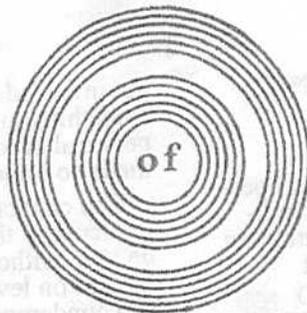


Revelations

The Cosmic Newsletter



Awareness

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HOW TO DEAL WITH STRESS

OPENING MESSAGE:

This Awareness wishes to address entities who operate under a great deal of stress. This Awareness indicates that in this age, it appears this is a major problem for many entities. This Awareness indicates that excessive stress in an entity's life can create very serious problems to their health and to their earning power and to their relationships with others.

This Awareness indicates that in some instances, an entity can have a help mate, a spouse or partner, but the partner refuses to take on responsibilities and even may cause more stress for the entity than if the entity were living alone. Such situations often lead to a breakdown in the relationship.

This Awareness indicates that wherein entities can work together, they can diminish the stress for each other and have a healthier relationship with greater rewards. This Awareness indicates that *It* is particularly concerned about the entities who are overloaded with responsibility and stress, because this can have severe consequences for various individuals under such circumstances.

This Awareness indicates that there is a certain pattern that entities may go through as stress becomes heavier in their lives; that as long as an entity has what is considered hope for the future, the entity can endure a great deal of stress in the present, and in many cases, strong enough hope for the future, or strong enough promise of reward in the future for stress in the present, becomes a motivating factor to help the entity take on even more responsibility and stress in the present than most entities would ever consider doing.

This Awareness indicates that wherein the hope begins to diminish, the future does not look hopeful or bright at all; wherein the entity is discouraged, there becomes a change in the attitude of the entity toward his or her work, and the stress level tends to become much greater and much more burdensome to him or her.

When Enthusiasm Wanes Work Becomes a Resentful Duty

This Awareness indicates that when enthusiasm goes, then it simply becomes a matter of routine work, or if it becomes more severe, then it becomes a matter of duty. Duty in one's work can only carry on so long or so far before it becomes real drudgery. There is resentment that can build and the resentment can create obstacles in the work, can create an attitude eventually of "I just don't care anymore! I don't care if I do my work! I don't care what they think of me! It isn't worth all I go through!"

When this kind of giving up occurs, then the entity is even more forlorn and the discouragement about the future, the loss of interest in terms of work, the feeling that responsibility is too much to bear; this kind of downhill cycle leads the entity into giving up the effort, and when the entity gives up the effort, to some degree some of the stress may be lessened, but the entity may also take up guilt and feelings of inadequacy and feelings of "What is the use of trying?"

Some Things to do to Regain Enthusiasm for Life

The entity also easily becomes hostile and resentful toward others who may have led the entity to this state of mind. This Awareness indicates that before reaching such a state, an entity should do whatever is realistically possible to restore his or her enthusiasm for life. It may require a dramatic change in one's behavioral activities and patterns. The entity might, for example, sign up for a night class in one of the local schools or colleges or

get involved in some club or meetings with others, something just to take the mind off of one's own personal drudgery and the responsibilities that one has made so important in one's life.

You cannot, of course, shrug off all responsibilities, particularly those in which entities are totally dependent on you, without experiencing a great deal of consequence on levels of guilt or levels of social negligence and condemnation from those who expect you to be a responsible person.

This Awareness indicates it is at such a juncture in one's life or consciousness, that some people have cracked. A mother deserts her family, or a father deserts his family, to leave and go elsewhere and start a new life. This kind of extreme stress is of course dependent on the individual's own capacity to function under stress, and some people cannot accept even a small amount of responsibility, while others can take on great amounts of responsibility for large numbers of people.

This Awareness indicates that these things need to be understood by entities and when one feels oneself under more stress than he or she can handle, or approaching such, it is time for the entity to stop and re-examine him or herself. This Awareness indicates an attitude that is very helpful in such circumstance is to stop thinking of yourself in the sense of "Poor me! I have so much to do! I can't keep up with it all! People expect too much from me!"

It is much better to think of yourself as "I am somewhat of a super-person, much like those comic heroes that are super-beings! I can do almost anything I set my mind to, if I am willing!" and if you take on this attitude that you are much stronger than anyone ever imagined, if you take on the attitude that you are much more capable than anyone expected, you will find that you are able to handle those affairs that are stressful, that are difficult, that are tiresome, and you can do it much easier than you ever dreamed of.

This Awareness indicates it requires, of course, a willingness on your part to do these things. Thus, you need to think about whether or not those things you do for others are really something you want to do, and you must stop the thinking about how difficult it is for you and how all the burden is put on you, and all this extreme heavy load is yours to carry about.

Think of Yourself as a Super-Being

This Awareness indicates it is much easier for you to just think of yourself as a kind of super-being, one whom you and your Divine Creator acknowledge and recognize, but whom others may not recognize or even give praise or credit, regardless of how much work you do for them.

This Awareness indicates it can lead to a feeling of contempt for those who are weaker than you, if you are not careful. It is important not to fall into that attitude of looking down on others. There is the possibility of what is called "tough-love," wherein you offer to help an entity, but you make sure that entity does all that he or she is able to do, in order to help themselves also.

You simply do not wish to deprive them of their own ability to help attend their own needs. If you do so, you enable them to become a weaker person, a more non-functional being, and these beings need to learn to function effectively in order to take care of themselves in the event you, or people like yourself, fail to support them to the degree needed.

This need to help them become independent is something that must be felt by you, even as you help them and even as they depend on you for your help. This

Awareness indicates that to make entities totally dependent on you tends to create a kind of loyalty, but it also is a kind of bondage, and you do not want to raise people to be in bondage to you.

This Awareness indicates therefore, even as you may regret or resent the entity's being so dependent on you because it create so much stress for you, you also may not have helped them that much if you have not made an effort to help them become independent so that they stand on their own and work for themselves without absolute total dependence on you.

Dealing With Entities who Are Self-Destructive

This Awareness indicates that occasionally you will have entities who feel self-destructive and it is important to assist these entities, but not to encourage the self-destructiveness. It is important to assist them, not by making them feel that they are able to get some kind of mileage from being self-destructive or self-sympathetic, but if you can teach them something that helps them to have a better image of themselves, to feel more worthy; this can be important to them during times of crisis.

This Awareness indicates that in some instances entities will say, "Oh, you shouldn't feel self-destructive! You shouldn't feel negative about yourself! There are many people who love you and depend on you!" and this can, in some instances, make the person feel better about himself or herself, but it must be done carefully, because in some instances, all it does is make the entity feel more demand placed upon him or her, and the entity who feels that others are depending on him, may be at a point where he simply cannot fill the wishes and needs of others and the entity may need a break from such responsibility.

A break for a short time can be helpful. In some cases, the entity would be better off saying "I need some time to rest, to recuperate, or to do something for myself!", and when the entity has rested and done something for himself, he may be ready again to pick up the responsibility for others.

This Awareness indicates that these are things to consider in terms of how to respond to others in their needs and stress, whereby sometimes you feel so urgently overwhelmed by the needs of someone, and you don't feel that anything you do is enough to fulfill those needs, sometimes it is not as necessary to fulfill the needs as it is to listen to the entity's complaints, concerns or expression of the stress he or she is experiencing.

This Awareness indicates that it is not your responsibility to fulfill the needs of everyone, but it is important if entities can share in the problems of each other. This Awareness indicates that there is of course that common current recognition that is somewhat of a joke on certain levels wherein the observation by some is that women tell problems to each other, and enjoy the release of the problem, and they don't really come up with a solution, but they feel so much better after sharing their problems with each other that they become happy for having done so, and women tell problems to men and men seek to find a solution; the woman doesn't like the solution, becomes angry at the man, and the man has a problem, goes away, and sulks around other men.

They ask, what is wrong: "Oh nothing! I'm fine!" and the man bottles up the problems he has, and then gets angry when someone says something to him, to interrupt his moodiness. This Awareness indicates that he is angry at himself because he does not have a solution to the problem that he has now taken on as a result of trying to solve the problem of the woman, and the woman didn't really seek a solution to her problem. She

simply wanted to share it with others because it made her feel better.

This Awareness indicates that when entities understand that this does have a merit of truth in it, and that men do not necessarily have to solve all the problems that women lay upon them, but that they should listen to the problems, then men will have an easier time relating and their stress level can go down, and the women's stress level can go down if they feel they can talk to their husbands or to the men without having some solution to the problem being pushed at them, as if they were too stupid to figure out what to do for themselves.

This Awareness indicates that often when entities go to another with a problem, and they talk about it, they are simply trying to get it clear in their own minds, they are not trying to find a solution, and if a solution comes, it may be on the order of:

"Well, why don't you just dump the guy?" and this of course is not the answer the entity wanted, because there is more in the situation than simply dumping the guy. There is a lot of feeling for the guy.

This Awareness indicates that therefore, the answer that one person, which is obvious, may be to the other just a kind of insult to their emotional and mental approach to the problem. This Awareness indicates therefore, in trying to help each other, it is sometimes difficult, because one person doesn't have the same feelings and emotions that another has, but from a logical sense they may have the exact solution necessary for themselves if they were in that position.

This Awareness indicates that when entities begin to understand the difficulty in trying to impose their own solution on another, they may begin to assist the other, not by answering the problem, but by asking questions about the problem in a way that leads the entity to see the problem more clearly herself or himself.

Asking Questions Can Assist in Dealing With Problems

Therefore, one person comes to another with this problem, and the other, instead of saying, "Oh, that's simple! Just divorce her!" the entity might ask: "Why is she feeling this way, to treat you such?" and the entity will stop and think about her feelings, to figure out why she is treating him in this manner, and it may help the entity to get a better insight into the nature of the other person.

Thus, by asking questions, the listener may assist an entity in dealing with a problem. The entity may not have a solution that the other would accept, but the entity has a question that can cause a probing and a looking more deeply. This Awareness indicates that as entities learn to ask the right questions: "How does that make you feel? What do you think this person is feeling to treat you this way? What is her or his problem in your mind?" --questions that cause the entity to probe into the behavior of another whose behavior is disturbing to him can help one to have a better insight into these areas and perhaps reach an understanding for himself that he or she can make decisions on and can live with.

You would be surprised if someone actually took your advice when you said, "Well, it's simple. You should just go divorce her! (or him)," so why bother giving such advice? It is more as if you are saying: "Don't talk to me about your problems! I don't have any interest in them! If you don't like your partner, divorce your partner!"

This Awareness indicates that the entity can sense from you that your interest is either shallow, non-existent, or that you are feeling hostile for having involved them in your problems. But this Awareness

suggests by asking questions, you show you are somewhat caring for the entity: "Why do you think your partner feels this way? How do *you* feel about this? How would you feel if your partner did this to you? How would you feel if you got your way, and your partner was very unhappy with you? Would that satisfy you?"

Questions like this that cause the entity to think from different sides of his or her own problem, to cause the entity to view the problem from the eyes of others; this kind of question can help an entity reach a better understanding of his or her problem, and it takes very little energy from you.

This is What Friends are For

This Awareness indicates that is what friends are for, and sometimes, when entities are over-stressed from too much to do, it is not so much inability to act, as inability to understand and decide, for once entities decide, they then know how to act. Once entities act, they often feel no further stress on the matter.

Stress often occurs when something doesn't respond or they cannot reach a conclusion or a decision on what to do, thus, entities can help each other through these stressful times by helping them to better understand themselves and the situation they are faced with.

This Awareness indicates there are some things of course which cannot simply be decided upon. For example, a friend may have cancer or AIDS, and a friend relies upon you to do certain things to help them during this crisis. You cannot simply pass this off. You must decide when to help or to reject their plea for help. If you decide to help, then you are stuck with activity, obligation and behavior for a long enough period of time to watch the entity go through many levels of suffering and death.

If you refuse to help, then you must deny the entity who needs your help, and also, persuade yourself that you were incapable of helping the entity, and you will probably find reasons to feel hostility toward the entity, and you may find excuses in regard to your own health needs to show yourself that you didn't have the strength to help.

These are ways wherein entities can deal with shunning responsibility, avoiding responsibility. This Awareness indicates that in some cases, for some entities, it might be a matter of life and death. If the entity simply does not have the strength, does not have the ability to help, indeed, the entity should recognize this and let the needy person know that you cannot help them with your needs, and perhaps give them suggestions as to where to go.

Others who get involved in helping someone, may find that the effort to help them over a long period of time in a progressively worsening situation creates greater and greater toll on their own health and creates more and more stress for them to endure.

This Awareness indicates that during such a situation, you cannot simply decide something to make the stress go away, because the stress is not caused by decision, it is caused by someone's suffering and your assumed responsibility to the entity. Thus, as long as you accept a responsibility, that in itself can become stressful.

This Awareness indicates that there is a song that came out in the Sixties:

"He ain't heavy, he's my brother!" which expresses the way some entities look at the situation in which they are helping others. There are many entities who do not buy that attitude at all. They will say instead: "It's your problem! Don't try to put your problem on me!" and they will dance away, playing with butterflies or

flowers, or whatever attracts their fancy, caring nothing for the plight of the entity who needed their support.

This Awareness indicates that there are many types of people: those who help, those who care about others, and those who don't. This Awareness indicates that when you find yourself in a great stress, look to see if you have taken on far too much, and if you have taken on stress from entities who could carry themselves.

When a Child Demands That You Carry Him

There are often children who say: "Carry me!" and you look and you see these healthy children with much more energy than you have, with no pains and aches in their knees and joints, and they simply want to be carried, and they can't imagine that at your age, a grownup, that you could have any reservation or hesitation in carrying them, because you appear so big and strong. They do not know that your knees ache, your joints ache, your back aches, and they want to be carried. Ask yourself, before picking these entities up and burdening and stressing your body further: "Is it necessary for me to stress myself by carrying this child, when the child can run and jump and turn cartwheels in front of me one minute, and then asked to be carried the next minute?"

This Awareness indicates it is the same with other situations wherein entities have all kinds of energy for one thing, but they have no energy when it comes to being responsible for themselves, for getting something for themselves, and instead they ask you to do it. They ask you to pick up after them as they throw their clothes all over the floor, or, "As I mess up my room, I want you to clean my room after me!" This kind of catering that some parents do for their children or for each other is unhealthy.

It happens also with some adults, wherein adults will leave their cigarette butts or leave their beer bottles and glasses for someone else to carry to the kitchen to wash; these entities are much like children, who have plenty of energy to get out and play basketball, but not nearly enough to pick up their dirty glass or dirty dish, to take it into the kitchen for cleaning, and they expect others to do that for them. "Pick up after me! I'm too busy playing to take care of these things! These things are so unnecessary! You are so good at cleaning up after me! Why should I bother with such tedious activity?"

This Awareness indicates that if you are under stress from having to clean up after too many people, or other chores and jobs, it might be time to rebel, to tell the entity, "Pick up your own mess! I have things of my own to do!" This Awareness indicates that you may ask the question: "Who assigns the jobs and duties here, anyway? Did I just fall into doing this? Did I just fall into picking up after these entities, and his friends? Or did I get this assigned to me by God or some other authority over me?"

This Awareness indicates that it may be the stress you feel has to do with things you allowed to happen to you, not necessarily choices you made, but things that you allowed to occur to you. Or, it may be that the stress you feel grew on you like a child, wherein for the first year or two, total service to the child was a necessity but in the third and fourth and fifth year, you continued to serve the child in ways that were not necessary, because the child had the ability to do some of those things for himself.

Carrying Another's Karma Creates Stress

This Awareness indicates if you have allowed things to grow because you neglect to transfer the responsibility back to the one who should have the responsibility, who is capable of the responsibility, then you may be

carrying unnecessary stress for that entity, and if you are carrying unnecessary stress, you are essentially carrying that entity's karma to some degree.

It is not necessary for you to do so. The entity cannot grow and cannot learn if he or she is constantly catered to and has all of his or her lessons and responsibilities taken from him or her. This Awareness indicates look at those areas of your life which cause you stress. Ask yourself: "Why am I doing this to myself? Is it necessary? Or is there some other way?" This Awareness does not wish entities to feel the goal is to eliminate all stress in their lives or they would all become extremely lazy and put the responsibility for their own pleasure on other people, thus stressing them also.

This Awareness indicates it is not a matter of "How much of my stress can I dump upon someone else?" It's a matter of "How much stress can I take?" and "How much of the stress that I take really belongs to someone else?" and give the stress back to those who deserve it.

This Awareness indicates that nearly everyone in one way or another has to carry some burden for others. You may pick up after others, you may pay for the upkeep of others, for the maintenance of others, or you may assist others in their work or in some areas where they are not capable of doing what you can do so easily, and this kind of stress is reasonable to expect. Anyone should have some stress in their lives, should have some responsibility, should have some service that they are willing to donate to others.

This Awareness is concerned about the entities who are over-worked, excessively used by others, unnecessarily used by others to the point where their health is beginning to suffer, and this Awareness wishes these entities to draw the line, and pass back to those who should carry the stress and the burden and the difficulties that they themselves have created, to give this back to the entities. Let *them* become responsible for their own problems, for cleaning up their own mess. Do not feel you must follow entities around and clean up after them, or pick up their droppings.

This Awareness indicates that obviously, a small child or a handicapped person will have certain problems taking care of themselves, taking charge of their own needs and they will need someone to help them, but as they become capable of attending their own needs, just because a pattern has been set up, just because a habit has developed, it does not mean that you have to keep picking up after these entities when they are capable of taking care of themselves in this or that way.

Thus, the child who has had it easy up till now, but who is now able to help carry out the garbage or clean up his or her room or to pick up clothes that have been scattered here and there and hang them properly in the closet or put them in the hamper for washing; such a child needs to be shown how to help in the maintenance of a home, and this passing of responsibility to a child not only helps the child to grow, but allows the parent within a reasonable time to have more freedom, to take on other responsibilities rather than having to waste precious time doing what the child could have and should be doing anyway.

Grandparents Easily Misused and Manipulated

This Awareness indicates that grandparents also are often misused by children, wherein the grandparents are so open and easy to manipulate with the concept of "Your grandchild wants to come and spend the week-end with you!" or other such activities wherein the feeling of guilt regarding the grandchild causes an entity to agree to something even if it means the cancellation of other plans.

This Awareness indicates that in some cases, it is the other way around. The grandparents will do nothing to help their children, and they do not like seeing their grandchildren at all. They feel they have raised their own children, and "Now it's time for my children to raise theirs' and leave me out of it."

This Awareness indicates that such an attitude can be very damaging for grandparents could, if they would simply change their attitude, could find that their grandchildren are the life force of their own enjoyment and pleasure, that they never received from their own children because they were too demanding or they had too much responsibility for their own children to enjoy their presence.

When you have grandchildren and can enjoy them, you can truly grow into great admiration for the creativity, the attitudes, the learning, the way a child looks with such awe and such love, so that you get a new perspective on life from a grandchild, simply because you are no longer held heavily responsible for the upbringing of that child. That is a responsibility of the parent.

Your responsibility is only to enjoy the child while they are visiting. This Awareness indicates that if grandparents aren't enjoying their grandchildren in this way, they have totally missed out on the great reward in life. This Awareness indicates that it is also important to recognize that children often not only create stress for others, but experience stress that is created by others for them.

Children Often Get Stressed Out Too

They get stress from their peers, from the schools, from their parents. They also give it to these same entities. It is important and possible for children to learn how to reduce the stress in their lives, and not to take things too seriously just because someone is insulting or yells at them or makes them feel inadequate.

It is important for them to realize that these people perhaps are simply in a bad mood, or under too much pressure and don't feel good. If the child begins to recognize things like this, then those adults who insult them, who are mean to them, are better understood and more easily forgiven, and the child can still have good self-esteem, even though adults have insulted and yelled at them.

Thus, if entities can help the children through these difficult times, the child will develop into a much better human being; more tolerant, more understanding and less hostility and less self-condemnation.

When the Child is Often Yelled At

This Awareness indicates that when a child is yelled at excessively, and the child does not have help in overcoming the effects of being yelled at, the child becomes resentful and enjoys making others upset. And the child will cause the parent to yell more and to become distressed and frustrated by the child's behavior.

The child will simply push the button to make mommy or daddy get upset and then run out the door, to run to a friend's house, and entities will wonder: "What has come over Johnny?" "What has come over my daughter to make her behave this way toward me? She sasses me, she doesn't understand. She gets angry. I tell her something and she won't obey!"

The daughter has learned that: "The only way to get attention from mommy is to make her upset. Then she gets concerned about me! Otherwise she never cares about me! She's never concerned. She's only concerned if I get her upset!"

This Awareness indicates that many times entities think they have to be mean to the child to get them to behave. You simply do not gain very much in being demanding of a child, to force obedience. You get some obedience, but it is resented, and in the long-run, the respect and the affection the child holds for you is lost.

The Best Form of Respect Comes From Caring for the Child

The best form of respect comes from caring for the child, and relating to the child as if the child was your best friend. Talk with the child when the child is being rude or excessively loud, or disturbing the peace. Talk with the child privately if possible, and not necessarily about his or her behavior, but about things that are happening.

Ask the child: "How are you enjoying your weekend? What have you learned in school recently? What is your feeling toward school?" Ask questions about the child's life. "Do you have many friends? Who is your best friend? Why is he your best friend?"

Questions of this nature help the child to feel that you are also a friend. If you can tell the entity: "You're my best buddy!" that makes the entity feel really, really good. This Awareness indicates that children need to be friends with adults and if adults don't have time for children and let them know that they are simply in the way: "I am an adult! I have certain important things to do and kids are not part of my agenda!" then the child catches on very quickly: "Stay away from that guy!"

What Happens When You Punish a Child

This Awareness indicates that this kind of behavior teaches the child to behave the same way toward those who are younger than he. Thus you see the parent who punishes the older boy and in a few hours or a day you see the older boy punishing his younger brother or sister, or vice versa; the older girl punishes the younger child, because the older girl was punished by the parent, the older child feels that the parenting role is important and therefore, if the older person punishes the younger person, and they themselves punish their younger sibling, it shows that they are important.

Therefore, the older child, in punishing, has accepted a model role-behavior that may last throughout his or her lifetime, wherein this entity may find it makes him feel important to punish weaker people.

This Awareness indicates that there are so many areas in human relations that entities need to understand; that much of the frustration entities get in terms of stress is caused by some lack of understanding in terms of human nature. In terms of fighting a bureaucracy, fighting authorities; these actions can be extremely stressful, and entities need to learn how to avoid getting into these things, if possible and unnecessary.

This Awareness indicates that, of course, you are not going to go through life without stress. You may not go through life without some conflicts with authorities. You may find yourself in court, in jail, or with a powerful enemy, but if you can avoid these things, it can diminish a great deal of the stress that could occur in your life.

This Awareness indicates that stress over a long prolonged period of time can very greatly harm your health. Various causes of disease from stress, such as heart disease, diabetes, nerve problems, shingles, and other skin diseases often are caused by stress. The breakdown of immunity systems also results from stress.

By diminishing the stress, entities can live healthier and longer lives. This Awareness indicates of course there are also certain occupations and certain activities that entities may wish to engage in to better their lives,

but which in turn lead to stressful situations. If entities spend their lives trying to avoid stress, kicking back, as some say: "Oh, I'm just kicking back! I've been kicking back like this for 50 years! This old house was really nice when I first started kicking back! But now it's totally decayed and falling down. I can't even sleep in the bedroom because the roof fell through! But I enjoy kicking back!"

This entity may have little stress, or may have a great deal of stress because when he goes to sleep he doesn't know if the roof in the living room where he now sleeps might also cave in. This Awareness indicates there needs to be a balance wherein entities can regulate the amount of stress, the prolonged level of stress, how long it lasts or how short it lasts, and can regulate why they are stressful and whether the stress they experience is paying off in some other way that is worthwhile.

This Awareness indicates to lift two hundred pounds over your head is very stressful, but if you are lifting two hundred pounds over your head for a few seconds, in order to gain muscular mass, and greater strength, then it may be worthwhile. If you are simply lifting 200 pounds over your head and complaining about why it bothers you and how heavy it is, and how it hurts, but you don't put down the 220 pounds, you simply keep holding it until your muscles begin to tear, then you are stressing yourself out unnecessarily.

This Awareness indicates there are many entities who take on stress in their lives, become so used to it that they don't stop. Soon they have depleted their adrenaline glands and they have little or no adrenaline left in their system, and their immune system begins to weaken and collapse so that they become susceptible to all kinds of diseases and physical problems.

Questions to Ask Yourself About Your Stress

Ask yourself if the stress you are feeling has a purpose that is really worthwhile. Ask yourself if you can diminish the amount of stress you carry, if it is excessive to your wishes and goals. If you are carrying stress unnecessarily for someone else, decide why you are doing it. Is it for the appreciation you expect? Or, is it because you know the entity can't do it themselves, and someone has to, and you are able to carry a load for them?

This Awareness indicates that *It* does not ask you to drop all your stress. *It* asks you to *understand* your stress, why you have it, why you are carrying it, whether it is necessary, whether it is something you are obligated to do, or something you choose to do, and whether it is taking away and depriving others of stress that they deserve and could easily carry, and which perhaps belongs to them more than to you.

This Awareness indicates *It* appears to have covered this topic sufficiently for this reading. If there are any questions relating to this or other topics, that these may be asked now.

ISN'T STRESS ONE OF THE THINGS THAT MAKES THE SOUL GROW?

QUESTION:

Well, I have one question basically. Awareness has indicated many times that the purpose of the life experience here on earth is for entities' souls to grow, and that the more difficult the life experience is, I believe *It* indicated that the faster the soul grows.

These people who...

COSMIC AWARENESS (INTERRUPTING)

This Awareness would question that. There are three types of spiritual growth: suffering, service and al-

chemy, and suffering provides the slowest form of growth. Service provides a faster form of growth and alchemy, the change in consciousness, is the greater speed by which entities grow.

This Awareness suggests your question continue.

QUESTIONER:

Well, it was basically that if most people that are under undue stress are under stress due to their own foolish decisions made in the past, like getting involved with the wrong man, getting pregnant out of wedlock, or losing one's job to various reasons and so on and so forth, there's endless reasons, but my basic question is: If a person feels like he's responsible for taking the weight, carrying the weight of people like this, the "He ain't heavy, he's my brother!" concept, isn't he actually doing more harm than good, if it's true that the person is experiencing life in order for the soul to grow?

In other words, the entity is interfering in the soul growth of a person who's got himself into such a predicament that other people have to feel like they are compelled to take the burden off such an entity.

COSMIC AWARENESS:

This Awareness indicates that there is some truth to this in some situations.

This Awareness indicates that sometimes entities make decisions that get themselves into trouble, not because they are foolish, but because they are virtuous, or naively virtuous, and the question: Is the entity guilty of something so bad that his life should be ruined, or is the entity demanding that others help him?

This Awareness indicates, for example, supposing a man tells a woman: "You are the one I have waited all my life for! You are the one whom I wish to live the rest of my life for! I know that we have been together for many lifetimes and you are my soul mate!" and the woman feels similar towards the man, and they become very close, and both consent to an intimate moment and she becomes pregnant and he promises to marry her within a certain length of time.

He has to get some of his affairs taken care of first. And thus the entity carries the child of her loved one, and he goes elsewhere to take care of his affairs so that he can return to marry her. How guilty are these entities? Should they be punished throughout the rest of their lives? How guilty is the woman for her horrendous crime of trusting a man who says he will marry her, who wants to be with her for the rest of his life? And how stupid is she for having been naive enough to believe him?

This Awareness indicates that in some cases, the man might return. They might marry and live happily throughout the rest of their lifetime together. This Awareness indicates that in another situation, the man might change his mind, when pressure is put on him by his family, and he might meet someone else and decide "Oh, boy, of the two, this person really fits my fancy more than the first!" and he might decide: "Hey! I said I'd be down, but I can't do it! I have other things happening in my life! You kind of entrapped me into this thing anyway! I am not responsible for it! I am a person who wants my freedom. I am not ready for this kind of lifetime commitment!"

This happens to many girls who give themselves out of love and find themselves without love, and therefore, they have the responsibility for the child, the love-child. This Awareness indicates that: Shall these entities have stones thrown at them? Shall they be condemned? Shall they be looked at as outcasts of society? Or shall they be

pitied for having been brought up in such a way as to be trusting of others?

Is being trusting of others a virtue, or a vice? It appears in some cases it is a vice, but that can only be determined after the fact. If all works out it is a virtue. If it doesn't work out it is a vice. Thus, to take on the responsibility for such an entity, to help the entity when they have made what has been called a "foolish decision," even that "foolish decision" cannot be determined until it has run its course, because if the decision was made and things worked out favorably, no one would think of calling it a foolish decision.

It is only by hind-sight that entities can see something is a foolish decision, and most people do not have hind-sight prior to the event. Therefore, entities have the choice of being merciful, of caring for others who have gotten into bad situations, or of simply saying, "Tough luck! Bad decision! It's your problem! Not mine!"

This Awareness indicates that this kind of choice is for the individual to determine. His own attitude can be not only used for escaping from a situation, or it can be used for involving oneself in a situation. It does not appear that the entity who is an observer to the situation necessarily is responsible for the situation, and therefore, the entity can simply walk away if he or she chooses. There is no karmic law or cosmic law that says you must help entities who have injured themselves.

An entity, for example, is struck by a car and is not fatally injured, but terminally injured for one's lifetime. Should this entity be condemned as having made a bad decision, having stepped into the street or having been walking on unprotected sidewalk when the car wanted to drive in that same area?

There are different ways that entities can make decisions and some can turn out negatively, and if a car wants to drive on the sidewalk and you are walking on that sidewalk, was it a bad decision for you to go out walking that evening? Yes, if the car hits you. No, if the car doesn't hit you.

This Awareness indicates that you can say that someone made a bad decision anytime anything negative happens to the entity and therefore, you can also say that you do not have to feel responsibility for the entity. This Awareness indicates it is true you do not have to feel a responsibility for the entity who made a bad decision, but not every decision is deliberately made in bad faith that turns out badly.

There are many decisions that were motivated by good purposes for good reasons and turned out badly. There were many good people making many good decisions in Nazi Germany, but the powers in that country left many of these entities in very bad situations. Were those good decisions, such as the decision to become an intellectual, a professor, a teacher, which later led to that entity being an outcast in society?

Was it a bad decision for an entity to go into academia because he sealed his future death by being involved in this kind of academia in a society that changed and became hostile to intellectuals? This Awareness indicates that decisions cannot always be measured at the time of the decision as to their worth, or things can change to make a good decision into a bad decision at a future time.

This Awareness indicates that whether an entity needs to carry the load of another is not a question based on whether the other made a good or bad decision. It is simply a matter of one's own choice and decision as to whether he or she wishes to carry the load of another. If he doesn't wish to, that's his decision at the time.

Whether that is a good or bad decision may be determined at a future date. It may not necessarily be clear at a present date.

This Awareness indicates that if this has not covered all the aspects of the question, that it be repeated.

QUESTIONER:

Well I guess that would probably cover it. We could get into all sorts of areas with the example Awareness gave, but I think that probably covers the subject.

THE INFLUENCE OF THE MUMMIES

(Shouldn't We Find All of Them and Burn them?)

QUESTION:

A question from Jim D., Maple Heights, Ohio. I'm not sure how valid his statement is here. Let's see:

"Awareness has suggested civilization has been pre-written, so to speak, through the pyramids and millions of mummified bodies slowly decaying and injecting into mass-consciousness the Beast Conspiracy at this time. Could it be possible for the Pleiadians or the Vegans to find and cremate as many mummies as possible, maybe weakening this scenario perpetrated upon humankind?"

COSMIC AWARENESS:

This Awareness indicates that the entity's premise does not appear to be correct. *It* does not see that *It* has indicated the Beast forces were created by mummification. It is a matter of what the entity means by "Beast." If it is speaking of certain structural cause and effects in consciousness, then this could be perceived as possible reflection of the types of consciousness that lead to power-seeking and so forth, but to burn the mummies at this stage would not be a solution for destroying that kind of consciousness.

This Awareness indicates that the structure emanating from the mummies brought about many different discoveries and many different human expressions in consciousness. Some have been highly important to the speeding up of the evolution of humanity. They have in many cases, reached a point of pushing humanity to an unprecedented limit of expression, leading to enormous conflicts between nations, but most of this extremism has passed and a kind of resolution is in the works at this time in which humanity-consciousness, or mass-consciousness is beginning to resolve itself.

Polarities of extreme positives/negatives are beginning to reach a point wherein resolution or resolving is beginning to occur. It would be unfavorable for the mummies carrying this kind of energy to be destroyed, for these energies might not resolve properly without the mummification consciousness involved in the actions and influences on human or mass-consciousness.

What About Those Mummified Catholic Priests and Bishops, etc. ?

QUESTION:

What effect, if any, on consciousness or anything else are the tens of thousands of Catholic priests and bishops and so on, that the church, for hundreds of years, has placed in catacombs, particularly in Italy, Mexico, Spain and so forth, where the conditions are such that the body doesn't totally decompose, but it mummifies?

Some of these places are now tourist attractions. Does Awareness see these entities who are essentially mummies, creating anything in consciousness?

COSMIC AWARENESS:

This Awareness indicates that it stabilizes the religious influence of the Catholic church in mass-consciousness. It helps to create a rigidity of what may be termed a kind of right-wing religious consciousness. There appears to be some increased stability in this

regard. This helps in the influence of Fascism in mass-consciousness.

What's the Best Position to Sleep?

QUESTION:

JD in New York asks: "Are there some sleep positions more beneficial than others?"

COSMIC AWARENESS:

The most beneficial sleep position is the one that allows the breath to flow easily and allows the spine to be relatively straight without kinks or crookedness in the neck. Whether this is on the side, on the back or on the stomach, it doesn't really matter.

An entity who sleeps on the stomach generally does not sleep as well, but if the legs are spread out so that perhaps one leg is straight, the knee is lifted and the stomach is protected by an arm under the chest so that breathing is not hampered, some entities can sleep on the stomach quite well.

Usually the head is turned to the side. Babies should not be placed on their stomach for sleeping. It is too easy for them to turn their head and put their nose into the covers and to suffocate.

This Awareness indicates that some entities can sleep well on their back, others will snore. Entities sleeping on their back may wish to sleep with their legs lifted and folded to the side. Others will want their feet and legs straight. This Awareness indicates that some entities sleep better on their side in a kind of fetal position or with legs straight. Some will want their heads propped up with a thick pillow so that the breathing is free and the air passage in the neck is not curved, and the neck and spine are not twisted.

Always Try Sleeping With the Head to the North

This Awareness suggests that sleeping with the head to the North is a favorable position for almost every entity. This Awareness indicates that some entities like to spread out and take the entire bed. Others like to curl into a little ball and somehow feel they are warmer as a result. It is more comfortable for some entities to do this. Whatever is most comfortable for you is the best way for you to sleep.

How to Prevent Snoring

This Awareness indicates if entities have problems with snoring, often a thick pillow under the neck which allows the neck to go straight, but allows the top of the head to drop down slightly on the far side of the pillow; this can help in preventing the snoring and still give a comfortable rest to the entity. In such cases, the shoulders should be such as to not be crushed from the weight of the body, and the best way is to have a very thick pillow, or even two pillows propping up the side of the head, allowing the shoulders to drop down beside the pillow. This is of course referring to the entity who sleeps on the side.

How the Egyptians Slept

This Awareness indicates the Egyptians had a type of wooden type pillow that fit under the neck. It was a stand that entities would put on the floor by the mattress and they would lay their head in the rounded type stand and their shoulders would be on the mattress, and this would allow the head to be open from the ears up, and the stand, holding the neck from the ears down, to the bottom of the skull.

This of course would be covered by some soft blanket or covering so that it was comfortable, even if solid and hard in its positioning.

Is Sleeping on the Left Side Bad for the Heart?

FOLLOW-UP QUESTION:

Is there any truth to the notion that entities shouldn't sleep on their left side because it places undo stress on the heart?

COSMIC AWARENESS:

This Awareness indicates that entities will toss and turn during the night, and if they stay on the right side for too long, there will be tension that begins to form in the shoulders, possibly in the neck, and they may relieve that tension by turning to the left side. This Awareness indicates that most entities would have no problem sleeping on either the right or the left side, because they turn during the night anyway.

If an entity has a problem with the heart, and pressure from being on the left side, then the entity might wish to take some kind of action or steps to avoid sleeping on the left side, but this Awareness suggests that if entities are sleeping on the left side, they should have the neck and shoulders propped up by a thick pillow or perhaps a kind of wooden pillow covered with cloth or padding so that the shoulder and chest do not get pressed down too heavily on the sides anyway.

Mail Order Wedge Pillows: Any Good?

QUESTION:

Some of the mail-order health catalogues are featuring a large pillow shaped like a wedge that you place on your bed and you sort of sit up and lean back against it, and you sleep in that position. Does Awareness see that as being of any particular benefit or detriment?

COSMIC AWARENESS:

This Awareness indicates it does not appear to be conducive to sound sleep. The best sleep will come for entities where the blood can circulate into the brain completely and fully, allowing it to have as much blood as the rest of the body.

The Foot of the Bed Should be Higher than the Head

This Awareness indicates that *It* sees the benefits of having the feet higher than the head, such as having the foot of the bed raised by two or three inches on some kind of stilt or blocks so that the blood goes to the head; that this can be more restful for entities, except that this also causes the entity to slide down toward the head of the bed and can make for a disturbing night's rest, wherein the entity will find himself gradually becoming closer to the head of the bed from the weight of his body being shifted downward.

This Awareness suggests that perhaps a two-inch lift at the foot of the bed would not create such a problem. This Awareness indicates that this is related to the yogis standing on their heads to rest and get a night's rest in a half-hour of meditation while standing on the head. It does appear to be beneficial to the brain to have excessive blood in the area for a time.

This Awareness indicates that if entities find it uncomfortable, then a flat bed would be best for them.

Knee Pillows: Do They Help?

QUESTION:

They're also marketing a firm pillow about a foot wide, shaped in a cylinder that they claim, if you put it under your knees and you sleep on your back, that you'll have a better night's sleep.

COSMIC AWARENESS:

This Awareness indicates that this would be beneficial. Having knee pillows, whether it is under the knees or if entities sleep on the side, placed between the knees can help entities to get a better sleep because when entities sleep on their side, the knees tend to press

against each other in an area that is quite sensitive, and the weight of one leg on top of the knee of the other leg can create some painful experience over a period of time.

Some entities will have the bottom leg straight and the knees bent and sticking out over the bottom leg, on top of the bed or on top of covers that have been tucked in, but to put a pillow there can also be helpful.

The Contour Pillow Can be Beneficial

This Awareness indicates there is also the contour pillow which is a kind of U-shaped pillow wherein the rounded shapes on both top and bottom of the pillow comfortable. I learned a trick that works every time: Just take one of those large towels in the bathroom, lay it out on the and the valley in between to let the head fall down in while the contour part lifts the neck; this is a pillow that is also being promoted, and does appear to have some benefits for entities, particularly lighter entities. Entities who have heavy heads or heavy bodies will find these pillows to be too soft for them, but it is possible to take a regular pillow and fold it in such a way as to prop up the neck and let the head fall over the pillow and this can be quite comfortable for some entities.

It should be propped up so that the neck is straight with the rest of the spine and the part of the head that falls over that pillow part will not fall too far. You want it to be such that the neck is simply straight and the head rests on something to hold it in place, so that a straight neck, flowing straight down to the spine, wherein the spine is straight; this is the desire position for entities sleeping on the side.

One action that is sometimes very difficult for entities and can cause stiff necks is where the head is propped up and the neck is down lower. In other words, if you are sleeping on the side or on the back and your neck is flat down toward the mattress, but the head is propped up so that the neck is bent and the pillow pushes up on the top of the neck from underneath, this can lead to a stiff neck for many entities.

If you wake with a stiff neck, it is very likely that there is something wrong with the way your pillow has been placed, and in most cases, it will benefit you when the pillow is under the neck, rather than under the head, or at least moreso under the neck than under the head.

QUESTION:

Does Awareness have any suggestions that might make the Interpreter more comfortable while in trance?

COSMIC AWARENESS:

This Awareness indicates the entity generally places the pillow in a way that brings about the best comfort for him. This Awareness indicates that his main problem while being in trance is the circulation in his feet is poor and they tend to be cold, and thus, his concern often has to do with covering the feet with enough covers to keep the cold from being extreme.

This Awareness indicates it seems that this problem is improving as he loses weight and the diabetes diminishes.

Ed's Note: I have to have a special pillow to prevent neck ache and when traveling I have never found a motel pillow I could make do. What I do, however, is simply take a large bath towel from the bathroom, lay it out on the bed and roll it up into a tight roll. When I lay down, I place this under my neck and I can comfortably sleep. Sometimes it works when I lay the pillow over the rolled-up towel.

To Help Relieve Stress, Exercise Daily

CLOSING MESSAGE:

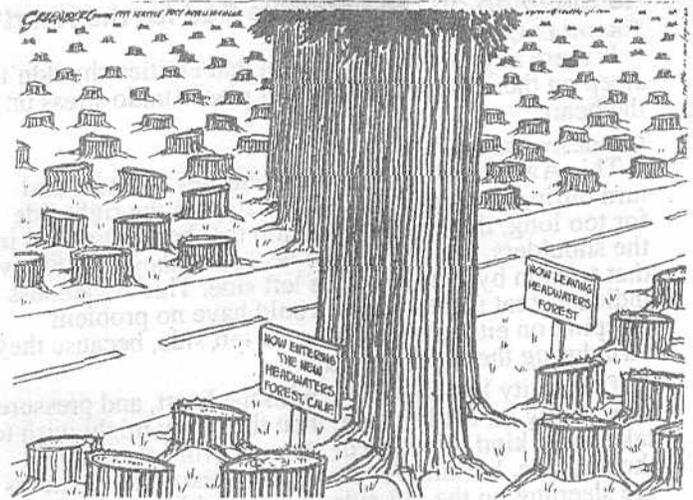
This Awareness indicates that entities who find themselves in stressful situations should be sure to get a reasonable amount of time outside if possible, walking

and getting small amounts of exercise, preferably aerobic exercise. If they wish to get into heavier exercise, that is also all right, but to be sure to get some exercise of walking or similar aerobic type activity of approximately 20 minutes to an hour, two or three times weekly.

This can be very helpful in alleviating some of the emotional effect and psychological effects of stressful situations and it can help the body itself to throw off some of the physical effects of stress.

The Law of Gratitude is given.

Ed's Note: for more information on stress, please refer to "Revelations of Awareness" issues 83-15 (Stress and Your Soul Growth); 87-05 (Stress and its Relationship to Sleep); 95-02 (Stress: People Under Extremes); 95-11 (Stress and Cholesterol); 95-02; (Stress, Combined with Jealousy Equals Murder); \$3.00 each from CAC.



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Cover illustration by Virgil Finlay

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

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

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

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

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

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

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

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

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

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

Always Hope Even in the Darkest Hours

OPENING MESSAGE:

This Awareness indicates that in recent readings this Awareness has given considerable evidence and information pertaining to the negative aspects of events that are occurring, to the point that many entities may feel somewhat discouraged, regarding especially the movements and programs of the New World order.

This Awareness indicates that there is that dark side of life wherein dangers will lurk and threaten entities, yet this Awareness wishes entities to also know that there is always the more positive uplifting aspects of life, so that entities realize even when there are these threats, even in those dark moments, such as in Nazi Germany, there were also moments of higher vibration, higher frequency, wherein love and hope were strong, even in the darkest hours.

This Awareness indicates that if entities can look for those positive areas within the darkness, the entity will have greater opportunity not only for survival, but for soul growth and the spiritual growth that entities find, even in the darkness, is that which entities are rewarded by, and is that which is the reason for their being in physical incarnation.

Therefore, this Awareness suggests that you always keep in mind and focus on and let yourself be drawn to the highest and best of every moment, even in the darkest of times. This Awareness indicates take comfort also in knowing that even though there are dark forces in motion, there are also forces of light in motion, and it has always been and always will be so.

HULDA CLARK'S BOOK: THE CURE FOR ALL CANCERS—IS IT VALID?

QUESTION:

We received a rather long letter from David Lowe, of Fort Lauderdale, Florida. I'd like to read a couple of the excerpts and ask Awareness if this is valid information. The first one: "Now the dynamite book; it is called *The Cure For All Cancers* by Hulda Regehr Clark, PHD and ND. This is one of a set of two books.

"The other book is called *The Cure for HIV and AIDS* by the same author. I have available this book, and the uncontaminated herbs that do the curing. It basically involves three items: black walnut hull tincture, wormwood, and fresh whole cloves. Each one kills the several different stages of parasites that are the primary source of all serious disease.

"You must also remove anything that has benzene or propyl alcohol in it. This is tricky as these two contaminants are in food, cosmetics, tooth pastes, soaps, et cetera, but don't despair. She lists sources or recipes to make your own. The book also includes a simple electronic circuit that you can use to test yourself for pollutants in your body.

"I will also have this available for those who don't want to build their own. If you wish to discuss this, please call me and I can call you back. I think you know you can trust me. These books read with the ring of truth. I have begun the program myself and am excited as I believe this will not only cure the diabetes, but also I believe my hair will grow back once all the parasites and contaminants are out of my system.

"In the back of the book are listed all sources which she has tested, and found free of contaminants. Most health food store items are also contaminated. Many people will not want to believe this. For example, Tom's

Toothpaste, and Tea Tree oil products; they use solvents to extract the ingredients which then are carried into the products.

"I now use baking soda in pure water with 17.5 % food grade hydrogen peroxide in it. It works great. Dr. Clark's family has a clinic in California called Self-Health Resource Center. I believe she herself practices in Mexico. I'm anxious to ask her the secret of why the FDA criminals have not bothered her or the publisher, who is also in California."

Now, does Awareness see, or would it comment on the validity of this first book he mentioned: *The Cure For All Cancers* ?

COSMIC AWARENESS:

This Awareness indicates that it does appear to have considerable benefits for most entities. It does not appear that it will be the solution for every individual. It depends somewhat on types of cancer, or how progressed a cancer situation is. This Awareness suggests however, it is something that can be of great benefit to most entities, especially in regard to preventative action.

This Awareness indicates, however, in many cases, it will also reverse the problems. This Awareness indicates anything that helps the body to rid itself of toxins and parasites and pollutants will be beneficial in reversing cancerous conditions.

It will also help to strengthen the immunity system against other forms of disease.

Parasites Are the Cause of All Disease—True?

FOLLOW-UP QUESTION:

Is it true that it is parasites that are the primary source of all serious disease?

COSMIC AWARENESS:

This Awareness indicates that this is not exactly correct. There are questions as to what the entity means by "parasite". Is a virus, or are bacteria not also parasites? But if entities use the term in a limited sense, then the term would not be correct, for there are also causes of many diseases that relate to toxins and bacteria and viruses besides what is normally thought of as parasites.

There are many types of parasites but there are also bacteria, viruses and toxins that can cause many diseases. There are also vitamins and minerals, which lacking in a system can cause physical problems for an entity. Malnutrition can be a cause of disease in some situations.

The Cure for HIV and AIDS by Hulda Clark

QUESTION:

Will Awareness comment on the other book mentioned, *The Cure For HIV And AIDS*, by H. R. Clark?

COSMIC AWARENESS:

This Awareness indicates it appears to have some merit; that many entities could benefit from the information contained within that book. This Awareness indicates there are numerous ways to reverse the HIV or that which is called the AIDS virus. It appears that this book contains good information on that. This Awareness indicates there are also other books using a different approach. Many of these alternative approaches are seen as having some benefits.

This particular book appears to be of significance in reversing the damages from the AIDS.

FOLLOW-UP QUESTION:

He says that it includes plans for a simple electronic circuit that you can use to test yourself for pollutants in your body. Does Awareness see that as being valid?

COSMIC AWARENESS:

This Awareness indicates that this appears to be valid in a similar way that radionics evaluation has validity. It depends somewhat on the users mind working in conjunction with the device.

HE'S TAKEN APART DOWN TO THE ATOM

---YET HE LIVES

(Heliotropic Alchemy: An Incredible Experience)

QUESTION:

I'm now going to read a part of his letter which sounds incredible to me, but that doesn't mean it's not valid, but I don't understand it so maybe Awareness will have some kind of an explanation. He writes: "I will now share an experience I had in a group practicing heliotropic alchemy, literally: light change transmutation.

"Warning! Danger! This is some heavy duty stuff! Don't read any further if you have limitations in your belief system, or you can blow fuses in your internal circuits! Following certain breathing, toning, and while listening to powerful CD music and the facilitator, I was suddenly "poofed" to a 5th dimensional place. It was an enormous room in a gigantic ship of some kind.

"There were many beings in attendance. I have a personal spirit team and guides who were there along with others I have never seen before. The beings that directly did the procedures on me were over 20 feet tall. They proceeded to totally disassemble all of my body, rubbing and scrubbing and cleaning and loving and tickling every part.

"They started on the outside, then the organs, then took them apart, then took them apart every cell in every tissue, then took them apart, and all the components inside the cells,, and took them apart, and continued this process until they got to the atoms, and took them apart. All the electrons, protons, neutrons, rubbing and scrubbing and cleaning and loving and tickling all this energy with energy.

" Meanwhile. back at the farm, I was like split in two. I was watching this process, while at the same time undergoing it with no anesthesia. At no time did I feel any fear. In fact, it seemed incredibly funny that they were doing this, and I remember laughing and hoping they got everything back in the right order, which I guess they did, because they reassembled me, and when they were done, they told me things and imparted information to me, and after some kind of approval process with all entities in attendance, I was "poofed" back.

"After everyone else in the group was done we sat in a circle and related our experiences. When I mentioned mine, the facilitator, and one other person burst out laughing. When I asked what was so funny, they both said that earlier in the day, in private sessions, they had experiences with the 20 foot tall entities. They did other things with them. They were not disassembled like I was.

"We had a group of about 12 people, most of whom I had never seen before, along with a super-powerful Gem family, which were of therapeutic quality, including sparkler diamonds. I almost forgot to mention that during the re-assembly, they sprinkled in sparkles at every stage. These are now in my aura for everyone to see.

"Quite a recipe this, and variations must be what it takes to be this kind of Light Worker and allow one to absorb and hold the Light frequencies. I am not stating one must go through this to be a Light Worker. Quite

the contrary; just that there are many types and levels of Light Workers, and this was my experience.

"It was also an initiation for me. This does not invalidate any other type of experience, and there are many that can not be remembered in the physical because the frequencies are too high. To help remember, I recommend the five rites or exercises as given in the book *The Fountain of Youth* by Peter Kelder. I had been doing those before my experience. They are evidently more powerful than I thought.

"There are other things that can speed up the process if you feel the call to be a Light Worker as strongly as I do. A major and simple thing is to limit your exposure to electric and magnetic fields, especially while you sleep. You must avoid benzene and propyl alcohol. This is not easy, because they are contaminants in much food, water, and also health food store vitamin and supplements.

"You must drink pure water. Anything from a tap is contaminated, including wells, as the aquifers are now polluted. But don't despair. You can make pure water like I do if you have the right kind of reverse osmosis purifier. Eating red meat will limit your frequencies, as will any bad habits; smoking, drugs, including prescription drugs, junk food, negative thoughts, et cetera.

"I love the Pleiades and their inhabitants. I feel a very strong link and am having success in remembering. This is the secret: We already know it all! our job is to remember what we know and to claim our godliness. We are not God, but we are God-like, with all the attendant powers and abilities and responsibilities that implies. Hallelujah!

"So, all you do is *think* what you want to manifest, state it, believe it and practice "as if," and presto! Soon you will be "poofing". There is more, much more that I can say but this is enough for now. Write or call and I will answer. Knock and the door will open. if you call, be sure to leave your name, and regards: David Lowe."

Could Awareness comment on that overall experience in which this entity claims to have been totally disassembled, and then put back together?

COSMIC AWARENESS:

This Awareness indicates that it was an experiential action. The entity experienced this. It was a subjective experience that the entity had. It cannot be classed as an objective action, or others would have seen the same thing. This Awareness indicates that, however, it does not mean that it is invalid. If it is subjectively experienced for the entity to the place where the entity feels it is true, then for him it was true and valid.

This Awareness indicates that there is no way to objectively deny an entity's experience or to affirm the entity's experience if it is of a subjective nature. It is likened unto an entity saying, "I felt ecstasy!" and someone saying: "Did he really feel ecstasy? Would Awareness comment on whether the entity felt ecstasy?" Of course the entity subjectively felt ecstasy, but this Awareness cannot prove it. This Awareness cannot confirm it other than to believe the entity's own subjective experience according to the entity's credibility.

This Awareness indicates that the entity does appear to be credible in what he believes occurred to him. This Awareness indicates it is also possible for others to have similar experiences as the entity indicates. This Awareness indicates that it is not possible for this kind of thing to be put to a scientific tests for scientists to evaluate or to repeat and to measure and verify, for it was a subjective experience.

This Awareness indicates that similarly, if an entity indulges in some particular mind-altering drug such as mushrooms, and an entity looks at this experience from the subject of the mind-altering drug, you may have various experiences to report. An outsider, apart from the subject, who does not participate in the use of the mind-altering drug, the mushroom, could not verify just by looking at the entity what the entity was experiencing.

Therefore, if someone says: "You watched him. Did he really experience union with the Divine? Did he really experience seeing a person as he described, a 20 foot angel type person? Or did he really experience the cleansing he described?"

Of course, the observer, who is not part of the experience cannot verify the truth in the entity's claims, because he is not part of the subjective experience, but the subject of the experience cannot be ignored, and if he says that he experienced this or that, can you really say that he didn't experience this or that?

And if you make such a statement that he did not experience this, how can you prove it? This Awareness indicates the entity does give others the opportunity by describing how he went about reaching the experience. He did not describe the use of any drugs. He described instead the use of light and avoidance of certain chemicals and certain ways of purifying his body, and therefore, if entities wish to see whether this would work for them, they have the information this entity has offered by which to experiment.

This Awareness indicates it appears also the entity is willing to share further information if it is desired.

THE BOOK: ANCIENT SECRETS OF THE FOUNTAIN OF YOUTH

FOLLOW-UP QUESTION:

He mentions that to help remember the experience, he recommends the 5 rites or exercises as given in the book *The Ancient Secret of the Fountain of Youth* by Peter Kelter. That he'd been doing these directly before the experience. A number of people have asked us to ask Awareness about that little booklet with the 5 Tibetan rites.

COSMIC AWARENESS:

This Awareness indicates that this is very beneficial if used consistently and as defined in the book. It has to do with certain body movements and breathing exercises that affect consciousness of an entity and help to restore certain flows of energy within the body, to help rejuvenate and to give better health to the entity, and also it tends to give greater vitality, prana and life force to the entity who practices this on a consistent basis.

This Awareness indicates that entities may think: "These so-called breathing techniques, Yoga techniques: Do they really work? Are they really of any value? Or is it just false claims?" This Awareness indicates that if you had a physical body that was incapable of breathing deeply, and you were not getting enough oxygen and your body was suffering from the lack of sufficient oxygen and someone said to you: "I have a technique that I can show you whereby you can receive more oxygen. You will feel healthier, you will feel more energetic and much more alive."

Would you reply: "I hear this stuff all the time! I don't believe it's possible! I am able to breathe and I will continue breathing to the best of my ability! And I just don't believe that there is anything that can increase my vitality or my general health simply by someone telling me they know how to help me breathe better!"

This Awareness indicates that perhaps if entities realize that there is a parallel in the attitude of a person who can't breathe well, but thinks he can, and the entity who breathes normally, but doesn't believe he can enhance his breathing, or doesn't think he can take in more vitality through certain breathing techniques, that this parallel may carry a lesson for the entity to stimulate the entity into trying something a little different than he has up till now experienced with his limited abilities.

This Awareness indicates that many of these methods from India and Tibet have been developed over hundreds and thousands of years of isolation and experimentation so that techniques have been made perfect for enhancing life force energies through certain activities described clearly by these experts in their field, and therefore should not be belittled without at least giving them a try.

Should We Quit Licking Postage Stamps?

QUESTION:

At the end of his letter, he writes: "The tip of the day: Never lick stamps or envelope flaps. They give you a toxic dose of solvents and other nasty chemicals." Is that true enough that entities should worry about it?

COSMIC AWARENESS:

This Awareness indicates it is good advice. That this may not be immediate or serious immediately, nor is it necessarily noticeable to an entity, but there are substances in the glue that are not good for entities. There are substances that are hazardous to good health, and over periods of time the licking of envelopes can effect on the entity an negative result.

QUESTIONER:

The post office has just come out with the lift-off stamp, a pressure sensitive stamp that enables entities to put it on the letter without licking it. This is probably a much better stamp.

COSMIC AWARENESS:

This is in the affirmative. There are also sources whereby you can receive envelopes that close without licking or wetting with the tongue . and this would be advisable for entities.

Of the Five Rites: Is One Better Than the Rest?

QUESTION (VIKKI):

In relation to the 5 rites, I as well as probably a lot of people have trouble doing anything consistently, but I was advised that there's only one rite that you stick with. The most important one is the one where you do the spin. Are the people who just do that one rite, as compared to doing all 5, how does that compare as far as the value and benefits you receive?

COSMIC AWARENESS:

This Awareness indicates that it appears to be strongly effective. It affects many different areas from the balancing of the metabolism to psychological balancing and aura-balancing, it also tends to help adjust an entity's attitude to a more positive frame of mind, keeping an entity feeling youthful and vigorous.

It is a subjective action and experiential feeling that comes from this which is reminiscent for the person of play and games, and this is beneficial for rejuvenation.

WHEN JESUS DROVE THE MONEY-CHANGERS OUT OF THE TEMPLE:

(Was He Aware of the Banking Conspiracy to Come?)

QUESTION:

Another question from Dan Chilinski, of Toledo, Ohio. It's hard to find the questions in his statement, for

it reads like a statement, but there are questions within. He writes: "My questions concerns the entity known today as Jesus Christ by organized religion, and whose real first name was Emmanuel of the House of Joseph the carpenter.

"Last names, two thousand years ago, were used only in reference to the geographic area the entity lived in, or the first name of the father or the occupation: carpenter. My question concerns the incident of Jesus Christ with the moneylenders.

"Was Jesus Christ aware of the vast conspiracy to enslave the masses by the international bankers in the future, and connected those money lenders in the temple to those entities in the future that use the control of the governments' money systems to make profits on wars and the enslavement of the masses by increasing the power and size of government, which in turn borrows more money from the bankers to finance the police, army and welfare programs?

"The bare subsistence welfare programs being nothing more than the banker's solution to the economic warfare they themselves created and inflict on the ignorant masses, in order to increase government need to borrow more money from the bankers. The way organized religion presents the Jesus Christ and the money-lenders story does not make any sense whatsoever.

"When I first heard that story in Roman Catholic parochial school in the first, second and third grades before going to public schools, the entity known as Jesus Christ ends up looking like some kind of lunatic. I was aware of the fact that moneylenders were called bankers when I was a child, and heard this story.

I could not understand it because it would be as though some guy would appear today calling himself Jesus Christ and go into a small branch-bank like First National, or People's Savings or First Federal and pull out his whip and crack it across the backs of the clerks and tellers there.

"I was told that "bankers" loan out money for constructive purposes like building factories, houses or cars, and what is wrong with that? It makes you wonder. This is just one fine example and I could mention more on how organized religion does far more damage than good to the masses in keeping them dumbed-down and ignorant of what the true meaning of the Jesus Christ story was supposed to be.

"Organized religion in no way connects the incident of Jesus Christ and the money-lenders to the vast conspiracy going on today by the international bankers."

That was the end of his statement. I suspect the first question in that rap was: Was Jesus Christ aware at the time he drove the money-lenders from the temple years ago, that it would be somehow connected to the international banking conspiracy in the future?

COSMIC AWARENESS:

This Awareness indicates that this appears to be negative because there was no indication at the time of just how far the future experience might evolve. This Awareness indicates, however, the entity did have a certain awareness of the manipulations involved in which money was used, and the entity saw it being misused, and that this misuse of money especially in the temple could be the beginning of an affront to anything sacred.

This Awareness indicates the entity's actions were based more on what was happening at the time and the values that entities were losing because of what was happening rather than what might happen 2,000 years into the future, and a symbolic action at present, which

would affect that 2,000 year future situation. This was not his concern at the time.

This Awareness indicates the symbolism is there and can be seen from today's perspective, but this was not as obvious because the future had not been written or presented at that time.

Silver Wings on Statues in Roman Catholic Churches: Is This Reference to Spacecraft?

QUESTION:

Dan includes an observation of his which wasn't particularly a question, but I'd like to read it because I have a question on it. He writes: "There is supposed to be an original translation, an old Aramaic scripting on the Jesus Christ story that states "the arch-angels traveled on silver wings."

"In the Roman Catholic churches they have statues that look like a human with bird-like wings on the back. It looks like something straight out of Greek mythology. When I was a child in the Roman Catholic parochial school I used to wonder if creatures like that were ever in the physical world. The designers of airplanes state that even if a human had wings it would be impossible to fly because of weight and weak muscles.

"Later on I heard that the term "silver wings" is in reference to space alien craft that were made out of metal, which of course is the color of silver. These arch-angels were supposed to be Pleiadian space aliens with the names of the commanders of the space-craft being called such as Gabriel, Michael, and so forth.

"The term "traveled on silver wings" with the word "on" meaning on silver space craft, and not as organized religion distorts this by placing bird-like wings sticking out of the backs of a human. I would guess the entity known today as Jesus Christ was told by these space aliens on how the dark forces work on planet earth and other material worlds.

"The "star" in the sky that guided the three wise men to where Jesus Christ was born was probably a space alien craft and just another tiny piece of information that connects Jesus Christ with space aliens."

Now, does Awareness see any validation in that information?

COSMIC AWARENESS:

This is in the affirmative. This Awareness indicates that the entity Sitchin in his *Twelfth Planet* also describes the drawings from ancient Sumer and Akkadia as showing the commanders or lords of the time as having wings, and points out that even today, entities who fly, such as airmen or Air Force personnel, get their wings after they have trained for a certain length of time, and wear wings as a badge on their uniform, and that down through history the reference to wings simply implies that the pilot or person had the ability to fly and it does not necessarily mean that they flew with flexible wings attached to their back.

This Awareness indicates that the flying symbol of wings is obviously recorded in different ways in different times, according to the cultural means of expressing and conveying, just as writing changes, so the drawings and artwork conveyed messages as to flight by entities, so that in some cases, it was described through sculptured beings or carved beings or petroglyphs or through stories describing a flier as though he had wings and could obviously fly.

This Awareness indicates that the description of angels flying with wings is just another form of expressing this ability to fly and does not need to be taken literally as if they were bird-like creatures. Wings were

simply a symbol of the ability to fly, just as they are today when an entity wears a badge of wings on his flight jacket or uniform.

Ed's Note: CAC permanently stocks the Sitchen books, including The 12th Planet. It also stocks Ancient Secrets of the Fountain of Youth. Please refer to the CAC Price List Catalog for current prices.

Were the Arch-Angels Pleiadian Space Aliens?

FOLLOW-UP QUESTION:

Is it true then that the arch-angels used so often in the church were supposed to be Pleiadians space aliens with the names of the commanders of the space craft being called such as Gabriel, Michael, et cetera?

COSMIC AWARENESS:

This Awareness indicates this is in the affirmative. That many of these angels, as recorded in ancient writings, were not simply limited to Pleiadians. There were also entities from Lyra, Vega, Sirius, and Arcturus, and there were also the dark hierarchy forces from Draco and Orion that were also depicted in some of the earlier stories and drawings of antiquity.

This Awareness indicates that the Pleiadians appear to have been a major extraterrestrial influence on humanity and on religion, moreso than most of the others, though there were also earlier influences from Draco and Orion that played a major role in mankind's history further back, prior to some of the more recent contacts from the Pleiades.

Atlans and Titans Were ETs During Atlantis

This Awareness indicates there were also influences that developed during the time of Lemuria and Atlantis which led to contacts and strong human influences by extraterrestrial beings from other star systems. This Awareness indicates the Atlans, the Titans, these were terms given to some of these beings from extraterrestrial origins.

This Awareness indicates that there were those who were referred to as the EIs, or Elohim because they came from the heavens and the people of the time presumed them to be gods. This Awareness indicates that some of these entities were from Orion, some were from the Pleiades. There were even legends in the past of the gods fighting each other.

Why the Oannes the Fish-Like Beings Left Earth

The legend of the Oannes, or the fish-like beings, tell of how the gods helped mankind set up its various civilizations, but how the gods began to war against each other, causing great hardship among humanity, and eventually the Oannes left because they did not want to cause humanity such suffering.

This Awareness indicates that the sign signifying the Oannes was the sign of the fish and there is some speculation that the story of Christ, the Fisher-man King has a connection with the Oannes, and the Oannes also are said to have a connection with the concept of one Divine Being, or the Law of One in which all entities are one in the body of God.

This Awareness indicates that much of the reference to the Oannes is found in stories from the Eskimos who claim to be brought to the North by the Oannes in their flying ships.

Who Burned the Confederate Air Force?

(Did Linda Thompson's March Have Anything to do with it?)

QUESTION:

A question from Paul LeBreton, Burnet, Texas, which came in some time back. He writes: "On Sunday, June 5th, '94, I took a copy of Linda Thompson's emancipation packet to the Confederate Airforce hangar at Burnet Municipal Airport and gave it to the officer in charge. A

week later, June 12th on the 5:00 PM Sunday CBS TV news, brief mention was made that "18 planes of the Confederate Airforce were burned in Texas."

"You could almost hear the reporter yawn, he was so interested. No picture, no follow-up on the late news. Brush fires on the other hand and an apartment fire were thoroughly covered. On Saturday, June 13th on the CBS noon news, a black and white photo of a burned out World War I airplane was briefly shown and the reporter just said, "Confederate Airforce planes were burned in Conroe, Texas. They were worth millions of dollars."

"No further mention of this un-newsworthy event ever came out on the news to date. My question for Awareness: Was my giving Linda Thompson's alert and emancipation literature to the Confederate Airforce in any way linked to the torching of the 18 vintage war birds? And was the fire a warning to CAF from the Federal shadow government as my intuition tells me?

"P.S. 32 CAF aircraft recently congregated in some big city, reportedly for an Air show. It would be difficult to torch all 32."

And then he wrote the other day: "I still haven't heard from you regarding the 18 planes of the Confederate Airforce torched in Conroe, Texas. Tonight on KTVC, CBS TV news, Friday, September 2nd, was featured a video of the main church in Conroe, Texas burning, an arson fire. My intuition connects this church burning with the burning of the 18 planes. Would you ask Awareness if I am correct?"

COSMIC AWARENESS:

This Awareness indicates that there appears to be some connection with the Thompson original plans, wherein it was stated that leaflets would be flown over various cities and dropped to alert the masses of the planned march on Washington DC. This Awareness indicates that there appears to have been a possible connection though this is not clear, wherein the Confederate planes may have been considered for use in this leaflet dropping.

This Awareness indicates the energies are so muddled on this whole affair that it is difficult to clarify exactly what did occur, because the telegraphing of her plan to the detail, including the exact timing of the march; all of this made her plan easy to counter. Anyone wishing to counter her plan would only need to find out certain information; who the people were to be that would pilot the planes to drop the leaflets, how the entity would advertise her plans, collect names, gather for meeting places et cetera, in order to throw a monkey wrench into the plan prior to its implementation.

Why Linda Thompson's Plan Failed to Work

This Awareness indicates that the entity's so-called plan simply was a poorly thought-out action to protest. She would have been much better off had she simply organized a protest rather than create what would be called a threat toward the Congress and House of Representatives with an armed militia.

This Awareness indicates that the entity was an emotional lawyer with good understanding of the law, but she was not a military strategist and had absolutely no understanding of creating a march or protest against a faction of government, because she left herself totally open to being stopped, since she telegraphed her future moves and could easily be stopped through the amount of time and various agencies and any secret or covert activities that might be leveled against her plan.

In other words, she exposed her hands so that there was nothing hidden, and she was easily stopped because

of this exposure. This Awareness indicates, however, that the real significance (and it *was* very significant,) the real significance of this action was that it educated many, many people about what is going on with their government in regard to the violations to the Constitution by Congress and the House of Representatives so that entities now have some piqued curiosity about this and are seeking more information and will find more information much more quickly because of this having been presented to them; and at the particular stage where things are, that sudden increase of information into the scene, into the consciousness of the masses, is likened unto a shot in the arm to rally an entity's immune system, to rally the masses' immune system at a time when they were having little effect and whereby the newly informed people more than doubled the number of people who were well-informed about the hazards of this country.

This Awareness indicates the newly informed people upped the population of the informed people by almost triple and this means that now a tripling of information will accelerate the whole awakening much faster than had the few informed people been able to do so if this had not occurred.

This Awareness indicates in other words, it was an eventful non-event. It was eventful because so many people became aware and yet the event did not occur as planned.

That Time-Capsule ET's Placed in Mankind's Genetic Make-up: When Will it Activate?

QUESTION:

A question from Mario Matas, New York City. He writes: "In some channeled information through Lisa Royal, it is mentioned that some ETs placed a time capsule in man's genetic make-up so that after a certain frequency of vibration is reached in the social mass-consciousness, it would explode, conferring man Galactic Consciousness. If this is true, when will we reach that frequency?"

COSMIC AWARENESS:

This Awareness indicates that this is already beginning. It has been in effect since early 1970, but the awakening of a few entities during that time-period accelerates the awakening of more entities subsequently, so that the 1990's time period is that wherein the great awakening is scheduled to occur, wherein more and more entities become galactically oriented.

Large Belief in UFOs Reflects Galactic Consciousness

This Awareness indicates that already a great percentage, approximately half or better of entities believe in extraterrestrials and UFOs. Many of these entities having seen or claim to have seen UFOs and even a higher percentage having an interest in UFOs, but not willing to admit a belief in such, and those who mentally probe the concept consider such things as extraterrestrials from various star systems or from different dimensions and see that there is the possibility that man is not alone on earth, nor is mankind the only creature in the universe with intelligence of its kind.

This Awareness indicates that this in itself reflects a Galactic Consciousness that is quickly emerging in humanity. This Awareness indicates this is occurring in spite of government cover-ups and the efforts of many nations to keep the UFO phenomenon hidden for fear that it would create havoc in society in its threat to religions and to entities who would perhaps become frightened.

Why Governments Keep UFO Secrets From the People

This Awareness indicates that many governments do not want their people frightened by extraterrestrials, and therefore, in order to keep the people from being frightened or having the potential of being frightened, they prefer to keep the information totally concealed and covered up, thinking that ignorance is bliss and knowledge is terrifying.

This Awareness indicates that for approximately two years now, UFOs have been witnessed in New Mexico, with over 100 reports daily coming in during such time, yet you hear nothing of this in your North American press, and this Awareness indicates prior to that, similar reports were being given in Belgium in which the government of Belgium even acknowledged the UFO problem was getting too serious and keeping them too busy.

This Awareness indicates the thing about the UFO is that it causes entities to think more galactically, and less narrow and locally.

Were Aliens Behind the Chernobyl Accident?

QUESTION:

A couple of questions from Magne Roinas, in Norway. He mentioned that he belongs to a group that invited a Finnish UFO contactee, Dr. Ronee Lena Luukanen. He writes: "I believe she has contact with a Zeta Reticular Grey. Lena has written three groups on the subject and is on a few TV shows. She is also very active at UFO conferences around the world. I doubt her books have been translated into English. Her latest came out in Norway last month, is called *Who AM I?* On the front page is an authentic picture of an EBE (extraterrestrial biological entity).

"I was fortunate enough to hear her lecture. She verified much of what CAC has said. She saw these aliens as friendly and admitted they took eggs from humans and gave humans implants. She has been to a conference at MIT on implants a year ago. There, they claim the implants were organic. She attended a UFO conference that the European parliament held in 1993. She knew of the Russians and American UFO programs. She claimed the Americans have 35 captured UFOs and 131 dead aliens. She also claimed that two aliens came through the walls to Gorbachev and demanded that he start nuclear disarmament or an accident would happen at Chernobyl. Gorbachev did nothing and two months later Chernobyl blew up. Then he acted.

"Lena had spoken to an American nuclear expert that knew the Russian engineers that blew up Chernobyl. This American expert said that no way in hell could this Russian do three such mistakes without being mentally influenced. My questions are as follows: Were aliens behind the Chernobyl accident? Was Gorbachev warned by the aliens? Is Lena Luukanen in contact with Zeta Reticuli Greys? Have the Americans exchange programs with the Arcturans? Can the aliens camouflage their spaceship as a cloud? And can the aliens change their appearance?"

COSMIC AWARENESS:

This Awareness indicates that to every question there is the one answer: This is in the affirmative.

Many Aliens Can Change Their Appearance

This Awareness indicates there is one question that needs further comment. This in regard to: Can aliens change their appearance? This Awareness indicates that not every alien type can change its appearance, but many of the different types of aliens are capable of changing their appearance, even taking on human appearances.

THE AMERICAN EXCHANGE PROGRAM WITH THE ARCTURIANS

QUESTION:

This American exchange program with the Arcturans; this is the first I have heard of that one!

COSMIC AWARENESS:

This is not commonly known. There has been very little information publicly expressed on this. This Awareness indicates that there are some brief references, but these are hard to find. This Awareness indicates that the Arcturans are friendly to humans, much in the same way as the Pleiadians. Their interest is beneficial to humans.

This Awareness indicates that many of the Zeta Greys are becoming more compatible toward human contacts also. It appears that this entity has contact with a friendly Zeta Grey.

She's an Incubator for the Reptoids

(While Trying to Run a Restaurant in San Francisco)

QUESTION:

A question from Guy Sidote, of San Francisco. He writes: "Here's a question for Awareness, and it's a troubling one. I'd appreciate it being asked for all those concerned with the alien presence. The person this concerns is Diane Swanson of San Francisco. For about four years now, my sister has been subjected to the most relentless alien interrogation, and an almost constant series of tests are being performed on her and her husband.

"But this year, she says they implanted a type of device or incubator in her head, to which these lizard-like organisms have been growing and spreading and adapting to what's around her, reacting accordingly to the atmosphere she finds herself in. She claims that when moving her eyes in a certain direction she can see a clear reflection of what's inside her head, and the cross-bred organisms in their growth, and also her old, or "former" eyes and face which she swears are rotting away inside while the new face and head is now a mere instrument for the breeding going on within it.

"Some say she'll be hysterical when these beings hatch. All this goes on while she attempts to operate a restaurant in San Francisco. Could Awareness please help explain what is occurring here and in general, if it's more common than we suspect?"

COSMIC AWARENESS:

This Awareness indicates that this relates to the Reptoid effort to incubate more of its own kind. These are coming in astral energy fields. Having been implanted, they are presenting themselves in such a way that they are in astral form at this present time, that they can, from the astral, eventually enter into physical manifestation.

They may not enter into physical manifestation while within her form, but they are using her as a incubation device, and she is more or less serving as their mother, as a womb for their development. This Awareness indicates the entity can see them because she sees the astral development taking place within her.

This Awareness indicates that it does appear that she will suffer, but it does also appear that she may have the strength and ability to overcome and survive the experience. This Awareness suggests that the entity does need to have much spiritual vitality in her presence. She needs to be wherever she can feel spiritual energy, not necessarily religious energy, but spiritual energy. She needs to be where she can experience the Divine

Frequency or vibration, love, and particularly the love of the Divine.

The Music of Sibelius and Mahler Can be of Help

This Awareness indicates that good wholesome healthy music can be helpful to her. This Awareness suggests that the entity, for example, listen to the Sibelius 2nd Symphony. This Awareness suggests that the 5 symphony of Sibelius; also the 2nd Symphony known as the Resurrection Symphony of Gustav Mahler.

That this entity should set aside time to listen to these with the volume as high as is proper for herself, so that she can completely let the music cover her and can be absorbed by the music to the point where the musical vibrations of the spiritual tones can have an effect on her aura and on the astral Reptoids that are affecting her.

This Awareness indicates that other music which could be of great benefit for her are: Scheherazade (by Rimsky-Korsakov) and Samuel Barber's Adagio for Strings which has certain tones that are especially harmonious which can be of great benefit. This Awareness indicates that she may pick other music also that she herself truly enjoys and truly feels spiritual qualities from. The Pachelbel Kanon in D may be of benefit to her also.

This Awareness indicates that the entity also could benefit from incense in her home being lit during such meditational periods and that during meditation the entity focus on light and see the light as Divinity, and focus on the Divine frequencies and vibrations, bringing Divine Energies into herself. This can have a profound effect on these astral Reptoids, causing them to undergo transformation toward more highly evolved beings, from the influence of these spiritual vibrations, sounds lights and feelings of this entity.

The Reptoid Diet is Heavy in Meat—so Avoid It

This Awareness suggests the entity also avoid alcohol, tobacco, and to lean in preference toward diets of fruit, vegetables, and away from heavy meats. The Reptoid diet is heavily oriented toward meats and by feeding yourself fruits and vegetables it will have an effect on these entities to get them either to change in their basic nature, or to seek to get away from you and find some other source for their gratification.

This Awareness indicates of course the husband also can benefit from these same activities; meditations and music.

How Prevalent is This Reptoid Program?

(A New Program Has Been Created in the Astral)

FOLLOW-UP QUESTION (VIKKI):

Is this a pretty unique situation or is this going on a lot these days?

COSMIC AWARENESS:

This Awareness indicates it is a way whereby the Reptoids have begun a new project of trying to create souls for themselves through the astral bodies created in human hosts. The souls allowing the Reptoids what they consider to be their own race a guarantee of continuation.

This Awareness indicates that they believe that by developing souls through astral birth in human hosts, they will be able to keep their race alive even though they have not received the reinforcement that was expected in recent months and therefore, they will be able to have a kind of guarantee of the future.

This Awareness indicates that what this entity in raising her own spiritual vibrations can do is to make sure that if these Reptoid souls do grow and develop as

souls, they will at least be more highly evolved than their parents and ancestors.

FOLLOW-UP QUESTION (VIKKI):

How many people might have this going on within them at this time?

COSMIC AWARENESS:

This Awareness indicates that it is rarely experienced. It is a program that is just recently started after the crash of the Reptoid planetoid which broke apart and fell into Jupiter.

THE SINISTER SIDE OF VACCINATIONS

(What You Should Know Before you Allow the Schools to do it)

QUESTION:

Awareness has discussed vaccinations before, but there's a new bulletin put out by the American Health Service, in Canton, Michigan. It's another one of these Did You Know? brochures that entities can buy. And I'd like to read a little of this briefly, if I haven't already done this. I don't recall.

"Did you know that vaccines and health-care are fiendish frauds against all of us? Did you know that vaccines have absolutely nothing to do with the diseases for which they are supposedly administered? Did you know that immunity is a carefully cultivated myth as proven further along?

"Did you know that vaccines are diabolically designed and made as highly toxic brain-deadening soups by a fiendish covert international ruling clique of about 300 super rich through their pharmaceutical companies? Did you know that their objective is to start a New World Order, a One World dictatorship that is already well along through our puppet Federal and state governments which the super-rich totally control?

"Did you know that the true purpose of vaccinations are to make mediocre brain-impaired and mind-altered babies? Babies that will grow into adults that will be so mind-controlled as to be obedient, unquestioning and servile peons of the New World Order which is slated to be almost completely in place by the year 2,000?

"Did you know that universal health care with its health security card and vaccination tracking of babies is an insidious implementation of the monstrous conspiracy to enslave us all? That the health security card is really a people control measure?"

It goes on and on, and one of the things it talks about: "Would you poison your darling baby if a court ordered you to do so? Would you permit mercury to be injected into your body? Would you permit your body to be injected to aluminum? Would you let anyone put formaldehyde into your body? Would you permit a powerful exo-toxin, neuro-toxin to be injected into your body? Would you permit caustic soda, called sodium hydrochloride, or lye to be injected into your bloodstream?

"Would you permit anyone to inject muriatic acid, the synthetic version of hydrochloric acid into your bloodstream?" It goes on and on: "Yet today infants are being shot up with all the aforementioned poisons in a single injection called DDP. And yet such mind altering, brain-deadening and life sapping poison soups called vaccines are forced upon babies and children! They are compulsory in most states and widespread in all 50 of them as well as the Federal domain, because parents don't know what is involved, not until tragedy strikes them, or until the child is mentally retarded or defective.

"An admitted 20% of American children are mentally below par, even by the low standards that we have."

It goes on and on, but does Awareness see the vaccinations which are now mandatory; they will not accept your children in school unless they have all these shots; does Awareness see these as being at this time as sinister as this pamphlet implies?

COSMIC AWARENESS:

This Awareness indicates this is in the affirmative; absolutely! This Awareness indicates that for many entities they have chosen to do home-schooling to avoid the required vaccinations, or sending their children to school. This Awareness indicates that there are some states that do not even allow home schooling. These entities are in great peril because they have little choice.

This Awareness indicates that the only thing entities can do is to start trying to educate and awaken the masses. This pamphlet is made available to entities, and entities should buy and spread this pamphlet far and wide and ask others to also spread it far and wide.

The action of creating an awakening among the masses is seen as the only way that entities can counter the efforts of these diabolical people whose intent is to enslave the masses, to use them simply for slave work that will be eventually created as the New World Order becomes ever more imposed upon them.

This Awareness indicates you cannot expect someone to rescue you. You cannot really expect the army to come to your defense. Hopefully it will, but there is little reason to think it must. There are some in the army who would be helpful, but there are so many factors and so many forces that would have ways to counter any effort by the army so that the army might even be sent out of the country and you might be faced with a standing army from other nations enforcing these rules upon you.

You have certain freedoms at the moment. One of those freedoms is to spread information such as this to awaken the masses.

This Awareness indicates if you do not do something while you can, then you have no one but yourself to blame when it is too late.

FOLLOW-UP QUESTION (VIKKI):

Have they always been this lethal?

COSMIC AWARENESS:

This Awareness indicates that this began in the Seventies; that you may recall back in the Seventies, there was talk of germ warfare, biological warfare. This Awareness indicates that at the time of the talk it was already started, and the biological warfare was already being used. Many different expressions were introduced. The swine flu was one such effort to introduce a biological or germ warfare upon the US citizens.

They attempted to make mandatory swine flu shots available to everyone, but before this happened, there were some entities who managed to show or inform the masses that the swine flu shots were not trustworthy and could cause harm, and caused these to be pulled off after some of the older people were injected with the swine flu shots.

This Awareness indicates that otherwise there would have already been great population problems from the swine flu shot, had this been imposed at the time. This Awareness indicates there are many entities who, becoming aware of these things, do try to prevent their being effectively used against the population, but most often their voices are not heard and the persons in charge of promoting these things has more money, more media access, and can use the law to force entities into using and receiving those required vaccinations.

This Awareness indicates that sometimes you can find a religious school that does not require vaccinations or does recognize religious rights to avoid vaccinations. In some states, in some public schools, in some private schools, the requirement is waived for religious reasons and this is one approach that some entities use to avoid these hazardous vaccination.

This Awareness indicates that if your child has had such vaccinations and has been injected with heavy metals such as mercury or aluminum, you can find perhaps a doctor that does chelation treatments. Chelation means bonding, and the treatments bond the metals in the system, to take them out of the system. This can repair some of the damage so that the entity's content of lead, mercury, aluminum, cadmium or any other heavy metal that might damage the entity's consciousness, mentality, or intelligence or physical well-being, could be removed.

Probably not more than two or three such treatments would be necessary to remove these heavy metals caused from the vaccine. This Awareness indicates that this is not a guarantee that other substances injected with the vaccine will not cause other problems, but much of the difficulty from these vaccines will be reduced by using chelation treatments.

Hitler Discovered Chlorine in Water Made People Docile

This Awareness indicates that during World War II, the German Nazis under Hitler and his various henchmen, discovered that by putting chlorine in water supplies the population could be made more docile, easier to manage, and therefore, chlorinated water became a way of managing the population of a conquered country.

This Awareness indicates that is one of the discoveries that the West adopted in order to keep the population passive and easily controlled. They began to put chlorine into the water supplies. This Awareness indicates that chlorine is also added to the water supplies in most cities in the United States.

A recent study at the University of Arizona has shown that the more fluoride a child has, the more cavities they have. It is supposed to keep children from getting cavities, but apparently works in just the opposite manner. Generally with fluoride, the cavities start from within the teeth and work their way out to the surface, whereas most cavities otherwise work from the surface inward, and by keeping the teeth brushed and cleaned externally, many of these cavities can be avoided.

However, when ingesting fluoride, such as through tooth-paste or through mouth-washes that are given to children by the schools and dentists, much of the fluoride is swallowed, and the fluoride that is brushed upon the teeth as a kind of coating protection often ends up within the stomach of the child, so that the body carries this fluoride, which is not "natural" fluoride as found in water naturally, but is a by-product of aluminum production, or aluminum industries which is toxic and deadly poisonous and cannot be dumped in the usual waste disposal places such as junk-yards or land-fills, because it would be too dangerous and cause ground contamination and other hazards to local people in an area.

Because they could not dump it anywhere, they found a way of dumping it into people's mouths, and thus getting rid of it through tooth-paste and mouth washes, and through mouth rinses. This Awareness indicates that billions of dollars were spent in trying to promote the use of fluoride, dumping it in reservoirs so that people could drink it and thus, the fluoride from the aluminum

plants was being disposed of while still meeting the standards of society and its laws.

This Awareness indicates that in the Mid-West, most well-water has natural fluoride, and the natural fluoride, when ingested, does tend to strengthen the teeth, the bones and therefore, serves to benefit the entity, and this recognition is what prompted many of the doctors to claim that the artificial fluoride from the by-product of aluminum waste would also be beneficial to humans.

The argument doesn't follow in reality, but they can make statements such as "Fluoride prevents cavities!" by thinking of the natural fluoride from well-water in those places where it occurs naturally, and not think of the aluminum fluoride.

This Awareness indicates that it is a misrepresentation, and it is constantly and consistently being promoted to children through cartoon stories, the little tooth with a smile on its face saying: "I am fluoride! I am your friend! I make your teeth strong and healthy!" and the nurse is standing there telling the children: "This is really good for your teeth" and then giving them their cups of fluoride to gargle, and swish around in their mouths.

This Awareness indicates that many of these children, being very young, do not follow directions properly, and therefore swallow the substance after they have gargled and rinsed their mouths. Others will, as told, spit the gargled water into the drain and it floats down into the sewers and into the rivers and eventually is diluted into the environment.

This Awareness asks why the laws prevent the aluminum companies from disposing of their fluoride in the streams to begin with? or why they are not allowed to dump the fluoride in landfills. If it is so potent and so dangerous, why are they putting it into the mouths of children?

This Awareness indicates that entities need to learn more about this and should contact the University of Arizona about such studies, so that they can have a better understanding of the situation. This Awareness has said enough on this topic.

What Can One Do to Prevent Vaccinations?

QUESTION:

One last thing, Biagio Conti, of New York; Awareness answered his question. He was wondering, he says he and his wife were thinking of having children, and know about the dangers regarding immunization, and if there's anything awareness would recommend to combat the medical procedure, if we send our children to schools that require this? Apparently it's a state law, but maybe it doesn't apply to all schools. Well, he sent in a copy of the New York State requirements, and it is a State law, that all children, even to get into kindergartens have to have... it says: "All children must meet the immunization requirements set forth in section 21:64 of the New York Public Health Law.

"The following immunizations are required, and the school nurse must have the proper documentation or a student is subject to being excluded from school. (1): three or more doses of diphtheria toxoid; (2): three or more doses of oral polio; or four or more doses of inactivated poliomyelitis vaccine administered after 1968.

"A single dose of live measles virus vaccine administered on or after the first birthday. Kindergartners must have two doses, with the second administered more than 30 days after the first dose. But after 15 months of age, a single dose of live Rubella virus vaccine administered

after the age of 12 months, and a single dose of live mumps vaccine administered after the age of 12."

Now, that is now required in almost every state or they'll kick the kid out of school, but I wanted to ask Awareness, on this document I read earlier from the American Health Service, the "Do You Know?" series, at the end of it they have a special notice, which reads: *You can lawfully avoid having your child vaccinated, even if the state statute is mandatory and allows no exemption whatsoever.*

"What is unconstitutional is null and void from the moment of the legislative passage. There is United States Supreme Court decision stating that vaccinations must be totally voluntary after informed consent has been obtained and that compulsory vaccinations are unlawful. For \$10.00 we'll send you forms and procedural guidelines for invoking your unalienable rights to be free of unlawful impositions.

"Please order on the form provided."

Does Awareness see that document as being a solution for people who don't want to inoculate their children?

COSMIC AWARENESS:

This Awareness indicates this is in the affirmative. That entities who have strong feelings on this and can afford ten dollars and have a desire to spend ten dollars for such information can do well. If an entity has very little concern and would not be willing to risk ten dollars, they would not likely be willing to confront the school nurse on the issue anyway, and therefore, it would be pointless for them to get the information they would not use.

You have to be somewhat of a fighter, a person who is willing to stand apart from the crowd and make your statement and take your place as a protester. With the proper documents and the proper information you should do quite well, even though you may receive some argument back from the teachers or school officials.

This Awareness indicates you may have to be willing to pursue it further, hiring your own attorney to represent you against the school if that become an issue. This Awareness indicates it would be well worth it. This Awareness indicates that if you simply refuse and have good documentation, showing you have the right to refuse, you can probably do it without having to hire an attorney, for these schools also do want the student. They receive some significant amount of money from taxes for each student and they want the student to attend.

If they cannot get your approval for the vaccine and you have documentation showing you do not have to approve and the documentation comes from the Supreme Court, what are they going to do? Are they going to forego the money from your child, that your child would provide them, when you have the Supreme Court ruling right there before them?

They know they cannot keep your child out if you refuse because you could then go to court, sue them for not allowing your child to go when you have Supreme Court ruling showing that you have the right to refuse to let them vaccinate your child. This Awareness indicates you have to be assertive and have your papers together.

If you cannot be assertive enough yourself, then it is important to get someone to represent you.

ED's Note: Please keep in mind that this reading was given in 1994, five years ago, when those forces pushing for the New World Order were in control and pushing many agendas, including narcotizing the civilians using various methods. Since that time the Reptoids have decided to go elsewhere and because of this, the New World Order simply fell apart and those behind it appear to be drawn into a more

spiritual direction. This information on fluoride may not be as sinister today as it was at that time, but many communities are still fighting it tooth and nail. Here in Olympia, for example, it has been defeated at the polls four separate times.

Also, the same might be said for the vaccination information. It appears that even though the intent of the New World Order was to use this in an evil and controlling way, that mass-consciousness may have caused this to reverse and the mass vaccinations now required in schools are producing more positive effects than negative. In other words, more people believe in the positive effects on this issue than on the negative and as Grace reiterates, our beliefs are what creates out reality. Still, some continue to believe. A recent well-publicized incident concerned a career sailor serving on the USS Abraham Lincoln in the Persian Gulf who for many months refused to accept the required anthrax vaccine, stating he had evidence it was one of the main causes of the sickness thousands of soldiers and sailors who served in the Persian Gulf war are today inflicted with. After months of shipboard discipline the entity was kicked off the ship and given a dishonorable discharge.

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.



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MEMBERSHIPS AVAILABLE (Honor System!)

INDIVIDUAL: \$42 per year or \$12 quarterly
 FAMILY: \$52 per year or \$20 quarterly
 CONTRIBUTING: \$77 per year or \$25 quarterly
 SPONSORING: \$144 per year or \$40 per quarter
 BENEFACTOR: \$500 per year or \$150 per quarter
 PATRON: \$1000 per year or \$250 per quarter
 ANGEL: \$5000 per year or \$1500 per quarter
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