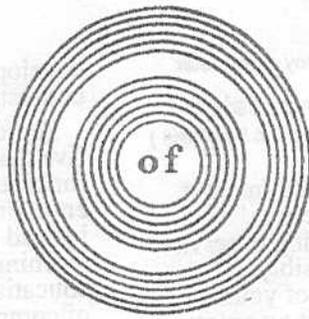


Revelations

The Cosmic Newsletter



Awareness

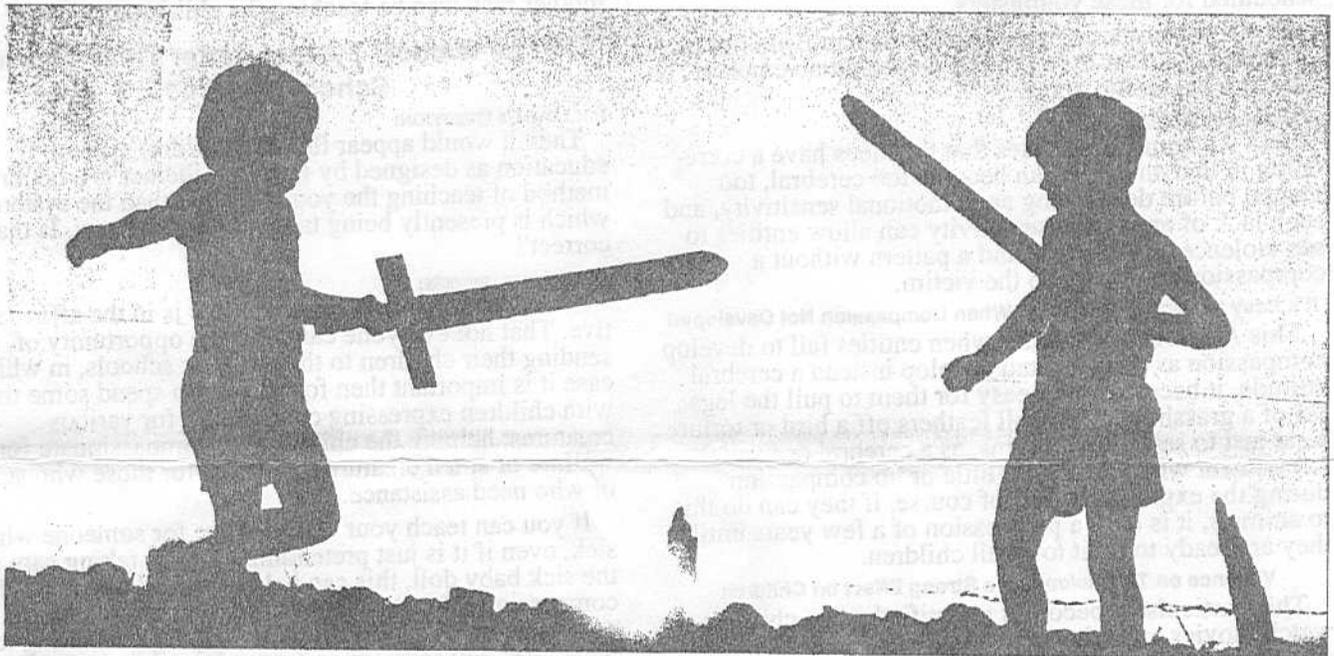
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--- The Violent Youth: Where is the Compassion?

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(CAC General Reading # 6-3 6-7-95) Paul Shockley, Interpreter

The Violent Youth: Where is Compassion?

(Steiner Says Spend First 7 Years in Developing the Feelings)

QUESTION:

A question from Margaret E. Ryan via the Internet (there's no address for her), on youth violence. "Would Awareness please comment on the following observation? I got to wondering if there were possibly a correlation between that growing number of youths who commit vicious crimes and seem to exhibit no emotion whatsoever, and their early childhood education?"

"The Waldorf system of education based on Rudolph Steiner's philosophy, claims that the first 7 years of life should be spent in developing the feeling centers. They don't even start to teach academics until age seven. The British school system on the other hand is teaching academics in kindergarten with a full day of school scheduled for these youngsters.

"I was remembering the ten year-olds in Britain who committed violent murders and displayed no emotion. Is there a relationship here?"

COSMIC AWARENESS:

This Awareness indicates that this does have a correlation in that an entity can become too cerebral, too mental before developing any emotional sensitivity, and such lack of emotional sensitivity can allow entities to see violence as a concept and a pattern without a compassion connected to the victim.

It's Easy to Torture Creatures When Compassion Not Developed

This Awareness indicates when entities fail to develop compassion as children and develop instead a cerebral attitude, it becomes very easy for them to pull the legs off of a grasshopper, or pull feathers off a bird or torture a cat just to see what happens, as a cerebral or mental experiment when they have little or no compassion during the experiment, and of course, if they can do this to animals, it is only a progression of a few years until they are ready to do it to small children.

Violence on Television has a Strong Effect on Children

This particularly becomes magnified when children watch movies and television stories in which violence occurs so frequently that it begins to seem as though it is part of the real world. It is a fact that children see thousands and thousands of violent activities on television and in movies and this can have an especially strong effect on entities who have not yet developed compassion.

Thus, the development of feeling in the early years of an entity's life is extremely critical and important in the development of a wholesome individual. This Awareness indicates that some compassion can develop during the years before five, but until approximately three, it is mostly a bonding that develops and the bonding feelings are more for the benefit of the child and the child does not develop a great compassion for others during those first two or three years.

Little or No Compassion in Children Before Age 3

Although it is possible, with some guidance from the parent, particularly the mother, to learn compassion even during those early years, but if you will watch children prior to the age of three, you will note that they do not seem to have much compassion. The kitty can be picked up by the tail or by the ears or by a leg, whatever is handy for the child.

The child does not fully understand when he or she is hurting an animal. They see these creatures as objects, like the doll or the teddy bear. They do not understand the animals have feelings and therefore, they cannot

develop a great amount of compassion without such understanding.

Therefore, it is usually between the age of three and five that entities begin to grasp the notion of compassion for others, and if this is not assisted or promoted, the entity may never develop the compassion. If the entity is instead programmed by educational cerebral type of teachings and neglected in his or her compassionate education, when the entity may remain retarded in levels of compassion throughout his or her life.

This Awareness indicates that it is therefore important, even though it may seem to some observers ridiculous, when a mother tells a child: "Don't kill that ant! It has its own reason, it has its own right to live and there is no reason, no reason to kill it!" This Awareness indicates some people might say the mother is being silly in trying to teach a child not to kill ants, but the mother may also be teaching the child compassion.

Is The Waldorf System Better Than Present School System?

FOLLOW-UP QUESTION:

Then it would appear that the Waldorf system of education as designed by Rudolph Steiner is a better method of teaching the young people than the system which is presently being taught in our country. Is that correct?

COSMIC AWARENESS:

This Awareness indicates that this is in the affirmative. That not everyone can have the opportunity of sending their children to these higher schools, in which case it is important then for parents to spend some time with children expressing compassion for various creatures, helping the child to feel compassionate for the welfare of small creatures, pets and for those who suffer or who need assistance.

If you can teach your child to care for someone who is sick, even if it is just pretending, such as taking care of the sick baby doll, this can help to spread a feeling of compassion. This Awareness indicates that children enjoy this kind of importance in helping something to feel better, but sometimes it must be pointed out and directed for the child to even comprehend such behavior.

If you can encourage the child to be compassionate, this can be, and may be the only education the child gets in this direction, but it is important to have this occur while the child is still quite young. The child may be influenced in this regard up to the ages of ten, with considerable benefit, but as the child gets older and is influenced by peers, these entities seldom stimulate or encourage compassion in one another. They would be more inclined to encourage violence among each other.

If compassion has not been encouraged previously, it may not be enhanced when an entity reaches 18 years, or it may be quite difficult to promote and encourage compassion in those years. This Awareness suggests, however, you not ever give up on an entity. There have been violent hardened criminals who have responded to programs wherein victims were brought in to speak of their losses due to actions of a criminal.

How to Help a Criminal Gain Compassion

This particular criminal may not have been the individual who caused this victim's suffering, but he may have perpetrated a similar violation to someone else, and hearing this victim's story could develop a sense of compassion and could develop a concern for the welfare of others because of these sessions.

Therefore, it is possible, even for adults to develop some degree of compassion with the proper attention. The only thing is that it is more difficult to develop this as entities grow older. It is much easier to help develop a sense of compassion when a child is still quite young. The most formative years being between the ages of approximately 3 and 6. Between the age of 6 and teen years, entities are more interested in playing and in activities than in feeling and compassion, and these entities often play a violent type adventures and games.

If the compassion hasn't been developed earlier it is not likely to be uppermost in these years between 6 and 13 years. This Awareness indicates once an entity reaches the teen years there is little encouragement for entities to focus on compassion and the caring for others.

WHAT CAUSES LOW SELF-ESTEEM?

(And What Can be Done to Correct It?)

QUESTION:

A couple of questions from Craig S., El Dorado Hills, CA. In a letter to Vicki he gives a rather long rambling statement which I'll read, which leads up to the actual question. He writes: "Now, I hope you will forgive me for dumping some of my problems on you, but it leads to a question I have for Awareness.

"The word "faith" has become very important to me because I have almost a complete lack of faith in myself. I have extremely low self-esteem. Ever since I was a kid I have always felt as if I am some kind of weird freak living in a world where I do not belong. I am 42 years old now and I'm still thinking it.

"I have had more trouble adjusting to life on earth than anyone I know. It's as if I have two different people living in me: the Faith Guy and the Doubt Guy. I don't actually hear voices. I'm not quite that nutty! They are just thoughts running through my head, but I'll use the word "voice" just to explain the situation.

"The 'Faith Guy' in me has a timid little voice and every once in awhile he tells me I'm an okay guy and I have some potential, but it's the "Doubt Guy" who rules. He's a big loud-mouthed burly bully. He calls me names like "stupid," "ugly," "Worthless," et cetera. He's called me just about everything.

"He hates my artwork when it's finished, but more irritating than that is that he hates my work while I'm working on it, telling me: "Why bother, when it's only going to be trash anyway!"

"About 7 or 8 months ago, I realized that my many years of depression and fatigue are due to the fact that I am saturated with doubt. I had to start fighting back. About the same time I started seeing the word "faith" frequently in newspapers and magazines. I'd turn a page and it would just pop out at me. I started cutting the word out and gluing it to my wall. Then I decided to draw the word "faith" in the drawing I'm currently working on.

I have enclosed a picture. It's in the upper corner of a larger drawing. It's still in the study stage. It needs a lot of work, but I look at this from time to time while I'm working and think about how I'm literally drawing faith into my life. Coincidentally, my very favorite composer of music started writing songs about faith which I listen to often.

I went to a store where they had these really nice \$50.00 clocks on sale for \$10.00. I just felt very drawn to them, but I already had a clock and I didn't need it, but I just couldn't leave that store without having one of these clocks. The clock is like a big double picture

frame with a clock on one side and a place for a picture on the other.

"When I got it home, I decided to draw a "faith" picture to put on the picture frame side. It is a simple drawing with the sun and some circles with arrows spiraling in a forward clockwise direction, and the words "Keep the faith!" were written four times around it. I have this clock sitting by my drawing table and every ten minutes or so I look at it and I look back and forth between the word "faith" and the second-hand moving, and imagine that every second of my life, the "Faith Guy" is growing stronger and the "Doubt Guy" is becoming weak.

"The "Faith Guy" is getting muscles and a louder voice that has meaning. The "Doubt Guy" is going bald. His teeth are falling out. He has a big pot belly, and he has developed chronic flatulence, both from the rear and his mouth. The mean names he calls me are not true. I still have a long way to go in this battle, but I am determined to develop the faith and the confidence and the energy I need to do what I came here to do which is to draw pictures and maybe a few other things as well.

"So, the reason I'm boring you with all of this is that it leads me to a question that I have for Awareness. One: Why do so many people have low self-esteem? Some of the kindest people I know are quite insecure and some of the meanest people I've met are filled with confidence? What causes low self-esteem, and what can be done to correct it?"

COSMIC AWARENESS:

This Awareness indicates that that which you refer to as doubt is that which is the outgrowth of the critic. The critic is an aspect of your consciousness and was acquired when you were quite young and vulnerable, taken on from someone of a parental nature. It may not have necessarily been a parent. It could have been some other guardian figure, but it was someone who was quite critical of you whom you respected or feared, who made a major impact on your self-image partly because there was the need to please this critic for your own survival, or at least this was the impression at the time. You felt that if you did not please this critic, you were in danger.

The Higher Self Vs. "The Critic"

This Awareness indicates that the aspect of the Higher Self referred to as faith is that which is the part of you that felt loved, and this was whittled down to almost nothing by the critic, and as you grew and the influence of the critic outside diminished, you tended to pick it up from within yourself and play the role of the critic from the parent part of yourself, and the faith part became likened unto a child within; an innocent part of yourself that still sought to please the critic part of yourself.

This Awareness indicates that this occurs to everyone to some degree. It is not always a situation in which the critic is greater than the faith part of oneself. Sometimes the entity has a better self-image and the critic is lacking, and such entities often become overbearing and bullyish and loud-mouthed because they do not suffer from self-criticism. They may become critical of others and seldom check themselves for their own flaws, for their own weaknesses.

Why Some "Jerks" Have a Strong Self-Image

This Awareness indicates it is very easy to become a critic if you do not ever criticize yourself or check yourself. If all you do is find fault with others then it is possible for entities to have great self-esteem because they are constantly chopping off the heads of others in order to make themselves feel better about themselves.

This Awareness indicates this is why so many entities who are total "jerks" can have such a strong self-image

and feel so confident about themselves. This Awareness indicates it is also the fact that many really nice persons do not have much confidence because they have within themselves a reflective critic, probably left over from childhood, and they are constantly checking themselves to see if they are pleasing even to themselves, and most often if they have been highly criticized by others before them, they do not find themselves too pleasing and they criticize themselves to the point of having a poor self-image.

Parents Often Forget the Social Image Kids Should Develop

This Awareness indicates there are many entities who understand the value of having a good self-image and they raise their children to have a good self-image, but in the process of teaching their children to feel good about themselves they forget that there is also a social image that entities need to develop.

If you have a great self-image, but you are socially shot, you have no social image of any value, the public just does not like you, what have you gained? You are seen as a "jerk." You are seen as arrogant. No one likes you but yourself. It is important for entities not only to have good self-image, but to have a good public image, to be of such nature that the public likes you also. Otherwise, you may think, you are the greatest, but no one agrees.

This Awareness indicates that it is the purpose of the self-critic to help guide the self-image so that it develops a good public image as well as a self-image. This Awareness indicates that you must not seek to destroy the critic, but to modify the critic, to encourage the critic to help you become socially acceptable, to criticize you when you are extreme in your behavior or out of line socially, or out of touch in terms of ethical and spiritual expression. That is the purpose of your own self-critic.

The Self-Critic That Constantly Puts You Down

This Awareness indicates that the self-critic that simply puts you down to keep you down, to make you feel inferior so that it can have its superior attitude within you, is only attempting to enhance its own position at your expense, and your social image does not improve from such a strong critic because if you cannot feel good about yourself, then how are others to feel good about you?

This Awareness indicates that you must feel good about yourself in order to relate socially with the public, with others. But at the same time, you cannot feel so good about yourself that you must put others down and make them feel bad about themselves. Instead, you want to be self-aware, recognizing when you are harmonious and sensitive to the needs of others and at the same time recognizing that you are a wholesome, healthy person who has much to offer.

This Awareness suggests that you balance your critic in such a way as to encourage you to assert yourself more, to be critical of yourself only if you are too timid and too passive; wherein you are too cowardly to assert yourself, let the critic focus on those areas for awhile and encourage yourself to become more outgoing in your expression but not to see yourself as weak.

Take a Risk and the Critic Will Probably Approve

Criticize yourself for being too weak and too timid, but focus on getting out there and taking a chance and expressing yourself with others, not judging yourself for having a quiver in your voice when you spoke to someone or for seeming nervous, but focus the critic's attention on whether or not you took a chance, whether you risked your self-esteem in order to assert yourself.

If you can take the risk, you should find the critic praising you for having gone out and met society and carried on a conversation with someone. You should find the critics saying "This was good! This was a nice performance! There were rave reviews for this behavior!" and criticizing you only if you became too nervous to speak or too frightened to try.

This Awareness indicates that you must also control the critic so that it does not start looking down on others if they are nervous, if they are shy, if they too have a similar problem, for you may find that as you overcome your own inadequacies and social fears you may start being annoyed at other people who are shy or timid in their speech because you have been there and they remind you of that part of yourself that was once like that, and you may find yourself being too critical of these entities.

Instead of criticizing, you may wish to encourage them to talk, simply asking them questions and agreeing. Nodding your head, giving them assurances that you understand and approve of them will help them to get their expression out, will help them to feel it is okay for them to talk to you.

Some Intimidating Entities to Avoid For a Time

This Awareness indicates that you may also find it necessary to look for people whom you can talk to with ease. Avoid those who are critics, avoid those who would criticize you, who would make fun of you or make you feel intimidated. Avoid those entities who are excessively confident in themselves, at least for awhile until you have developed more confidence, for you may find yourself comparing your level of confidence with the gigantic ego of confidence that the other has, and you may become even more intimidated by the other's great confidence.

This Awareness indicates it is best not to be around entities having great confidence until you have developed your own confidence, unless you want to be around them just to study them, just to learn how they can be so confident. If you can mimic them, if you can understand them and feel the confidence that they exude, then it will be helpful to be around such entities, but if their presence near you intimidates you, then it is best to avoid being around overly confident people even if you are drawn to them and feel safe near them.

This Awareness suggests that you may wish to look at the critic not with contempt, but as though the critic were misguided, as though the criticisms have been misdirected, and direct the critic to help you overcome feelings of inadequacy, feelings of weakness, and to push you toward greater successes, toward greater expression of self.

Become Friends With Your Inner Critic

In other words, become friends with the inner critic and let the inner critic know who is in charge. It has the job for you under your direction, of pointing out mistakes you make in regard to not being assertive enough, not expressing yourself clearly and more confidently. It does not have the job of putting you down, of belittling you, of making you feel inferior. That is not its job and you will not tolerate that kind of criticism any further from your inner critic.

In this way you get a working relationship with your critic to where you have it helping you to build greater self-confidence, greater faith in yourself.

This Awareness indicates there will come a time when you will see yourself as capable. You have existed for some forty years or more. Doesn't that show you are a survivor? Doesn't it prove you are capable? You had a

certain amount of training, a certain amount of energy, a certain amount of ability, tools, of life to work with, and you used them to survive.

You know that you can also develop new tools to help you survive even better in the future. What is the reason for feeling inadequate? Is the only cause of your feeling of inadequacy because of that unnecessary criticism from your inner critic which has been misdirected, which has been allowed to intimidate you? And where did this training for this inner critic come from? Did it come from your father, from your mother or from a brother or someone else in your childhood?

If you were trained by an inadequate teacher, if your critic was trained by someone who was inadequate in their teaching, inadequate in their programming, is that **your** fault? Must you continue to be put down, intimidated, abused by such a critic? Or must you not instead *retrain* the critic to become a servant of yours to help you discern the truth in order to build a greater self, to build an image that is more publicly suited and which you can feel comfortable with?

This Awareness suggests you retrain your critic, reprogram your critic. Don't use the critic that was given to you by someone who didn't really care about your welfare. You are not stuck with that childhood critic or the programming given if you do not appreciate and value those criticisms it renders. This Awareness suggests that instead, reprogram your critic.

The First Step: Take Charge of Your Critic

Tell your critic to criticize you only if you act out those things that are not of value to you, that are not beneficial to you, and not to criticize you just to put you down, just to make you feel humiliated and inadequate. This Awareness suggests you take charge of your critic. That is the first step.

Then you train the critic to do the kind of evaluation of yourself that you want done, and to share that evaluation with you moment to moment, to make sure that you are constantly aware of how you are progressing in terms of your daily growth and greater self-esteem, so that you take on the ability to become more self-assured with the help of your critic.

When you find yourself feeling inadequate, when you find yourself being humiliated, engage the critic to point out these useless thoughts, useless attitudes, and get back on the track of feeling better about yourself. Learn to control your thoughts, control your critic, and make sure that you are constantly developing a greater appreciation for whom you really are.

Love That Divine Spark That Lies Within

Love the Divine that is within yourself. If you cannot find room to love yourself, then love that Divine Spark that is within yourself. Surely you can love that part of yourself, and in so doing, that Divine Spark will grow and grow and become more and more a part of your self-image, and eventually you will feel that there is Divinity within you that is even worthy of your love, of your affection, and you will praise the Divinity that lies within you and your own self can identify with that Divinity and become one with the Divinity so that you have no qualms about loving the Divine that lies within you.

This Awareness suggests that you have faith in the Divine that is within you that wishes to have the greater role in your life. As your faith grows in this recognition of the inner Divine Force, it will take on a greater role in your life and your self-image will improve and you will begin to love the Divine within yourself to such a degree that you will no longer worry about personal inadequa-

cies. You simply focus on what needs to be done, what needs to be improved on, and you work toward the continual improvement of your expressions.

WHAT EXACTLY IS THAT CRITIC CALLED "THE DOUBT GUY?"

FOLLOW-UP QUESTION:

This inner critic the questioner refers to as the "Doubt Guy," --is this the entity's subconscious mind or an unintegrated aspect of self that was traumatized at an early age by outside criticism, or is it something he himself has created?

COSMIC AWARENESS:

This Awareness indicates all three. Part of it can be on a subconscious level, part of it can be on a conscious level, part of it is simply habitual, a habitual way of thinking, and he himself is creating it. The question is: What is he, himself, in regard to any of his thoughts? He is in part the creator of his thoughts. Therefore, all of the above is correct.

A Dilemma in Regard to Spiritual Direction

QUESTION:

A question from Matthew Blais from the Internet, (no address) . "A question regarding spiritual direction for Cosmic Awareness. I often find myself torn between two spiritual paths. The first is understanding that I am here for the purpose of "outgrowing" my ego and learning to completely follow spirit's guidance in perfect trust, rejecting all desires and fears in exchange for God and Truth Consciousness, i.e., the Tao I Ching. The second path is to simply experience life and create, with no necessity to transcend my desires for work on developing "perfect trust." This is what I understand the Pleiadians' advice to be via Barbara Marciniak. I feel drawn to both of these paths, but in my experience they are mutually exclusive. Is one of these paths more appropriate or true for me?" he asks.

COSMIC AWARENESS:

This Awareness indicates that neither of these paths is truly clear or perfect expressions of the true path. This Awareness suggests that all that is necessary for your spiritual growth is to surrender self to the Highest. Surrendering yourself to the Highest Divinity to which you can conceive allows you to express yourself with a kind of guidance from the Divine in such a way that you move from moment to moment, always moving to the highest and best within that moment, so that you are guided by the Divine, which you hold in highest esteem, to which you surrender yourself, and thus you are Divinely guided from moment to moment to do whatever the Divine leads you toward.

Every moment has within it that which is necessary for your highest growth and fruition and in that moment you grow with the energies the moment has to offer and which the Divine part of each moment moves you and directs you, and then you move to the next moment, and the same thing happens there. Thus, throughout your life you are moving moment by moment by the Divine Grace, by the Will of the Divine to which you have surrendered and you are therefore moved and given the energies necessary from each moment for your growth and fruition.

The Highest and Best in a Moment Could be Changing a Diaper

This Awareness indicates that on occasion in one moment it may be something of a mundane nature that is the highest and best available for you. Perhaps in that one moment it is the necessity to change a baby's diaper, or to fix a leaky oil spill under your car. It may be necessary in one moment to dig in the soil to plant

something, to make it grow. That may be the highest and best during that moment.

In another moment, it may be that you are directed to look at the long-range picture of your life and evaluate your entire future from some concept, to determine a new sense of direction in your purpose, and in that moment you turn your energies to look at this, and that which is necessary for your observation will be supplied by that moment's energies.

"The Universal Law" is Explained

Every moment has within it the information and energy and sustenance necessary for the fruition of the moment and its needs. Therefore, you turn your attention each moment to that which is highest and best and use the energies available in that moment to do that which is required of you, and you exist in the Tao, in the energy of the Divine as it moves you from moment to moment.

This Awareness indicates you may find yourself at one time looking at a string of moments from one horizon to another, or at another time focusing on minute details within the moment and seeing nothing else. The important thing is to look for the highest and best in each moment and to let that highest and most Divine Energy of the moment direct you and move you.

The Eternal Unfulfillment Always Exists in the Moment

You must also understand that *no* moment is complete. No point in life is fulfilled. There is always the Eternal Unfulfillment, whereby each moment leads to another. If there were a fulfillment, there would be no further moment. Therefore, appreciate the vacuum each moment carries. Appreciate the absence, the lack that you feel in each moment.

Appreciate the vacuum, for it moves you, it sucks you into the next moment and in your constant movement, the emptiness you feel, the Eternal Unfulfillment becomes the energy that draws you to your spiritual destiny as you continue to move from moment to moment, up and through the spiritual paths of life.

This Awareness suggests you should appreciate the fact that there is always something lacking in your life, for those areas that are lacking are the directions that you will turn in your movement from moment to moment as you seek out that which is lacking, and this becomes a way whereby the spirit guides you, directs you from moment to moment. It creates a vacuum, and the vacuum sucks you into the next moment and into the direction it wishes you to go.

Appreciate Your Vacuum for It Moves You Forward

This Awareness indicates therefore, you will constantly be in motion. All of the universe hates the vacuum and seeks to fill the vacuum, but without the vacuum there would be no movement. Everything would be dead. Thus, appreciate that which is lacking, for it draws you and moves you into the next direction of your destiny.

This is how spirit moves you.

This Awareness suggests that as you pass through these moments of life, always remember also to give deep appreciation and love for those things within each moment that are precious. Perhaps it is a child. Perhaps it is your wife. Perhaps it is someone who needs attention. Give appreciation from moment to moment as you move through these precious moments of life.

Do not become too oriented to a goal to such a degree that you fail to stop and smell the rose or give a kiss to a loved one, or lend a hand to a needy person.

Is Appreciation of Beauty a Universal Thing?

QUESTION:

A question from JD. She asks: "Is appreciation of beauty universal? Are standards of abstract beauty universal? And is art, as known on earth, widely practiced elsewhere?"

COSMIC AWARENESS:

This Awareness indicates that there are certain principles or what may be termed "general rules" that apply to beauty. One of these rules is symmetry. When things are balanced and symmetrical it calls forth for appreciation. There is another principle of beauty that relates to texture and the sense of touch or appearance of touch.

Looking at the Beauty of a Porcupine

When things appear to be pleasant to the touch it is experienced as beauty. Entities seldom think of the porcupine as being beautiful, even though it has symmetry and can be appreciated for its symmetry. It can also be appreciated for its oddity or its uniqueness. Uniqueness is also a principle of beauty, but it is not as widely appreciated as are many of the other principles.

A distorted deformed person may be unique, but they are not often thought of as beautiful, although there can be developed in some entities an appreciation for the beauty of such uniqueness.

Contrast as a Principle of Beauty

Contrast can also be a principle of beauty; the dark and light shadows in a painting, or the dark and light colors can be part of the scenario of beauty. The contrast between large things and small things. The contrast between colors, flavors. The contrast between species. The cherry next to banana and the carrot indicate a contrast, indicate differences.

Relationship as a Part of Beauty

There is also relationship that is part of beauty. The relationship between the cherry, the banana and the carrot is that they are all food. Therefore, they have a relationship along with their contrast.

Density as a Factor in Beauty

This Awareness indicates that density is a factor in beauty. The density of something in the sense of its hardness or its softness, its cohesiveness or its gaseousness. Smoke or fumes coming off a hard substance can be appreciated as something of beauty. Smoke coming from a log or fumes coming from dry ice, or fumes coming from someone's breath in cold weather; the steam pouring from their mouth as they breathe out; this can be a thing of beauty in the right setting.

Put this in a painting and it will be appreciated. It will be recognized and appreciated. This Awareness indicates that there are many things that can be beautiful but not everyone sees beauty in all of the same things. One person sees the steam coming from someone's mouth in cold weather and all they think about is how cold it must be, and they do not like the feeling. Another can see smoke coming from a log and all they think of is how horrible it is that people keep burning the trees, and they do not appreciate the warm fire in the picture or in the fireplace.

Thus, there are different values that entities have which they bring to that which they think of as beauty and they do not always have a consensus as to what is beautiful. One person thinks the fat lady is the most gorgeous person he has ever seen. Another wants the lady who is skinny as a rail, but each thinks they have the beauty of the century.

This Awareness indicates it is not always a fact that beauty is an absolute cosmic reality. In general, however, entities appreciate symmetry, appreciate certain

types of texture, preferably soft texture, smooth texture; and entities appreciate certain colors. They may have their favorites. Entities appreciate contrast: light and darkness, hard and soft, cold and hot and the various opposites; the various opposing factors, but they do not always agree as to which is preferable.

Beauty In Geometric Proportions

This Awareness indicates that entities have their own particular preferences which affect how they look, how they view beauty. This Awareness indicates that in ancient times, in early Greek and Egyptian times certain proportions were seen as representing beauty. The Teleios proportions were symbolized by the numbers 1,4,7,10 and further numbers that added up to be 1,4,7, or 10, such as 13,16,19. Thus when a design was created, there would be a movement in terms of shape that went from 1, such as a point, to 4, such as 4 corners, to 7, which may have been a length, 7 times greater than the first part, and 10, so that there was the use of these numbers creating shapes or in creating designs, geometric figures.

Faces and containers often followed in these proportions from 1 to 4 to 7 times the size, such as circular sizes, from that which is 7 down to a neck which is 4, or to a base which might be 10 in terms of its proportion. This Awareness indicates that these proportions also loosely follow some things in nature. The planets, for example, tend to be spaced in proportion that follows the Teleios proportion numbers. They are not exact, but they are very close.

This Awareness indicates that there have been other design proportions used in other times to create a kind of symmetry which entities have used in the creation of art and beauty. This Awareness indicates that some of these follow certain natural curves, certain natural designs. Some of these are more artificial, following geometric designs and figures, but the fact of a symmetry is a very strong aspect of beauty.

The features of a horse are seen as being symmetrically beautiful, as are the features of young women, and the more symmetrically balanced, the more beautiful the entity is presumed to be. But even there, the concept of beauty changes from time to time. Two or three hundred years ago the beautiful woman might be more heavy-set than the beauty of your present time period.

Egyptian Beauty: From Chubby to Thin

The value of thinness is greater now, whereas the value of chubbiness was greater in the past in certain Medieval times. This Awareness indicates that in the Egyptian times the value of thinness was again recognized in those early paintings of beauty. Nefertiti is not seen as plump, but as quite thin. The grace and balance and symmetry of this entity along with a certain type of posture and poise and a thinness of the body constituted that which the Egyptians perceived as perfect symmetry and balance, perfect harmony and beauty.

This Awareness indicates that beauty then becomes subjective in many ways, subjective to the observer of the time, the beholder. It is said "Beauty is in the eye of the beholder," and this does remain true. From time to time the majority of the beholders change the concept of what constitutes beauty so that beauty in one era may be slightly different from another era.

The Concept of Beauty In Modern Art

This Awareness indicates the concept of modern art, in which there are splashes of paint, splashes of color or geometrical designs of different colors can vary, and one entity will see this as unappealing. Another will see it as "Beautiful! Exactly what I need!"

Symmetry may be totally missing in modern art wherein the splashes of paint have no pattern whatsoever and no symmetry at all, yet the coloration and the contrast may be exactly what appeals to this entity and causes him to pay thousands of dollars for that painting.

This Awareness indicates some entities want art to imitate nature. Others want it to imitate the artificial creations of man. Others want it to represent total chaos, a total lack of imitation of any kind, total uniqueness, not representative of anything anyone is familiar with.

It is art and beauty because it represents something the eye of the beholder appreciates.

DO OUR STANDARDS OF BEAUTY EXIST ON OTHER PLANETS?

FOLLOW-UP QUESTION:

I believe the questioner is asking if these standards of beauty, and the practice of art as we know on earth is widely practiced elsewhere. I guess she means on other systems, other planets, other life forms.

COSMIC AWARENESS:

This Awareness indicates that the principles that have been discussed apply everywhere, depending of course on the training or conditioning of the beholder. Wherein a society might be conditioned or trained to view only one type of expression as being beautiful, all other types would then be considered as ugly, so that which on earth is seen as beautiful, might on another planet be seen as ugly.

Beauty is Subjective Even in Music

This Awareness indicates that art essentially is subjective. Beauty is subjective, depending on who is looking at what and how they feel about what they are viewing. The same goes for sound. One person's sound is beautiful, is artistic. To another, it is ugly, it is horrible.

Even in your own present-day society a young teen-ager of today, being forced to listen to the classic masters of yesterday, would feel they are being tortured, while the classic composer of yesterday's music being forced to listen to the heavy metal of today's teen-ager would feel he or she was being tortured.

You can imagine the contrast on other planets who have been conditioned to other types of expression, perhaps not having musical instruments as you know them, but having electronic squeaks and blips and bubbles or razzing sounds or scratches, and having perfected their music along such lines, they might have a totally, a totally different form of musical art.

They might have as one form of musical instrument the sound of fingernails on a blackboard which sends chills up and down the spines of earthlings. They might see this as an absolutely beautiful sound. They might have sounds that are created by some instruments that sounds more like a body noise than a musical instrument, which would cause humans to feel great embarrassment, but to them it might be absolutely fantastic to hear all these sounds brought together in a pattern that they are familiar with.

This Awareness indicates yes, indeed, other cultures may have a totally different standard of art on a different planet. Even on your own planet, the cultural music of one group isolated from another, develops a special and unique expression, totally different from that of the other.

The Chromatic Scale in Music

The main similarity of music on earth comes from the fact that the musical scale introduced by ancients in the "do, re, me, fa, sol, la, te, do, and the 12 chromatic

The Law of Love is Revised

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notes of the scale have been essentially spread throughout most of the civilized world, so that there is a similarity between many of the cultures.

This Awareness indicates that had not this musical scale been provided in ancient times, your present music might still be made from drums and scratches of sticks against each other, hollow reeds and toots and blips and other noises that are perhaps rhythmic, perhaps not.

Our Standards of Beauty Are Duplicated on Other Planets

This Awareness indicates that if the question asks whether the standards of beauty on earth are duplicated on other planets, it depends on what standards are being discussed, because there are so many standards, particularly if you think of the various principles that make up the concept of beauty: contrast, relationships, symmetry, uniqueness; for these principles will be involved in beauty everywhere on any planet, but the patterns or emphasis on contrast, relationship, uniqueness or symmetry may vary completely on other planets.

Texture may be totally different on another planet from what is appreciated on your planet. Perhaps on the other planet they prefer scaly rough texture and see this as beautiful, while on your planet, soft, smooth texture may be seen as more beautiful than scales.

This Awareness indicates in other words, every planet has its own unique appreciation for what is considered beauty, and those planets most similar to earth wherein the inhabitants are similar to humans, are likely to have art and beauty more similar to those on earth than would for instance, a culture that is greatly different from the human species.

Would Reptoids Appreciate the Mona Lisa?

The Reptoids, for example, would not likely appreciate the Mona Lisa in the same way as would humans. And can you imagine a planet like that depicted in the movie *Alien*, or *Alien 2* or *Alien 3* as being interested in your form of art and beauty? To such creatures, they are considered beautiful to themselves. Otherwise, how could they mate and carry on their species? But is there anything beautiful about such creatures to the human species?

Thus, there are planets that do not share your sense of beauty or art. This Awareness of course recognizes that this was only a fictional movie and used it simply as an example, a hypothetical example. There *are* planets that have extremely strange creatures on them, strange by **your** standards.



This Awareness suggests a simple revision to the Law of Love accommodating this broader, more inclusive and less judgmental concept of self. This Awareness suggests that the Law of Love places others within self, not necessarily above, and with this conceptual shift, the language can remain, but does indeed necessitate this conceptual shift to overcome misconceptions about obliteration of self and lessening of self, rather than expanding of self to include both singularity and plurality in one fell spiritual swoop.

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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VISIT THE TEMPLE OF LIGHT IN YOUR DAILY MEDITATIONS

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

HOW CAN WE BELIEVE IN OURSELVES?

(Do You Want to Live From a Material or Spiritual Point of View?)

QUESTION:

A question from J. S., in Seattle. He writes: "It is oftentimes very difficult to get an idea of oneself as an immortal or eternal being, especially since mortality and the Judgment Day are so inflicted and inculcated in ways that are confusing and death seems so final and especially is depicted that way in movies and on TV in a cruel and brutal and callous manner.

"Also, if people around us are dying and we are the ones left alive, it is easy to get wrapped up in the attitude that we are being abandoned. That perhaps the Christian Rapture has happened, and guess what? We didn't go! We're still here suffering and so on and so forth...so, what is the best way to nurture a belief in ourselves as a limitless being extending off into the future in a limitless way?"

COSMIC AWARENESS:

This Awareness indicates you have the ability to view yourself in two distinct and different ways. You can see yourself as a body that is inhabited by consciousness, wherein the body has something about it that is called consciousness, and you can see that consciousness as if it were an addendum or adjunct to the body, just as the body has a brain, the body has an arm, the body has consciousness, or, you can look at it equally objectively as though you *are* consciousness, and in the process of being consciousness, you are capable of imagining a body that grows and develops into form and takes on size and takes on shape and takes on appearance that reflects and mirrors the consciousness.

Those Who See Themselves as a Body First

This Awareness indicates it is a matter of personal choice as to which way you view your existence, but those who see themselves strictly as a physical body that grew and developed consciousness will always have a limited view of themselves and will always feel that the body is the basis for the consciousness and that the consciousness will be destroyed with the destruction of the body.

Those who view themselves as consciousness first, who has, or which has developed a body as a kind of cocoon in which to reside while living on earth, wherein the consciousness that serves as a tool or landing pad into which it can come and go, may find it interesting and somewhat different type of arrangement, whereas if you see yourself as consciousness first, having an adjunct known as the body, then you are more able to do things as consciousness than is the body able as a physical vehicle to do with its adjunct known as consciousness.

If You See Yourself as Consciousness First & Body Second

This Awareness indicates if you see yourself primarily as consciousness first and body second, you may find it easier, for example, to experience out-of-body travel and to go to different places without your body, leaving your body at home, and to travel as consciousness into different realms, or different places and you may find yourself also being more aware of your immortality, and knowing that if this body fails, you can create another with your consciousness.

This Awareness indicates that it simply creates a different reality with different rules and different experiences and different opportunities. The opportunities that come from being consciousness first and primarily, may range from all kinds of things that would otherwise be impossible to one who sees himself as a body first and as having evolved into a level of consciousness wherein the

body develops consciousness.

The Material View and the Spiritual View of Yourself

This Awareness indicates that the materialistic view is that you are physical first and develop consciousness. The spiritual view is that you are consciousness first and develop a body and use the body as a House of the Lord, or house of the consciousness which you primarily are. This Awareness indicates that as Lord of your body, consciousness can do and be many things that are not possible for the entity who has the materialistic view.

This Awareness indicates in such levels you can move in consciousness to other dimensions, you can recognize your movement in from dreams with a better understanding of who you are and what you are, and you can have a kind of security that is much greater than the entity who sees himself primarily as a body, because if you are in the body only, you are finite, and you see yourself as one who will be terminated totally at the end of the body's cycle; but as consciousness, the body is a tool for experiencing certain physical gratifications and experiences, yet you do not rely on the body to give you life or to give you experience and levels of consciousness.

Therefore, you know yourself to be immortal. It is a matter of which premise you choose. Either premise is arguable, neither is more evidenced than the other unless you weigh and balance and realize there is some greater evidence of life after death or out-of-body experiences that cannot be explained from the materialistic point of view.

This Awareness indicates of course, as a materialist, you can deny such things exist and maintain your belief in the premise that you are a body first that has developed consciousness. This Awareness indicates it is an individual's choice as to which premise he or she wishes to start from in developing and building his or her life.

You Must Make a Choice—You Can't be Both

One is a materialistic point of view, and the other is the spiritual, or enlightened point of view. Be either one or the other, for you can't be both. You can't have a premise that says you are basically and primarily physical and basically and primarily spiritual in nature. You are one or the other.

If you wish to experiment with one for awhile and see how it feels, then switch to the other and experience the other premise and build your life on that premise and explore that premise for some time. It will become quite apparent that the premise arguing that you are consciousness first who has developed a physical body for a tool of expression is much more comfortable and explains many things that cannot be explained from the premise of materialism.

THOSE WHO TAKE ON NEGATIVE KARMA

QUESTION:

Another question from this entity: "Awareness has recently spoken on the futility of suffering for others, at times when taking on the karma of others doesn't help them, and can only hurt you. I have found that as children we naturally are like healers and absorb negative energies from situations in order to heal them and make them better, but this can have negative effects on oneself, such as isolation, and alienation and general hurtfulness.

(He puts a question in here, but I'll read the whole statement): "What kind of guidelines can Awareness give on when to stop taking on negative karma? And what kind of counsel can be given to the child or person who takes on so much that he or she begins to think of themselves as a martyr, a lonely soldier for Christ or something like that, going through life always misunder-

stood, and unappreciated and so on, to the point that it becomes like a premise or a way of being or a cause of great dis-ease?

"One of the reasons this is so difficult is because a lot of times being in pain is how we define ourselves, what makes us feel important and in fact, the Catholic church more or less leads everyone to at least subconsciously to be nailed to a cross, like their Savior was.

So, it is easy to continue with old habit patterns even though they don't contribute anything wholesome or beneficial to oneself, because the patterns are ingrained from long ago, or because we have forgotten how we fooled ourselves into thinking like this in the first place, or because we simply don't understand what is going on."

COSMIC AWARENESS:

This Awareness indicates that it is likened unto the entity whose life is so filled with guilt, whether deserved or not, that the entity is constantly trying to appease the guilt by doing something for others, until the entity is constantly sacrificing self for others, sometimes to the point where others do not even appreciate the work given by the entity.

This Awareness indicates the situation in which an entity sacrifices self for another is that which normally does not bring a satisfactory situation for either party, but in some cases, it is very important to both parties. Much of it depends on the real purpose and intent surrounding the situation. An entity who really cares about another person may sacrifice his or her interests in doing something that assists the other person, and in so doing, makes the entity feel much better than if he or she had used that same energy for themselves.

This Awareness indicates for example, you have a child, or a loved one who is in need of some financial help, but at the same time you have a desire to trade cars or other material goods up for something a little better in quality than the one you have. You may want, for example, a stereo set that is better than the one you have or maybe you have no stereo set and you have five hundred dollars to spend on this. You have been preparing and looking forward to this for some time.

This Awareness indicates just as you are ready to go out and purchase yourself a new stereo set, you discover that your best friend, your loved one, or your child needs the money in a desperate way. You can either ignore the entity's need or you can use the money instead of buying a stereo set, for the loved one. This Awareness indicates this may not be a question of sacrifice on your part. It may be a question of priorities.

Perhaps you love this person more than you would love your stereo set. This Awareness indicates that normally, these choices in terms of values are those which are made. Now, you may give your loved one the five hundreds dollars and may be satisfied or happy that the loved-one has his or her problem solved, and after this has occurred, you may look on this and say, "I sacrificed my stereo set to help you get this satisfaction," and you may begin to build a kind of resentment at having done this for your loved one, and you are trying to get both the satisfaction of helping your loved one and the right to complain about how good you are in having sacrificed your own interests for this person's interests.

In other words, you are trying to gain two things: the satisfaction of having helped, and the right to complain about having helped. And if the focus switches too much to the complaint, you may see yourself as a great martyr, giving yourself to your child's interest, to your loved one's interest.

When You Give to Others Let That be Your Reward

This Awareness indicates that of course, this is the error that happens to many people who give to others. Essentially This Awareness suggests that if you are going to give to others, that you let *that* be your reward. The joy of giving to someone should be the greater reward for your gift. If you really love the person, you should feel good about doing it, about giving to the person.

If you are going to complain about it, you're probably better off not to do it, and to give to yourself and be selfish. In so doing, you may also experience a conflict in that you pamper yourself and feel guilty about it. You may feel guilty that you have this new stereo and that your loved one could not afford to go to the doctor or could not afford to pay his or her rent, and is now out on the streets but you have satisfied your personal needs at the expense of any satisfaction you might otherwise have gained in helping the other.

Don't Expect God to Give you a Reward

It is simply a matter of setting value and what you cherish most in your life. It is not so much a matter of right and wrong, it is more a matter of personal preferences and values that you hold dearest in your selection of what is important to you. This Awareness indicates if you think that by giving to someone else God is going to dump a bowl of gold coins on your head, this is a mistake. You do not necessarily get a great reward for giving to others, particularly if you do it for the reward you expect to get.

Give Your Gift With Love and No Thoughts of Being Rewarded

This Awareness indicates if your gift is given in love, you are creating your own psyche to be the kind of psyche that deserves rewards and is likely to be rewarded from a Divine level. Also, your subconscious will give you the sense and feeling that you deserve a reward and help to bring the reward to you. This Awareness indicates however, if you give with strings attached, the belief that: "I'm giving this person something so I'll probably get rewarded!" then you may be disappointed, because your subconscious knows your ulterior motives and may not reward you or may not help in acquiring a reward for you.

In other words, when one casts his or her bread upon the water, or gives to another, it should be freely given, not with strings attached, not with great expectations of reward, and not with dual feelings of complain or feelings that: "I have martyred myself in order to help you," for such is not a true gift of love.

GOOD INTENTIONS BUT A BAD OUTCOME

(All About Whether or Not Accidents are Possible)

QUESTION (VIKKI):

Speaking of intent, in a recent discussion it was pointed out to me, that one can hurt another or cause a bad outcome in a situation, even though you have good intentions. It feels to me that your good intentions should count. Would Awareness comment on this area of good intentions and actual outcomes?

COSMIC AWARENESS:

This Awareness indicates that indeed, the intention is of great significance and importance. You will see this also in legalities; that the intention of an individual is part of the evaluation as to whether an act is or is not appropriate and credible. This Awareness indicates that intention is of great significance, even when something goes awry. If it was intended that the action would be for the benefit and it turned out to be detrimental, generally, in a court of law, for example, the entity is not held guilty of any negative action that occurs when the intention was to do something good for the other.

This Awareness indicates an action that might otherwise be criminal, when the intention is for a good outcome, would be classified as an accident. The good outcome the entity intended may have been distorted and cause pain and it would be classed more as an accident than as a perpetrated action to harm. This Awareness indicates that law, in its many years of research and experiences with different types, has generally worked out the understanding of this principle and concept of intention, to the point where it is relatively well-understood in relation to situations.

This Awareness indicates that it is true that one can intend something and things can go awry and cause harm when harm was not part of the intention. An entity can throw a ball to an entity with the intention of creating enjoyment in expectation that the entity will catch the ball and enjoy the interchange. But if the entity does not see the ball coming or is too slow to react, the ball might strike the entity, hurting him or her and causing severe pain or injury.

The injury, the accident, the pain, is real. Should the entity who threw the ball be punished, when his or her intention was not to hurt or harm, but to play with the ball in a manner that is commonly done between entities for their mutual enjoyment? This Awareness indicates that it is obviously what would be termed, in most circles, an accident.

Those Who Say "There are no Accidents!"

This Awareness indicates that there are some who say "There are no accidents!" This Awareness indicates that such statements are not necessarily true simply because they are stated. An accident needs not happen, and one can say, "This was no accident!", but the question is: Who are they implying caused the incident to occur? If it is not an accident, then someone caused it to occur.

Was it the person who threw, thinking that the other would catch the ball? Or was it the person who failed to catch the ball because he did not realize it was coming? This Awareness indicates it is a lack of mutual communication or mutual awareness of the other's thoughts and intentions. And this is usually classed as accident. It is what you might call an incident, an incident caused by a lack of awareness.

This Awareness indicates that to say there are no accidents, and blame one or the other, would be a kind of condemnation without considering that both parties participated in the incident, and if you consider both participated in the incident and still claimed it was not an accident, then it doesn't matter anyway. The question is moot. It was an incident caused by two people who were not paying attention properly.

Therefore, this Awareness does not respect the argument that there are no accidents. There are incidents in which entities are not attentive and sometimes the incident is one entity's own inattentiveness and that may be classed as a non-accident, but it is moot as far as blaming anyone, for the entity who had the incident occur is essentially without attention or intent and to blame the entity would simply put a condemnation upon the entity when all the entity really needs its to be encouraged to be more attentive.

This Awareness indicates that if it gives joy to an outsider to say: "There are no accidents!", then this could be applied to any situation where incidents occur from inattentiveness. This Awareness indicates the intention of entities is much like that which relates to attention or lack of attention, and its purpose. If one has an intention on doing something and does it with attention, then the issue is clear, and the motive is clear.

If one is inattentive and has no intention, and yet it is done, it is usually classed as "accident" or it is an incident caused by the inattention or lack of attention as to what the entity is doing to bring about that outcome.

This Awareness indicates that most people who have good intentions are generally careful to bring about those good intentions, but sometimes there is information they do not have on hand. There are situations they do not fully understand and there are incidents that are not fully communicated which lead to outcomes that are not satisfactory to the good intentions, and this Awareness indicates that these things happen.

Are they accidents? Or are they simply incidents caused by a set of circumstances? Or is it a matter of both? Is that what "accident" is?

Vibrations in Relation to Intention

FOLLOW-UP QUESTION: (VIKKI):

I have a sense that the higher, the more spiritual or the higher the vibration, the more weight the intention will carry. Will there be less damage from such incidents as this as the vibrations raise?

COSMIC AWARENESS:

This Awareness indicates that the higher the vibration, the more sensitive the entity is to the circumstances, and the more sensitive the entity is to the circumstances, the better the communication and awareness of the circumstance will be; therefore, the higher the frequency or vibration an entity experiences, the less likely the intention will be distorted. The more likely the intention will be fulfilled.

This Awareness indicates, of course, this may require that a sensitive person seeks more information before making a decision on something, so that the decision will be more likely to have an accurate intended outcome. This Awareness indicates that often entities who are sensitive perceive that they know what is meant and they don't seek verbally or otherwise to acquire more information because they presume they understand.

They are sensitive and they think they understand what is meant.

Their sensitivity in this sense may not be accurate, and may be a further cause for the intention going awry because of their presumption that they understand, when in fact, they do not. This Awareness indicates it behooves entities to make sure they have the full communication necessary for the situation that they intend to act upon.

ARE WE BORN WITH A SENSE OF RIGHTNESS OR WRONGNESS?

QUESTION:

Awareness, are all entities born with an innate sense of rightness or wrongness instilled in them or are these senses strictly acquired in the learning experience which one goes through in life?

COSMIC AWARENESS:

This Awareness indicates that most concepts of right and wrong are developed as a kind of feedback for the entity as he or she learns to respond to experiences. The entity learns a certain experience brings pain and another experience brings pleasure and they learn how to do certain things to bring a pain to be mollified or diminished.

Normally, this is through the act of crying and getting help to eliminate or defuse the pain, and this is a learning process, very early in life, and they may also learn certain acts that can bring pleasure and they also may express pleasure and find it rewarding, and therefore, early in life they learn that expressing pleasure, smiling at their

mother, for example, brings mother's attention, which gives them greater pleasure, and therefore, early in life they learn to give pleasure to get pleasure.

This Awareness indicates that in some instances they may learn that inflicting pain brings pain back to them and therefore, they choose to avoid inflicting pain. In some instances they learn to cry, to get reward, but sometimes, something they have learned does not work anymore. They cry, and mama comes, or they cry and daddy comes, and perhaps daddy does not reward them as mommy would, and instead, daddy may be rough with them and cause them greater pain.

But having learned to cry, and because crying is the natural response to pain, they persist in using that method to get rid of pain and thus, they cry more, and daddy is rougher to them, and this continues. At a later stage in life, a similar type of behavior may occur when they have learned to behave and relate to certain parental reactions with a purpose and response that normally works for them, but now they are out in a different set of societal situations among their peers, and if they react a certain way that has always worked at home, they may find it doesn't work with their peers, and their peers mock and insult them for their action.

And yet, since it has always worked before, they find it very difficult to give up that particular way of reacting to circumstances, so they continue trying to use it, even when it isn't working for them. This Awareness indicates that they may continue this until they find someone on whom it works, thus the entity may find an associate or person and their personality development works on this person, and thus, they become friends or at least acquaintances and associates because their way of behaving merges and works on the other person and his or her way of responding.

Thus, two people find some kind of compatibility that reflects back to the early childhood and the entity's experience with his or her familiar family. This Awareness indicates that thus, entities learn certain patterns of behavior and try to make these work in other situations and they may or may not work. The child, in the family, falls down, and then expects to be picked up by mommy or brother or someone, and will lay there and cry until someone picks them up.

Later in life, this same child gets into trouble, and rather than trying to take care of self, take care of his or her troubles, whether it be financial, relationship, or academic or legal, they simply lie there and whine and complain until somebody comes along to pick them up, dust them off, and take care of their problem. At least, that is what they seek.

Often it doesn't work. No one wants to pick them up. No one wants to dust them off. No one wants to pick up the bill, or to take care of the problem. This Awareness indicates that thus, those things which entities learn at a young age should be looked at carefully by the family to determine whether this practice is going to be helpful to the child in later years or whether it should be stopped early and the entity who falls down and lays there waiting to be rescued perhaps should simply be left there, particularly if there is no real problem in leaving the child lying there.

Of course, you cannot do this on a street where you are walking, with traffic going by, you have to stop and wait for the child, but at home, or in other safe situations you can simply walk away and leave the child lying on the floor to pick itself up. When the child learns that it can get up when it falls, and that it doesn't have to be picked up, this is a childhood lesson that can carry throughout

life, so that as the entity grows older, he or she falls, or fails in something, he or she will have the ability to pick oneself up and start all over again.

This Awareness indicates that these little things during those formative learning stages of life can be and should be looked at carefully as to what particular personality quality is being developed or can be developed, whether it should be developed, or should be stopped, and something else developed.

The child who throws the tantrum, and by that tantrum, learns to control and manipulate others into giving him or her what he or she wants, is developing a pattern that will be used throughout his or her life. This Awareness indicates that another similar situation is the child who asks for something and is told: "No!" Many parents think that they should make their statement: "No!", and stick by it, never yielding.

Persistence: One of the Greatest Qualities of Successful People

This Awareness suggests however, that you consider this: One of the great qualities of all successful people is persistence. They persist in something until they achieve it. They do not give up. That is even more important than who you know or what you know, and if you wish to develop the quality of persistence in a child, how better to do it than to say "No!" to the child, and when the child says: "Please, mommy! Let me have it!", and you say: "No! I told you: you can't have it!", and the child repeats: "Please, mommy!", you may then begin to weaken in your position and strike a deal.

"If I let you have this, will you help me clean up your room?" And the child may say: "Yes." In so doing, you have taught the child to be persistent. Is this something you want? Or do you simply want an obedient child who learns that when someone says no, it means there's no chance of any further effort succeeding?

This Awareness indicates these are things to consider when raising your children. These are qualities that cannot be taught in school, but which are taught at home. You teach your child persistence by eventually giving in to him or her. You teach your child obedience by letting them know that your word is absolute law, and nothing will change your stance, and therefore, they may as well give up, once your mouth says "no."

A Friend is the Most Important Parent a Child can Have

This Awareness indicates that it is important for parents to look at what is happening in the long-term effects of the way they are treating their child. Of course, the most important thing is to be a friend to your child first, to be a parent second. If you can really feel your child's urgency's and needs, you are a friend. If you couldn't care less about what your child wants, and you only want them to be conditioned by your values and your words and what you expect of them, then of course, you are not a friend, you are a parent.

This Awareness suggests that the friend is the most important type of parent that a child can have, for once you establish a friendship, that close faith and relationship between yourself and your child can be a lifelong experience. This Awareness indicates that there are more things that come from friendship than from conditioning, and more compatibility can develop between a parent and child by being friends with the child than by being a dictator and parent to the child.

This Awareness suggests in fact, the basis for any relationship is best served by the primary relationship being that of a friendship. The secondary relationship can be whatever else. A man and a wife should first be friends, then man and wife. A banker and a client should first make friendships, then be banker and client. A client

and a lawyer should first be friends or become friends, establish some mutual friendship and then let the client and lawyer relationship develop secondarily to that.

What Makes Up the Personality of an Entity?

FOLLOW-UP QUESTION (VIKKI):

Some time ago, Awareness indicated that one's personality is 75 percent the soul and 25% the environment, so some people must bring strong carry-over principles, like from a creature lifetime, that they express as soon as expression starts, and that is there despite the family environment.

COSMIC AWARENESS:

This Awareness indicates that these carry-over energies have to do with attitude and chemistry in the sense of chemical aspects of the metabolism that affect the attitudes of entities, which come from genetic inheritance. This Awareness indicates that as one develops into a physical body, for example, the mother, who is hypoglycemic will have a different influence on the fetus than the mother who is not hypoglycemic, and the fetus then may develop a certain chemistry that causes certain personality reactions to experiences.

If, for example, the child has a particular balance of chemistry that causes the child to become extra agitated when the blood-sugar is not in perfect harmony and balance, the child might go through more periods of emotional distress than would another child who is more balanced. An entity will say: "This child has a bad personality! She cries all the time! But your child smiles a lot and seems to be a very happy baby?"

It may not have anything to do with the personality. It may have to do with the chemistry of the body, the ability of the body to deal with or use sugar or it may have to do with whether there is too much or too little sugar in the body. This Awareness indicates that these have their particular genetic origins in fetuses and carry over into the newborn child. This Awareness indicates that they are not necessarily carry-overs from previous lifetimes.

This Awareness indicates that personalities can also draw on and from previous lifetime experiences so that it is actually a mixture of very many different things from the environment. This Awareness indicates that by saying 25% is environmental, this Awareness was referring to external environment. One could also class the hereditary chemistry as environment, if one thinks of it as an effect upon the soul of the entity, and in that case, it would be more of a 50/50 quality, rather than a 75% and 25% split.

This Awareness indicates that the effect of chemistry from the metabolism on the soul is technically an environmental factor, but most entities would not think of it in this way.

HOW CAN YOUNG CHILDREN DO WICKED, SADISTIC THINGS?

QUESTION:

Awareness, some of the stuff that you read about in the paper these days in the media about how even children and particularly teen-agers treat one another. For example, there's been a number of cases where even younger children in grade school or something would pour gasoline onto one of their friends and light it, and enjoy watching the sickening results. Isn't there something in the human nature, some higher force that they do have innately that says: "This is wrong! You can't do this to another human being!", or is this perhaps a karmic thing with the entity? I just don't understand why, how people can treat other people in this manner.

COSMIC AWARENESS:

This Awareness indicates that most young people learn from observation and from influences on their experiences. The influences that in the past have been most notable are the influences of their parents and those who raised the child, who reward the child, who care for the child, who bond with the child. If these influences promote a quality of decency and good behavior, teaching values to the child, the entity generally grows up accepting those values as being proper and they learn right and wrong.

If the entity, for example, were to grow up in a situation where no values were taught, or where they saw people setting fire to each other, or saw violence occurring frequently, this would be their reality, and they would have little opportunity to develop higher values, because they have no experience of such nature.

This Awareness indicates that where karma comes in is more likely to be in the choice the entity makes as to where he or she is born, as to what environment he or she is put into in that lifetime. So the entity who has good karma might be born in a situation where these things are not likely to occur, and where he or she would develop more reasonable values.

The entity who might have negative karma could be put into a situation where all kinds of strange and bizarre and unhealthy things happen, and thus, the entity's negative karma begins to have its effect on the entity at a very young age. In some cases, the entity will invite that negative experience during childhood as a way of creating adversity by which he or she can grow and develop higher values.

Thus, the entity chooses a situation where there is great negativity, but may select a parent or another influence in the particular environment that has high values, who can direct and lead the entity into higher value establishment. The entity then develops these higher values, lives through the adversities and goes into situations whereby the higher values become more important and have greater effect on self, and help the entity develop a better understanding because of the previous experiences in early life, and in some cases, the entity may even use these experiences to catapult him or her into some kind of social activity that benefits others or helps him to develop higher values.

What About the Child's "Higher Self"?

FOLLOW-UP QUESTION:

Well, if entities have a High Self, and they have the so-called Guardian Angels that seem to protect them often as not from accidents and so on, I don't understand why this Higher Self or "Conscience" or whatever, does not speak out to the entity at the time it is about to commit some atrocity or violation against another human being.

COSMIC AWARENESS:

This Awareness indicates that even as the Huna philosophy suggests that the High Self must be fed energy through the Mana that passes from the middle self to the low self, then to the High Self, so it is with children. The High Self may be developed if the entity before coming into physical form has given energy to the High Self. Otherwise, the High Self may be quite atrophied as an aspect of the child, so that the child enters, has no particular interest or gives no particular interest to High Self values and thus, the low self and middle self are basically isolated and the High Self is basically atrophied because it receives no attention, no food for the gods, no Mana, no energies directed to it.

The entity has no higher value. It is only interested in physical appetites and power and ability to get what it

wants. This Awareness indicates you have seen children like this, and you have seen children who seem to look up to things that are more abstract, look up to entities with a kind of loving appreciation. These entities have more of a developed Higher Self. They have more of an attitude that exudes love toward others. There are those who have an attitude that sees no love, has little love, but wants to use others for personal gain.

These entities need help in developing higher values. They may not be able to do so without considerable help from others who understand this need.

DON'T LITTLE KIDS TODAY NEED A "COSMIC BOOST"?

(The Sinister Intent of the New World Order in the Schools)

QUESTION:

Awareness has indicated numerous times that the main purpose of an entity being born on this plane in particular is for it to undergo experiences so its soul will grow; that the soul growth is the *main* impetus for the life experience. It seems to me that the way conditions are in this world, that a person being born into it is going to need some kind of a little "cosmic boost" or something, because they're not getting it from their parents due to various economic circumstances and so forth, to enable this child to get on the right track, so the rest of his life would be more of a positive thing and his experience would be more positive in the soul growth area.

COSMIC AWARENESS:

What the New World Order is Teaching Your Child in School

This Awareness indicates that this is correct. This Awareness indicates that this is the reason why the New World Order is active in teaching in schools and trying to teach parents to lay off giving the children any values. Psychologists working for the New World Order are teaching the schools to consider any child who believes in God as being mentally ill.

They are teaching schools to think of children who have values of right and wrong as being out of step. They are trying to get rid of concepts of right and wrong so that children do not need ideas of right and wrong so that they only do what they *feel* they want to do. They teach this as a new understanding of children, and they are working to get the schools to get this instilled in the children so that children do what they want to do, regardless of whether it seems right or wrong.

This is a way of reprogramming the children to express themselves without any conditions of right or wrong in such behavior. If they can get out of the children any idea that something is wrong, or something is right, they can then have these children expressing themselves any way they want to and blame it entirely on circumstances which are then the dominion of the state, and the state will determine right or wrong behavior.

This Awareness indicates that in this way children become without conscience, children become active and available for reprogramming in any way the state chooses. This Awareness indicates that this is part of what is causing the modern-day breakdown in values among young people, among the children. If the parents do not instill certain principles and values for the children, you cannot expect the schools to do it.

This Awareness indicates that you cannot expect the children to instinctively discover values that are not present or taught or presented to them in a society. These children are simply not going to be impressed with enlightenment simply because the Divine Forces would enlighten the child, unless they have been highly prepared prior to entry on the earth plane.

There are, of course, many children coming to the earth plane from other highly enlightened societies and these children have the instinct and often have enough enlightenment to carry over into the present stream for selecting parents and situations that can produce for them a more enlightened life, but you cannot expect this for all children. Unless there are people who are willing to work with the child to develop values for the child, the child will simply grab the values that society imposes upon it.

This Awareness indicates this is why it is so important to preserve a culture that recognizes the need for children to have spiritual values. Otherwise, future will all be such that children will be conditioned into the same kind of value system that is conditioned by street gangs, and violence or whatever else the culture and society wishes to impose on the child.

We Must All Think in Terms of Future Generations

This Awareness indicates in other words, you are not simply to concern yourself with your own welfare in the future. You must always think in terms of the future generations that will suffer if you allow totalitarianism and tyrannical leaders to take-over your world. This Awareness indicates that in the future it may be illegal for entities to teach children, even their own children, concepts of right and wrong, concepts of spiritual enlightenment, unless it is approved, by the religion of the state.

Organized Religions Still Teach Children Morals

FOLLOW-UP QUESTION:

So, in respect to teaching children values, then the organized religions, even with all their faults, still have that going for them, do they not?

COSMIC AWARENESS:

This is in the affirmative. There are often taught extremism and intolerance along with these values, and these teachings can be greatly harmful to children, but the basic tenets such as "Love Thy Neighbor As Thyself", these are of great value to little children. The idea of not hurting others can be a great message to young children in a world where entities are often taught to glorify violence against others, where entities are shown stories and pictures of violence being perpetrated, in a way that leads other children to cheer at the death of someone or some other creature.

TV Violence Teaching Children That Death is a Part of Life

This Awareness indicates that these mass numbers of deaths shown on television and movies and cartoons are influencing children to accept death as part of life. Whereby they always of course see someone other than their favorite hero dying, since they are identified with the hero, they never think of the death as coming to them; it is only for others, not for themselves, and it becomes a kind of game.

This Awareness indicates that in earlier days one jumps a checker and takes it off the board. The checker is dead, and the entity who jumped continues on to jump other checkers and to become crowned and the game is to get rid of all of one color and see how many of your own you can save. These checkers are not human shaped, they do not look like humans, and the children are not taught that they are killing the other checkers, and therefore, it is a more harmless game than in some of the current games that children are taught to play.

Nintendo Games Teaching Extreme Violence to Kids

This Awareness indicates that modern Nintendo games and arcade-type games often depict an entity who is fighting many enemies and some of these games become quite violent. In *Streetfighter 2* there are many different types of situations in which the hero must fight in order to survive. Usually the hero may be killed a number of times

before the game has to start over. You may have several lifetimes in one game.

This Awareness indicates that this leads children to think they are invincible up to a point, and therefore, they can kill many before they are killed, and this is a kind of situation in which some children may become conditioned to this kind of thinking. Other children can play the game and it is harmless for them because they know the difference between reality and the game.

This Awareness indicates that there are games which are now becoming more and more realistic so that what once was a character poorly made in a Nintendo game, becomes more lifelike in appearance and the violence becomes more defined, thus the new game, which is the rage for most people who play these Nintendo games, *Mortal Combat*, includes several versions, some for young children, and some for the more adult.

The young children of course, want to play the games that the adult plays in regard to this *Mortal Combat* game. In *Mortal Combat*, the adult version allows the entity's chosen player, who represents himself as one who can cut off the heads of his enemies and see the result of blood spurting out and the head falling on the floor, and blood splattering from it, or the entity can do other forms of butchery and get a blood reaction that follows.

This is the game that is taking over the Nintendo scene at present. It is selling more copies than any other games, and entities are simply going wild over it. The question is: What is this game doing to the minds of those entities who play it? What effect will it have on entities in terms of their value systems, and will this game eventually lead entities into seeing this kind of behavior as acceptable behavior in a social sense?

Is this a game that is preparing these young people for civil war in the near future, or street violence? This Awareness indicates if the schools are teaching children not to concern themselves with ideas of right or wrong, but to Do What Thou Wilt, then what is this game doing to these children?

Crowley's Law: "Do as Thou Wilt" is Taught Kids Today

This Awareness indicates if you will recall, the entity Aleister Crowley who boasted of himself as the Beast, and saw himself as a kind of representative of Satan, claimed that there was one law: Do What Thou Wilt!, and this law is now that which the psychiatrists and psychologists are promoting in the public schools: that children should not be taught right and wrong, they should simply be taught to do what feels good to them.

This Awareness indicates that as this Do What Thou Wilt rule catches on, it is in effect the same thing as the Aleister Crowley rule that he attributes to Satan. This Awareness indicates that this as being a kind of basic rule for children to be raised by, in the conditioning of the New World Order's effects upon the public school system. It surely reflects the nature of the New World Order in its value system.

QUESTIONER:

Well, they have affected the school books, the movies, everything that the kids watch, so it stands to reason they would go after them through games like Nintendo then.

COSMIC AWARENESS:

This is in the affirmative.

The "Bad Seed" Theory: Any Truth to It?

QUESTION:

Back in the Fifties, a writer, Lillian Hellman wrote a play called *The Bad Seed* that ran for quite a while, and I believe they also made a movie out of it. It concerned a little girl, seemingly happy and intelligent and smiling all

the time, from a very good family, that would perpetrate insidious acts, even murder. She drowned a friend, for example, then sweetly lied about it and denied complicity. That was just one of the things that the play contended with.

I'd like to ask Awareness: the premise this story was built on has led me to believe that this was not an environmental or a learned condition by this little girl, but she brought it in with her at birth. Is there indeed anything to that theory of the bad seed?

COSMIC AWARENESS:

This Awareness indicates that this is evidenced by astrological qualities that show in an entity's natal horoscope; that entities all have certain inherent qualities that are presented in the horoscope. They may reflect in part the genetic influences from the parents involved at the time, or from chemical environments that occur at the time of the birth because of horoscope qualities on the soul of the entity.

This Awareness indicates that all of this can be flux, or part of the general horoscope. It is not to say that all of this is caused by the entity coming through from another lifetime, or that the entity's soul was tainted with some kind of evil quality that occurred, but more that the soul selected that particular moment and the horoscope reflected the nature of the soul at the time of its entry.

This Awareness indicates that in such a case, it is not necessarily a situation wherein the soul comes in with a perfectly clean slate with no influences or effects on it, and simply grows in an environment that causes the entity to become distorted in its behavior. In this sense the concept of a being who from birth develops along negative lines can be a valid concept. However, there is also the realization, even in astrological circles, that astrology does not compel, it simply influences.

Thus, an entity is not born bad, but they can have certain influences that help to bring on a tendency that may be for good or for bad results. This Awareness indicates that, for example, an entity whose metabolism at the time of birth is somehow colored by energies that are of a bilious nature, may behave differently from an entity whose metabolism at the time of birth is not thus effected.

If the entity is angry or chemically effected to be angry at the time of birth, then this may color the complexion of the personality so that the entity develops early a particular attitude that has anger at its base. This Awareness indicates that if one's attitude is based upon a negative quality or behavior, and that negative quality or behavior is chemically caused, and that chemical causation is the result of astrological influences along with hereditary influences, the entity may have a propensity toward a more negative expression throughout part of his life, unless something serious and quite strong changes that propensity along the life-line.

Thus, an entity may be negative up to a point in his or her life, and some incident occurs that changes the entity altogether to give him a more positive attitude toward life, or vice versa; the entity may be quite a happy and healthy person until some incident occurs that turns him into a negative monstrous personality.

This Awareness indicates that it is more complex than simply genetics as is indicated with the concept of the bad seed. Children are not born evil. There are influences even at the moment of birth that can push them in some direction that is negative or positive and after each moment there are further influences. Whether these are called seeds, will depend on how you wish to interpret the situation.

Individuality and Commonality in Entities

CLOSING MESSAGE

This Awareness indicates that there are a great many complexities in the nature of human consciousness in its expressions, in its absorption of experiences which lead each individual to become unique and very individualistic, as different from others as is each bush or tree, yet there is also very much that each individual experiences which can be shared with others, wherein they are much alike.

This Awareness suggests that each human face is each and every other human face, but each human face is also uniquely its own. The uniqueness and the commonality are both part of reality and each aspect needs to be protected. The commonality of humans recognizing their similarities, must be cherished in order for entities to understand each other.

The uniqueness of each individual must be recognized and protected in order for each individual to be protected as an element of and reflection of the Divine. This Awareness indicates that entities need to encourage both aspects of humanity: the commonality and the individuality. It is not appropriate for entities to think only in terms of the commonality, the group, and to ignore or disdain the individuality. That is more or less the approach of Communism.

Nor is it appropriate only to recognize the individuality and not recognize the commonality of humans, for it ignores the rights of the many in favor of the one. There is a two-fold aspect: the unique individual and the common herd, and they need both to be recognized and valued so that a society is healthy, and as individuals of that society, they also are healthy.

The Law of Gratitude is given.

most beautiful and the only one with a variety of landscape such as we have."

"It states that due to blockages created here, this tiny planet is preventing the rest of the universe from evolving. It states that this is a planet on which souls learn to balance between the physical and the spiritual and that the physical density is unique and causes a "bottleneck" of souls grasped in its atmosphere due to their physical-based desires. No other planet is this dense.

"And further, it says that if the "sickness" or diseases of this planet is not contained, it is capable of contaminating the entire rest of the universe, with universal disastrous results. It seems to be statistically highly unlikely that this tiny speck in the cosmos would be utter unique in having free will choice; that we just happen to be on the densest of all the multitudes of planets, and that the fate of this little speck and its human life-forms might be critical to the health and progress of the entire rest of the universe.

"The claim that choice does not exist anywhere else in this universe but on this remote planet seems to me the most bizarre claim at all. Please indicate the validity of these claims channeled from the Council of Nine."

COSMIC AWARENESS:

This Awareness suggests that there is a great degree of useful information in this particular creative offering, but it must be understood as symbolic of certain human challenge in general, yet couched in a language and symbolic structure, directed toward a fear-driven audience.

This Awareness suggests that it speaks of an extremely limited conception of the universe, yet not terribly removed from that within mass-consciousness or offered through the scientific community as pure and valid information regarding the loneliness of the inhabitants upon the earth in this particular solar system.

This Awareness suggests that the entity is correct in her assumption of the statistical improbability of the singular responsibility in an infinite system of systems and universes within universes, wherein free will resides entirely within the density of the planet earth. This Awareness suggests, however, that it is a very useful symbolic representation of the power that has been given humanity with the gift of mind and application of free will to creatively manipulate reality and even physical events and it is a cautionary tale of the misuse and limitation of such power which is indeed indicative of the situation on earth at present.

This Awareness indicates that it was suggested that the density and potential misuse of free will on the earth could contaminate or somehow hold back progress and evolution in all other areas is indeed symbolic of the power of a single limiting belief in terms of the developmental and expressive pathway of each earthbound entity to fully become that which was their genetic and spiritual destiny.

This Awareness suggests that likened unto this parable is the natural validity of the creative nature of thought and emotion, not just on earth or in the physical realm, but it exists throughout all other realms, all other planetary systems in this symbolic tale, or levels of existence in terms of the individual incarnate as related to the entity, not so limited in his entire proportionality.

This Awareness suggests that there is tremendous importance placed upon the human experience, just as there would be tremendous importance should the scenario of free will upon earth be the only existing one upon which the very development and progress of the



IS EARTH THE ONLY PLANET IN THE UNIVERSE WHERE FREE WILL EXISTS?

QUESTION:

A question from JD. She writes "I am slowly reading a book titled The Only Planet of Choice: Essential Briefings from Deep Space. It states that earth is the only planet in the entire universe of innumerable stars and planets on which there exists free will choice. It states that "Of these innumerable planets, Earth is the

entire universe relied so that the individual embracing within the physical experience and grasping the tremendously unlimited creative power of thought and emotion and to allow that creative power to become invested and tied up and frustrated with a never-ending stream of belief structures which choke the very life from the spiritual entity incarnate and leave behind upon the death the vestiges for the incoming entities to endure such tremendous disempowerment without even a fair start off the mark; that indeed this is a symbolic cautionary tale of human self-understanding and of the creative power that exists and the understanding that creativity will continue, regardless of the misapplication of free will; that creative power is very bit as potent misdirected as it is consciously directed by each individual given such power.

This Awareness requests a repeating of the question.

QUESTIONER:

"Please indicate the validity of these claims channeled from the Council of Nine."

COSMIC AWARENESS:

This Awareness suggests that in terms of the symbolic validity in relation to the human challenge of recognizing the creative power of free will and the communicative pathway between aspects of self as carried upon the stream of human feeling, wherein floats continuous and constant information transported between each realm; that application of free will based upon the limitations of an existing information within mass-consciousness without reaching out and dipping into the stream and wealth of spiritual information, can be likened to an entity, a planet such as earth in this scenario, wherein the entire cosmos is affected by the misapplication of free will, for each and every entity upon the earth is challenged with the task of understanding the creative capacities and such challenges do indeed influence each and every other aspect of that entity in alternate probabilities and experiences and creative progress in understanding and willful manipulation of matter through thought and emotion; that each such success and understanding contributes to each and every success of other aspects and reincarnational selves, as the term is understood, so that it becomes an essential and crucial task for each individual to embrace the nature of free will... ..as well as to acknowledge the pitfalls of its use outside of spiritual orientation and guidance.

This Awareness suggests that if there are still questions regarding the literal validity of the source and nature of this tale...

Q) Not really.

CA)

...that the symbolic aspects are highly valid and the literal aspects are highly invalid. If we have completion we can continue.

WHAT DOES IT MEAN TO BE "SPIRITUAL?"

QUESTION:

A question from Kathleen Villareal. She asks "What does it mean to be "spiritual"? Does it mean meditating every morning at sunrise and sprinkling blessings on child rapists and going off to feed the starving people of Africa? Does it mean being constantly happy and smiling and full of blessings for all? Does it mean seeing and talking to the Invisible and handing down great wisdom to the masses?"

"If one were to move in a spiritual direction, how would one act? What would one think? What do plain old regular people do to be "spiritual?"

COSMIC AWARENESS:

This Awareness suggests that this entity has put the thumb on the pulse of the human conundrum of the lack of understanding and acceptance of a crucial aspect of themselves now known as Spirit. This Awareness suggests that the language overlap and imprecision relegates this essential aspect of humanity to the imaginations and to the cultural trappings and judgments and behavioral expectations from all ends of the spectrum.

This Awareness suggests that some descriptions of this elegant tongue-in-cheek form of question do indeed capture that which is Spirit, and others do not. This Awareness suggests that each and every entity can know for themselves that which is their spirit and develop an intimate and necessary rapport through exploring the information provided in the *Lessons of Enlightenment*.

This Awareness suggests that each and every entity can liken the spiritual force to that vitality, that energy within them which animates the body, fires the mind, and continuously unite the two through the feeling system, exchanging information within and between mind and body and the larger aspects of self, defined as spirit that reside outside and inside the physical realm, yet not limited in the same way as mind and body.

This Awareness suggests that entities can experience the Spirit through their feelings of pleasure and pain, and that borne on the wings of each feeling is contained information, highly specific to the purpose of that entity, and indicative of how to unite the body and mind to align with the purposes of the Spirit.

This Awareness suggests that the Spirit is indeed about human purpose. The mind is a complete and total mechanism for creating that purpose. The body is the vessel for carrying out and physically manifesting that purpose, yet it is Spirit Itself that animates, energizes and communicates between all aspects of the self.

It is Spirit that is present within each life. It is consciousness itself that is Spirit. The mind is the focus of the consciousness of Spirit, although human language credits mind for many, many gifts of Spirit, and it is in misunderstanding the specific functions and processes and purposes of mind and body and Spirit which allows the beauty and integrity and functionality of the self-regulation system which speaks through the spiritual voice of human feeling to unite all aspects in a singular purpose in thought and action.

This Awareness suggests that it is the Spirit that travels on sojourns as the mind is at rest and the body is at rest, for the Spirit has access to the information within the mind, yet it is not limited as the daily focal point of mind, nor is free will and purpose as evident when the mind is not directly focused in waking consciousness.

This Awareness suggests that entities should understand and recognize that the mind is the focal point of a given specific existence known to them as that center of consciousness that they awaken to each morning; that familiar focus with a name, a face, a history and parents and memories and beliefs: that mind is this collection of experience, but it is Spirit which transcends this singularity of experience, the very Life Force cycling between this singular mind of an entity and its greater essence as a portion of All That Is.

This Awareness suggests that the mind is designed to follow the evaluative wisdom of the Spirit or it cannot accurately assess the validity and purposeful qualities of its own belief structures. This Awareness suggests that the mind can lead the self down merry and painful paths when disconnected from the evaluative structure of

Spirit.

This Awareness suggests that the central component of Spirit which has been credited to mind, erroneously, is that of a judgmental evaluative capacity. This Awareness suggests that the mind has complete and utter free will which would be compromised, had it also been accompanied with a judgmental capacity within itself.

This Awareness suggests that to fully experience the creative power of human physical experience, entities don the cloak of mind with complete and utter free will and an utter lack of judgmental capacity, yet imbued within the body are the spiritual vestiges of purpose and motion to set the mind along an oriented course. It is only through active participation in the physical experience, the 'trying on' of belief systems through the application and choice of free will that the entity can experience and question the Spirit: "Is this experience valid and rewarding and purposeful? Or is it a misapplication of my free will?" And in each moment the Spirit answers in its evaluative, informational feeling-signal, whereas the mind instantaneously receives the spiritual evaluation and can monitor its contents in order to ensure that human action and thought and creation is purposeful as according to Spirit, rather than purposeless, painful and disconnected from body and Spirit and mind.

This Awareness suggests that entities innately resonate with the concept of Spirit. The language uses accurate emotional constructs and descriptives when describing the Spirit: enthusiastic, happy, compassionate, loving kinds of words are associated with the vibrancy and life-giving force of Spirit. Emotional terms such as 'depressed,' 'sad,' 'angry,' a 'pained' spirit, also are indicative of the spiritual presence, yet in a deficit state, an obstructed state, an evaluative signal of choices and experiences which are not desirous of Spirit, which are not moving the entity in desirable directions.

This Awareness suggests that in understanding the distinct aspects of self in the physical existence as defined as mind and body and spirit, one can begin to re-attune the mind to the specific language of the Spirit in ways that entities can begin to experience for the first time the whole and intended earthly experience, rather than the deficit state which currently exists upon the earth at present.

If we have completion, we can continue.

The Enlightenment of the Emotional & Spiritual Heart: The "Silent Pulse" Within

QUESTION:

Along this line, there's an article in The Leading Edge newspaper* called "Cosmic Stargate: Part 2; The Enlightenment of the Emotional and Spiritual Heart" by Steven Hanauer, and I'd like to read just a brief bit of this, which might be pertinent here. He writes:

"Deep within us exists the silent pulse, a perfect rhythm which connects us to our inner spiritual essence. When we consciously open our hearts to this inner pulsation, we can unify our heart and being with all hearts, thereby becoming directly connected and One with everything.

"Learning to consciously create and maintain this pulse within us in our daily lives would not only transform us, but possibly the world around us as well. The ultimate source of this pulse of life is Divine Beingness. The Ancients claimed the spiritual secret to life was to consciously connect our earthly physical heart with the heavenly heart that creates the universal heartbeat. The Heartbeat of Creation is the fundamental

tone which all of life attunes and resonates with.

I offer the following as a map of the soul, to follow in our journey toward the healing and enlightenment of our emotional and spiritual hearts. The following is some of the most pertinent essential keys for our soul's inner work and development in this dimension and the next.

"Life's ultimate purpose: What matters most in our life? How meaningful has my life been? The true essence of our existence cannot be measured by the amount of money, fame or power we have achieved, but by asking ourselves: "Did I love well?" Loving with all our heart and being is how we can best measure our life. Without love in our heart, we have nothing that will endure. The quality of our heart, our love and the beingness which we share with all is what matters most in life.

"Our primary purpose in life is to learn how to love openly and unconditionally everyone and everything, keeping our whole being and heart open, radiating love to all, under all circumstances. Our most powerful lessons in love are the conditions where we have withheld love from others. Our ultimate purpose in life is to consciously create, strengthen and maintain our connection to our Higher Self and the Divine.

When we die, we experience a reviewing process of our key life experiences. During this life review we experience not only our feelings and perspectives of the events of our life, but also the feelings and perspectives of the other people involved, thereby expanding our perspective beyond just our own.

"This stretches us beyond our ego's self-centeredness, allowing us to directly and deeply experience true empathy, compassion and unconditional love. We thereby come to realize that our heart and beingness is our true reality and that love is all that truly matters. We can see clearly where in our life we openly shared love, where we withheld love and the direct consequences of each, including the effects it had on those involved.

"The places within us where we have withheld love is the unfinished business of our heart. If we can realize now that healing our heart is the most essential soul work, rather than waiting to realize it during our life review, we can begin the inner journey of our heart. We can focus our time and energy upon developing that which we take with us when we leave this world: our heart, beingness, soul, spirit essence, consciousness, and relationships including our love and heart connections with other people.

"Shouldn't these things be our highest value, and developing them our highest priority in life?"

That's sort of an impossible thing he's saying here I think in the life we lead, but could Awareness comment on his view here?

*Leading Edge Newspaper, PO Box 510, Waynesville, NC 28786. \$12 for a one year sub. Webpage: www.leadingedgenews.com/

COSMIC AWARENESS:

This Awareness suggests that this is far from impossible, and with the precision of terms and concepts, this is highly valid, highly applicable, and a timely contribution to the Forces of Enlightenment now at work. This Awareness suggests that the term "heart" is used in this context to describe the Spirit, the Universal Purpose, the emotional system, and the individual guidance, all wrapped into one word, whereas the emotional system provides *exactly* such service as symbolized in his term the "heart."

The human emotional system is thought to be centered in the heart. The spirit is associated with heart, and this discussion addresses the meaning and purpose of

individual existence, which is the information contained within the spiritual emotional system, for it is a purposeful orienter to ensure that each individual has access to information to make the most of each moment of the physical experience in terms of his developmental and Destiny path.

This Awareness suggests that indeed, in the transition state beyond the life experience, that when the consciousness is no longer centered specifically within the individual focus of mind as it is experienced in the daily life, that from this broadened expanded focus of understanding the meaningful experiences and purposeful movement will be those as described as loving connections, as interactions chosen from an enlightened perspective and broadened self-concept which considers the pleasures and pains of every heart as the same of those of a single beating human heart.

This Awareness suggests, however, that waiting until the experience to understand the nature and meaning of the experience defeats the purpose and relegates the entity for a rather lengthy cycle of incarnations if such were the case.

This Awareness suggests that it is the very focus and emphasis of the information being imparted through this channel regarding enlightenment to attune to that very system within which constantly gives this after-life evaluation during the life, through the emotional system. This Awareness suggests that this as recently described as the Supreme Evaluation, is the only mechanism offered to guide and speak of human purpose, and it is intended to be the single most important influencer in the designing of the willful mindscape, so that experience in the flesh can be the fullest, most rewarding and the most purposeful as chosen by the entity for that particular incarnation.

Without access to this information and evaluation, life becomes a haphazard and painful misapplication, as power is directed into un-purposeful limiting strategies and belief systems, yet the evaluation is always and constantly inherent in the signals of pain and pleasure that such choices deliver.

This Awareness suggests that through understanding and decoding this ancient feeling/wisdom, that entities can know in each moment the judgmental evaluation to be placed upon them at the end of the life in ways to act upon it immediately to achieve the desirable purposes and developmental opportunities in a singular lifetime, rather than in an endless repetition of 'not quite getting it' until death arrives.

This Awareness suggests that although a lifetime in some perspectives beyond space/time can seem like only a wink of an eye, it is what is left behind in mass-consciousness for the human errors and limitations that create the utmost urgency of changes of a spiritually oriented nature before certain corrective actions reach a point of critical mass.

This Awareness suggests that far from being an unattainable fantasy, that this is the very essence of the Enlightenment message, and it is the nuances of human purpose, the division between mind, body and spirit, the complex meanings of each emotional signal, the distinction between fear and its relatives-- anger, envy, guilt and hate, wherein each emotional signal carries specific evaluative and corrective information, so that in any moment of any lifetime an entity can begin to access the information that so many, many entities have not a clue, until they depart the physical realm.

This Awareness suggests that this type of discussion and offerings are excellent fodder to discuss and

connect to the spiritual evaluation system to gain the most rapid enlightenment and empowerment. If we have completion, we can continue.

HOW CAN WE LOVE UNCONDITIONALLY EVERYONE AND EVERYTHING?

FOLLOW-UP QUESTION:

My comment was "in this day and age" with the television and everything, where Steven says "Our primary purpose in life is to learn how to love openly and unconditionally everyone and everything, keeping our whole being and heart open, radiating love to all under all circumstances"...this seems to me an almost impossible job in light of what we're confronted with.

For example, we're going to war again, trying to stop a man over there in Yugoslavia who's slaughtering tens of thousands of people and has been getting away with it. We turn on the television or we read the newspaper about some monster that has attacked and killed little children and so forth. How, under such circumstances, can we learn to love openly and unconditionally everyone and everything?

COSMIC AWARENESS:

This Awareness suggests that this is a highly pertinent and useful question. This Awareness suggests that the description is accurate regarding the deficit state that has been created through the misapplication of human will power, and the limitations that have been left to fester within human social structures and self-understandings to the degree that such "monsters" are ever-present throughout human communities.

This Awareness suggests, however, that each such monster is simply an external manifestation of the belief structures which have been adopted. This Awareness suggests that as long as mass-consciousness sets forth conditions which limit self-understanding, which limit the free movement and minimize opportunities necessary for entities to even become fully human in the developmental sense, that entities cannot begin to embrace their full potential.

This Awareness suggests, however, even within such severe external limitations, individual entities shall be the ones reconnecting to the spiritual evaluations and effecting changes to the individual mindscape. This shall propel them along the individual **being state** of experience wherein belief structures become more expansive, inclusive and knowledgeable to the degree that each and every such monster is seen for the predictable correctable symbolic representation of a race having relegated themselves to the minimal level of self-preservationary existence.

It will only be through individual efforts to recognize these conditions and eliminate their sources that incoming entities can begin to be facilitated toward humanness instead of monsterhood. This Awareness suggests, however, that the situation is not nearly as profound and negative as it might appear on the surface, for monsters are not born, they learned their monsterhood.

This Awareness suggests that as entities attune to the spiritual evaluative information, self-understandings and humanity in general shall become as understandable and predictable as the rising sun. This Awareness suggests that each action which is described as evil or monstrous, each and every violation springs from a natural self-preservationary impulse of a frustrated spirit within external conditions which do not match the needs of spirit, for they have been designed outside the evaluative information and guidance of spirit.

This Awareness suggests that entities engaged in the wars described are each defending their individual interests, for their self-concept has not yet expanded past an animal survival concept of singularity. This Awareness suggests that the entity in describing the heart and the connection between all hearts and the love that exists and the universal validity and needs to be manifested in social structures and human experience does indeed exist as the spiritual connection, and, indeed, the spiritual fabric that comprises both saints and sinners.

This Awareness suggests that until external conditions of social justice wherein simple freedom of movement and empowerment to determine the destiny are created, that entities' self-preservationary responses, motivated by a spiritual frustration, will push against the structures until they break.

This Awareness suggests that this is the negative force which also ultimately leads to progressive spiritual evolution, yet it does so with a whip and a chair, and is incredibly painful, for the mind is not engaged. Human history is punctuated by revolution and war and angry tears at the social fabric which have resulted in positive, liberating spiritual changes, so that communities can co-exist to the degree of success that they do at present, and that wars and outcroppings are far less normative than in previous years. Yet, when entities, individual, and eventually en masse, attune to the full scope of the emotional system, they need not be pushed by fear and anger to tear apart structures; they will be pulled by the rewards of meaning and connection and esteem and creative expression which pull them toward those social structures which are ultimately desirous for spirit, for this **being state** of existence described, wherein hearts can beat in unison rather than in competition.

The Concept of Competition Helps Create Monsters

This Awareness suggests that a singular concept which still exists universally, which facilitates the pain and necessitates revolutionary and monstrous acts is the concept of competition, wherein one *must* win and another *must* lose. This Awareness suggests that the Spirit desires, and indeed, the biology perpetuates cooperation within and between organisms, from atomic interactions to cell interactions that put together organ systems and create the human form itself, to interactions between human beings and interactions between each and every organism in a dance of continuous conversion of energy and information.

This Awareness suggests that competition between entities is no more successful than competition between cells which promote disease and death in bodily tissues, yet that disease and death will ultimately end the strategies that are not spiritually desirous.

This Awareness suggests that as entities expand their mind to the specifications of Spirit, that the emotional signals become specific to the level of awareness and of consciousness, so that there are levels of experience: From the deficit state experience currently existing, to a more **being state** of existence as wherein hearts beat in cooperation, and finally to a **transcendence state** wherein the meaning of existence takes on higher and higher levels of abstract understanding. Such attunement to the emotional system drives individuals along this path, and as they express themselves outwardly and manifest social structures, the evolution of the species proceeds along similar lines.

This Awareness suggests that entities on earth are poised between the threshold of a survival animal level, and a cooperative human level. Where struggles for power and freedom rule the day in the survival level, at

the being level, social structures and self-understandings are in place, wherein power and freedom are given situations and connection in cooperative ventures. This can ensure that the higher needs for esteem and creativity and meaning can come to the fore.

This Awareness suggests that until entities embrace the deficit nature of competition and singular self-preservation, that they can never fully cooperate, and that technological structures have brought humanity to the cooperative being level, and yet their spirituality and emotional responses have lagged so far behind, that monsters and saints exist in the same point in time.

This Awareness suggests that as entities begin to redesign the individual mindscape to the specifications of Spirit, removing those belief structures or designing them in alternate ways to facilitate spiritual pleasure and reduce spiritual pain, that the consciousness evolves through survival and being in transcendent states at a far more rapid sequence than might be imagined. Even within existing survival level structures, wherein from a perspective of transcendence compassion, earlier feelings of anger and fear of the survival level are viewed and indeed experienced with a compassionate and loving acceptance for the developmental level wherein that entity has relegated himself.

This Awareness suggests that the concept of loving and uniting each heart relies upon the genuine conversion of belief structures which bring interpretations of fear and anger to belief structures which interpret similar situations with compassion and understanding and meaning. This Awareness suggests that as each individual attunes to this inner guidance and system, that the mind, body and spirit work together to propel the entity along the developmental and expressive paths at dizzying speeds. That this type of compassion will motivate actions, express light responses addressed to those structures which facilitate and bring out such animal and monstrous behavior, by making changes to the institutional structures, the educational processes, the political structures, the laws and religions which relegate humans to endless cycles of anger and fear and the atrocities that self-preservationary impulses can bring about.

This Awareness suggests that as entities attune to the spiritual guidance, that self-preservation can no longer be seen outside of the purpose of self-development, with truth, understanding and true connection, so that at times, when self-preservation is called for, which is a constant requirement for life in the physical realm, that instead of automatic hard-wired responses, the mind selects cooperative and long-term solutions which do not sever the connection between the hearts, and as such, each entity then becomes a relative saint and is no longer relegated to the painful existence of the monster.

If we have completion we can continue.

—HOW TO GET THIS NEWSLETTER BY MAIL— EVERY 4 WEEKS 1 (More or Less)

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