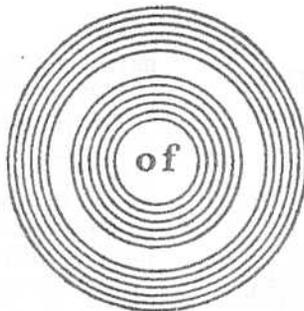


Revelations

The Cosmic Newsletter

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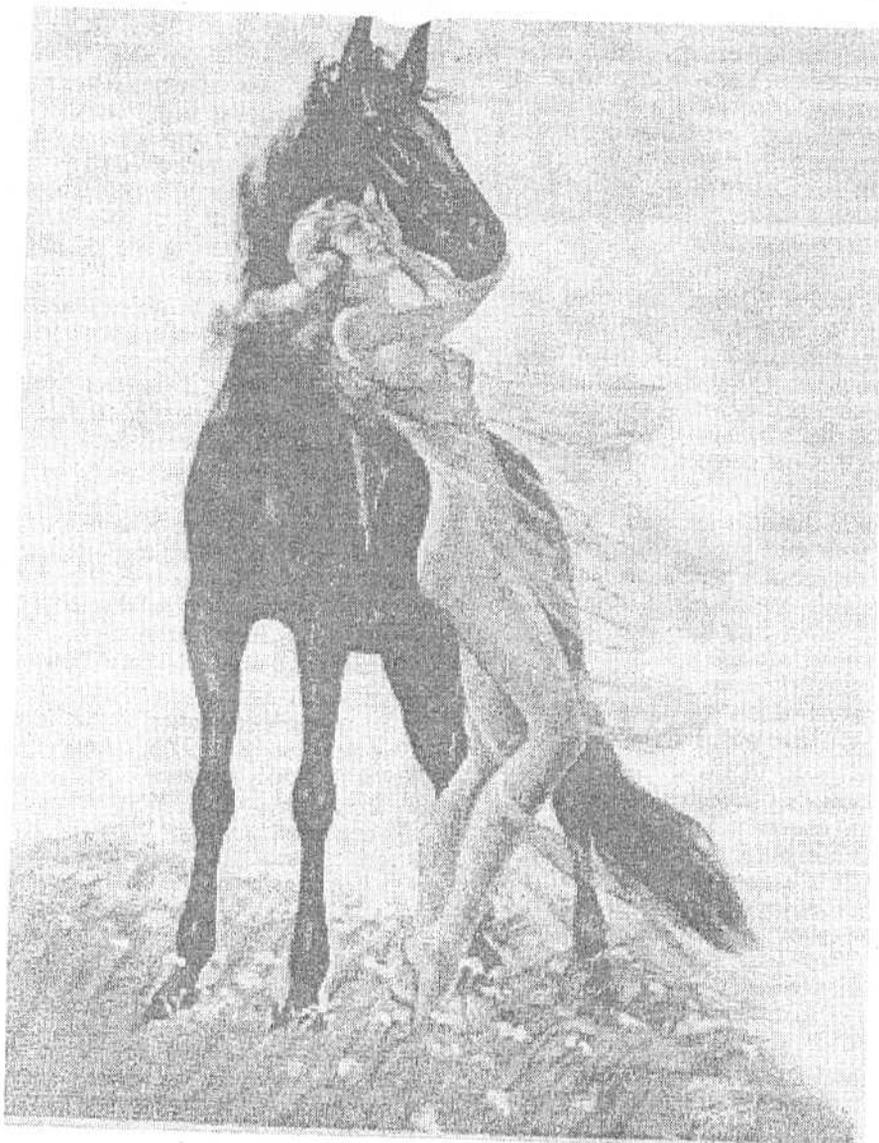


Awareness

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How to Deal With Sexual Energies (Horny ladies and wandering husbands)

---Deceptions and Myths of the Bible

---Emotional Force: What is it?

A HORNY LADY SEEKS SATISFACTION

QUESTION:

(5/1/96) Paul Shockley, Interpreter

A question from Colleen, who lives in Oregon. She writes: "I understand that we are born with certain propensities and certain strong propensities are noticed in early life. My particular weakness is sex-related. I have a strong desire for stimulation which overcomes me, although I aspire to live up to my teacher's teaching that we are that pure consciousness and operate through the body / mind construct.

"When I was with my teacher there was no problem, but now that the teacher has passed on, my sexual drive seems to be a predominant factor. I also read in your recent newsletter that these experiences have to eventually be rejected by the individuality when they are present and not be bypassed when not fully experienced. But, what can I do to deal with this feeling? I would like not to have this problem. It is such a distraction. Any thoughts on this would be greatly appreciated."

COSMIC AWARENESS:

This Awareness indicates that it is not clear as to some of the intended messages the entity expressed in her question. This Awareness indicates that it appears the entity is struggling to avoid the sexual energies that she has to deal with. This Awareness indicates that *It* wishes entities to understand that the sexual energy is Life Energy. It is vitality, and it is not something that entities should reject or abhor.

This Awareness indicates that it is there as a reflection of your own vitality, of your own good health. This Awareness indicates that it is not a problem to have sexual energy. Problems only come when it is misused in a way that leads to problems in your life. This Awareness indicates that if, for example, you use it in a violative way with someone or against someone, or if you use it in a way that creates a problem which you cannot take the responsibility for, then you have misused the sexual energy.

This Awareness indicates that *It* wishes entities to understand that the sexual energy is a very valuable and important aspect of your life, but it needs to be guided. It needs to be used wisely. It is likened unto the brain. The brain is a very important tool for entities to use. It is possible to imagine some taboo against thinking, a taboo against using the brain. There have been times when people say: "I do not want you to think! I simply want you to obey! Do not think! Just obey the laws! Obey the rules. Obey the Scripture!"

This Awareness indicates that this type of effort to stop the use of the brain is much likened unto warnings or taboos against sex. It is not the fact that an entity uses his brain; it is only if the brain is used improperly for some dastardly deed, or some action that is not to the best of the entity's interest or others' interest. This Awareness indicates, for example, an entity misusing the brain to flaunt some kind of bad activity, an activity that violates others; this would be a misuse of the brain. But this Awareness indicates there is not a great concern in this day and age about the evils of the brain, and there should not be a great concern about the evils of sexual energy.

It is only asked that the entities use their sexual energy wisely and not use it in a way that is harmful to self or others. This Awareness indicates that most of the traditional rules of society were created, in regard to sex, for the purpose of keeping things balanced in terms of what is proper and improper in sexual expressions. This Awareness indicates that these social taboos and rules have recently undergone great changes so that entities

have different attitudes, different varieties, different teachings, different values regarding sex.

This Awareness suggests that the more important rule is "Do not harm others. Do not harm yourself." Therefore, use sex in a way that is neither harmful to self or others, for you can create lives, you can destroy lives with the use of sexual energy. You can create lives that are very difficult for yourself and for others to take strong responsibility for. If you are not a responsible person, if you are too young or incompetent or incapable of handling the responsibility, then you must be very careful in using the sexual energies in a way that might produce a result that you cannot deal with.

This Awareness indicates it is simply a matter of being a responsible person. This Awareness indicates it is not that different from learning to be responsible around fire. You would not let your child play with fire until the child shows enough responsibility to know how to handle the fire, how to deal with fire, how to contain fire, how to keep fire from spreading and gaining control. It is the same problem with sex.

The child needs to be able to take the proper responsibility before being involved with sexual activities and expressions, as do any other entities of any age. This Awareness indicates if you can be responsible, then enjoy. If you cannot be responsible, then be very cautious and don't indulge yourself until you are ready to take on the responsibility involved.

QUESTIONER:

In her letter she says "I have a strong desire for stimulation which overcomes me," and at the bottom she writes "What can I do to deal with this feeling?" I don't think she's necessarily talking about going out and having sex. It sounds more like it might be self-stimulation that she thinks she needs, but is afraid to do, perhaps.

COSMIC AWARENESS:

This Awareness indicates that this is a matter of personal decision. If it is not harming you or harming others, then it is simply a matter of personal choice. This Awareness indicates *It* does not see this as something that will cause entities to go blind, or to suffer any kind of severe consequence, as long as it is kept within reasonable bounds, so that it is not over-expressed.

This Awareness indicates that when you curtail the sexual energy too much, that can also be somewhat difficult and harmful. This Awareness indicates there is some suggestion from a time back in regard to a book *Thinking & Destiny* which suggested that entities could gain vitality by waiting for the Lunar Germ to go through a certain stage of cycle and not having any sex for approximately one year as the Lunar Germ was cycled around the Solar Germ, (these are terms used by the author) and that this would be a rejuvenating experience.

The Pros and Cons of Celibacy

This Awareness indicates essentially it can be beneficial in strengthening the sex drive, to do such, but this Awareness indicates it is not a matter of one having to have a lifetime of celibacy. There are some who advocate celibacy as a way of living a longer life. There are others who will argue, and also with good reason, that celibacy can lead to a shorter life. This Awareness indicates that it is a matter of how entities feel about abstinence or celibacy, or about the act of sex.

If it is a sacred act, then entities can feel good about it and can enjoy it and can see it as being to the benefit of their health and their spiritual life. This Awareness indicates if it is seen as an evil act, then the guilt involved can cause stress and cause entities to feel unworthy and can have a negative effect on the immune system, so that

the entity becomes more unhealthy as a result of having indulged in sexual expression.

Elvis Presley's Sexual Gyration Helped Liberate Females

This Awareness indicates that it is partly for this reason that so many entities became enraptured by Elvis Presley in the Fifties and Sixties, because he focused their attention on his sexual gyrations and at the same time made them feel that the sexual thoughts they had and the gyrations he expressed were wholesome and healthy. He did not express guilt or shyness or embarrassment in this, and yet he kept it in the reasonable bounds of decency, although many saw it pushing the edge of the envelope into indecency.

This Awareness indicates that in general, it made entities feel that sex was not something evil; that sex was something enjoyable and could be a good thing. It helped to release the guilt that many entities had been fed through their upright moral trainings, and become a little more relaxed, a little more loose in their expressions. This Awareness indicates that they could actually enjoy sexual intimacy without as much guilt.

This Awareness indicates others will argue that there has to be some sense of guilt involved in sex in order for it to be really fun, and the guilt they experience makes it all the more interesting, as though they have done something they shouldn't have done. This Awareness indicates that this allowed them to feel that they had rebelled against some kind of authority and had gotten away with it, and it gives them a sense of freedom that they might need in order to feel fulfilled.

Each Generation Thinks It Has Discovered Sex

This Awareness indicates that all of these conflicts regarding the concept of sex and its expression have played a role in the lives of generations after generations. It is not new to each generation, although each generation thinks that they have discovered sex in the same way that Christopher Columbus thought that he had discovered a new world.

If you speak to young people today who discover sex for the first time, they will treat it as if they had something over their parents. They know something their parents couldn't possibly understand. This Awareness indicates that this is a feeling, rather than a logical attitude or thought. They do not actually think that they have discovered sex, but their feeling is that, "I am going to do what I am going to do, and nothing can stop me!" as though they were some world explorer and had to do this because they were the person appointed to discover sex and that this was their role in life and the parents were simply outmoded and out of place and not keeping up with the new technologies of life.

This Awareness indicates that children always saw their parents as being stodgy and stilted and rigid, and it is hard for them to visualize their parents having sex. They tend to think of it as something in their world, and not in their parent's world, and therefore, they have a certain kind of contempt for their parents because they are so outmoded, stodgy and stiff.

This Awareness indicates that even with this rebellious attitude, they still had certain reservations, so that once they had established their own family they could take on their parents' blue-nosed attitudes and tell their children: "Don't mess with sex! Stay away from it! It is something that you must not be interested in or focused on! Don't talk about it. Don't indulge in it!" This Awareness indicates that they then take on the same role their parents had and instill in the children a feeling of the taboos associated with sex.

This is important for the child, to have certain taboos to a degree, so that the child learns it is not proper to play with sex any more than it is proper to play with daddy's pistol or with mamma's kitchen knives, because these things can hurt, as well as be fun. This Awareness indicates that the entities gradually grow, gradually mature, gradually learn how to use the kitchen knife responsibly, and may even learn how to shoot a gun responsibly, and at some point will learn enough about sex and have certain situations occur so that by the time they indulge in sex they hopefully have matured enough to handle it in a responsible manner.

This Awareness indicates that as far as the self-indulgence is concerned, it is not something that entities should think of as an absolute taboo. It is just something that is socially impolite and therefore should not be done publicly any more than picking one's nose should be done publicly. This Awareness indicates that it is not something to talk about. It is not something to feel guilty about. If an entity cannot find a good partner for sexual expression, it is not the end of the world for the entity to indulge in self-stimulation. You are not the first. You will not be the last. And there's no need to be feeling guilty or feeling that you are in some way subhuman or less than the good person you always were.

Sexual Self-Gratification Nothing to be Ashamed Of

This Awareness indicates there is a kind of egotistical proudness that some entities have wherein they would never admit to self-indulgence because they do not wish to admit they do not have a partner. It is as though it implies they are not suitable or attractive enough to get a partner, and therefore, they are not going to tell their friends or associates of their self-indulgence, self-gratifications, because it is not something they are proud of.

But this Awareness indicates it is not something to belittle oneself for, or to make oneself feel guilty about or to think you are inferior if you have indulged in such activity. This Awareness indicates it is possible to consider it as an action similar to going to the bathroom, wherein you are releasing certain energies that have built up that need to be released, and not have any kind of guilt at all from this action.

This Awareness indicates it would be more pleasant for you if you found a partner whom you could share your life with, and with whom you could enjoy more intimate relations, but not everyone will have that opportunity, and entities should not be denied the right to express themselves and to enjoy some sexual expression just because they have not found a proper partner with whom to share their lives.

What Sun Signs Produce a Strong Sex Drive?

(Strong Libidos in Children: How to Deal With)

QUESTION:

She implies in the question that "We are all born with certain propensities and certain strong propensities are noticed in early life," which I assume in her case she's referring to a sex drive. Is there a sign, a particular sun sign, for example, that some entities are born under that give them a strong sex drive, particularly when they're little?

COSMIC AWARENESS:

This Awareness indicates that many children when they are young, beginning approximately 5 or 6 years of age, will have strong sex drives. These are simply vitality quotients. The quotient or the intensity of your vitality determines your sex drive. There are entities one or two years old who have strong sexual indications, arousals, and there are entities who do not have such until they are somewhat older.

Usually, the entity who is quite insecure as a child, having a strong need for love, may have a strong sexual arousal, and once this starts it can become stronger. This Awareness indicates that many entities as small children do not know what to do with the energy of sexual arousal and it is not a major problem for them. It is just something that happens and they have to wait until it passes, and then carry on.

This Awareness indicates that at some point they may learn how to deal with this and some learn at an earlier stage than others. Some will feel confused and frightened by it, and some may think of it as something terrible that is happening to them. This Awareness indicates they simply need to be informed in their teens. When a teenager, if they do not get their information from their peers and parents; then they may become distressed and confused, but most teenagers talk to each other or their parents will talk to them about these things, and gradually they will begin to find some understanding of the energies that begin surging through their bodies as they go through the puberty stage.

This Awareness indicates fortunately, most children do not have a great problem, and the entities do not face a great deal of these sexual urges until they enter into and pass through the puberty stages. Then they need to be made more aware, either through books or through discussions with others who understand these things.

A Strong Sex Drive Indicates a Strong Vitality

This Awareness indicates that some entities have stronger drives than others. It has to do with the vitality of an entity, and the vitality is often related directly to the hormone system and the hormone systems also influences and affects the sexual drive an entity might have. Some entities will have very little sexual drive, their hormones are not strong or prevalent. At some point in their lives they may become stronger and the sex-drive may increase.

Much of this also has to do with the sensitivities of the entity's skin and nerves. Entities who are more sensitive are likely to have more frequent stimulations in terms of sexual energies and these can cause the entity to feel more arousal more frequently than that of others who do not have such sensitivities.

This Awareness would sum it up by suggesting that entities not hate their sexual energies, not feel guilty about their sexual energies, nor feel guilty about their sexual fantasies, but rather bless them; be pleased that they have been given these energies. And if you do not have a good outlet for your sexual energies, learn to exercise and act and express yourself physically in ways that use the energies, for those sexual energies are also 'vitality' and the vitality you express in walking, running, swimming or other kinds of physical activities help to use those energies, and the use of those energies can strengthen your vitality even more, giving you a strong healthy vitality so that your life can build on this and you can have a good healthy lifetime of expression in the physical body.

Krishnamurti on the Sexual "Problem"

This Awareness indicates this is much better than having a weak body with low vitality and very little physical expression. Therefore, think of yourself as being blessed with a strong sex drive. This Awareness indicates that Krishnamurti once explained something regarding sex; that it is not the sex or the sexual energies that create the problem; it is the 'thinking' about it that creates the problems.

This Awareness indicates that of course, you have to think and behave responsibly in regards to sex, just as

when playing with fire, but you do not have to dwell on it, become fixated or get into talking about it and letting others know your feelings, your needs, your urges in terms of sex. These are actions that could cause you to have difficulties in your relationships. You do not walk up to someone and say, "Oh! I feel so horny I can't stand it!" This would be a very abusive form of speaking to that person.

This Awareness indicates that it is not so much the urges that you feel: it is what you do, how you deal with it, whether the dealing is appropriate or inappropriate. This Awareness indicates that some things can be said to certain people that can't be said to others, therefore, it is simply a matter of 'good taste,' what is necessary, and what is appropriate, and that is something that entities must learn and must think about. It is part of becoming socially mature, and socially responsible.

When you are socially mature, socially responsible, then these expressions can become more appropriate. Your sexual expressions can then be appropriately presented so that it is not a problem.

Ed's Note: For more information on this subject, please refer to "Revelations of Awareness" No. 77-1 (Female Masturbation and the Hite Report); \$2.00 from C.A.C.

If a Wife Refuses to Grant a Divorce, Is it a Sin For Her Husband to Move in With an Unmarried Woman?

QUESTION:

A question from Clarence R., He lives in Castries, Saint Lucia, in the West Indies. And he notes that this question does not apply to him personally. He writes: "Suppose a married man's wife refuses to grant him a divorce. Is it sinful if he goes and lives in another house with an unmarried woman?"

COSMIC AWARENESS:

This Awareness indicates that the word 'sin' means missing the mark. This Awareness indicates that it is a question of where your mark is. What is your goal? What is your religious belief? What is the concept of right and wrong for you? One person's concept of 'right' may not be the same as another person's concept of 'right'.

This Awareness indicates that in terms of social traditional, cultural rightness or wrongness as expressed by most entities in your culture, which presumably is Catholic or Protestant, it would be wrong, it would be a 'sin' or a missing of the mark to live with someone other than your wife. This Awareness indicates that if your wife refuses to give you a divorce, but you want a divorce and do not love your wife, and do not have any desire to be with her, another culture might argue that you are essentially divorced from her. You should not stay with her if you do not love her. You are living in sin to live with a woman you do not love.

This Awareness indicates that this argument might not be the argument of the majority in your culture, but who is to say that it is not just as correct or more correct than the other? It is a question of whether you put the church teaching above the teaching of love, the teaching of the heart. The teaching of the heart would say: "You cannot live with or love or be intimate with a person you do not love."

Another teaching might argue that it is a sin to sleep with your wife if you do not love her. This Awareness indicates that this is something that could be used as an argument for an entity who did not abide by the traditional church teaching. This Awareness indicates that it is a matter of what the entity places in terms of his or her highest value.

If you are a strong Catholic, but you want to break the rules of the church, or if you are a strong religious person, but your religion means less to you than the love of your other-than-wife interest, then you are likely to be a candidate for what your religion would call 'adultery,' but if your religion means little to you anyway, then what difference does it make?

This Awareness indicates that if your religion means more to you than the need to leave your wife, then you should indeed do everything possible to restore a good relationship with your wife and to make an effort to stay with her. This Awareness indicates that in terms of tradition, in terms of most spiritual teachings, the emphasis and the focus would be to attempt to persuade you to remain with your wife, to strengthen your relationship; go to counselors, find out why there are difficulties between yourself and your wife, and do whatever is possible to restore the love that you once shared with each other.

This Awareness indicates, however, there are also some situations in which a marriage cannot be saved, wherein two people living together only make each other miserable. There are states or places you can go to get a divorce without your mate being present or consenting, and if it is to the point wherein you simply cannot spend the rest of your life with a person, it would be hell for you and hell for them; why make yourself miserable? Why make them miserable? You might as well call it quits!

This Awareness suggests however that *It* does wish entities to do everything possible to try to make their relationships work out, through counseling or through whatever kind of activity is available. Consider prayer, consider meditating together, consider trying to find things of common interest, places to go; consider trying to communicate with one another, to talk about things of the past that were pleasant; to be careful to avoid discussions about children, or about things that have caused difficulties in your relationships; to take each other to different places and do things together, enjoying each others' company, avoiding any conflict or criticism; try to work things out before simply giving up and saying "I can't take it anymore!"

You may find that it actually can be worked out easier than you imagined if you truly get into a good conversation about each other, about your situations, about your lives, your dreams, your plans for the future. If you can plan something together for the future, it can do much for helping to restore your unity together.

Some Questions a Wandering Husband Should Ask Himself

This Awareness indicates you may ask yourself, "How long has it been since I truly looked at my wife, as if seeing her for the first time? Do I always see her as this being that disturbs me, irritates me? Why can't I look at her as though she just arrived in my life and was here for me to relate to and enjoy being with? What is it that blocks our clear happy relationship?" And in asking such questions you may find a closer look at what the troubled spots are so that you can work on these troubled spots.

Often it is something fairly simple. Often it is something that can be better communicated and better understood through mutually discussing the differences that you have developed in your many years of relating together or in avoiding relating. This Awareness indicates that sometimes these urges to go elsewhere, to be with someone different, are simply a feeling of hopelessness in not seeing any help or chance of improving your relationship with your spouse.

Sometimes, if you didn't feel so hopeless or if you hadn't given up so totally, you would not really have the

urge or need to go have a relationship elsewhere. Sometimes it is simply a kind of vengeance act. This Awareness indicates that it is important for entities to really get to know themselves. Often it is not the spouse that is causing the trouble. Often it is something within your own self which you are blind to that causes your rebellious feeling or your desire to escape from your life.

Perhaps you are going through a period in your life in which you are losing some of your strength, your youth, your vigor, and you think another person could help you stimulate your vigor, your youth, your vitality, because that other person gives you a feeling of being more important than your wife gives you. Sometimes it is simply a desire to feel bigger, better healthier, by impressing someone younger, more beautiful or more energetic and more fondling to you.

Someone who really dotes on you can make you feel more important or more alive than someone who is always complaining or trying to get you to make up for errors of the past, or for her own lack of vitality. Many times, both entities in a marriage try to get energy out of the other because they feel themselves losing their youth and vigor and they want to take more control of their own lives by having more energy to work with, and the husband seeks to have the wife build him up, give him more vitality, give him more energy, praise him, and the wife wants to be loved and doted on and given more assurances that she is young and beautiful and exciting to be with, but neither wants to give more than they get, and both are in need, and therefore, the marriage begins to be a marriage of two people needing something that neither is willing to give to the other and perhaps cannot give to the other. Perhaps you do not have the energy your wife demands, and perhaps your wife does not have the energy you feel you need to be your old self, to be the self you feel you are, and you no longer feel you are yourself, because your wife has taken the best years of your life, or the best energy of your life.

Therefore, you wait and go through day after day, watching your life go by with energy draining away, thinking that it is your wife that is failing in the marriage, and she is feeling that you are failing her, when in reality it is simply that you are both getting older or having some kind of health problems and you do not have the vitality that you want. You think that going to someone younger, more vital will make you younger and more vital, but often all it does is stagnate after a time so that you not only have your ex-wife out there, but you also have your new wife, and she is finding it difficult to maintain her excitement because you are feeling the pinch of growing older, and because of this, your new life may not be that much better than the one you had before.

This Awareness suggests you consider all these things before making major changes. Are you still young enough to start over? How long will you have energy to maintain a relationship with your new-found love? Will this be something that can be lasting and meaningful? Will this entity be as devoted as your wife has been? Do you *really* want to discard this entity to whom you pledged your life through better and through worse?

Is it possible that you are simply trying to have a 'last-minute fling' before you admit that you have reached an age in life wherein you need to settle down a bit and focus on more important things than sex and youthful relationships?

This Awareness indicates *It* is not going to answer what you should or shouldn't do. It is simply giving you a wide berth for thinking this situation through so that you can make up your mind in a way that is meaningful to

you, so that you will not move into an action without having thought it through very deeply, very seriously, and with great respect for all concerned.

This Awareness suggests that *It* has probably given you enough to think about for the present. Having time to think about all of these things without being influenced may be of great benefit to you. You might consider doing a brief separation, getting off to yourself, away from the influence of your wife, and also away from the influence of your lover or loved one, so that you are really alone and really able to concentrate without any outside interference, and determine who you are, and to whom your life should be dedicated.

It is a very difficult time. It will be difficult for you. To have outside influences affecting your decision would not be helpful or wholesome.

What do Lines on the Forehead Reveal About a Person?

QUESTION:

Another question from Clarence R. He writes: "The lines of care across some people's foreheads are not a pleasant sight, but what do these lines tell about the individual? Is this person a 'bad person,' as some people learn to assume?"

COSMIC AWARENESS:

This Awareness indicates that these lines are often created by entities who frown, or who wrinkle their foreheads, because of some inner conflict, or inner difficulty. It is not something that needs to be permanent. It is something that develops as a kind of frozen muscle response to facial expression.

This Awareness indicates it does not mean they are evil. An entity may have a line on the forehead that results from the entity frowning or studying because of some problems. Perhaps it is a physical problem, or perhaps it is a pinched nerve in the spine that over many years has caused the entity to frown or create a facial expression that results in a wrinkle in the forehead.

This Awareness indicates that this pinched nerve does not necessarily mean the entity has 'bad' thoughts, but a pinched nerve can create pain, which causes the entity to be less happy than a person who would not have such a pinched nerve. If entities are in pain, they often are not as happy, are not as lighthearted and gay and enjoyable in terms of life. This Awareness indicates therefore, they may have more morose and dark thoughts about life than a person who is not in pain.

Some Ways to Erase Lines in the Forehead

This Awareness indicates that still, another person may have no forehead lines and may be a cold, calculated, ruthless person in his dealings with others, and therefore, you cannot tell by lines on the forehead whether a person is good or evil in terms of their expression and behavior. If you wish to rid your forehead of lines, it is suggested that certain foods can be helpful. It is also suggested that relaxing can be beneficial, and avoiding the sun when it is especially hot or excessive exposure to the sun.

This Awareness indicates the use of eggs can be helpful to the skin to keep it from having so many lines. This Awareness indicates that pycnogenol or proanthocyanidins the grape seed extract equivalent of pycnogenol, is beneficial in that it contains collagen which helps to rid the skin of wrinkles. This Awareness indicates there are other substances also that are beneficial in this regard, but this Awareness indicates as far as the deep lines of the forehead that some people develop; it is usually caused by a certain wrinkling of the forehead as a facial expression.

One entity may turn his eyebrows downward as if focusing and studying something. Another may lift the forehead upward as if widening the eyes to show a sign of innocence or interest. Some entities, when interested in something, will raise their forehead, creating creases, and if this becomes a habit, of looking interested, they may develop a permanent crease in the forehead.

How to Relax the Forehead With Your Hands

This Awareness indicates if you wish to rid yourself of these lines, it is possible to simply learn to relax the forehead and neither raise the eyebrows nor push them downward. Neither raise the forehead nor push it downward, but simply keep it relaxed. Place the palm of your hand on your forehead until you feel all of the muscles totally relaxing. Learn what that relaxed forehead feels like. Repeat this frequently until your forehead is always relaxed.

Within months you may notice that the lines have diminished or dissipated entirely.

Do Charms and Talismans Really Work?

(Does Using Them Create Karma of Any Kind?)

QUESTION:

Clarence has one more question. I'll read it. There is several questions in his statement. He writes: "Does Cosmic Awareness approve of members or entities using charms and talismans? Do these charms and talismans really work? If they do work, do they impose any bad karma on the entity who uses them? That is, does the entity have karmic debts to repay in the next lifetime for forcing good luck? For example, in this present lifetime, and what about charms and so forth to ward off evil?"

COSMIC AWARENESS:

This Awareness indicates: think of these things in the same way you think of placebos. If your doctor gives you sugar pills and tells you that these are good for your teeth, and you *believe* that they are good for your teeth, you may actually counter the bad effects of sugar to the degree that you believe the doctor's words.

How a Placebo Works

This Awareness indicates that if the doctor gives you sugar pills and tells you these will help to lower your blood pressure, this is a placebo, and you may actually find that if you believe the doctor, the blood pressure is lowered. You may test it and find the placebo to be effective. It has been shown that placebos *do* have an effect on entities because when they are told something, the belief in what they are told has its effect on the physical body of the entity.

This Awareness indicates it is likened unto the hypnotist who says, "I am now giving magic water to you to drink to ease your headache!" and the entity simply gives you ordinary tap-water; but because you *think* it is magic and will ease the headache, the headache goes away. Who is to say that the placebo isn't effective? It is effective if you believe it and if it works.

This Awareness indicates it is the same for the placebo known as the 'good luck charm.' It is simply a kind of trinket you can use to fool your subconscious into thinking that something is bringing you good luck, and there is nothing wrong with this except it is self-deception, but self-deception that is harmless means little. It does not necessarily mean there is a problem.

How to Trick Your Subconscious Into Doing You Favors

This Awareness indicates that *It* has suggested entities can also self-suggest to make things happen by saying something to the effect: "This is going to bring me good fortune, whether I believe it or not!" By saying "Whether I believe it or not!" you trick the subconscious into

thinking, "Hey! I don't even have to believe this and it will bring good fortune!" and by tricking the subconscious into accepting this, you have given the subconscious a suggestion that it can't ignore.

This Awareness indicates if of course you stop and think: "I don't believe what I am saying! And I don't believe this is going to bring me good luck!" then you have a problem, because your subconscious says, "I don't care what you believe! It's going to bring you good luck whether you believe it or not!" and therefore, by having said, "This will bring me good luck whether I believe it or not!" you have set something in motion that your subconscious can accept, and your conscious mind, trying to filter and be analytical and critical, loses control to the message the subconscious has received.

This Awareness indicates that you can do this with your talisman. You can say that your trinket will bring you good luck whether you believe in it or not, and it should bring you good luck. The only thing you have to worry about then is whether you know what 'good luck' is. Something may come to you and you may not recognize it as good luck, or it may be something that only appears to be good luck, if you look close enough.

But this Awareness indicates that if you make it clear that good luck, whether you recognize it or not, and whether you believe it or not is coming to you, and you will have a much better life because of it, then you can even describe more clearly how the good luck will come to you.

The Affirmation to Use to Bring You Good Luck

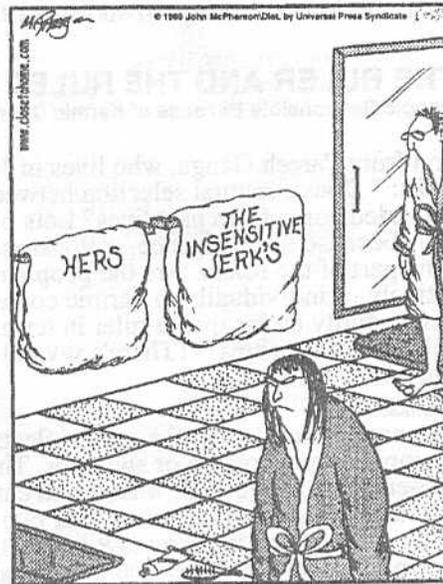
This Awareness suggests you can go ahead and use your trinkets without fear of karmic guilt, particularly if these things were not gotten from any karmic misdeed. Of course, if you use the tooth of some departed friend or a shrunken head of your enemy as a talisman or a good luck charm, there may be karma connected to this. You want to use only those things that you can feel comfortable with, that you can feel are wholesome, healthy and spiritual, or at the very least, neutral of any negative vibrations; preferably things that have good positive vibrations, and give the suggestion: "This will bring me good luck and spiritual blessings whether I believe it or not!" and it will be helpful to you.

Your Subconscious Mind is the "Genie in the Bottle"

These things work on the subconscious. The subconscious obeys the wish of the master. The subconscious is the genie in the bottle that will grant your wishes, if your conscious mind does not keep changing the wishes or erasing or criticizing or filtering out the commands to confuse the subconscious as many people do. The conscious mind, for many entities will cancel out the command that it has just given.

The conscious mind, for example, may say, "I will have good luck! The genie will give me what I asked for!" And two minutes later the conscious mind will say, "I really don't think the genie is going to do this!" and the genie hears, "Oh. You don't think I'm going to do this. This is your new command? You do not want or expect this?" and the genie then is confused whether to bring it about or drop the project. Therefore, if you are going to give a command to the genie in the bottle, the subconscious mind, then give it, and one good way to give it is to say, "It is going to happen whether I consciously believe it or not!"

The message then becomes very clear to the subconscious. It no longer has a need to question or attempt to figure out what the conscious mind really wants.



Yet another sign that the Bertman's marriage counseling sessions had a long way to go.

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

Much is happening here and new changes are an ongoing thing. We are combining our 2 sites with Dave Alexander's newest C.A.C. Home Page link. Just type in <http://www.CosmicAwareness.org>

This site contains current information (at the moment this is about the Christopher Reeve healing project, complete with photos). On this page you can click on our regular staff Home Site as well as a list of current books and resources, various topics available and Dave Alexander's terrific revitalized Cosmic Awareness site! Dave's site has a wealth of information on the Awareness Movement, the philosophy, the newsletters, readings on Christianity, etc.

Excerpts from CAC General Reading 10-7-10/7/90, Paul Shockley Interpreter

THE RULER AND THE RULED

(Are The People Responsible Because of Karmic Connection?)

QUESTION:

A question from Paresh Ganga, who lives in Meerut, India. He asks: "Does a mutual selection between the ruler and the ruled come from past lives? Lots of people suffer and die because of negligence, callousness and cruelty on the part of the rulers. Are the people responsible collectively or individually in karmic context? What makes an entity an incapable ruler in terms of cause and effect relationships?" (There's several questions there.)

COSMIC AWARENESS:

This Awareness indicates that the ruler reflects the will of the people over whom he or she rules. This is not always represented as active will, wherein an entity states: "I will that this person rules me," but rather, in most cases the ruler moves into power with the tacit agreement or passive agreement of the masses, simply because they do not object to the rulership. There is a kind of unwritten law that if you do not object to something being imposed on you, then you are accepting it.

Why Tyrants Take Control Over a People

This Awareness indicates that likewise, when a ruler imposes something upon you, if you accept it without objection, then you are in a kind of silent agreement, even if it is not a written agreement or a spoken agreement. This Awareness indicates that this is how tyrants generally take control of others; not so much by force, but by the fact that no one challenges them until it becomes too late.

This Awareness indicates that it becomes too late when the challenge is ineffective. The challenge of an entity is ineffective when it can have no value or effect on the outcome. This Awareness indicates in a democratic society where entities are allowed to vote, entities have the option and ability to have an effect with their vote, even though that effect may be minor.

This Awareness indicates that the outcome of the voting may not be what entities desired, but if you at least participated in the voting, you have made your voice known, and by the action of voting for or against something, you have exercised your choice. This Awareness indicates that for many entities they do not have this option, but have only the choice of challenging against odds that are overwhelming to them, wherein especially there are no votes allowed. Such entities may be subjected to the rulership from others or forced to risk their lives to challenge that rulership, such as recently occurred in Tiananmen Square in China.

The Importance of Expressing Your Vote

This Awareness indicates that these entities had little choice of who their rulers rule, but by careful planning and organizing managed to get enough together to make a major statement for all the world to see, even though it was not sufficient to overturn the ruling powers whom they challenged. This Awareness indicates that entities who have choices and who do not use their right of choice through voting, essentially are agreeing to let whatever happens happen without their participation and therefore, deserve whatever they get, even if they do not feel their vote would amount to that much in the process.

This Awareness indicates that as long as entities continue to vote, it keeps the voting process alive, and that becomes an influence on the behavior of leaders. If

there is no voting process, then what is there for entities to use other than the force of arms and revolution? This Awareness indicates that the question does not appear to have been answered in all of its aspects, and suggests that it may be restated in the aspects needing further answer.

QUESTIONER:

Well, the thrust of the question appears to be to ask why the masses must suffer and die because of negligence, callousness and cruelty on the part of the ruler? And he's asking, is this direct karma, as it appears he suspects?

COSMIC AWARENESS:

This Awareness indicates it is karma for those who do not wish to take responsibility for themselves but to allow others to take care of them. There are a great number of entities who are passively looking for someone who will take charge of them so that they don't have to be responsible for their own behavior. They would like to have someone tell them what to do, and therefore, they accept authority without question or without challenge.

This Awareness indicates that in some cases, to challenge the authority can be most dangerous and can be life threatening, yet there are those who have done so in different times of history and when done in certain ways have themselves become leaders of revolutions to change society. Too often, however, the revolution only changes the people and the society remains the same and the new rulers are no better than the rulers who were replaced.

The Best Way to Change the Situation

This Awareness indicates that the greatest way to change a situation is through the educating and informing of the masses, informing people of the problems and allowing solutions to be found, or looking for solutions that can be given to solve these problems. Often leaders will also want solutions. Often leaders do not have the answers and seek to find answers. Sometimes leaders are not even aware of the problems that are occurring under their rule.

Some World Leaders Given a Second Chance?

FOLLOW-UP QUESTION:

Awareness has indicated that President Bush and other leaders of superpower countries are being given another chance to "do it right," to make amends for previous times in Atlantis when they misused their power. Does this same....would this also apply to smaller countries that aren't superpowers, like India, for example, and some of the South American countries that have dictatorships. Does this same reason apply to them?

COSMIC AWARENESS:

This Awareness indicates that this in some instances may reflect on past life karma of leaders; that this is not necessarily the case in every situation of a leader, that they have done something wrong in the past and are merely there to be given a second chance. This is not necessarily so. This Awareness indicates this is not what generally makes a ruler or gives the entity a chance to become a ruler of people.

This Awareness indicates that many times, many of the present rulers are there simply out of chance and connections and circumstance that has developed in their present lifetime, and it has little to do with previous lifetime experiences, but more to do with present levels of responsibility and interests and connections with others who have similar interests who wish to promote them for their mutual gain.

This Awareness indicates that most leaders are put there by people who have influence and who want to use those leaders to maintain or to gain greater influence and power for themselves.

What Makes an Incapable Ruler?

FOLLOW-UP QUESTION:

I believe that answers the second part of his question where he asks: "What makes an entity an incapable ruler in terms of cause and effect relationships?"

COSMIC AWARENESS:

This Awareness indicates this would depend on who is evaluating and determining the definition of incapable, for the entity who is incompetent to the one individual may be quite incompetent for another who is benefiting from that action. There are many who would see ex-President Nixon as having been an incompetent ruler because of certain things that descended on his Presidency. There may be others who, benefiting under his Presidency, saw him as quite competent while he was there, and unfortunately removed from office.

This Awareness indicates it is a matter of personal interpretation as to what is competent and what is not. In terms of the masses, the greater masses of a country might see their ruler as competent only in the degree that he or she grants them benefits that are not normally granted by other rulers of that country. Those having special positions in the country would see the competent ruler as one who helps them to maintain their special positions in the country, even if the people of the country suffer because of it.

President Nixon and the Aliens

(Was He Kicked Out Because He Was going to Tell?)

FOLLOW-UP QUESTION:

Speaking of ex-President Nixon, there's a tabloid story that said the aliens were behind his getting kicked out of office; that he was about to inform the public of the alien presence. Is there any truth to that?

COSMIC AWARENESS:

This Awareness indicates that at a certain point wherein this entity felt his position was being threatened he attempted to use this as a kind of leverage against certain forces that were attempting to remove him, threatening to tell the public about the alien government alliance and was reminded that were he to do so, he might suffer the same consequences that befell the President Kennedy.

Nixon Signs Freedom of Information Act In Retaliation

This Awareness indicates that rather than telling the people, he signed the Bill known as the Freedom Of Information Act, to allow much of this kind of information to be released. This was his last act as President before resignation. This Awareness indicates it may be thought of as a kind of parting shot or vengeance toward those forces that were bent on removing him from office.

This Awareness indicates this essentially was related to the entity Nelson Rockefeller in his maneuvering bid to become President, which he expected by the removal of Nixon and the promotion of Ford; he hoped and expected to become Vice President, putting him in a position of later moving into the Presidency. This entity having previously run for President and failed because of a previous divorce, felt that through certain maneuvers he might still attain his ambition, but the removal of Nixon was a necessity for that to happen.

What is Ram & Krishna's Birthdays?

(The Interpreter Draws a Blank)

QUESTION:

Another question from Paresh Ganga. "What are the dates and periods of birth of Ram and Krishna?"

COSMIC AWARENESS:

This Awareness indicates that this information as that which relates to the Hindu calendar and system of dating and is not available through this Interpreter. The Interpreter not able to translate; the information can be best found through sources in your own country.

DECEPTIONS AND MYTHS OF THE BIBLE

(The Book Gives One Reader Some Real Enlightenment)

QUESTION:

A letter from Albert Monette in Joshua Tree, Calif. I'll read it, for there are several questions in here, and I'll repeat any questions Awareness requests. He writes: "I have read *Deceptions And Myths Of The Bible* for the second time now, by Lloyd M. Graham, available from CAC. Words cannot effectively express or do justice to the enlightenment I've received from this book.

"This book needs more promotion and to be read by all New Age entities who are open minded and who seek the truth. As an ex-believer in a "God of religion" for 53 years, I've learned more from this book than from all the combined books I've ever read. Frankly, I must admit that this book isn't leaving anything remaining for the reader to believe in, other than the hypothesis that humanity *does* have a cosmic pure source of energy and consciousness.

"I would like to ask Awareness, if it's all in the evolutionary creative life process that in due time, with guidance from the highest form of consciousness, the majority of entities will reject this Biblical book which is replete with mythologies symbols and allegories and of no significant value except to illustrate involution and evolution of life or energy?"

"Would Awareness comment on my contention that humanity cannot unite for peace, harmony and love on this planet unless we accept the Bible, not as the inspired word of God and history of civilization, but only as plagiaristic mythology. The Bible, or God of religion is what has divided all of us to begin with and has resulted for so many wars and destruction of life for the last 2000 years.

"If this book by Lloyd Graham is valid and accurate, which I sense that it is, then I'd like to ask Awareness whether or not there is any purpose or value in the practice of daily meditation. I would also ask Awareness whether or not there is any valid reason to believe that: A) We have an immortal soul; B) There is life after death; C) (The Cosmic Creator and the universal source of pure energy and consciousness does know our needs and can answer prayers for those who pray?"

COSMIC AWARENESS:

This Awareness indicates that over the years *It* has attempted to give entities a more valid base of spiritual understanding. *It* has given information regarding the concept of the High Self, the Middle Self and the Low Self, and how the High Self can answer prayers that have been energized properly through the Low Self by the Middle Self, how this relates to the conscious, subconscious and Superconscious minds, and that there is a system that entities can understand, a routine whereby prayers can be answered.

This Awareness indicates *It* has attempted to explain the Creative Being that lies behind all of life as that which is the vibration of the Universal Mind or Creator, and that that *IS* God, the Creator, and that Biblical references also paraphrase or indicate this message. *It* has attempted to show entities that they are immortal,

and can live from one lifetime to another or can go beyond the reincarnation on the wheel of life and death and move into higher frequencies.

This Awareness indicates that all of this is reflected in the readings that this Awareness has given over the years, and there are also teachings from the Far East philosophies and religions that touch upon such matters or from the ancient writings, writings from which the Biblical verses and chapters were taken from, many of these earlier writings giving a clearer explanation.

This Awareness indicates that there is little need for entities to doubt the existence of their soul or their immortality, simply because of a book that explains and shows how and where the origins of the Bible originated and that many of its messages were plagiarized from other cultures and writings. This Awareness indicates that the Bible is compiled of many writings from many different sources. There are those who call it the inspired word of God; the inspiration being for them to take from different cultures and form a compilation of material that could be used to control masses and thinking in order for the masses to develop along a certain line.

This Awareness indicates that it is not seen by this Awareness as the only source of information of true spiritual value, for those original sources from which it has been taken are also by the very fact that the Bible took from those sources, spiritually valuable. This Awareness indicates that indeed, the book *Myths And Deceptions Of The Bible* is an eye-opener and can help to clarify much; that entities may wish to explore this book, not to have their spiritual foundation ripped away, but to see where their spiritual foundation came from in order that they might explore further and to recognize the vast resource and other areas from which they might gain greater spiritual foundation.

An Hour Glass Analogy of the Bible

This Awareness indicates that if you can envision an hour glass and see the sand at the top coming into the hole in the center and see this sand in the bottom building up, and see this as a symbol in which the sand at the top represents the spiritual sources, the information from the past that went into the book, the Bible, at the center of the hourglass, and seeing that this center of the hourglass symbolizes the Bible, which is taking its information from the sand above, from the ball above, and is giving it down to the people below; this becomes a kind of symbol that helps to explain the role of the Bible.

This Awareness indicates it is not the source of truth. It is a vortex through which truth has been funneled. The source goes back into ancient Sumer, Acadia, and ancient Egypt, Ur, and Babylonia and into areas of the Far East and India, and understanding these sources for that fulcrum of energy that went into the compilation of Biblical chapters, entities can gain some reflection of these ancient myths and truths and spiritual allegories with their lessons, and entities who want to be more precise and look for true historical origins may find that looking beyond the Bible to its sources and to earlier writings, will provide them with this information.

It is for this reason that this Awareness has referred people to read the Zecharia Sitchin books and of course this book by Lloyd Graham, *Myths And Deceptions Of The Bible*. This Awareness suggests also that entities can benefit from reading the book by Bramley: *The Gods of Eden*, for this goes into similar work as Zechariah Sitchin but relates it to the Biblical stories and some of the secret orders and societies that have come down as religions and occult orders and social

groups, such as the Freemasons, and other secret orders and agencies, including, but not limited to CIA and KGBs, all of these having come out of earlier sources and all operating on your plane at present time to influence humanity.

This Awareness indicates that it is true that any entity who has had problems in regard to religious programming will gain much from reading this book, *Myths and Deceptions Of The Bible*. It is not an expensive book but it is filled with factual information that opens one's mind to new reality and recognition of the deception that has been passed on under the name of religion.

This Awareness indicates that it is said that truth shall make one free, yet there is a great amount of truth that is and has been suppressed and entities must make an effort to search for truth, even if it is not provided by one's leaders, by one's minister or priest or social leader. This Awareness suggests that religion is a multi-billion dollar business or industry and much is at stake and it all rests almost entirely on the authority of the Bible, in most churches.

An empire resting on a single book must make sure that book remains absolute and unquestioned. This Awareness indicates there are many who in exploring other writings may find information such as was compiled by Lloyd Graham in the book *Myths And Deceptions Of The Bible*, but there are few who have the nerve to print the information for the masses to read.

How Does Our Soul Develop?

FOLLOW-UP QUESTION:

In this particular book just mentioned, Lloyd Graham puts forth the notion that we are not given a soul, it is our mission to develop a soul and not be concerned what God can do for us, but what we can do for God. Would Awareness comment on that?

COSMIC AWARENESS:

This Awareness indicates the soul is an evolving thing. It evolves over many lifetimes and most entities who are in human form have developed their soul to some extent over a number of lifetimes. There are some who are called young souls; there are some who are carrying old souls, souls that have led many different lifetimes. This Awareness indicates there are few who do not carry souls in their bodies, these being almost exclusively created as clones, robotoids or synthetics.

In some instances, the souls are very rudimentary and are dark in nature, especially those who are not originating from the stock known as humans. This Awareness refers to many of those of the Draconian origin, and some of their subordinate creations or groups who have been created through the cloning process.

How Humanity Was Created

This Awareness indicates that essentially, the creation of humanity took place with the splitting of light, and the ray of light that served as a vortex of energy for an individual who became the seed force around which electromagnetic energy centered and began to grow and develop, and these electromagnetic energy developments were called souls, and they continued to develop as entities continued reincarnating and developing as humans.

When humans pass on, aspects of the electromagnetic energy field known as the soul sometimes splinter and sparks fall off and go into animals or plants, and the main part of the soul goes on toward that which is the Clear Light and entering into that Clear Light, the entity may move on, or may turn back toward the physical realm for further incarnations.

If the entity moves on beyond the Light it moves into higher frequencies of Universal Consciousness and returns essentially to its origin before the splitting of Light. You may think of the splitting of Light as this consciousness being moved through a kind of cosmic prism or similar to a dark hole except that it is a white hole, a light hole.

As it passes through the octave of Light it splits into fragments of light and these fragments determine different frequencies, and depending on which frequency you observe, the creation will be that which carries the electromagnetic center known as the soul or may carry materialistic qualities that do not possess a soul. If it is the element that carries the soul, then the soul may gradually collect other energies that do not have soul force and form a material body.

This Awareness indicates that in this sense, the souls can form a material substance around them and also material substance can exist without having its own soul force.

EMOTIONAL FORCE: WHERE DOES IT COME FROM? WHAT IS IT?

QUESTION:

A question from Martha Taub, Bellevue, Washington. She writes: "All of my life I have pondered emotional force: what it is, where it comes from, why it is. Recently it seems more and more clear to me that emotions, (emotional force) are not self-generated at all, ie, by our own bodies, minds or spirits, but comes directly from God and that we have no control over the entry of this energy into or through us; however, we can have some say over what this force energizes in us and that this is in fact what constitutes free will.

"Is this correct? In other words, God sends the emotional force, and all we can change is our own attitudes, and to that extent can change how this force is used in us. I have been in the Gurdjieff Work for many years and this corresponds to many ideas that occur in the work. Is this concept correct?"

COSMIC AWARENESS:

This Awareness indicates that this is correct in so far as language allows for the conveyance of such a concept to be understood, through the use of language. This Awareness indicates another way of stating emotion is that emotion is either attraction or repulsion and the strength of the attraction or repulsion is the measurement of the strength of the emotion.

This Awareness indicates that entities who have a strong attraction to something or have a strong repulsion to something will have a strong emotion regarding that something. This Awareness indicates that it is part of the magnetic center that an entity develops over periods of time, partially from environmental and biological needs; that when an entity is deprived of certain biological needs, such as food or from the biological need for affection, the hunger for this kind of thing may create a stronger attraction for something or a repulsion for something else, and the strengthening of these desires often is triggered by the amount of suffering or hunger an entity experiences at different times in his or her life.

The Astrological Effect on the Emotions

If an entity has everything he or she wants and never has a need for strong emotion or hungering, these may not develop. This Awareness indicates, however, there is also an astrological influence on the emotions wherein some astrological signs create stronger emotions than do others. Those signs that are known as Air signs generally do not create as strong emotions as those of Water signs, for example, and those of Earth signs.

This Awareness indicates that the balance of Water and Earth and Air and Fire in one's chart, can have an influence on whether the entity acts to get what he or she desires or sits back and waits for it to come, or simply thinks about it or dreams about it, or builds stronger desire and does nothing about going after the desire.

How Attitudes Can Affect Emotions

This Awareness indicates that any of these different attitudes can also have an effect on the strength of the desire or the repulsion, and understanding this, entities can begin to see how attitudes can affect emotions. If you are teased with something that you want and it is just out of reach, and you pursue it, but cannot get it, and then someone brings it close to you and you think you almost have it until they jerk it away from you, or if there is something that seems so close, so available, which you desire, but always just out of reach, the emotions tend to grow stronger and likewise, if there is something that frightens you or repulses you and it keeps coming to you even after you think you have escaped it, these emotions of repulsion such as fear or hostility will also increase.

This Awareness indicates that emotion is something that grows in relation to your environment, in relation to your attitude towards things and also in relation to the way things are presented to you and the effect they have on you biologically, for adrenaline and glandular actions take place in regard to desire and fear or repulsion, and as the adrenaline and glands work, they either develop and grow stronger to allow for greater emotional secretions or they deplete themselves and weaken to cause less emotion to be expressed.

Using Emotions as Weapons: Dealing With Children

There are many factors involved in emotion. This Awareness indicates the best way to alleviate emotion is to take action and go into motion. By acting or moving, emotions become less intense. This Awareness indicates that occasionally emotions are used as weapons. The entity having the strongest emotions overpowers the entity having less emotion about something. It is often a measure of one's willpower, for willpower may be thought of as emotional power: "I will have that! I will not let that enter my life! I will not have that happen!"

It is a measure of will, and sometimes a child may have a stronger will than the parents, and the parents in some cases may think the child is demonic, yet even though the child has a strong desire, a strong will, this need not be thought of as negative, for a child with a strong will may grow to have great determination, to do things that are good, wholesome or challenging in a way that leads the child to great heights and leadership.

The child with a strong will simply needs to be guided toward things that are constructive and beneficial for the child. This Awareness indicates that you should not attempt to break the will of the child, but to guide it. Thus, the screaming child who wants this or wants that may be guided by stating: "If you want that, then you must do this to earn it," and thus, you have given the child some control over his or her life, and given them a message that if they want something bad enough to work for it, then they can have it.

Or, you may tell them: "You can't have that! I don't want you to have it, and that's it! but I'll get you something better!" and then find something that would be more suitable for them. This could be used, for example, in a situation where the child, having a strong will for something that you know would be detrimental to the child, such as a child wanting some kind of substance or

tool or mechanism that could be dangerous or hazardous to the child.

Rather than just refusing the child, offer the child something even better so the child perhaps wants to have his own rifle, or wants to have a beer party at the age of 14 and invite all of his friends; instead of giving in to the child, find something better such as to suggest to the child: "No, I won't let you have a beer party, but I will take you and your friends on a sailing cruise at the beach, or I will take you fishing with your friends and we'll have a picnic in the woods," or something that you believe would make him happy and lead his friends to enjoy themselves.

Lead the Strong-Willed Entity Along a Constructive Path

This Awareness indicates that these strong wills that entities often have can lead them into great trouble if they are used and allowed expression through a rebellious path. They can also be directed toward a constructive path, for anyone who might become a doctor or a professional that takes much study and great effort in terms of education, will have to have a very strong will to complete the study and education, or anyone who has a great ambition will need to have strong will to fulfill that ambition, so it is a matter of guiding that will toward something constructive and worthwhile rather than trying to break an entity's will.

This Awareness indicates emotion directed at an entity may also be thought of as likened unto laser war in which you blast someone emotionally. The entity can become sick from it, headaches and other illnesses often result from having someone emotionally blast you. This Awareness indicates when you have been blasted emotionally it is important that you get away from the scene and attempt to unload the emotion, not on someone you know, but in some way.

Dump Your Negative Emotion on a Tree

You may take it out on an inanimate object, or you may hug a tree and give the tree all of the negative emotion that was dumped on you, for trees love any kind of emotion, whether negative or not, they convert it to positive energy. This Awareness indicates you may also take the emotion and send it up out of yourself, toward your Higher Self, to be transmuted into positive energy and given back to you in some kind of a blessing.

That in so doing, you may even gain some reward from the acceptance from someone's emotional blast. The important thing is not to dwell on and hold the negative emotion that someone has dumped on you, for you will surely find yourself unloading it on someone else at the first opportunity. This Awareness indicates this is likened unto the situation in which an entity is chewed out by his boss, who, frustrated, goes out and snaps at one of his secretaries, who in turn jumps on the janitor for some slight offense, who in turn goes out and socks his horse in the nose, which in turn kicks a dog which walks by; each being angered by what happened to them and taking it out on someone that is inferior in strength and size.

This is generally the way emotion gets passed from person to person when it is dumped from an emotional blast. This Awareness indicates that often a man will take out his frustrations from work on his wife, and the wife will take it out on the children, and the large child will take it out on the smaller child, and then it begins going back up the line. It is important to be able to stop the flow of karmic emotion and to simply turn it over to a tree or to your Higher Self to be resolved, or given to an inanimate object.

Have a chair that you can punch freely, a punching bag or a kicking post or something where you can express yourself emotionally without harming others, or if nothing else, just go out somewhere and shout, or shout into a pillow. By alleviating the emotion you discharge stress from your system and the adrenaline can go back to sleep.

Bacteria as the Cells of Demonic Spirits? (The Vedas of India Believe this is the Cause of Disease)

QUESTION:

In a letter to Vikki and myself, Harry Teufert, of Florida, writes something that's rather interesting. "During the reading of that wonderfully explanative book by Elizabeth Hike called *Initiation*, it was passingly mentioned that the Vedas in India, being the holy books, are made up of various parts. The Ayur-Veda being the science of health.

"We are familiar with the term bacteria. Their science, long ago, agreed that myriads of these bacteria were the cause of disease. Further, they also knew that bacteria were actually cells of the invisible body of demonic spirits and their science went on into depths describing in detail their appearance and color."

That sounds very strange. It's the first I've heard of this concept. Would Awareness comment on this idea that bacteria are from the invisible bodies of demonic spirits?

COSMIC AWARENESS:

This Awareness indicates that there are many different ways of looking at systems of things, and if you will recall, sometime back this Awareness spoke of the universe as a consciousness processing system; that it processes ideas and concepts and energies within systems and subsystems. The idea of bacteria being the cells of some system such as a thought-processing system is not so unusual when thinking in this way, and the thought-processing can occur in any level in accordance with the way a science or a system develops and have a kind of accuracy that is workable so long as the symbols involved are not in conflict with the realities and energies involved.

This Awareness indicates that it is no more strange to think of the bacteria as the cells of some invisible demon, than it would be to have someone operating on an elephant and speaking of separating the atoms as they cut with their scalpel. One could talk about separating the atoms between this sector and that sector while cutting out a particular organ. This Awareness indicates that it is simply unfamiliar to the Western mind, but a surgeon does not talk about separating atoms, while a physicist with a scalpel working on an elephant might do so.

This Awareness indicates that to one who is trained in a certain kind of mystical thinking, using holy books as a base for exploring the concept of health to think in terms of demons as the cause of an illness and of the tiny bacteria as being the cells of the demon, is not so absurd. It is no more absurd than it would be for the physicist to speak of separating the atoms while using the scalpel to cut away at the flesh of the elephant.

This Awareness indicates the important thing is that the system was workable in either case, even if the language used is different. This Awareness indicates that essentially, the idea of demons causing illnesses is but another way of describing thought-forms that are operating as subsystems in a body wherein thought processes are occurring. It is not untrue. It is just a different way of thinking about an illness.

Many entities in many cultures might, instead of dealing with the bacteria, deal with the demon and exorcise the demon and bring about a healing just as effective as with the antibiotics working on bacteria.

The Rule of "Non-Interference" by Aliens (Is It a Rule of the Universe?)

QUESTION:

A question from Terry T., in Scottsmoor, Florida. He writes: "I recently read an article on 'The New Language of Frequency in *Connecting Link*, issue 31. Very, very interesting stuff. It connects this new language with crop circles and Universal Frequency. It states that the glyphs are interactive, and not meant to be deciphered; that the language is magnetic to our consciousness. It states that 'It's purpose is to change the actual act of thinking by interfacing with the magnetic structure of the human mind.' This of course is presented as a beneficial thing for mankind.

"Question number 1) Is this in fact happening as stated? And number 2) If yes, is this not a violation of the Universal Law of Non-Interference?"

COSMIC AWARENESS:

This Awareness indicates that non-interference is not a Universal Law; it is more of a galactic principle or ethical expression. It is an agreement in regard to the Galactic Confederation to not interfere without invitation, but this Awareness indicates that the presentation of patterns that have no clear definition, which work only on the subconscious, would not necessarily be an interference. It would simply be a kind of attempt to communicate telepathically or subconsciously, and therefore, it would be no more of a violation of the non-interference rule than would any telepathic communication from extraterrestrials to humans be a violation of non-interference.

This Awareness indicates the concept of the non-interference rule is not to interfere with the culture in a way that would alter that culture to any significant degree, but the very existence of a species making contact with another culture would, to some degree alter that culture, just by having its presence recognized. Therefore, there is the need for some degree of leniency in this rule of non-interference.

This Awareness indicates that entities cannot take the Star Trek show as a model for the real universe, and presume that the non-interference as observed in the Star Trek television shows is precisely what happens in the real world. This Awareness indicates that there are those courtesies. It is likened unto a rule of courtesy or manners, or ethics, to agree not to interfere in a culture in a way that violates or distorts the culture, but to simply make one's presence known while being to some degree an interference would not be considered a true violation of that ethical principle of non-interference.

This Awareness indicates that extraterrestrials made themselves much more visible only after the release of atomic energy at the end of World War II. This Awareness indicates that prior to this, there were sightings that had occurred in various places, but these were more limited and rare, and yet any of those sightings could be called a violation of non-interference if entities wished to make that non-interference rule a hard fast rule of the universe.

This Awareness indicates it simply is not a rule of the universe. It was an ethical diplomatic courtesy not to interfere with other cultures to a degree that would violate or cause distortion to the culture.

CROP CIRCLES: ARE THEY MEANT TO BE DECIPHERED BY HUMANS?

QUESTION:

What about that part of the question that states that the crop circle glyphs are interactive but not meant to be deciphered, and that the language is magnetic to our consciousness?

COSMIC AWARENESS:

This Awareness indicates essentially this is a reference to the glyphs being understood by the subconscious mind so that entities in viewing them will receive some subconscious information from the shapes and appearance of these glyphs.

FOLLOW-UP QUESTION:

Does Awareness agree that that is the reality of it?

COSMIC AWARENESS:

This Awareness indicates that any shape does have a subconscious value. It is well-known that circles appeal as feminine forms; triangles appeal as intellectual forms; squares appear as symbols for security, and so forth, and combinations as used in these glyphs will have their own particular message to the subconscious. This Awareness indicates it does not appear that this was limited to this purpose however, it appears that there are also extraterrestrials who understand totally the meaning of each of these glyphs; that these are well understood by extraterrestrials that might follow and see these glyphs on the crop circle area.

Thus, they were writing not only to humanity, but to each other. In fact, it appears to this Awareness that the presentation to humanity was secondary, and the real intention was to leave a message for their own kind that would be following or might be in the area.

This Awareness suggests you visualize a situation in which entities go to another planet. They do not have any background or history or real understanding of those entities on the other planet, but they wish to establish some way of communicating. The first action would be let those on the planet know of their presence, but to do so could lead to their demise, because those on the other planet outnumber them perhaps a million to one, and therefore, they must be extremely cautious and slow in presenting any communication.

Supposing they decided, your people decided they would communicate by building structures and setting them on the ground in the vicinity of those aliens on the other planet, or natives on the other planet, and thus they made pyramids made of stone, or pyramids made of sticks, and placed them on the ground. The people would come out from their homes and see these pyramids made of sticks, and wonder: "Who did this? Where did they come from?" and a curiosity would be created, an anticipation would occur.



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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.

If this continued for twenty, thirty, forty or fifty years, the natives of this planet would be very anxious to find out more about the visitors who were leaving these designs, these structures, and they might try to understand what language was being used by looking at the structures. "Here is a wooden box! What does this mean? Here is a stick pyramid! What does it mean? Here is a sphere! What does this sphere mean?"

How to Make Friends With a Stray Cat

This Awareness indicates the curiosity would be ever-growing over long periods of time, making it more reasonable for you to eventually have contact with these entities. It is likened unto the entity who sees the stray cat, and the cat is afraid of the entity and therefore runs at the very sight of you, and you decide to put out some Meow Mix for the cat. The cat is walking along the alleyway and sees a dish of Meow Mix and goes over, sniffs it and eats it. The same thing happens the next day and the next. The cat begins to think, "This is a good spot to stop! This is a good thing to do!" And then one day, the cat gets a different dish: Kibbles and Bits. It likes these too. It actually likes the Meow Mix better, but this is good. And so it has this also.

The cat begins to wonder: "Who is giving me this? What is this for? What kind of message is this person sending? Does it want me to be here, to live here? Is it leaving this for me?" And then one day it stops its eating and it sees you. You are sitting around the corner, looking at it from a distance. This time it doesn't run. It knows you must be the one who has left this for it, and it continues to eat as long as you continue to stay where you are, keeping your distance. And then it leaves, after it has finished eating, and comes back again the next day.

The next day you are sitting there again, your chair approximately three feet closer, but still at a safe distance, and it eats the food that you have left it. Gradually, over a period of months, you are now sitting about ten feet away, and the cat still eats from the dish without being afraid. You have always stayed in the chair in the past. You have never rushed it. And therefore, as long as you stay there, it continues to eat.

This Awareness indicates the next day it returns. You are now only seven feet away, but you are still appearing to be totally harmless. You have not done anything to violate it or to scare it, and so it continues to eat the food you have left. This Awareness suggests that gradually you move closer until you are sitting only a

foot or two from the food container; and the cat has learned that it is all right, you don't get up, you don't reach out, you don't scare it. You stay in the chair, and so it eats. In this way, over a period of time you get to a place where you are right up close to the cat. This time you reach out with some Kibbles and Bits and some Meow Mix in your hand and place it in the dish that was previously empty. The cat was disappointed when it saw the empty dish, but it sees you feeding it, and so now it eats with the knowledge that you are the one who has been feeding it.

The next day it expects the same treatment and each time you reach out and feed it. One of the times you reach out, it begins to eat as soon as your hand reaches the dish and it doesn't seem to fear the presence of your hand, so the next time you reach to feed it, and as it eats, you gently touch it on its head, patting its head slightly, then returning your hand to your lap and letting it eat without fear.

Each time it comes again, you gently touch its head and return your hand to your lap. Gradually the head strokes become longer, until you are petting it while it eats. You are running your hand down its back while it eats. It is gradually learning to trust you. This Awareness indicates that if you can imagine this, for this is a way that many entities tame stray cats, if you can imagine this, you can also understand the nature of these visitations by these extraterrestrial entities who leave the crop circles for humans. It is their way of leaving a message not only for humans, but for their fellow travelers to alert them that they were there, but there is this two-fold purpose in leaving the crop circles.

The Two Purposes of Crop Circles

One is to make contact with humans in a way that does not frighten the humans, and another is to leave a message for their fellow travelers that they were there and that they left their mark. This Awareness indicates that of course they have communication devices on their ship with which to contact the other ships, but this is a fun way of leaving a mark in a physical sense for their fellow travelers to witness their presence in an area.

In the World War II era, the doughboys of the soldiers left the image of an entity looking over a wall. They would see a wall and they would draw the top part of the face and show this entity looking over a wall, and write beneath this: "Kilroy was here!" This Awareness indicates that this was a message to other soldiers that followed to let them know that their own soldiers who were leading the way had been there and left. This Awareness indicates that they could have contacted the following battalion by radio or by smoke-signals, if that was the appropriate way, but they chose to leave these marks as individuals, for the fun of it.

This Awareness indicates that this is what the crop circles are in terms of leaving marks for fellow travelers to these extraterrestrials. They are likened unto "Kilroy was here!" signs.

(The Law of Gratitude is given)

HOW TO GET THIS NEWSLETTER BY MAIL

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Why This Incessant Push to Learn More?

QUESTION: (3/10/96)

A question from Terry T., Scottsmoor, Florida. He writes: "Everything I have learned has taught me that everything is in its rightful place. If so, why is there this incessant push to know more, be more, do more? I understand the natural need to grow and progress, but why is there this unrelenting push inside us to know more in a day than billions before us learned in a single lifetime?"

COSMIC AWARENESS:

This Awareness indicates there is always that feeling of incompleteness. There is always that quest for 'more;' that need to have something further. If it were not so, entities would be fulfilled, and there would be no reason for any further existence. This Awareness indicates it is that incompleteness and unfulfillment that leads entities into the next moment of life; that motivates them to continue experiencing from one moment to the next.

Why Do We Collect and Hang on to Garbage?

QUESTION:

Another question from this entity. "A key note to progress seems to be the inner nudge to "remove the obstacles blocking the growth." Why do we hang on to garbage so strongly? Is it not damaging all things to our spiritual growth and emergence into who we are, and what our mission is?"

COSMIC AWARENESS:

This Awareness indicates that entities have a tendency to feel that experiences they have had, things they have accumulated, things that they have which they are not sure whether or not they will at some point need them again, are clung to, held on to, because entities have had past experiences, difficulties either in acquiring things they needed or have had a need for something that was not available, and have spent so much time looking for something that when they finally do have things available, even if it is negative memories, they hate to let these things go, for fear that "It might be just what I need sometime in the future!"

This Awareness indicates that some people collect stacks of paper because: "There might be something important in this article that will need to be quoted or used at some time in the future," or entities will collect stacks of tools or pieces of wire or other things that may be needed at some time in the future, and entities who do these things, often find it to be a real life-saver to have collected that piece of wire six months before or two years before, and to have it available now when you really need it.

This Awareness indicates that others see space as being a commodity of great value and wonder why they can't seem to get enough space, no matter how much they throw away, no matter how much they haul off to the dump. This Awareness indicates that there are some entities who value the shelf-space, or the space in their lives to have more freedom to move about without bumping into collectibles and things that they have gathered from the past.

This Awareness indicates there is much to be said for space, for the emptiness, for the vacancies, for you can always find something to put in that space, in that vacancy. This Awareness indicates that many entities like to simplify their lives, like to live a more Spartan life, and others like to have their lives fulfilled, as though the vast amount of material is something to live for. You have all this stuff. You can't afford to die. You can't afford to leave. You have to stay in order to take

care of it, in order to attend to it, in order to use it, and there are different psychological reasons for entities to choose their particular preference as to whether to value the space and the emptiness, or to value the clutter, and the stuff that is present.

This Awareness indicates that entities who wish to have their lives in greater order, do not necessarily have to get rid of everything and to make space. If they simply have a place for everything, that can give them a sense of greater order. They can gradually put things in those places. They do not have to do a complete overhaul of their lives and organize and put things in order, but they do need to have a place for everything so that they know what the order should be. That way they can place things where they should go, and feel that they are getting organized, even though it may take months or even years to do so.

This Awareness indicates that some entities do not feel that they are organized unless they have gotten rid of 90% of what they have. Some entities will say, "If it isn't used within a six month period, it should be discarded." But this is fallacious, for there are many things that do not need to be used every six months, yet they are important and may need to be used when something occurs, calling forth for that tool or that particular document or whatever.

This Awareness indicates it is important that entities know what is where, if possible, but if they do not know what is in that stack or this stack, or in that shed or in that corner, they should at least know where things should be. They should have things ordered in such a way that the document should be in this file cabinet, or in that file cabinet, and the tools should be here, or should be there. Therefore, they can feel a certain amount of order in their lives.

Are Light Workers Being Led Astray?

QUESTION:

Another question from Terry T. He writes: "It seems everything keeps getting put off, pushed out, relative to earthlings' knowing of aliens, photon belts, higher realm shifts in consciousness, et cetera. All channeling seems to be saying it is going to happen; everything is in place; vital preparations are being made: Be on the ready! Is this so? Or are we being baited, so that others in other dimensions can feed off of our anxieties, energies, anticipation's, adrenaline and so forth?"

"I understand that less evolved and dark energies feed off of our anger, lust, greed and hate. A quick review of our history will reveal we are a gullible and naive race. We are quick to believe the lie and quick to follow suit instead of lead. We as a species are manipulated very easily. We have been raised, bred and schooled to trust the words of others over our own, to believe what we are told, and to especially trust our government.

"We have been cautioned too, but what I see is a headlong tumble into areas never before ventured, at an alarming rate. If you wanted to take out your opposition, what better way than to take out the strongest opposition to your threat, and to do it at the very beginning, before everyone is wise to your deceit. I sense there are a tremendous amount of sacrificial lambs fixing to take a fall.

"Are we Light Worker types being tricked, manipulated and led astray? There is a lot of conflicting information within this group. I am speaking of the collective group here, not the individual entity who ultimately controls his own destiny and total conscious awareness of soul. There seems to be as much misinformation with channeled information as there does with

the government messages.”

COSMIC AWARENESS:

This Awareness indicates that this last statement is correct. There is a great deal of misinformation that comes through channeling; that this Awareness has warned entities even to question everything this Awareness says, because there can be misinformation. This Awareness indicates it is not always the intent or fault of the channeler: it is that the future is not fixed, and when entities ask about things of the future, often things change, just from the attention level of the masses. The vibrations that are created in the mass consciousness can have an effect on the future in many different ways.

Why Channels are Often Off the Mark in their predictions

This Awareness indicates that this does not excuse entities for giving wrong information, but it **does** explain why some information is in error from channels. This Awareness indicates that also, channels cannot see the world of the concrete prior to its forming in a concrete sense. Channels see the world of the abstract as it is beginning to move toward concrete manifestation, and therefore, what a channel sees in terms of energies in motion coming into fruition or manifestation, may not be the same from moment to moment, and given a period of time, what appears in motion at one moment, will begin to change before it manifests as a reality at another time.

This Awareness indicates that is one reason why timing is so difficult in any kind of channeling, except in the case of certain astrological use, wherein astrological timing can be precise. The difference however, is that when using astrological symbolism, the interpretation of what is to occur at a particular time is that which becomes more vague, more uncertain, because how do you add symbols together?

They are not like mathematical numbers. You can take 5 and 7 and get a precise number, but when you take aggressiveness such as found under Mars, and confusion such as might be found from Neptune, and put these both together in the sign of Leo, which symbolizes a kind of staging or demonstration, how do you add those symbols and meanings together and come up with a precise and certain event?

Therefore, astrology has its limitations, even though the timing of those forces coming together can be precise. This Awareness indicates that on the channeling level, you can see these energies perhaps coming together, and perhaps can interpret them intuitively, but how do you know exactly what time they will occur? This Awareness indicates that good astrologers can use a combination of intuition and astrological timing, and get some hint as to what is going to occur at a particular time, but their precision is never exact. If they recognize a general possibility and come close, then they are considered to be accurate in their forecast.

For example, there was a time in the spring in which a forecast was made in an astrological book referring to a certain time in April wherein the assassination of a government leader was a likely event, and that entities should watch for this. As it turned out, the entity killed during that precise week, within two or three days of the time indicated was Martin Luther King.

This Awareness indicates that when this was examined and mentioned, people said, “He wasn’t a government leader!”, and dismissed the prediction altogether as being wrong, but you can see that the entity was a national figure, and not a government leader, thus the astrologer was accurate except in the interpretation of the qualities involved in the event. The astrologer was accurate in terms of the timing and of the magnitude of

the event, and of the nature of the event, but because he missed the correct title for the entity, his prediction was dismissed as being invalid.

This Awareness indicates that this explains why it is sometimes extremely difficult for channelers and astrologers and others to predict the future events with unfailing accuracy. This Awareness indicates there are rare occasions wherein some entity may hit it precisely, such as saying “There will be a train wreck.” The possibility of a train wreck, considering all the other things that **could** happen, would be of a rather slim nature, but with the right symbolism, it could be a lucky guess, based on something that is implied or suggested rather than certain, and the prognosticator could in such a case be accurate simply because there were several indicators that suggested a possible train wreck.

This Awareness indicates that, for example, Capricorn rules railroads and accidents relating to metal are ruled by Mars, and with these two elements of an astrological chart, and other things that might also be involved, an astrologer might just guess that this is what will happen: a train wreck. However, it is also possible that the astrologer could be in error and a totally different kind of incident could occur.

It could be, for example, a railroad bridge collapsing, or a railroad being bombed or being attacked by a militia group, which also would come under the Mars influence. This Awareness indicates the bombing would be more likely related to Uranus as an influence in that event, because Uranus rules sudden and explosive things. This Awareness indicates that at any rate, there can be mistakes and there can be a degree of accuracy in such prognostications, using the symbolism of astrology and the timing of astrology, but this Awareness indicates when you go strictly into the intuitive and psychic levels, there are even more areas for mistake to occur.

This Awareness indicates that astrological readings are generally more accurate than psychic readings. This Awareness indicates that most psychics have learned to rely somewhat on astrological symbolism and timings, if they are good psychics. This Awareness indicates that *It* does not give *Its* messages using psychic information. It is more on the order of reading the vibrations and extrapolating from energies that are already in motion or are perceived from the vibratory observation of this Awareness and are presented to the Interpreter for deciphering, but this Awareness indicates that these messages are not as precise as your local headlines describing events from the day before.

There are also many entities who predict the future based on leaked information, information available from some secret source that knows of some event that is going to occur in the near future, and an entity may give this information as a prediction when in fact it is simply a leak of information. It is likened unto someone leaking information about the stock market because they know of plans to dump stocks on the market or cause a decline in the market by people pulling out their investments. This Awareness indicates that this kind of foreknowledge can often be used in predictions and give the one predicting the information the appearance of being highly accurate in his or her predictions.

This Awareness indicates for example, if the government or some other force were involved in causing earthquakes by setting off cobalt bombs and someone had that information and knew when the next cobalt bomb was to be set off and where, then the entity could predict the earthquake that would follow the explosion of that cobalt bomb, and it would appear that the entity was extremely accurate in his or her prediction, but it

might not be anything psychic at all. It might simply be based on leaked information to the entity masquerading as a psychic.

This Awareness does not wish to imply that there are not accurate prophets or forecasters; it is just that there are not as many as entities would like, nor are they as accurate as entities would like them to be. It is an extremely difficult thing for entities to know what is happening in the future. This Awareness indicates it is also not necessarily an effort to disarm and make fools of the people who hear or listen to the channelers or to make them feel deceived or misled.

The channelers for the most part, are sincere. It is just that their abilities are often not as clear and precise as entities want them to be. There are many entities who want a channeler to be 100% accurate on everything said, and to the knowledge of this Awareness there is no such thing as 100% accuracy in any channel. Those who think that the prophets in the Bible are 100% accurate are kidding themselves, because these stories of Biblical prophets of old, who were alleged to be 100% accurate, are simply the written word of someone referring to someone in the past. How can anyone assume that this is proof of 100% accuracy, when it is simply someone telling about something in the past that was a 100% accurate prophecy?

This Awareness indicates there are many channelers or prophets today who say: "I was 100% accurate in my prediction that this or that event was going to happen! I predicted the earthquake at the football game! I predicted the earthquake within two minutes at such and such a time!" The only thing is these entities who claim to have predicted those events do not back up their claims with any real evidence. They cannot find anyone who wrote down or created a true record of their prediction. They simply wait till an event occurs, look back on it, and then claim to have predicted it, in most of these examples of prophets claiming accuracy.

And the same can be said for many of the prophets in the Old Testament and even in the New Testament; that many of these prognostications are simply unprovable, but because they are written in the Bible, they are believed. This Awareness indicates that the interesting thing about this is that many of these things in the Bible can be found word for word in earlier texts, wherein some entity in some other culture, some other time, maybe a thousand years before, had the *exact* same thing predicted, and the exact same thing occurred in that text, and you know that the text was simply rewritten for the Bible from an earlier writing.

Perhaps the names are changed. For example the story of Moses was found in earlier writings under the name of Meses, and the events that occurred to Meses with all of the accuracy described was attributed to Meses in a variation of the same story, but perhaps thousands of years before.

Those "Predictions" by the "Space Brothers"

This Awareness indicates there is also another aspect to this phenomenon, in that for the past 50 years, since the early 1950's, the so-called 'Space Brothers' or those entities associated with UFOs, have been feeding the masses with predictions of things that were to occur. For the most part, these things never happened, but the question is, "Why did these entities make such predictions? For what effect? Surely they knew these things were not likely to occur, but why were they giving such information if they recognized that these things were not likely to occur?"

This Awareness indicates that there is a reason behind this madness. It is essentially that it kept the people on

their toes, kept them waiting and focusing and expecting some major change in the world, and the very activity of *expecting* a major change in the world led to an awakening of consciousness that has occurred over the past 40 years and this anticipation of a major change in consciousness over this long period of time is a phenomenon in itself that could not have occurred had it not been for these false predictions and the anxiety and anticipation that resulted from these false predictions.

This Awareness indicates perhaps it should be said 'inaccurate' predictions rather than false predictions, for in most cases the predictions were not intended as false, but resulted as inaccurate.

Do Males Through Sexual Intercourse Steal Energies From the Female Partner?

QUESTION:

A question from Darby A.E. in Taos, New Mexico. She writes that she just finished a book: The Sorcerer's Crossing by Taisha Avelar. "Another marvelous book", she says, "which presents the idea of 'recapitulation' and exercise designed to 'recuperate our strength of unity by releasing our energy trapped in the world, and pull it back to us.'"

"This is accomplished by breath-work while re-experiencing the events and feelings of the past in as much detail as possible." "This really works!" she says. "A great healing/liberating technique, which I highly recommend. She also, (this author Taisha Avelar) has an interesting point about human sexuality about which I'd like Awareness to comment.

"Briefly, she says: "Women are the true supporters of the social order. Their fundamental purpose and fate is still the same: to nourish, shelter and serve men; not merely a social "prescription" (I think), but a biological imperative. In the human realm, although the primary function of sexual intercourse is procreation, it also has a secondary and covert function, which is to ensure a continual flow of energy from women to men.

"Isn't the sexual act an even exchange of energy between male and female? No. Men have specific energy lines inside the body of women. They are like luminous tape-worms that move inside the womb, sipping up energy. Those lines of energy established through sexual intercourse, collect and steal energy from the female body to benefit the male, who left them there.

"Ideally, this process ensured that a woman feeds her man energetically through the filaments he left inside her body, so that he becomes mysteriously dependent on her at an etheric level. This is expressed in the overt behavior of the man returning to the same woman again and again to maintain his source of sustenance. That way, nature ensures that men, in addition to their immediate drive for sexual gratification, set up more permanent bonds with women."

And she adds: "Very interesting! If this is accurate, it would be something to consider before jumping into a sexual intimacy, for sure. The author says only 7 years of celibacy or the recapitulation exercise can clear these luminous tapeworms." And then she asks "Is there any comment?"

COSMIC AWARENESS

This Awareness has several comments. First, in the process described as "recapitulation:" this is in fact an exercise which manages to release blocked energy which is manifested in physical form, not unlike the situations discussed earlier, regarding how belief systems can facilitate blockages and the energy can be diverted, and how the physical form can retain and sustain imbalances.

This Awareness suggests that this 'recapitulation' process is one of many which taps the physical ability of the body to respond to such blockages through the breath, through the consciousness, through the active directed meditative intention, and particularly within the dream state, wherein the body can bypass the limitations of the mind and effect certain healing processes and vent frustrated energy, so that the form can even sustain the minimal level of health and longevity which has become the norm.

This Awareness suggests that there are many such ways in which the body can achieve successful results by bypassing the interference at the realm of mind, and that entities should discover and exploit these processes to the highest degree, while they go about the task of disassembling those belief systems in the realm of mind which create the blockages.

Listening to Music can Release Blocked Energy

This Awareness suggests that vibration, auditory vibration; music, resonates with the vibration of the system, the chakras, the energy centers of the body, and a physical release can occur through the listening passively as well as the active creation of resonant tones which can effectively release blocked energy.

This Awareness suggests also that physical movement, spontaneous, without logical and rational interference of the mind, spontaneous movement can also create physiological release, and mechanisms such as the recapitulation process described, utilizes the breath and the oxygenation of the body to activate memory centers and circuits so that entities can access the belief systems and experiences that were imparted and became part of the understandings of the entity, and that with such a process, those debilitating ideas can be identified and removed.

The Concept of "Tapeworm Filaments" Men Leave Inside the Womb

The second comment addresses human sexuality as described in this particular book. This Awareness suggests there are some intriguing truths, but that there are also some interesting distortions that can serve to perpetuate the movement toward empowerment of women, to bring about the reversal of certain imbalances which have become the norm in mass consciousness.

This Awareness suggests however, that the concept of filaments and tapeworms being left inside women through sexual intercourse with men is a bit of a distortion of a broader metaphorical exchange that is more interactive and two-way between women and men, rather than simply a delivery system from a man to a woman through the physical sexual experience.

This Awareness suggests that human sexuality does indeed have far more significance than the simple, although powerful, urge for procreation. This Awareness suggests that given a clarity of focus, an openness and receptivity to the energy of the partner; that there can be a tremendous exchange of energy, a nourishment and sustenance and spiritual rejuvenation, wherein spirits intermingle and come away enriched from the experience.

This Awareness suggests, however, that if the state of consciousness of the individuals involved are focused mainly on the physical pleasure, without regard to the entity with whom they have the potential connection, that the experience can be less than fulfilling, and that this perhaps is the metaphoric situation described by the leaving of filaments or tape-worms within a woman.

This Awareness suggests that this metaphor describes what has become the norm or accepted polarity between the sexes, with the mass consciousness belief that

women embody romanticism and long for monogamy, versus the belief that the male is embodied with more physical objective, active fulfillment needs, relating less to an emotional exchange and relating more to a power, a dominance, or a territoriality, wherein one leaves its mark or 'filament,' as it has been described.

This Awareness suggests that if there was a strength and validity to the notion that the leaving of a filament by a man in a woman would urge that man to return to that woman again and again, it would not be supported by the evidence that men appear to be more inclined toward infidelity and less inclined to return to the same woman again and again and again.

This Awareness indicates that this is not to say that males are not capable of monogamy, but it is to say that monogamy would be the dominant strategy, if it were the case that a mark or filament or 'tapeworm' was placed within the woman by the man with the first sexual encounter.

This Awareness suggests that the impetus toward monogamy has more to do with the spiritual connection that is achieved between entities which can be culminated in the sexual act and celebrated by the intermingling of the energies. This Awareness suggests that women are often more attuned to this more romanticized version of the sexual act, simply because they have been allowed to attune themselves more to the emotional system than have the traditional indoctrination that men ordinarily receive regarding emotion, as it relates to masculinity.

This Awareness suggests that both sexes have the need for spiritual connection, and both experience the intermingling and powerful pleasurable experience from this highest form of sexual intercourse. This Awareness suggests that entities entering into a casual sexual relationship cannot hope to achieve the rapturous levels that the act can bring without the soul connection, the spiritual intermingling that comes from pure openness, communion, faith, and trust.

This Awareness suggests that physical pleasure in and of itself is pleasing to body and spirit, but that the highest fulfillment comes from the intermingling and the pure connection of the energies of two entities with the strength and durability of an ever-expanding and deepening connection.

This Awareness suggests that the biological imperative at the level of self-preservation and simple procreation, perpetuation of the species, is different for males than females. This Awareness indicates that this underlying biological imperative has influenced the thoughts, beliefs, behaviors and the evolving ideals within mass culture, that has facilitated a splitting between the sexes, so that complex gender roles and expectations have been assigned to the respective sexes, which ultimately divide human potential qualities into categories which limit the development of the full capacity of qualities within a given entity.

This Awareness suggests that certain attributions have become associated with traditional male behavior. Likewise, certain attributes and qualities have been associated with appropriate female behavior. This Awareness suggests, for example, forward action and aggression have been associated with male behavior; passive receptivity has been associated with female behavior.

This Awareness suggests that all capacities are available for development and expression within each sex, regardless of the plumbing and that this fragmentation of human capability has limited both males and females from passively receiving spiritual wisdom through the feeling system and then actively analyzing and operating upon that information to effect the necessary

changes that are suggested.

This Awareness suggests part of the 'Enlightenment' will entail the development of all capacities and the balancing within individuals who have been overly influenced by the cultural artifacts and expectations of mass consciousness that have come along with their particular gender.

The Biological Imperative of Males

This Awareness suggests the biological imperative, which does exist as a basic difference between the male reproductive urge and female reproductive urge at that basic self-preservation level, provides a basic biological understanding of why males of the species are more likely to be inclined toward multiple mates, which is in direct opposition to the concept set forth in the book, (which implies that men would be biologically drawn again and again to the same female, upon territorializing her with their filament).

This Awareness suggests this biological imperative has more to do with the physical make-up the reproductive capacity within the male reproductive cell, in that males produces millions of sex cells in the form of sperm in the same time period that a woman produces one fertile sex cell in the form of an ovum.

This Awareness suggests that it is in the female's interest to invest her one sex cell very wisely, with the male most likely to contribute to the nurturance and successful completion and development of that one single ovum offered per month, as opposed to the male imperative who can potentially father thousands with the sex cells at his disposal during that same month.

This Awareness indicates, however, that there is no communion of spiritual energy between entities operating upon the simple biological level, and that human-kind in its present state should be far more evolved and enjoying the experience of procreation and creating life only within the guidelines of full and complete intertwined spirituality between the two entities, rather than basic survivalist / animalistic encounters, the energy of which provides less than fertile ground for an incoming life.

This Awareness suggests that the metaphor in the book set forth, addresses both the basic urge within men, or, more accurately, appeals to it, by providing a benefit to that man in the explanation of a residual piece of himself left within the woman which satisfies territoriality, yet this does not give the males of the species the respect that they deserve, and that the overall metaphoric statement refers to the exchange of energy, the equality, the mutual respect, caring, openness, and receptivity, trust and faith that is necessary to achieve the rapturous experience of true love-making.

This Awareness suggests that the acceptance and understanding of the unimpeded flow of Divine Love Energy during the sexual act is a highly recommended and worthy goal.

If we have completion, we can continue.

Human and Humane Qualities in Animals: Do They Exist?

QUESTION:

A question from JD in New York. She writes: "Sometimes, pet animals and even wild ones, have such human or humane qualities, that it is hard to think of them as "just animals". My deceased friend, Miss Tawny Dog, for example, demonstrated compassion uncommon even in humans, and looked after us in such a motherly and house-motherly fashion as to far exceed anything we could attribute to her hardine (Sheltie) blood.

"Did this dog, and do such animals actually have some spirit to them beyond the merely animal?"

COSMIC AWARENESS:

This Awareness suggests that this is in the affirmative. This Awareness suggests, however, that there is an assumption within the question that animals are more lowly or less evolved than are human beings. This Awareness suggests that this reflects a rather well-entrenched arrogance on the part of the human species, given their "superior" faculties, given their ability to develop and utilize an ever-more complex mental realm.

This Awareness suggests that all physical forms are apportionments and units organized into widely varying forms, but that in their essence, spirituality is contained within each and every unit. This Awareness suggests that varying life forms offer varying experiences which all contribute to the expansion and the self-awareness and the self-experience of All That Is.

This Awareness suggests animals, in particular, domesticated dogs, are the embodiment of pure emotional experience without the interference of the mental realm that human beings are both accelerated by and impeded by. This Awareness suggests that animals such as the dog described, have a very clear communicative path between spirit and body, so that they operate upon a purely emotional responsive level. This Awareness indicates their experience is spontaneous and fulfilling and that the affinity and the compassion noted as human-like, reflects the spiritual intention of connect- edness that lies within each and every unit of spirituality.

Much Learning can be Obtained by Observing Animals

This Awareness suggests a great deal of learning can be attained from observing animal species, understanding that their behavior is unobstructed by the realm of mind. Humans can both identify those components within the realm of mind that facilitate their existence, as well as those that limit and debilitate it through the observing of animals species, since they have very limited capacities in the mental realm.

This Awareness suggests that a great deal of emotional resonance and pleasurable spiritual joy can be attained through connecting with animal species. This Awareness indicates it is the natural inclination, due to the affiliative needs for spirits to connect with other spirits (regardless of their form), and that interacting with animals, domestic dogs and cats in particular, provides the pure emotional connection that is often missing in human interaction, due to the many limiting beliefs, social mores, and codes of behavior that restrict the spontaneous and full connection that the spirit often is inclined toward.

Animals Can Embody Various Forms Simultaneously

This Awareness suggests that portions of a given entity or soul can embody various forms simultaneously, and achieve communication at the highest level of Universal Consciousness through the experience of each of those aspects, so that the dog described may, in fact, be part and parcel and counterpart to a profound and wise entity, well known in human form; past, present or future.

This Awareness suggests that humans ponder their place within the Creation and the responsibility that comes along with the technological capabilities that spring from the mental abilities, to effect gross changes to the earth, the habitats, to the very livelihood of other species, and to think very carefully before they place themselves in a haughty exulted position above them.

If we have completion we can continue.

THE COSMIC AWARENESS SPIRITUAL DEVELOPMENT LESSONS AT 50% DISCOUNT!

A BRIEF SYNOPSIS OF THE 144 SPIRITUAL DEVELOPMENT LESSONS FROM COSMIC AWARENESS

NOTE: In one of the earlier messages from Cosmic Awareness, It explained that It wished to bring forth a series of 144 lessons, these titled after the Zodiac, that would lead entities slowly, lesson by lesson, into a spiritual understanding and awareness that otherwise might not occur in an entire lifetime. These lessons took about 15 years to complete, due to interruptions, such as the "Gathering Storm" scenarios, and other rather heavy information that Awareness needed to bring forth at certain times. Now that the complete series of 144 lessons are complete, we are offering this series, or any part of it, to our new members at 50% off the listed price. of \$1.00 per lesson (or only \$6.00 for each series of 12 lessons). We urge you to read these lessons!

Vol. 1. (ARIES): plus two introductory lessons to total 14 lessons. This series explores and explains how the individual entity develops his own individuality and how to integrate it for the New Age vibrations. Also includes the nature of Cosmic Awareness and other very interesting material. Total: 14 lessons

Vol.2 (TAURUS): How to expand your identifications to enable you to move from where you are (if you are not satisfied with where you are at) to where you want to be; a new lifestyle, attitude, perspective etc. Total: 12 lessons

Vol. 3.(GEMINI): All about communication. How to communicate with one another on every level. How communication is essential to spiritual growth on this plane. Total: 12 lessons

Vol. 4. (MOON CHILD): In this amazing series of lessons, Cosmic Awareness communicates to you directly via the subconscious mind, leaving out the conscious, reasoning mind. In the process, you undergo some of the most moving moments you will ever experience. Explores the deeper realms of the imagination as Awareness takes you on numerous trips back to the Godhead and other places. This series highly recommended, particularly on tape. Total: 12 lessons

Vol. 5. (LEO): The theater of life, wherein the entire life experience is put into a frame of reference of the theater. (All the world's a stage). These lessons lead you step by step from birth until the passing over (the death experience), wherein 'the critics review your past life's performance). Total: 12 lessons

Vol. 6 (VIRGO): The tower of the mind. These lessons discuss the nature of the order of the universe, the structure of the mind, the effects of that order upon the structure, as well as the structure upon that order of things. Here is new understanding of how the mind works, from the lowest floor of the tower wherein an entity is given the breath of life; through each successive floor of development up to the 13th floor called 'death.' These floors each fully described in a lesson; some of the levels of concern: association, reflection, logic, logic and structure in artistic creation, imagination and fantasy, extending the being beyond self; moving beyond identifications and the experiential levels; the Cosmic Consciousness, the cosmic level of mind. Total: 12

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