical form making them appear to be solid.

As these entities look toward each other and define each other and define themselves, they also find it possible to look at other things, defining themselves as being "sick and tired" or having a pain in the neck around this person, or "how this or that problem is too much for me to bear," or various terms that the entities present which have an immediate and clear effect on their own physical health when spoken, or on other people, when directed toward them.

Calling Someone a "Pain in the Butt"

"You are a real pain in the butt!" Such entities, in saying such in this world may find that the person then creates or experiences a pain in the buttocks as a result of this utterance. Or, to tell another: "You're really giving me a headache!" or, "You are such a headache to be around!" --you find suddenly the entity has a headache.

This Awareness indicates that if you could live in a world in which these things occurred instantaneously, from the utterances or images that entities project, you would see that the mind is, and the words are the makers of the physical realm.

Spreading the Disease of Destructive Images Upon One Another

Unfortunately, most entities have never lived in such a world. Most entities live in a world where the results of thought and words comes very slowly, take many weeks or months or even years to affect the physical realm. Therefore, they do not put one and one together.

They see these things as distinct and separate and having no consequence on each other, so that they say these things of negative and hostility to one another, and they do not realize that they are actually spreading the disease of destructive images upon each other.

They are spreading this disease of destructive images in a way that is likened unto a plague, and these destructive images are given to children from birth until they are grown and they in turn learn to pass on destructive images to others. This Awareness indicates that because these images do not have immediate effect

which is clear and visible, most entities think they have no effect whatsoever.

It is like drinking poison that works slowly and saying: "Oh, I could drink a quart of this and it doesn't bother me!" This Awareness indicates it may not bother you at the moment, but perhaps in a week, or in a month, or in 7 years you will experience the real result of the poisonous concept or image that has been fed to you.

This Awareness indicates in other words, you are in a world in which words create your physical reality, but it happens so slowly that you may not realize the power of words and thoughts and images in their ability to affect your reality.

Send Healing Images to Yourself

This Awareness suggests that you send healing images to yourself and to others and forget these negative images. Cease to play with them, cease to pass them off to your friends. Simply stop meddling with negative images. This Awareness indicates this is in reference to creating and promoting negative energies.

If however, you come across a friend who is laden with negative energies, who is lying in a ditch suffering from mounds of negative images, you cannot simply say: "You're all right! Those don't exist!" and expect the entity to rise and follow. You may have to help remove those negative energies.

You may have to explain to the entity: "Well, of course, you can't get up from the ditch! You're weighted down with negative images! The negative images have to be removed! Something must be done about them so you can be free!" You may then proceed to help the entity get rid of the negative images.

Thinking that "Positive Thinking" Cures All Is Misleading

If this entity has others standing around throwing negative images, you may have to find a way to stop the entities from throwing these negative energies and images on your friend. This Awareness indicates that this needs to be understood, because the concept of entities thinking that positive thinking cures all can be misleading.

When an entity is extreme and radical about positive thinking, they can also do extreme harm. This Awareness indicates for example, you are sitting there looking at the person in the ditch covered with these negative images, and other entities are throwing more negative images on the entity and you are ready to help to stop them from throwing on the negative images, and to help the entity get rid of the negative images that have been put upon him.

This Awareness indicates someone comes along and says: "What are you doing?", and you explain everything clearly, and the entity says: "There are no such things as negative energies or negative images! There are only the positive images of the world!" and chastises you for being so foolish and for telling the person that there has been negative images thrown upon him, that they are growing on him and weighing him down, and this positive-minded entity simply argues that: "I am a positive thinker! I do not recognize the existence of these negative energies! And therefore they don't exist to me and they shouldn't exist to you!"

This Awareness indicates the entity walks on, head high, and proud, and yet, here is this entity in reality, covered with negative images, and other entities standing around throwing negative images on him.

What matters to this entity whether the other positive thinker acknowledged his reality or not? It does not necessarily matter. It is something that may cause the

entity to resent the positive thinker for being so smug, but it does not help the entity who experiences the negative images that have been thrown upon him. Therefore, you must deal with reality, not with some ideal, or ideology.

You must deal with reality, and if the reality includes negative images, you must acknowledge their existence, but do not wallow in them, do not accept them as a continuance in reality. Recognize that they are there, but they are there to be rid of, and set about getting rid of these negative parts of reality, the negative images in your reality.

Take the action necessary to get rid of the negative images in your reality. But don't deny their existence, because in denying their existence you are simply ignoring, and if you ignore something, you are ignorant of it, and it can bite you when you are not looking, when you have turned your back on it.

This Awareness indicates be aware, but do not see yourself as controlled or victimized by these negative images. Simply look at them one at a time, and get rid of them. Whatever it takes to rid yourself of such negative energies, of negative images. This Awareness indicates that you may wish to recognize them just long enough to transform them into something different.

The Story of Chopra's Grandfather and the Snakes

Visualize these negative images for example, as turning into something different, something more positive. Change it if you wish. This Awareness indicates that the entity Chopra tells a story of his grandfather. The grandfather went into the hills to study from a holy man, and when he came back several months later, he was extremely excited and told a story of how he and his friend were following the holy man and they noticed these scars on his back and on his leg.

And he asked: "What are those?" These were two scratches or scars, side by side, and the pattern repeated in various places on the entity's back and on his legs. And they said: "What is that?" And the other said: "I don't know!" Suddenly they looked at each other and shouted and then looked to the side of the road on which they walked, and both saw cobras, and they shouted to the master: "You have been bitten by cobras! There are cobras here! There are snakes everywhere"

The master, walking on, simply said: "Oh? I've only seen God everywhere here." This Awareness indicates the entity explains that the master never recognized the snakes as being anything other than part of God, and therefore, he transmuted these negatives into something positive, and in so doing, he didn't deny their existence, he simply made them into something else, and their danger was no longer to him. Even their bites could not kill him.

The Real Meaning of Positive Thinking

He saw them as part of God, and as part of God, which was everywhere for him, he had nothing to fear, and death could not take him. This Awareness indicates that it is much the same with the negative images that attack entities, that hold them down, that tend to harass and distort their lives, their goals, their hopes and dreams. If those negative images are looked at only briefly and transmuted into something more holy, and seen as something there to be helpful, something placed there by God to bring you some kind of lesson, or to bring you something that will benefit you in some way, then all these negative images are no longer frightful, are no longer heavy weights to your soul, and you have the opportunity then to take whatever of value is found therein, and use it for your further journey toward the highest and best.

This Awareness indicates that this is the real meaning of positive thinking, not simply putting others down because they appear negative and making yourself seem more holy because you have a positive attitude; not putting others down because they, in their suffering, complain, and you are of a positive mental attitude and therefore have no time for complaints or suffering because you are above such. This is not positive thinking in the real sense.

Your Real Mission as a Minister of Awareness

This is simply aloofness and detachment. Detachment from the reality that others may be experiencing. Your real mission as a minister or helpmate of this Awareness, would be to assist those who are suffering, help them to rise above their own suffering and to take action to improve their situation, help them to find a way in which they can rid themselves of the negative images that chew upon them.

Help them to find a way to transform those negative images into something more positive that becomes helpful to them. This Awareness indicates that this transformation of the negative into positive is the true tool of a positive thinker, of a positive force.

THE ZELLEN LIVE CELL THERAPY THAT STOPS AGING?

QUESTION:

In regard to rejuvenation, we got some literature from an outfit called Zellen Cell Pharmaceuticals, out of Tijuana, Mexico, with a cover letter from a Dr. Hanz Byron, Premature Aging Specialist, Holistic Health Center, London and Zurich, Switzerland. I'll read a little of this and ask Awareness if this is a good as they claim.

He writes: "What I have to tell you is of such vital importance that I strongly request that you read this letter through carefully. If you are suffering from aging problems, lack of energy, impotency or any kind of physical disorders that are preventing you from enjoying life and virtually have tried everything available on the market, you've probably given up on finding a cure. Please don't despair! There is a cure, but you just haven't heard about it until now.

"The remedy I'm talking about goes by the name of **Live Cell Therapy**, but now, for the first time in 50 years, it has been created in tablet form, with the international trade name of Zellen Cell Therapy. It is a new concept created in Switzerland by a team of nutritionists and professional people with specialized doctors such as myself. Furthermore, Zellen Cell Therapy has been the subject of an intense and successful study at major universities in the US, Switzerland and England.

It is; a breakthrough of staggering and immense importance because now, for the first time, Live Cell Therapy is available to the general public in tablet form, so it can be taken orally in the privacy of your home.

Zellen Cell Therapy is a powerful and effective remedy for arthritis, asthma, chronic fatigue, diabetes, hormonal disturbances, male impotency, sexual dysfunction, degenerative brain disease, osteoporosis, circulatory disturbance, skin eruptions and other metabolic diseases."

And he goes on to say that he gives Zellen Cell Therapy his strongest endorsement as a doctor. "I believe in the formula. I know it works because I've used it on my own patients with excellent results."

And then in the brochure, which is very lengthy, one of the things it says is "The Live Cell Therapy tablet is designed to pass the stomach and reach the lower

intestine where it is absorbed directly into your blood stream. These tablets are manufactured in Heidelberg, Switzerland.

"The Swiss have created a method that produces freeze-dried (lyophilized) cells which remain biologically active. Freeze-drying (lyophilization) is a proven technique for gently conserving biological substances without damaging the effectiveness of the valuable biochemical matter. The exact dosage of cell preparation can be accurately measured and sterility controlled.

"What can you expect? After two weeks of taking the Live Cell Therapy in tablet form, the body will begin to exhibit major noticeable changes. The joints and discs will become more flexible. Weight will tend to stabilize at a normal level. Vigor and energy will replace previous lethargy. A new willingness and desire to experience life and its rewards will emerge as will the desire to initiate new physical activities.

"There will be renewed sexual satisfaction, and generally an enthusiastic appetite to enjoy and become more involved with life. Also, during the same time, the individual will begin to look more youthful and alive. This is projected not only from inside the body, but outside as well, as the eyes clear, and the tonal texture and color of the skin improves.

"The choice: Live Cell Therapy by injection or in tablet form; what differences are there?"

Both forms of Live Cell Therapy produce precisely the same benefits at equal effectiveness. The only difference is that the benefits of the Live Cell Therapy by injection will last between one to two years, while the benefits of the Live Cell therapy in tablet form will last between six to eight months.

Regarding prices, in Switzerland the therapy cost is about \$10,000, in Tijuana, Mexico, \$3000. But now for the first time the Live Cell Therapy in tablet form is available for only \$195.

When you receive the Therapy, start taking it on a daily basis for a full period of three months. If you are not dramatically impressed with a healthier, better looking and much younger you, then return the empty bottles for a complete and prompt refund with no questions asked."

You send it to Mexico where they **guarantee** they will deliver it to you through the mails, and it is not illegal. What does Awareness see about this?

Ed's Note: This reading was given in August, 1994, so I can't guarantee the legality of obtaining these today or whether this company is still in business. However, the address given at that time is as follows: Zellen Cell Pharmaceuticals, Apartado Postal No. 1118, Tijuana, B.C., Mexico C.P. 22000. (Send \$195 for a three-month supply of the pills).

COSMIC AWARENESS:

This Awareness indicates that for many years, celebrities, wealthy people have gone to Switzerland for these injections of live cells, which are taken from the embryo of sheep. This Awareness indicates that many entities believe this is most helpful in a rejuvenation sense, helping to bring new cells into their body. This product especially made through a freeze-dried method is such as to substitute for those shots.

As indicated, it is not quite as effective as the shots, but it is much less expensive. This Awareness indicates that as with many things, the words involved in describing a product and its results, can be much more dramatic than the actual results. This Awareness indicates this is not to say they are false, but it is just that the words are easier to comprehend and to understand than the experience.

One can take the cell formula and as the words describe, within two weeks you feel more vigor, but words saying you feel more vigor are much stronger than the experience of feeling more vigor. The words say "You will feel younger," but is the experience as dramatic as the term portrayed in the statement "You will feel younger!"?

All these statements are clearly stated with familiar words that have special meaning, but the experience of the use of the medication may be much more subtle. For example, do you think today you feel younger than you did two weeks ago? Or do you think you feel older than you did two weeks ago? And, do you think that it could be caused by anything you have ingested, or some other experience that has made you feel older or younger?

These are so subjective and so subtle that it is difficult to know whether something you ate two weeks ago, or have been taking since two weeks ago is really having an effect on you, or it is simply that the suggestion is causing you to feel that you are being affected.

This Awareness indicates that it is possible to take a glass of gurana tea and feel more vigor, feel more energy, because of the caffeine, and that is dramatic, because you feel it strongly. These cell tablets will not be as dramatic as a strong glass of caffeine tea. It will be very subtle. It may actually be that you will feel more life, but you may not even be able to recognize the increased vitality.

If, for example, you are going along at a vitality level of 64, on a scale of 100, and you take this Cell Therapy for two weeks and supposing your vitality level rises even as high as 70, do you think you will actually be very much aware of the change over a period of two weeks? Especially if you do not have the instantaneous observation of the 6 or 7 point difference?

In other words, for your energy level, your vitality level to rise over a period of two weeks, it's very difficult to subjectively analyze whether there has been a change because you can no longer go back to the time period two weeks before to see how your energy/vitality level felt in comparison to the two-week-later time period, wherein your vitality level may have risen.

You simply know that right now you feel a certain amount of energy. It is not what you want. You want a hundred percent energy, but you are at 70% instead of 64%. Of course, there is no way for entities to measure these numbers. This Awareness is simply giving you an example of how, if such measurements were available, entities might not even be able to recognize the increase in energy because it has taken two weeks to get there and the two-week period is a time of gradual, very gradual change in energy levels, and the amount of change is not so significant as to really merit great attention.

This Awareness indicates that as for the benefits of the Cell Therapy, it appears that it takes several months for entities to use the Cell Therapy which they purchased, and by the end of that time, their energies will have benefited, but it will not be something that is so dramatic that entities can say, "Wow! What a rush!" because there *is* no rush!

It is very slow, very subtle, very, very slow, and if it lasts for 6 months and the entity needs to start over, often entities will find themselves forgetting because there is no dramatic difference in taking it or not taking it, entities will gradually forget to take it. They will not see the big dramatic change in their life.

This Awareness indicates that it *is* expensive, but if entities were to be faithful and willing to spend the

money and not demanding of a sudden dramatic shift in their vitality level, they *will* benefit, even if they are not really aware of the benefits that come. It will take time, it will be slow, it will occur very subtly and gradually.

This Awareness indicates that some entities may experience more rapid changes than others, but as a general rule, most Americans want the quick, sudden fix, something that really knocks their socks off. This is not what you will be getting with this substance, but gradually, over a period of time it will be beneficial in your health, to your general rejuvenation, but it is also something that will need to be repeated and one must be prepared to pay the cost for such repetition.

This Awareness indicates that if you want something that is more immediate, more sudden, there are many other types of products that may give you a special feeling of increased vitality and energy, but they may not be as rejuvenating. The use of caffeine, the use of various types of herbs can lift one's spirits, can lift one's energy, but these can be very temporary, not necessarily lasting for 6 months.

This Awareness indicates that it is seen as another tool in the arsenal against aging. If entities wish to spend the money, there are seen no negative side-effects from the use of this, and the main negative is its cost and the fact that it may not knock your socks off.

FOLLOW-UP STATEMENT:

The literature claims you can look in the mirror after three months and see the difference.

COSMIC AWARENESS:

This Awareness suggests that it might be worthwhile to take a picture of yourself before the three months and to compare your appearance with the picture. After three months you will be so used to your new face, you won't remember what it was like before. Most entities cannot even look in the mirror and recognize that they are aging from year to year without some picture as a reference.

An Unpleasant Healthy Activity:

(Ignore Talking About it or Grouch About it?)

QUESTION (VIKI):

Speaking of healthy regimens, if you have to do a healthy activity that is not pleasant, like having to get your blood drawn or going on special diets, how much effect does grouching about it do? Would it be better to hold your counsel or is blowing off a little steam about it better than holding back?

COSMIC AWARENESS:

This Awareness indicates it doesn't really matter. This Awareness indicates that entities who gripe and complain tend to live longer than those who bottle up their feelings. This Awareness indicates that entities who believe that they should vent their anger usually are trouble-makers. They usually have very poor relationships, and it does not really help them in regard to their health levels.

There was a time when it was taught that entities should not bottle up their anger because it would be hard on them physically, and therefore, entities began to vent their anger at others, which enhanced the abusiveness of the entity toward his or her spouse or others around them.

This is now no longer seen as proper. Rather than venting your anger, it is better not to get angry and that can be controlled simply by the way you think, the way you view a situation. You can complain about the situation and apparently, from the various forms of research, complainers live longer than do others.

This Awareness indicates that by complaining you vent your frustrations without creating anger, and yet complainers are not liked by others. Therefore, you must either lose some in terms of your popularity or bottle up your frustrations and lose some of your years of life.

This Awareness suggests that you may wish to find a way of complaining that is not so offensive to others. You may simply talk out your problem without the whine in the tone of the voice. This may be the easier way to complain without losing friends.

This Awareness indicates that it is also possible to counsel yourself on circumstances that trouble you, get to the bottom of the circumstances in your own mind, so that you balance the emotions and find a resolution to your problem or circumstance that is neither offensive to others nor where you must complain or vent anger.

This Awareness indicates that it is possible for entities to look at any frustrating situation from the eyes of the other person and visualize it from their point of view for a period of time until you feel comfortable with their point of view. Then go back to your own opposing position and you will have a better understanding of the other's action, or where their error came from and why.

This will help you to resolve the conflict by understanding what occurred. It does not necessarily follow that you will see the other person was in the right, but it may help you to better understand where they went wrong, so that you do not need to feel so shocked and appalled and utterly dismayed by their behavior.

DRINKING LIQUIDS WITH MEALS: IS THIS GOOD OR BAD?

QUESTION:

A question from JD in New York. "Does drinking liquids with meals actually interfere with digestion by dilution of stomach acids? A recent claim refutes this long-held belief."

COSMIC AWARENESS:

This Awareness indicates that a reasonable amount of liquid appears to be beneficial to the digestion. If it is excessive, if an entity drinks too much, to the point of extreme bloated feelings, it may hinder the digestion for some time, at least until the water has passed from the stomach.

This Awareness indicates that it is beneficial for entities to take a form of enzyme that is suited for the type of food eaten. In many cases papaya enzymes are especially good. If beef or some heavy meat is eaten, then bromelain would be especially good for helping to digest such heavy meats.

Use Bromelain 3 Times Daily to Lose Weight Quickly

This Awareness indicates that bromelain is also extremely good for entities wishing to lose weight. The use of bromelain, at least 500 units, mg, two times daily or three times daily, can help an entity to lose weight very quickly, over a period of several weeks. This Awareness indicates that this helps to reduce the cellulite and also it helps to rid the body of many toxins in the digestive system.

This bromelain comes from pineapple and entities can also benefit from the use of pineapple, particularly the area around the core, where the bromelain is highest.

This Awareness indicates that the use of liquids with meals should be rather moderate; an 8 ounce glass of liquid should be sufficient for most entities; that drinking liquids after a meal often may result in several drinks, several cups of coffee. This does not

appear to be harmful in regard to the stomach acid or digestive activities.

But for certain foods, it can sometimes trigger a type of indigestion, particularly when related to pastas, pizzas, raviolis, and certain Mexican type foods; foods which have a mixture of heavy dough or bread and a combination of tomato and meats or cheese and vegetables; these can sometimes cause problems when too much cold water is used.

It does not appear that the hot drinks are as frustrating to the digestion as are cold drinks. It depends largely on an entity's age and digestive system and how it functions. If the entity has good enzymes, the use of water or liquids in a meal is not going to create a problem and if the entity's enzymes are poor, the use of excessive liquids might, in certain combinations of foods, create some difficulty.

This Awareness suggests that usually, a glass of milk helps to remedy the indigestion of a meal.

What Are the Benefits of Taking K-M?

(A Potassium Mineral Supplement for Cell Rejuvenation)

QUESTION:

One last question here from Stan Sobel, Rogers, Arkansas. He sent in a brochure on a product called KM, potassium mineral supplement which entities take for rejuvenation, and it also has botanical skin care lotion made from a secret formula of a number of herbs such as chamomile, palmetto berry, cascara, angelica root, thyme, passion flower herb, gentian root, dandelion, alfalfa root herb, sarsaparilla, celery seed, seneca root, horehound and licorice root.

His question is: "Would Awareness please comment on the benefits of KM, a potassium mineral supplement formulated by Dr. Karl Jurak more than 70 years ago, and marketed by a Canadian firm called Matol Botanical International. Will KM provide cell rejuvenation in humans and animals, among other things?"

COSMIC AWARENESS:

This Awareness indicates this substance has been the topic of a previous question in 1989. This Awareness indicates that it has benefits. It is beneficial in regard to the vitamins and minerals contained within it. As for cell rejuvenation, it can be helpful in that regard. So can your average meal help create cell rejuvenation, so this does not really mean much.

It is a question of: How powerful is it in rejuvenating cells? This Awareness indicates on a scale of 1 to 10, it is approximately a 5 or 6. You could say 5.5 in rejuvenation quality for cells. The rejuvenation for cells would occur in part because of the vitamins and minerals and their effect on the cells.

This Awareness indicates that it appears to be a good product for entities who enjoy drinking a kind of potassium broth or tea. It has a flavor similar to that of broth, the kind found in little cubes, but it is different from that. It is similar to that of Dr. Bronner's Potassium drink. It appears to be of value to entities.

The question may be whether it is exceptionally rare or of great significance, and this is questionable. There are many products on the market that have great value in terms of vitamin, mineral and nutritional value. This is one, and entities who enjoy it, who like it, can do well in using the product.

This Awareness indicates that most entities will find that a bottle of this substance will be sufficient to determine whether it is for them to continue, or whether it would be of little value to purchase more. This Awareness suggests that if entities wish to purchase, it would be better to start with one bottle and to determine

from there whether to make this a continuous part of diet supplements.

FOLLOW-UP QUESTION:

He also wanted to know if it was beneficial at all in slowing down or reversing aging.

COSMIC AWARENESS:

This is not seen as such anymore than the use of certain other substances would, and yet, even Vitamin E, and Vitamin C can be said to slow down and reverse aging. Aging is a combination of assaults on the physical form due to toxins or lack of nutrition and since this offers nutrition, you can say that it slows down aging, but keep in mind, you can also say that about your average meal.

If you did not eat, you would age quickly. You would also starve, but the effects of starving has to do with creating attacks on the cells which are akin to the aging process. The concept of KM helping to retard aging may be promoted but it is stretching the issue and concept to make such a claim.

Be Kind to Your Body and to Everyone

CLOSING MESSAGE:

This Awareness indicates that the accompanying information regarding the skin lotion with various ingredients; this did appear to have more unique value than the KM itself in that such a combination could be a kind of uniqueness in the area of skin treatment, whereas the KM is much like many other products on the market. This Awareness indicates that there are many ways wherein entities can be kind to their body, and in being kind to their body, they can help to enhance its youth and energy levels, its vitality, and make the entity feel worthy and lovable.

This Awareness indicates that entities can also not only be kind to their own body, but can be kind to each other in such a way as to make entities feel necessary in their lives, to make them feel they are cared for. This Awareness indicates it is one thing to let an entity know that "I need you!" or, "we need you!" but that alone is not enough to keep an entity inspired to live.

Offer Something that is Needed but is Appreciated

The entity needs to feel that there is something he or she can offer that is appreciated; not just needed, but is appreciated. This Awareness indicates also need to know that there is something about themselves that is worthy of affection and respect from others, and if entities do not have this self-respect and do not recognize any self-respect from others, they often lose interest in rejuvenating, in staying healthy.

It is important for entities to look at their mates and realize "I love this person! I want this person to be happy at this stage in his or her life! And I want to know if there is something more I can do without it robbing me of my happiness!", and in so considering, entities can begin to find little ways to express appreciation to each other so that the few years that each entity may have remaining can be the best years of their lives.

You Never Know How Long You Will be Around

This Awareness indicates you do not know, none of you know how long any of you will be around. It may be weeks, it may be months. It could still be years. It could be that all of this, everything of great significance, of great importance is gone by the 18th of September, if indeed the earth is hit by some incoming satellite.

This Awareness does not see this as a likelihood, but it is important for entities to realize life is very vulnerable. Things may happen in such a way that entities

would like to do it over, and be more kind to one another.

Many times, brothers or sisters or friends find themselves irritated with each other and rather than patching up the differences, they can go for years carrying grudges. This Awareness indicates sometimes these relationships never clear up. Sometimes they are better off because they never clear up, but it is for entities to think about this, to determine whether your relationships with each other are the way you want them, or simply the way things are stuck, or if things can be moved to create something different.

This Awareness indicates that one thing appears to be of great importance in terms of rejuvenation. The more you are liked by others, the more you are likely to enjoy being yourself. The more you like others, the more you enjoy being alive and these can be of great importance to your own health and well-being.

If you are hostile to others and if others are hostile to you, where is the fun in living, even if you are taking all the right substances and meditating on life extension? What good is it if you have poor relationships with others?

This Awareness indicates it is something to think about.

It's So Easy to Have a Good Relationship With Others

This Awareness indicates also, that it is so easy to have good relationships with others. You simply treat them as a respected human being. If they do something that is insulting to you, you can talk to them about it. If they do not respond properly and remain insulting, you can simply say "Well, I did my best! I tried to work things out! I'm not going to stew on it, or remain hostile! I'll just keep my distance and let the person think about it! Maybe the person will make a change in his or her attitude toward me."

This Awareness indicates with such an approach, you need not carry hostilities around toward others, nor do you need to stir up more hostility in them because of some personal hurt, pride or hostility you may feel. Simply drop the hostility, accept the reality, and be willing to continue on with your life and give others their space as needed and give them affection when you feel inclined to do so.

(The Law of Gratitude is given)

HOW THE BELIEFS IN MASS CONSCIOUSNESS CAN CREATE INCREDIBLE THINGS

(Pots of Gold and a Moon Made of Green Cheese!)

A question from JD. She writes: "It would appear from what Awareness said about Noah's Ark, that if mass-consciousness believed there was a pot of gold in a certain cave, there would indeed be such, if we looked in, even though no such thing had ever been placed there by entities. Is that correct?" she asks.

COSMIC AWARENESS:

This Awareness suggests that this is correct, in that it is a manipulation of Will Energy, the desire and belief which creates the physical experience, not only in material items such as pots of gold, but as in events, both singular and mass which affect the entity. This is simply the way the physical experience is designed wherein entities are given the freedom and the power through the mind to create any existence and experience desirable by Spirit; yet that it is through the delusions, the beliefs, the limitations of mind that disallow entities from accurately seeing beyond the boundaries of the incredibly limited information they believe and hold as truth.

This Awareness suggests that in group experiments, if entities with perfect clarity of mind and intention to manifest a pot of gold in a specific location, that if indeed, clarity of intention is present within each and every mind involved, that pot of gold *shall* manifest. However, this would be one unique and enlightened group of entities given the level of understanding and consciousness which now exists.

Will Energy and Spectators Rooting for a Football Team

For example, the phenomenon of the team sports event wherein one side is filled with spectators rooting for one team to win, and the other side of spectators root for the opposite team to win; one would assume given the manifestation of Will Energy, desire and intent, that the more fans rooting for one team would automatically predict the winner and outcome, it would be their team.

This however, is not the case, as is witnessed time and again by frustrated participants and spectators of team sporting events, given the fact that clarity of intention, the blissful joy and knowing expectation of the team win is hardly the norm among the spectators. There is fear and anticipation of problems encountered.

One Fear-Based Entity Can Nullify the Positive Energies

One entity, sitting blissfully clear on the expectation of the win, sitting next to an agitated fear-possessed ardent fan, simply **knows** that something will go wrong, because he fears it so tremendously, can create a divergence of power and energy, diverting the clarity of the positive and watering down the manifestation of the desired result that that entity himself wishes to create.

This Awareness suggests that again, what is likened to unclear intention, where ideas of mind limit the understandings to the degree that fear is generated, and yet the fear energy is every bit as powerful as the joyous energy, and it served to create those exact scenarios which are feared in the same manner that the joy creates the scenarios which are desired.

This Awareness suggests that this is the reason that many desirable outcomes and human events in general have been reduced to statistically observable and predictable odds which appear to be based on random encounter and outcome, for with as much conflicted energy, the patterns appear to be random, and yet with precisely focused energy based upon clear beliefs which facilitate spirit and the expectations which flow, can more precisely and quickly and effectively create desirable outcomes in individual and mass experiences.

This Awareness suggests there is much gold to be alchemized within the minds of those who are achieving the clarity and understanding necessary to restore themselves to the capacity of the alchemist that lies within.

If we have completion, we can continue.



Saint Paul gets a visit.



"I swam with the sharks,
ran with the wolves, and
laid down with the dogs--
Now I just want to spend some
time with my cat."

COULD MASS BELIEF IN JESUS ACTUALLY CREATE THIS ENTITY?

QUESTION:

Another question from JD. She's got three or four here on this subject. "This would mean that with all the Christians believing in the past existence of Jesus in Palestine, that mass-belief would **cause** such a person to have existed in the past. Is that not correct?"

COSMIC AWARENESS:

This Awareness suggests that this is in one sense absolutely correct. This Awareness suggests that once removed from the focal point of understanding necessary within time/space, the relativity of past, present and future becomes far more apparent. This Awareness suggests that the power lies in the moment of the present and that the thoughts and beliefs and focused intentions of the present can alter the past as well as the future.

This Awareness suggests that the past is recreated with each passing day with the shifts in pools and eddies of consciousness and focus, wherein even scenarios experienced as actual events become altered in the experience and consciousness and memory of said entity, given the influence of enough accumulated energy to the contrary.

The Past Indeed Can be Altered from the Moment

This Awareness suggests that this is a powerful understanding and a powerful tool for entities with deep-seated beliefs regarding their own inefficacy to alter the past. This Awareness suggests that the past indeed can be altered, from the moment of the present, in any manner the entity chooses. This Awareness suggests that the actuality of the specific event involving the Christ exists in many forms, in many alternate realities, and many which continue to be created in the moment; in many forms, understanding and widely varying scenarios.

This Awareness suggests that this example can illustrate the incredible creative capacity of mind, and that although beliefs of mind can tremendously prohibit and limit the human experience, relegating it to a cycle of spiritual frustration, that the simple understanding and alteration of the existing beliefs can martial the incredible capacities of the mind which have not even yet begun to be imagined in the favor of Spirit, and to the intention of Spirit to create simply incredible and unbelievable outcomes and experiences.

This Awareness suggests that the goal of the heightened quickening of consciousness at this time is to become acquainted for the first time in human history, the parameters of mind, the parameters of spirit and the interaction between the two. This Awareness suggests that due to misconceptions regarding the mind and the spirit, the mind is allowed to succumb to automatic patterns of thought and behavior which simply serve to preserve the species rather than to perpetuate its devel-

opment and evolution.

This Awareness suggests that civilization is brutish and unevolved due to this limitation, and that incredible power, control and optimal joyous universally Divine experience awaits. This was the message of the Christ energy.

If we have completion, we can continue.

Manifesting a Moon Made of Cheese?

QUESTION:

JD continues here: "Further, on the subject of mass-belief creating the physical reality, if everyone on earth believed the moon was made of green cheese, would our astronauts find that indeed, this was so?"

COSMIC AWARENESS:

This Awareness suggests, again, that if such clarity of mind could be attained, such would be the case. However, this is a far state from the present consciousness of humankind, and this Awareness also suggests that when that type of clarity is attained within the consciousness of humans in general, far more productive outcomes than turning the moon to green cheese will be desirous and sought.

This Awareness suggests that to historical humans that believed the world to be flat; that was in fact and indeed their reality.

If we have completion, we can continue.

Precisely How Much Belief is Necessary to Manifest Something?

QUESTION:

She asks again on this subject: "Precisely **how** much belief is necessary to manifest something? If half as many people believed in the Ark, would it still be there? Half again? Half again? etc."

COSMIC AWARENESS:

This Awareness suggests that it is not quite as nice and tidy as the mathematical proportions described, for energy can be displaced and counteracted by such contributions contrary to the specific goal and direction of some. This Awareness suggests that the exception to this general rule of mass consciousness lies within the individual consciousness, for once appropriate beliefs and focusing of spiritual energy upon creating the desired outcomes, the individual can circumvent and avoid certain negative outcomes experienced by others due to the limitations within mass-consciousness.

For the simple removal of oneself from the ignorance which aligns the consciousness with the mass-consciousness allows for the enlightened ones to have in hand their entire destiny regardless of the state of their community and their civilization at large.

This Awareness suggests that there are many entities already experiencing the type of creative freedom in varying degrees, walking side by side with those who are baffled and frustrated and bandied about by the whims of mass-consciousness. This Awareness suggests that the entity JD is perhaps one such entity.

Benefits from Internalizing the Lessons of Enlightenment

This Awareness suggests that each and every entity internalizing the wisdom of the Lessons of Enlightenment can take hold of that personal empowerment and disassociate themselves from the negative outcomes of participating in mass-consciousness and can be active alchemists toward re-inventing and refining the energies of mass-consciousness in far more positive and spiritually intended directions.

If we have completion, we can continue.

Will We All Create What We Need Soon?

QUESTION:

JD goes on here. "This would seem to relate to the ability of highly advanced entities among us to materialize anything desired by will. I am told we will all develop this ability eventually and create the artifacts of our lives merely by use of will. Does Awareness see this taking place anytime soon? And will it be individual by individual as well, all evolving from our various levels, or en masse?"

COSMIC AWARENESS:

This Awareness suggests that not only is this *already* occurring, but it *has* been occurring since the dawn of human beings in physical form, for it is nothing but the manifestation of Will Energy which create *all* experience. This Awareness suggests, however, that the entity actually refers perhaps to 'focused' Will Energy to create the actually desired results, rather than those feared.

This Awareness suggests that as each entity understands the power of the mind and carefully attends to the mind, searching through its each and every content, using the evaluative signals of the Spirit: the feelings themselves, to evaluate the contents of mind, that active adjustments and rejections of any belief structures which create emotional dissonance of Spirit will begin the refinement necessary to attain the ability of mind to create through simple Will Energy, that which is desired, and the energy associated with such beliefs will be joy, and universal love.

If Fear Exists, Fear will Create the Scenarios Feared

If fear exists, fear will create the scenarios feared. The emotions of Spirit create that which mind determines it desires. It is the misunderstanding of the Free Will which allows us to place ideas willy-nilly from mass-consciousness into the mind which is intended to be a sacred vehicle of those specific beliefs and expectations that we so choose purposefully, and under the direction of the individual spirit. The so-called normal state of most humans is a mind filled with conflicting beliefs, some of which promote Spirit while others forsake it. Such a mind will create conflicting 'random' events, some positive, some negative.

This Awareness suggests, however, that as each and every entity becomes attuned to this situation and refines the mind, resolving the conflicting beliefs, and begins to understand and experiment and succeed with the manipulation of the Will Energy, that such successes will be apparent and they will elicit curiosity in others, so that learning will be facilitated and rapid expanse and progress can be attained in mass-consciousness, for each and every entity innately understands and knows that the Spirit *does* exist.

It is felt through many experiences, although often misinterpreted and given credit for other sources. Such a resonance will be apparent when actual living starts to become the norm. People will take notice, for it will strike the chord of Spirit within them, motivating them to accomplish such ends themselves. So in this case, the answer is both within the individual and within the mass-consciousness, but in terms of sequence, the power lies within the individual as it always has, and change first comes from within.

If we have completion, we can continue.

The Lessons of Enlightenment and the Right Use of Will Books

QUESTION:

A question from Bill C., San Anselmo, Calif. sent in over the Internet. He writes: "I have yet another quest-

ion for Awareness. I appreciate your passing it along, as it's been bugging me for years. Here it is: "There seems to be many approaches to spiritual growth or unfolding. I've come across two that seem almost contradictory, however, and I wonder if Awareness would explain the differences.

"Without going into much detail, the first type involves our using our imagination using symbols, visualizing, meditating, feeling joy, keeping our vibration high and these processes I've come across. The object is to raise our vibration by feeling good and by using our emotional center to identify things that we would enjoy experiencing.

"It's easy, fun and straight-forward. Sanaya Roman is one person who writes about these techniques. I suspect the new CAC lessons will be like this as well. Contrast that with the approach that has been put forth in the books channeled by Ceane De Rohan, called collectively The Right Use of Will*. These books focus a great deal on our emotions and our will, one key subject of the new CAC lessons, and here we are told we must dig into our emotional blocks and process out very old, very stuck, and even frightening emotions if we are to survive the coming times.

"It is painful and laborious. It's not about feeling good. It's about going into "the gap" that is filled with our age-old denied emotions and allowing ourselves to face terror and overwhelming anger, so we process them out. On top of that, we are told this is critical for us to pursue if we are to survive.

"Frankly, it's hard for me to imagine more opposing approaches to spiritual growth. I enjoy the former kind of books and growth processes and I see results in my life. On the other hand, I find The Right Use of Will books to be very difficult to read, and other than showing me the incredible importance of expressing emotion in my life, I don't see much value in them for me.

"I imagine there's little chance many people would follow this course, as important as it may be. I surmise that as individuals we are to follow the path that feels right to us, and that I, therefore, will experience more of what I want and "unfold" as a spiritual being faster by working with my energy and imagination rather than plunging into "the gap."

"My questions for Awareness are: Am I correct that we should follow only the approaches that feel right to us, even though both these approaches might take us to the same goal? And are these approaches in fact meant for different types of people, and not for everyone, no matter how insistently The Right Use of Will books state the need for our following them?"

COSMIC AWARENESS:

This Awareness suggests that this entity provides an excellent opportunity for the reconciliation of certain pathways to enlightenment and certain misunderstandings that have taken place. This Awareness suggests that both categories or pathways to enlightenment described offer significant useful pieces of information. This Awareness suggests that as the consciousness of humanity is shifting, more and more pieces of the puzzle have begun to emerge.

This Awareness indicates that the trend toward visualization, focusing on imagination and creativity and positive emotion has become a collective approach due to various channels of information received over the past five decades, culminating into a thought system described as a specific type of approach to enlightenment.

This Awareness suggests that the second approach described specifically relating to the entity channeling the books described as Right Use of Will; that this information was a very necessary piece of information at the time to facilitate understanding of the emotional component, the negative end of the feeling valance as well as the positive end.

These two approaches are by no means singular or exclusive. They are but two pieces of information which dovetail together and provide a framework of understanding, wherein the union of such pieces of information and perspectives can be wound together in what now is being offered as the Lessons of Enlightenment.

This Awareness suggests that the similarity between the two approaches emphasizes the focus upon the spiritual feeling system. At first the emphasis was upon positivity, love and divine emotion, yet a very significant omission occurred. This brought about the necessity for other perspectives which pursued the route to enlightenment using struggle and overcoming the negative emotions.

Certain Eastern tradition emphasize the overcoming of the emotions themselves, the quieting of the mind, and each offers a valid perspective. However, the essential understanding and singular path to enlightenment is to reconnect the severed tie between mind and spirit, and the communication system of spirit relating the contents of mind to outcomes in experience, is that of **human feeling**.

Positive and Negative Emotion Is Defined

This Awareness suggests that without understanding the negative aspects of the emotional system, then the positive ones are weakened in their value and meaning. This Awareness suggests that emotion can be likened to an energy flow, whereas positive emotion is that flood of awareness and consciousness and spiritual presence expression, desirous or fulfilling physical experience; whereas negative emotion is the opposite.

It is the frustration of spiritual energy. It is the signal from Spirit that mind and experience is not accommodating Spirit, and experience is minimized, and less meaningful. This Awareness suggests that there is no value placed upon emotion itself, but that the feeling experience indicates fulfillment of Spirit versus frustration of Spirit; and although the positive emotions are a desired end and the Universal Experience, which was ultimately intended and shall ultimately be achieved, that understanding the nature and the message of the negative emotion is first and foremost to get to that place in consciousness where positive emotion becomes the norm.

This Awareness suggests that as is offered in the Lessons of Enlightenment, the messages of positive and negative emotions take their rightful role as speakers of the Spirit to guide the entity to define the mind under spiritual intention and guidance, rather than taking on the mistakes of past experiences, regardless of the frustration and negative emotion involved in doing so.

Once the emotions are understood, they can at once and finally begin accomplishing the task that is theirs. This Awareness suggests that the emphasis to release and connect with negative emotion carried this meaning and this meaning alone. It **does not** mean that a creation of events which perpetuate negativity will somehow purify the soul. This is not accurate.

Many dogmatic assertions are made regarding suffering and spiritual evolution and this is inaccurate as well, but this is a reflection of the inevitability of negative emotion; when Spirit is frustrated and a grasping at

explanation for the continuing presence of negative emotion, it is simply repeating the unanswered message of Spirit.

The Task of Each and Every Human Being

This Awareness suggests that it will be the negative emotions that point to the consciousness, to the beliefs of mind which are limiting to the Spirit, so that they can be removed. This is the task of each and every human being. It has always been and always will be, for until the mind is designed in accordance with the desires and dictates of Spirit, there **will** be frustration and there **will** be interference and there **will** be negative emotion.

However, once this task is taken on and meets with degrees of success, more and more positive emotion will be experienced as the mind becomes adapted and attuned and developed to the degree necessary for Spirit to fully experience in the physical realm. This Awareness suggests that the ultimate state of humanity will be one with minimal negative emotion, for the accurate and adequate beliefs which accommodate the spirit will be in place, and the negative emotion will exist as a safety net to ensure that such limitation is not allowed to slip back in to the realm of individual or mass-consciousness.

This Awareness suggests that once this understanding of the emotional signal is absorbed in individuals and in society there can never be a recreation of the significant patterns of the past which have held humankind in patterns of violence, competition and self-preservation. That is why it is of the utmost importance and necessity for entities to combine the thought-systems which emphasize positive emotion as well as negative emotion to pull together the understanding of the communication signal which exists within and which haunts the entity with its message of spiritual frustration until it is heard.

If we have completion we can continue.

*CAC has in stock the "Right Use of Will" books by Ceanne DeRohan but these are not listed in our Book Price List. If you want any, just request: "Right Use of Will (Healing and Evolving the Emotional Body)": \$9.00; "Earth Spell (The Loss of Consciousness on Earth)": \$12; "Original Cause (The Unseen Role of Denial)": \$10.00; "Original Cause II (The Reflection Lost Will has to Give)": \$9.00.

Gratitude is Expressed

CLOSING MESSAGE:

This Awareness would like to comment and express gratitude regarding certain barricades in consciousness which have been removed so that certain energy has passed through the orifice with less contraction than suggested recently. This Awareness suggests that appropriate communications, thoughts and mental contextual shifts and manipulations have occurred which have facilitated this Awareness, and that is good. We have completion.



"Wouldn't it just be easier to see a doctor about your condition, Neville?"

RUFUS—IN MEMORIAM

Your editor is sad to announce to all our animal fans out there that Rufus, the official guardian of the CAC office last week was sent to that Great Doggie Condo in the Sky. It was the saddest day in our lives. We had to take him to the vet and have him put down. He was pretty old when we rescued him from the dog pound almost 10 years ago, as I reported in issue 91-12, page 17. He was only 30 minutes away from the gas chamber at that time when Vikki and I rushed in to save him. During this last year his strength went out, so did his hips. He was in pain a lot of the time and almost every night Vikki would load his dogfood with "doggie downers" so he could sleep without pain. It worked sometimes, but more often we heard him baying mournfully outside for most of the night, often standing and shivering in the rain instead of being inside his doghouse where he belonged. Even worse, he took to standing in the middle of the busy road outside the shop, as did Siegfried before him, who was struck dead by a speeding car. His sight and most of his hearing was gone. His quality of life had so deteriorated, he was obviously miserable. The vet placed his age at about 17 and informed us that Rufus was also riddled with arthritis.

Last week Vikki came crying into the office about 10 PM, pulled her chair over near mine and said, "I can't stand seeing Rufus in pain any longer. Could we have him put down?" We talked and cried for two hours, examining every possible option we could think of before I agreed, he must be put down. We have never had to do this with an animal before and it proved to be an extremely traumatic experience for us both. I told Vikki I would say goodbye to the hound when I closed the shop at midnight, but that I would not take him in. I used the excuse that I was still recuperating on doctor's orders from my near-death experience in November, which is true, but the real reason was that I simply could not face it. She understood.

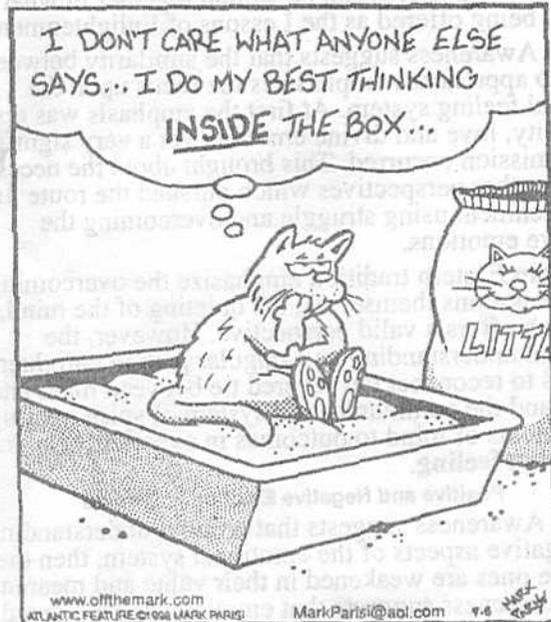
That night Vikki fed Rufus his last supper, real steak and bones donated by her favorite restaurant, Ben Moores. At midnight I went out with a flashlight to find Rufus across the street under a large tree that protected him from the rain. The day before, Vikki had taken his picture in that same spot, the last picture of Rufus which is reproduced below. I waited till he had wolfed down his final meal then got down on my knees, put my arms around his neck and looked him squarely in the eyes and verbally explained to him that we were returning him to spirit tomorrow and that this was our last goodbye. Crying uncontrollably, I talked to the hound for at least 10 minutes, trying to make him understand that we loved him as always, but now it was time for him to leave this plane, for his own good and soul growth. He licked my face as if to say to say he understood, then dragged himself back in the heavy rain to his dry spot across the street where he could keep a watchful, yet dimmed, eye on the shop. It was the last time I saw him.

The next morning Vikki's friend Teri came by with her van and the two of them lifted Rufus into the back. Vikki sat with her arms around the hound all the way to the vet. She thought she had worked her way through it the night before, but she told me later she started to cry and simply could not stop. His death was painless, simple injection by the vet and within moments Rufus was gone. Vikki hugged him one more time and said he almost had a peaceful grin on his lips before she fled in tears.

For the next two days we both cried and felt guilty as all hell for having had Rufus put down. We both wished he was still here with us, even though he was in such bad physical shape. We have since worked through it, however, particularly since Vikki e-mailed Will Berlinghof, a member we had met in England 5 years ago and who now resides in Canada and is one of the best Tarot readers we know of. Will explained that Rufus only had hung around because of Vikki, that they had been together in a previous lifetime and because of their recent relationship, Rufus had made a quantum leap in his spiritual evolution. It definitely was his time to go. Will sent an hour tape recording of the reading he did on Rufus and the information transformed a grieving Vikki back into her old positive and smiling self.

By the way, Lady K, the official CAC Tarot reader has informed us that she is moving on and time does not permit her to give many more readings for the membership. However, Will has agreed to take over this valuable service, doing the readings on cassette tape and mailing them from Canada direct to those who ordered the readings. We will make an official announcement about this change in the near future. Those of you who particularly like the readings of Lady K are urged to contact CAC at once if you need further readings from this entity.

In regard to Rufus, Vikki T. has put together a 2 page document called "Rufus—CAC Hq's Low Key-High Class Hound" to go into the official archives. I told her I would make copies for any of our dog lovers out there who wanted more information on Rufus. There is no charge. Just write us and ask for Vikki's memorial on Rufus and I will make a copy and mail it to you.. (Avaton).



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

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

members.aol.com/cosmiccomm/cachome/cac.html

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

—HOW TO GET THIS NEWSLETTER BY MAIL— EVERY 4 WEEKS! (More or Less)

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