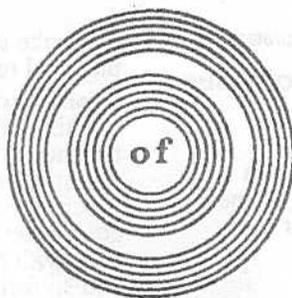


Revelations

The Cosmic Newsletter



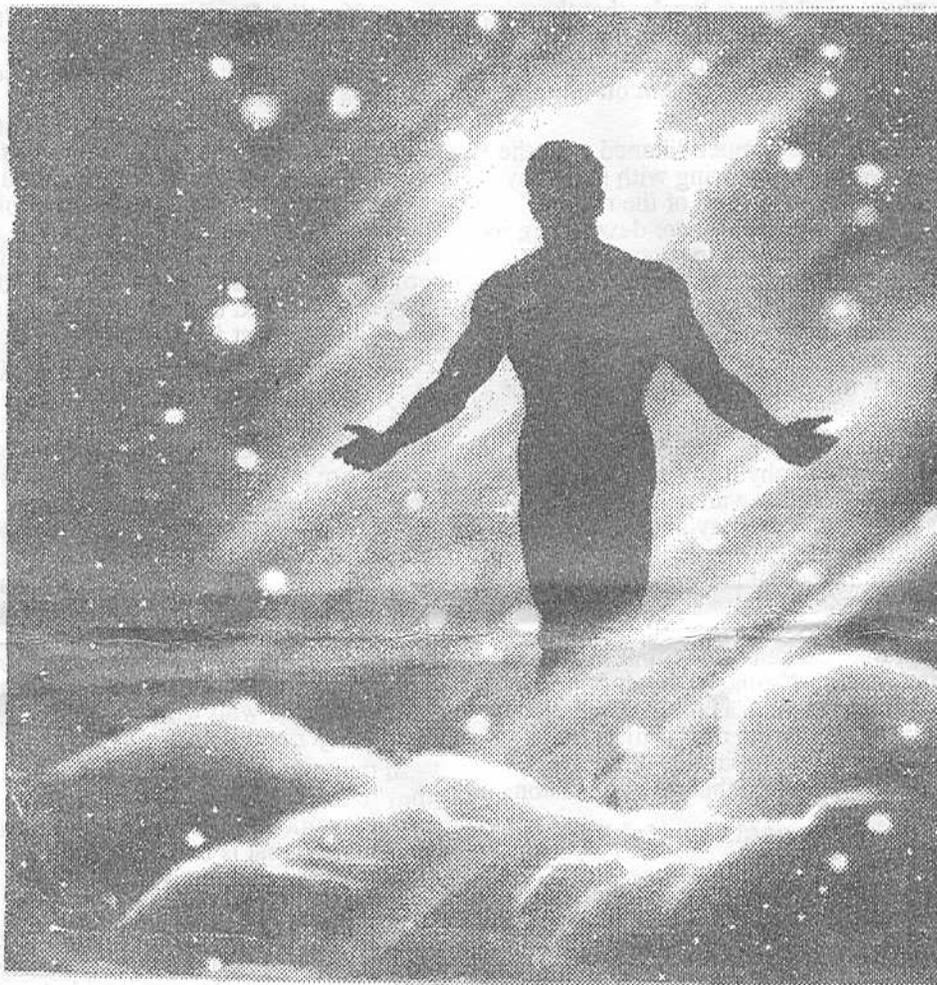
Awareness

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

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

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The OM Meditation

The Secret of Suspended Animation

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- Why it's important to evolve spiritually
(Why can't we just take our time?)
- What you can do on and before New Year to
counter any negative rituals being planned

Alzheimer's Type People: Is Anything of Value Occurring to Their Soul Growth?

QUESTION (VIKKI):

In the case of people that are debilitated through Alzheimer's or whatever, like those in nursing homes, what, if anything of value is occurring for their soul growth?

COSMIC AWARENESS:

This Awareness indicates that there is a certain degree of contemplation that goes on, often on a subconscious level, wherein part of their own being resides in other levels, apart from physical alertness levels; that the mental alertness that is necessary for coping with things of this world is often lacking, but while this is missing, there is the growth factor and development on other levels that *is* occurring.

This Awareness indicates it is much likened unto the baby. One could ask: What is occurring with this baby at this time? and you will note that all of the movements, all of the activities of the child are developing its coordination, strength and alertness to orient it to become a viable force on the physical plane. Likewise, when one is passing over, and is experiencing a loss or retreat from the physical plane, part of their consciousness may be entering into other realms, in a manner that prepares them for entry into those other experiences of the afterlife.

This Awareness indicates that it is a way of moving gradually from one life in the physical form, into another life in spirit form. This Awareness indicates that from an observer's perspective, it may appear, however, that though something is simply missing from the entity which was once there: the mental alertness, the ability to recognize, think and remember, to talk, converse, communicate; these things may be missing to the earthly observer, and may cause one to think that there is something lacking in the person, but this is because the earthly person cannot see what is transpiring, as the entity makes the transition into the next dimension, and that much of that which is missing in this dimension is appearing and traversing over into the next dimension.

Could One of The 144 Aspects be Holding Out?

FOLLOW-UP QUESTION:

It doesn't have anything to do with any of the 144 aspects of the entity that might be a holdout that is still clinging to the earth plane for some reason?

COSMIC AWARENESS:

This Awareness indicates that some aspects may still be clinging to the earth plane for the purpose of finishing up or keeping an anchor on the physical while getting oriented into the next plane. This Awareness indicates that if one realizes that even when you are fully involved in the physical plane, not all of your aspects of being are present in physical alertness at all times. There are always certain aspects of self that are in other dimensions or other levels of consciousness.

This Awareness indicates that it just happens, that as many entities begin to gradually pass over, that the aspects may pass over in greater numbers at once and that which remains becomes much less than is commonly associated with the entity, giving the appearance that the entity is only half present or partially there.

Could Physical Relationships not be Finished?

FOLLOW-UP QUESTION (VIKKI):

So aside from having better medical facilities that can physically keep the body going longer, is the reason why these entities just don't go to sleep one night and

not wake up, is it because the soul isn't done with the physical relationship yet?

COSMIC AWARENESS:

This Awareness indicates it may either be not quite finished with its working through on this side, or it might not quite be ready to jump into the other side. It is much like an entity who, being invited to jump into the cold water, opts instead to go in first with the big toe, then with the foot, then up to the ankle, the calves, knees and so forth. Some people prefer gradual testing of the unknown and will go slowly into the night.

Getting Today's Seniors Together With Our Youth: Could They Help One Another?

QUESTION:

I had one question in relation to the reading on senior citizens who commit suicide or who are unhappy in their old age, and losing their self-esteem, and it seems to me that there's more and more of these people in our country and in a few years I've heard that they will be in the majority, and most of these people were brought up during times when they were taught good moral values and certain qualities that people say is what's made this country great: thrift, hard work, good manners and that sort of thing, and that when they see the young people today they're just flabbergasted.

They just can't seem to grasp the youth today, because they seem to be just the opposite in values and so on that they were brought up to have. It seems like the pursuit of pleasure and so forth is a big thing, and when they were growing up, this was not instilled into them. It seems to me that it would serve a purpose if the school systems would either have a day, one day a week or something like that, and invite senior citizens to come into the schools and have discussions with young people; they all sit around and they start discussing things and they listen to the stories these older entities tell, or have the schools bus these kids to the senior centers where there would be a whole bunch of these elderly people who would talk and discuss things with the younger people.

In that manner, the older people would feel that they're doing something constructive and the young people would be getting knowledge and wisdom and information that is tragically lacking in their life. Does Awareness see this as a possibility?

COSMIC AWARENESS:

This Awareness indicates that this could be quite valuable if it were organized properly, so that neither the older nor the younger people became threatening to the other, or appeared to the other to be threatening. There is the strong likelihood of the older people feeling fear from the younger people, and vice versa; the younger people often feel the fear of being condemned or being judged by the older generation, and it is likely that in some instances, if not handled properly, the older generation would tend to be condemning of the younger ones, and this could create some conflict and hostility under certain circumstances if not properly managed and arranged.

This Awareness indicates that many of the older people who are not fully adjusted might have great paranoia of some of the younger people in their dress, behavior, language and strange appearances, strange to them, and this could lead to certain apprehensions and fears which might have quite difficult repercussions for the older people. This Awareness indicates that if it were set up properly, wherein, for example, volunteers from the older generation were to come into the school, or volunteers of youth were to be invited to visit the

senior citizens' homes, and the selection of these people met certain criteria that would lend to a harmonious communication; this would be beneficial.

This Awareness indicates that it will depend on how responsive and harmonious the situation can be kept as to how many people can interact and which people should be brought together in the older and younger generation levels, but this Awareness sees that this does not present a major problem, it is simply part of the consideration that would need to be given to such a program, and in most cases, in most schools, in most cities, wherein the citizens, whether of youth or elderly, wherein they are reasonable in their behavior, in most cases, it would be workable. There could be exceptions in high crime areas or in areas where there is considerable paranoia, or wherein entities who are out of touch with reality might not be able to handle certain arrangements.

HOW CHI CAN BE USED IN DAILY LIFE AND FOR HEALING (THE OM MEDITATION)

QUESTION:

A question from Garrett Kemler; I don't have his address. He writes:

"I am writing to suggest a question. I channel, so to speak, or communicate with my Higher Self, or whatever; however, basically I am only able to ask questions that would have a 'yes' or 'no' answer, and then I might also get subtle additional overtones or shadings of the answer. Anyway, often I might be thinking, about something or reading, and ask myself a question about what I am reading or thinking about such as: 'I wonder if that is how that really happened?' or: 'I wonder if that is the best way to heal that?'"

Often, I spontaneously get an answer from within, only if I am sufficiently quiet within. Recently this happened when I was reading about a, breathing technique, Pranayama, in a book *The Silent Pulse*, which incidentally is very good. I received that this was not the best technique for building up chi, prana, and that the best method would be difficult to discover; also, that this technique is known and practiced in India, but that I might learn of it, or where to learn about it from Awareness.

I am sure that others would like to know about it too. If possible, it would also be informative to ask about how chi can be used in daily life and for healing.

COSMIC AWARENESS:

This Awareness indicates that there are a number of breathing techniques that have been used for different purposes in terms of meditation and in terms of building energy; that you may find some of this information in works of the various Yoga and Hindu books or books on meditation, particularly on the breathing techniques. This Awareness indicates that the key that is often missing in these has to do with the element of sugar, or carbohydrate addition to the body during the time of the breathing technique; that this information has been made available in regard to material relating to the Huna techniques for building mana, which is the same as the chi.

Breath and Blood-Sugar Build Mana

The action of building your aura or mana comes about from the use of breath, mixed with blood-sugar within your system. The mixture of oxygen and the blood-sugar strengthens the aura or chi. This Awareness indicates that if your blood-sugar is excessively low while you are attempting to engage in breathing techniques, the mana is not going to build as readily as if

you have experienced some intake of carbohydrates prior to the breathing techniques.

A Breathing Technique for Creating Energy

This Awareness indicates that there are, of course, different types of breathing techniques for building the aura, and many of these are valuable. This Awareness has previously given a suggested technique, wherein you take a deep breath to a fast count of 12, hold for a count of 12, release for a count of 12 and let that be one breath. Repeat again, 12 times, and on the 12th breath, bend over, tense up all of your muscles, and as though lifting a heavy weight, take a deep breath, and tensing the entire body, raise up this heavy weight to chest high.

This Awareness indicates this may be done sitting down; keeping all of the muscles in the legs, torso, arms, and shoulders tight during this action; breathe in a deep breath and then let it all flow out, and relax the body entirely. This Awareness indicates that this creates a large charge of prana, or chi, strengthening the aura greatly and giving much energy. This Awareness indicates that there are other techniques also; that it is important that entities be cautious in breathing techniques, not to strain or to breathe in a manner that causes one excessive pressure on the breath to force one to hold the breath too long or to hold the breath too deeply.

It is better to have smaller shorter counts than to over-stress the self, because if the pressure of the breath pushes too hard on the blood vessels and one has some kind of weakness in an area, it could cause a rupture in the circulatory system. Such things can also cause entities to black out, by being over-oxygenated. This Awareness suggests therefore, not to overindulge beyond your capacity; that if 12 fast counts is too much for your system, it would be better to take more shallow breaths and count to 5, 6, 8 or 10, something more comfortable for you.

This Awareness indicates that for most entities it might be best, to start off with 10 counts, using the fingers to count with, closing a finger with each count, or counting 10 with each finger and do 10 counts. This Awareness indicates that the thing to remember is to breathe in for a certain count, hold for the same amount of time and breathe out for the same count, then immediately breathe in again to the same count, hold for the same count, and out for the same count, each of these being a count or one of the series, each breath having 3 equal counts and 10 breaths or 12 breaths, and then the tension, as though lifting a heavy weight which takes all of the might and muscles of the body.

This Awareness indicates that this tensing of the muscles during the time when the breath is being taken in and held causes the breath then to flow throughout, the breath that has been charged into the bloodstream, to flow out into the tissues of the body. As the body is tensed, as the muscles are tensed, the combination of air and blood-sugar, making the mana; then through the tensing opens the gates to allow that mana to flow into the muscles, into the body, and out and around the body. It is a way of strengthening oneself. It actually helps the body to become physically stronger. It also strengthens the aura, the chi, the psychic body, and gives general health improvement.

After This Relax and Meditate for 15 Minutes

This Awareness suggests that after this has been completed, one might choose to go into a relaxed meditation for 10 or 15 minutes, during which time the breath flows naturally without control. This Awareness indicates that during such meditation an entity may choose to watch the breathing as it flows in and out, to

strengthen one's concentration, or one can watch the breathing, the point between breaths, just before taking a breath in or letting a breath out, and in this manner improve concentration and quiet the body, quiet the entire system. Great relaxation comes through this.

This Awareness indicates you will not breathe as deeply, your breath will become extremely shallow and things will become clearer in your vision. This Awareness indicates that you need not breathe so deeply because your body has been charged with mana or prana or chi; the breath has filled all of the cells of your body. The heart needs not pump so hard in order to keep pumping air into the bloodstream and throughout the cells of your body; therefore, because your body is charged with oxygen, you can be more relaxed, breathe less deeply, the heart becomes more relaxed; it gives great rest.

The Exercise Improves Circulation and Health

This Awareness indicates that this technique can even lead to the restoration of health through the improvement of the circulatory system. Because there has been added oxygen, it burns out toxins and poisons from the system, destroys viruses and can help bring about healings. This Awareness indicates that it also helps to rid the body of free radicals and of other disease-causing elements. The higher oxygenation of the body allows the heart not to work so hard. Why should it work to pump oxygen if oxygen is everywhere present in the body, therefore, the heart slows down greatly, gets a good rest, helps it to restore or repair itself, helps to bring about healing of the cells in the body and in the heart.

The Secret of Suspended Animation

And this Awareness wishes you to understand also, that those yogis who go into suspended animation, do so by using this technique of slowing the heart down by filling the body full of oxygen through breathing and through the compression of the air into the system, through the tensing action and through the gradual slowing down of the heart of all movement in the body, giving them the appearance of being in a state of death in that they are not breathing, the heart is not beating, and yet, they remain alive and highly conscious.

This Awareness indicates that as the energies begin to feed upon the oxygen and as they begin moving either the mind or the heart or other organs, these then begin to require more oxygen and the system starts up again, requiring breath again to feed the heart, to feed the organs, and thus the entity comes out of the suspended animation and back into the world.

Yogananda's Hong Sau Meditation

This Awareness indicates that the technique is best described and taught in a very methodical way in the works of Yogananda, in his correspondence course; that which relates to Hong Sau meditation.

This Awareness suggests that you write to, Self Realization Fellowship for more information in regard to the correspondence course of Yogananda. This Awareness indicates that Yogananda also as having written a book, *Autobiography of a Yogi*, which can explain other outward results and manifestations that for some entities come from the inner teachings of the correspondence course; that this entity, in the correspondence course presents carefully guided step-by-step methods of developing higher states of consciousness through breathing techniques, through energizing techniques and through yoga meditations.

This Awareness indicates that it is important when studying these works not to become fanatical and not to use them for escapism. There have been entities who, in

using some of these techniques of meditation, become so obsessed with the visions, especially those of the OM meditation, that they lock into those states and do not wish to come out and relate to the world about them, and in this sense, become incapacitated in terms of social adjustment. They cannot deal with the real world because they enjoy their fantasy world, the visions that come to them in their own meditations, for example.

There are many beautiful scenes that entities might see during such meditation, and entities may begin to believe this to be the greater experience for them. It is important that you recognize this as being an experience, but that you are indeed in the physical world and your mission remains in the physical world; that these other levels are to strengthen you in your work in the physical world.

The Story of Ulysses a Parable on Yogi Meditation

This Awareness indicates that in the story of Ulysses, he goes on the ship past an island where the Sirens call, and all who pass the island are told to plug their ears and close their eyes, lest they see these beauties and be drawn to them or go mad from their song.

This Awareness indicates this is referring to that OM meditation state. It can draw an entity in to those levels and cause the entity to want to remain there. This Awareness that the story of Ulysses is basically a parable on the meditation of yogis and that all of those movements of Ulysses are the movement of the mind as it progresses up the spine and into those realms of consciousness. The Cyclops being that which represents the third eye.

Some Have Gone Mad Through the OM Meditation

This Awareness reminds you that when Ulysses returned to his home, he was a changed man. Only the dog recognized him. This Awareness indicates that the meaning being that meditation is a journey, an odyssey which can change your life to the point where you are no longer the same person, but there are hazards and dangers along the way and one could go mad. This Awareness indicates that there have been more than one entity who has gone mad through meditation by becoming obsessed with the OM meditation and by not moving on and staying on course.

This Awareness indicates that the Self Realization correspondence course as that which carefully guides entities. It is such that entities are asked for good reason not to share the courses with others, for indeed, others who only get the meditation or certain parts of the teaching and miss some of the important directions and instructions could suffer certain side effects. It is much like a prescription. If you don't get the right directions from your doctor and you give a friend the same medicine that helps you, without giving the same instructions, your friend may suffer.

This Awareness indicates that those who wish to practice the meditation that this Awareness has just given, which is the OM meditation in a nutshell, very brief without much instruction, can do so with just the information that was given, but it would be better to have more information as to what to expect and as to more of the odyssey that lies beyond the OM meditation, and this is available through the Self Realization course of Yogananda.* This Awareness indicates that those who do not wish to take this course are admonished to do the meditation without becoming obsessed with the meditation to the point where you use it to escape from reality, or use it for pure entertainment.

In other words, don't overindulge. It can become likened unto a drug. It can become habit-forming to extreme and this is not the purpose. The purpose of such

a meditation is to help you to become more harmonious with yourself and with the universe and to see that there are other dimensions, other realities, other levels, but it is suggested you remember you are part of the physical plane; this physical plane is your foundation. Those other platforms in consciousness are but visiting points.

*Self-Realization Fellowship, 3880 San Rafael Avenue, Los Angeles, California 90065.

When One Gets "Yes" or "No" Answers: Is This From His High Self or What?

FOLLOW-UP QUESTION:

Getting back to the question, as a general rule in meditation, as indicated by this entity, when all he gets are 'yes' or 'no' answers; is this generally the High Self he's contacting?, or is it some lesser self?

COSMIC AWARENESS:

This Awareness indicates that as a general rule, it is impossible to say whether the entity is, whether an entity in receiving yes and no answers for questions from within is actually contacting his or her own Higher Self. As a general rule it will depend on whether the entity is actually in touch with the Higher Self, for in some cases the entity may be in touch with another personality, either within self, or as a disincarnated spirit.

In some cases an entity may be schizophrenic. The Jekyll may be talking to the Hyde. This Awareness indicates that in some cases the entity may be simply compartmentalizing his brain as the questioner and the answerer, so that one part of the brain asks the question and the other part answers, and the entity believes it is the High Self, when it is maybe just another aspect of his own conscious mind.

Listening to That "Still Small Voice"

This Awareness indicates that each individual is different and it cannot be concluded that a general rule applies to all entities who question and answer. This Awareness indicates that if an entity receives a silent answer when perfectly still, the still small voice within, and wherein a question is asked and the entity is not attempting to influence the answer, but waits for the answer; generally, if the entity is basically healthy and normal in a spiritual and physical sense, and mental sense, and emotional sense; if the entity is what you would consider a healthy, normal person, then generally, that still small voice that respond to the question will tend to be from the High Self.

Drugs and Drink Can Attract Disincarnated Spirits

However, if the entity has mental, emotional or spiritual problems, or deep hostilities or strong prejudices, then the response may or may not be from the Higher Self, and if the entity happens to be one who hasn't a strong central individuality, or is schizophrenic, then the voice may be either from the other aspect of self, or from a disincarnated spirit that is seeking to come through. If the entity is heavy into drugs or drink, the more likelihood is that the response that comes through will be from some disincarnated spirit that is trying to get control over the body, and it would be best for the entity not to try to channel if the entity is involved in drugs or drink.

Is There a Way to Double Check Answers Received in Meditation?

FOLLOW-UP QUESTION:

In meditation, when you get a 'yes' or 'no' answer, is there any way an entity can double check, or any other method to discover whether the answer is true or not?

COSMIC AWARENESS:

This Awareness indicates that you could have certain questions that are repeated in different ways or you could have certain things that are hidden under containers, where you do not know which one is which, to move the one or the other, with one representing the 'yes,' the other representing a 'no', without your personal knowledge.

This Awareness indicates it is very difficult to know whether you are getting correct yes or no answers until you test to see if the answers are correct. You could put something in an envelope, or something in several envelopes and then mix up the envelopes and ask your Higher Self: "Is this the envelope with this certain item, or certain sentence in it?" and if it says 'yes,' you may set it aside and check it for a yes, and you may pick up the next envelope and do the same, and the next and the next, and see how accurate your channel is. That is one way to test.

It is better to do it that way than to bet money on horses based on your channel saying 'yes' or 'no' without having first tested your channel. This Awareness indicates, of course, *It does not suggest that the High Self would assist you in gambling; this generally does not happen.* This Awareness indicates that receiving a yes and no answer to questions asked psychically is about as accurate a way of receiving information as using a pendulum or a Ouija board, or other techniques, and it depends on one's own ability and one can only determine whether it works for them by testing whether it works for them.

This Awareness indicates that anyone can get a yes or no answer to a question asked, but only by testing the frequency and accuracy can one determine whether there is credibility in the answers. This Awareness suggests also that yes and no questions are often more difficult to answer than questions that require verbal response, for if you can ask a question that requires a verbal response and then let the message start coming to you verbally, without knowing for sure what is going to be said, often such messages turn out to give information that could not be answered with a simple yes, and no answer.

Things That Can Lie Between the "Yes" and "No"

This Awareness indicates there are often things that lie between the yes and the no. There are often conditions that can interfere. For example, there may be the answer: 'yes, if' or 'no, but' or 'perhaps, if this and this' ... there are often conditions that can alter and influence outcomes so that the yes and no, which might be 50/50 in your scenario, becomes modified.

How to Check Validity of a Pendulum

FOLLOW-UP QUESTION:

In reference to the pendulum: if a person, more or less consistently when tested, can identify with a pendulum--what coin, for example, has been placed by another under a cup--is this a pretty good indication that It's the High Self the entity is contacting?

COSMIC AWARENESS:

This is in the affirmative. It is either the High Self or the subconscious, and the subconscious, if it is continually accurate, is working in harmony with the High Self.

Will the High Self Answer Any Question?

FOLLOW-UP QUESTION:

Sam Millar has stated that he believes that asking trivial type questions with pendulums and Tarot and so on, discourages the High Self from answering. Is there any truth to that? or will the High Self answer any question once you're in contact?

COSMIC AWARENESS:

This Awareness indicates the High Self is more concerned with spiritual growth, but many of the trivial questions that entities ask are important to them and may lead to greater spiritual growth. The child who is extremely obsessed with getting a certain toy for Christmas has no less strength in his or her desire than the adult who is trying, to close a \$50,000 deal. This Awareness indicates that the adult may think that his concern and problem and desire is much greater in magnitude than that of the child, and obviously it is, but not in terms of the strength of emotion that the child feels in wanting his thing, his goal.

This Awareness indicates that for the child's growth at the time, that particular need may be as strong a need as is the adult's serious question. This Awareness indicates that in this sense: Who can tell what is trivial to a person? What appears to be trivial to one person in looking at another's question may not at all be trivial to the one asking that question, for it may have repercussions or insinuations or some kind of connection to something else in the person's life that is of great meaning.

For example, the entity may be asking a trivial question: "What did I do with that letter I got?" and it may be that the letter, which may seem like a trivial question to an observer, it may be that the letter relates to an address of someone whom the entity has desired to contact and has no other way of contacting except by the address on the letter, and therefore, the letter becomes extremely important if that entity were, for example, a long lost loved one who wrote that letter.

This Awareness indicates that it is true that some questions which seem trivial have greater meaning to the person asking the question. It is also true that there are trivial questions: "Should I date this guy on Saturday? or should I wait until Sunday?" This Awareness indicates this would appear to be quite trivial, yet, who can say what is going through the entity's mind who asks the question, and why it seems important to them? This Awareness indicates it may be that the entity who is asking the question is very concerned about some particular matter in regard to perhaps some other element in the formula that you do not know about.

Why Psychics Must Charge Money for Their Service

This Awareness indicates that even when a question is truly trivial, if the entity feels it is important, then to them it is important; that is why it is important for entities who do psychic readings to charge money for this service, because it weeds out those questions that are trivial to the questioner. If one is willing to pay for something, it must not be trivial to the one asking the question. This Awareness indicates that if one does not have to pay for it, then the questions become ever more trivial and meaningless.

"People Don't Always Deserve What Happens to Them"-- How Often Does This Occur?**QUESTION:**

A question from Janelle McKinley, Eureka, California. She writes: "In the 12th lesson of " Scorpio, Awareness says: 'People do not always deserve what happens to them.' This, is disquieting. How much of the time does this happen?"

COSMIC AWARENESS:

This Awareness indicates that events can happen to entities caused by circumstances that are beyond their control. Sometimes an entity, for example, will seek to help or do something beneficial for another, only to be harmed by their efforts, for their efforts, or sometimes

an entity in trying to accomplish something which would be noble and good for others, has a situation in which they are harmed in the process. This may be the work of Dark Forces attempting to keep that other person from benefiting, or attempting to keep a whole project from being completed.

The entities trying to bring off the project do not deserve to be harmed, yet, the Dark Forces have worked to stop the project. This Awareness indicates that entities living in a village that becomes the target of attack by an invading army, do not deserve to be attacked, but there is a movement of energy afoot and they are in the way of that energy. They may not deserve that harm that comes to them, yet they are caught in the midst of it.

This Awareness indicates that in this sense, entities often receive negative blows, negative harm, not because of what they have done, but because of what others are doing. This Awareness indicates also, that if and when this occurs, that an entity is violated, those who have violated owe a karmic debt to that entity, and the time will come when that debt will be paid, even if it is in a future lifetime. Thus it happens that many entities receive in their lifetimes, special rewards without having apparently earned them.

Positive and Negative Karma and Grace

Many entities may be born with a silver spoon in their mouth, simply because they had the spoon ripped out of their mouths before, by some invader, by some violator. This Awareness indicates that entities can not only wrack up negative karma for negative behavior, they also may wrack up grace for having been violated without having deserved it. This Awareness indicates that entities can also wrack up positive karma for doing things for others that help them.

This Awareness indicates that grace and positive karma tend to bring rewards to entities and negative karma tends to take away rewards from entities, and give a kind of punishment or obligation to entities; that entities do not always deserve punishment if they have not earned the punishment, yet they may be punished, and if so, someone is indebted to them and the *Law of Karma and Grace* are not complete until the books are balanced.

How Karma Works or Doesn't Work**FOLLOW-UP QUESTION:**

In reference to karma, it's not necessarily true, is it, that an incident where karma is created by one person in one lifetime, that it must be balanced in another lifetime in a similar manner? For example, a person who might be totally innocent is a victim in an armed robbery of a bullet that kills him, and in another lifetime, the shoe's on the other foot; this entity ends up shooting this same person. I once read this theory in a book.

COSMIC AWARENESS:

This Awareness indicates this is nonsense. This Awareness indicates that it would require that the good person who has never intended in any lifetime to harm another must become a murderer in order to balance some violation in which they were murdered. This is nonsense. This Awareness indicates that if an entity is harmed by another, the other may owe a karmic debt to that entity, but it is the right of the entity to have that debt paid in a manner that is suitable to the entity, rather than forcing the entity to indulge in some low evolutionary activity such as was perpetrated against the entity to begin with.

Hammurabi's Code Simply Didn't Work

Why should the victim be forced to lower his or her soul development to that of the violator in order to exact karma? This is not the way things work. This Awareness indicates if an entity has been violated by another in one lifetime or during a lifetime, the entity may have a claim for something to satisfy that violation. This Awareness indicates, for example, if in this world of your own, in your own court system, an entity is injured in an accident, the court doesn't rule that the entity who did the injuring should likewise be injured in an accident perpetrated by the one who was injured. This is the eye for an eye concept, and that concept was thrown out. It did not function and work. It was artificial, created by Hammurabi as a code. It was not effective or workable.

This Awareness indicates that the taking of an eye for another's eye, does not benefit the one who lost his eye in the first place. It simply is an action of revenge, injuring both parties. If the one who loses an eye is compensated sufficiently, by being given something to help compensate for the loss of the eye, then it is much more of a balance in terms of the karma.

Insurance companies today will give a certain amount of money for the loss of an eye, and this is better than simply giving the satisfaction of letting the entity go over and poke out his oppressor's eye. This Awareness indicates that this is an archaic notion of dealing with violations, and the laws of karma do not follow such archaic notions.

This Awareness indicates that many times entities will attempt to excuse their behavior in harming another by saying: "Well, I only did this to you because you owed me karma from a past life, and this is what you did to me!" This Awareness indicates that this is in error. You do not go out and extract karma from another because it is owed to you. If it is truly owed to you, that entity will know subconsciously and will deliver good karma to you in order that he can balance his books. It will be done at the right time.

Options For Avoiding a Karmic Debt

FOLLOW-UP QUESTION (VIKKI):

Was Sam accurate in another comment about karma, that if somebody owed somebody else a karmic debt, that another possible response might be a negative one compared to if you owe somebody money, and you don't have it to pay back right then, you will avoid them or you'll treat them worse than just a stranger.

COSMIC AWARENESS:

This Awareness indicates that this does occur; that entities can sometimes go for several lifetimes, wracking up karma and increasing the karma much like the action of committing a crime and covering it up with further crimes. This Awareness indicates that there will, however, eventually come about the need for the opening of the books and the balancing of the books. This Awareness indicates that generally, this balancing will occur within five lifetimes. This is not a hard/fast rule. It is a generality.

There are some cases in which karma may carry over many, many lifetimes without being balanced, but generally, these entities are not highly concerned; where neither party is highly concerned, a karmic debt can continue for many, many lifetimes before being balanced, but it will eventually need balancing for both parties to be free of its binds on them.

Sometimes Forgiveness Is Better Than Another Relationship

This Awareness indicates that an entity who is owed karma, who is owed a debt, can forgive that karma, can forgive that debt and be free of the further relationship

with that entity who owed the karma. It is possible, and sometimes it is easier for an entity to forgive those who owe karma than to reengage in a relationship with them and work through that relationship to the point of resolving so that they may extract a karmic debt, or so that they may bring the other into a state of willingly repaying the karmic debt.

"Forgive Us Our Trespasses" Refers to Karmic Debt

This Awareness indicates it is this that is referred to in the Lord's Prayer: "Forgive us our trespasses as we forgive those who trespass against us." It is a plea to cancel any karma. This Awareness indicates that this does not always have its answer. It is a request for grace to interfere with karma. *The Law of Karma* can only be broken by grace, but this Awareness suggests that it is up to the Gracious One whether such prayers are answered. It is not such that one making a prayer deserves to have those debts forgiven, simply because he or she asks for such.

This Awareness indicates rather, the quest to be forgiven and be accompanied by remorse for the errors one has committed, creates an opening that allows the Gracious One to forgive the debts if *It* so chooses. In such cases, debts which are owed to others, when the Gracious One forgives one who has debts owed to others, the Gracious One then is responsible to repay the karma, the karmic debt to that other. It is as though you were appealing to a banker: "Take care of my debt to that man! Forgive me my debt to that man!" and the banker says: "You seem truly remorseful, and I guess I will;" but in so doing, the banker then takes on the obligation of the debt to that man.

A Gracious High Self Must Take on the Debts of the Forgiven

Thus, the High Self, in being gracious and forgiving one's karma to others, must take on the debts of the one who was forgiven and must see to it that those who have been violated by that one are indeed blessed by the Gracious One, in equal or greater degree than that which was owed by the debtor. This Awareness indicates that thus, when entities ask, for example, the Christ to forgive them of their sins against others, of the harm they have caused others, the Christ can only do so by taking on those debts and sins and owing and paying those who have been violated by blessing them in some manner that satisfies the debt of the one who has been forgiven by the Christ.

HOW DID OIL REALLY COME TO EARTH?

(Velikovsky and Rampa Each Had the Truth)

QUESTION:

A question from member Geoffrey Seally in Barbados, West Indies. He writes: "The learned Tibetan Lama, T. Lobsang Rampa, in one of his books, stated that oil is foreign to this planet; that eons of time ago, there was a cosmic battle in space which resulted in some degree of chaos to the extent that some planets were forced out of their orbital paths and collided with each other. Consequently, the oil which formed the sea or oceans on one of these planets, spilled over onto the planet earth, seeping through the surface and settling underneath."

Would Awareness please comment as to the veracity of these statements and if possible, give further information pertaining to such?

COSMIC AWARENESS

This Awareness indicates that this is in the affirmative; that this Awareness has given information on this previously, not in this connection with this entity's writings. This Awareness indicates that this is in reference to the planets Mars and Venus, wherein Venus

entered into the solar system from outside, and threw Mars out of its orbit, causing it almost to collide with the earth, causing it to destroy a planet, Maldek, which resided where the asteroid belt presently lies.

The Destruction of Planet Maldek and Its Influence on Earth

This Awareness indicates that this action with Maldek as that which was accompanied by other causes of close proximity to that time period; that there were great cataclysms on Maldek, but it was not totally destroyed by this planet Venus; it was disrupted, causing it to become highly distorted in its movements, and it later was destroyed through actions of its own people in their pursuit of power and abuse of power.

This Awareness indicates, however, that Venus threw Mars out of its orbit, and threw the earth out of its orbit to some degree, to approximately 5 degrees; that there was a time when the earth moved in a perfect 360 day cycle around the sun. It is this that caused the measurement of 360 degrees to represent a circle. The earth at that time, when the mathematics of such degrees was created, moved in a complete circle around the sun in 360 days. This Awareness indicates that it was moved out of its cycle by 5 degrees, giving 365 plus days, per year.

This Awareness indicates that this action of Venus entering the solar system occurred approximately 12,000 BC; that it moved in erratic orbits for some time before settling into its present orbit. This Awareness indicates that this as the basis of many myths around the world, and that the works of Velikovsky follow through on this with much supporting information in various fields of study. The book *Worlds In Collision* as that which speaks of the myths that record the movements of the planets.

This Awareness indicates that the book *Earth In Upheaval* follows through on the same theme with the study of geology and evidence in geophysical levels or geological levels, suggesting this same scenario. This Awareness indicates that there are other works also by Velikovsky of significance in this regard. This Awareness indicates that the difference in Velikovsky's scenario and that of Lobsang Rampa is related to the concept of oil, wherein Velikovsky suggests that the oil fell as a result of Venus's carbon/hydrogen atmosphere mingling with the earth's oxygen atmosphere, forming naphtha or oil, which fell from the heavens and was called mana by the ancients. It was a sticky, gooey substance that fell in the oceans and on the deserts and collected as petroleum.

This Awareness indicates that this theory as that which has much support in terms of a more satisfying answer than the theory that oil comes from melted dinosaurs and vegetation. This Awareness indicates that Lobsang Rampa's suggestion that it was from oceans splashing out from the planet onto the earth is more near the truth, although the ocean of Venus was not actually an ocean of oil, but a combination of oxygen and the thick atmosphere of Venus created on both planets, a coagulation that resulted in great pools and ponds of oil which might be termed oceans.

This Awareness indicates that Venus still contains some of this. The earth contains much of this in various places where dinosaurs and vegetation would not be responsible for the presence of such oil.

Oil On Earth: A Divinely Planned Accident?

FOLLOW-UP QUESTION:

When one considers the impact of oil and petroleum on this planet for our civilization, it seems like this was almost a divinely planned accident. Is that correct?

COSMIC AWARENESS:

This Awareness indicates that this was a cosmic movement of planets that had certain detrimental effects on earth of great magnitude at the time, almost destroying life on earth, destroying civilizations. There were certain benefits that came out of it, just as benefits came out of World War II, but to say that it was divinely inspired in order to bring about those benefits would not be correct as a reason for World War II. There were and are generally favorable and unfavorable outcomes to all situations. The outcomes that are favorable from this situation are now being felt in the presence of oil as it has assisted in this century in the movement of automobiles, which is now being questioned as to whether it is favorable to the planet or not, and the question may become even more of a question if it results in a global warming that creates greater hazards for life on this planet.

Read Those Great Books CAC Stocks for You!

CLOSING MESSAGE:

This Awareness indicates that there are many great sources of information available in varieties of books; that CAC carries many of these books, and entities can find a wealth of information that can improve their own lives, enhance their understanding, give greater depths to their souls and more meaning to their lives by reading many of these informative books. This Awareness suggests that entities should consider this seriously as an alternative to watching some of the sitcoms and shoot-em-up violent movies on television which are basically designed for mindless, thoughtless baby-sitting activities.

The television is essentially just a high-tech baby-sitter for adults and children. There are, of course, some very valuable and informative presentations on television. There are also many books that are pure trash, but by being selective, watching those films on television that give quality and culture and information to the brain, to your consciousness, and reading those books that fill your consciousness with good healthy information, a balance of this can help to strengthen your self-worth, the value of your life, much more so than reading cheap novels and watching cheap shows.

This Awareness does not wish to cause entities guilt for watching Gilligan's Island, or some other mindless movie when they feel need to have pure simple entertainment for purposes of relaxation, but this Awareness does not suggest this as a steady diet. It is much like junk food for the brain. This Awareness suggests you take in most of your brain food as that which contains substance and quality.

Thank you. (The Law of Gratitude is given)

ED's Note: CAC permanently stocks some of the T. Lobsang Rampa books as they become available. These are great "turn-on" books and excellent gifts to introduce entities to metaphysical concepts and material. Please refer to our Book Catalog.

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

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

MEMBERSHIPS AVAILABLE (Honor System)

INDIVIDUAL: \$42 per year or \$12 quarterly
 FAMILY: \$52 per year or \$20 quarterly
 CONTRIBUTING: \$77 per year or \$25 quarterly
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 ANGEL: \$5000 per year or \$1500 per quarter
 LIMITED INCOME: \$30 PER YEAR OR \$9.00 QUARTERLY

WHY WAS THE BOOK OF ENOCH REMOVED FROM THE BIBLE?

QUESTION:

A question from Edith Mikula, Parma, Ohio. She writes: "Enoch was mentioned only once in the Bible, I believe, in Genesis, Chapter Five. It is purported that the Book of Enoch was removed from the Bible. He "walked with God and was taken heavenward." Does this mean that he ascended, or was he "taken" by higher intelligence to be taught? What was Enoch's importance, and if Enoch was removed from the Bible, why was it removed?"

COSMIC AWARENESS:

This Awareness indicates that this as having been removed because of information that was not deemed to be suitable for the masses in accordance with the intended purposes of the church. This Awareness indicates that there are what have been termed the Lost Books of the Bible. There were many of these that were not deemed to be suitable for the masses.

This Awareness indicates that if all of these books were put in the Bible, it would have been twice its size. This Awareness indicates that in those days, publication was very expensive and time-consuming and entities were not seen as needing to have these writings for their salvation and obedience to the church.

This Awareness suggests that there are now available books published containing these; that the *Lost Books of the Bible** are now published and on record for any entity to purchase. Most large metaphysical bookstores would have this material. This Awareness indicates another book is seen as Lost Book of Eden, containing a collection of these works.

This Awareness indicates it appears the Apocrypha also has writings from these ancient times.

*CAC stocks these books. Please refer to Book Price Sheet.

"Blessed Are The Poor in Spirit" (What is the Meaning of This?)

QUESTION:

In the Book of Matthew, when Jesus said "Blessed are the poor in spirit, for theirs is the Kingdom of Heaven," what is the meaning of "poor in spirit"?

COSMIC AWARENESS:

This Awareness indicates this is another way of saying those who are discouraged, those who have little hope in their lives. It was not that he sought to encourage people to be low in terms of spiritual energies, but that he recognized the spirit or energy of an entity could sometimes be poor or low, and wanted to give them hope.

The Word "Enthusiasm" Means God Within

This Awareness indicates that one who is filled with spirit is enthusiastic. The word "enthusiasm" meaning God Within. One who is without enthusiasm generally is discouraged. Another term might be "depressed," and depression was not any more uncommon in ancient times than it is today and with millions of people on Prozac, in an attempt to counter depression, it appears to be a major problem today.

This Awareness indicates in those days entities did not have Prozac or any equivalent, and encouragement through words and through others was often very important to people.

VISIT THE TEMPLE OF LIGHT IN YOUR DAILY MEDITATIONS

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

The Dead Sea Scrolls, Why Aren't They Released? What is so Dangerous?

QUESTION:

A question from Chris Largent. "Why is it taking so long to get the Dead Sea and Nag Hamadi scrolls out to the public?"

COSMIC AWARENESS:

This Awareness indicates the Israeli government is trying to keep these suppressed. This Awareness indicates that the scrolls are not favorable toward the Hebrews and gives information that they do not wish to be made public.

QUESTIONER:

He also asks: "What is hidden here? What's in them that makes them "dangerous?"

COSMIC AWARENESS:

This Awareness indicates it gives history of events of the time and contains some exposures of the Hebrew religion and behavior of priests and would be somewhat derogatory of the Hebrew culture at the time of the writing which would not be favorable to the public image that the modern Israelis would like promoted.

FOLLOW-UP QUESTION:

Well, in some of the excerpts that I've read in the past, it seems it would also be devastating to the Christian religion because it suggested in this information about the Essenes, that it wasn't Jesus necessarily that died on the cross; that there were other entities who were doing the same thing.

COSMIC AWARENESS:

This Awareness indicates there were thousands of entities crucified in those days. This Awareness has discussed this also. This Awareness suggests that because it is not a favorable publication to Christianity, the Christians are not making a concerted effort to have the Dead Sea Scrolls released either. Therefore, if neither the Israelis nor the Christians particularly want the release of this information, there is very little effort to put pressure on either of these groups, the Israelis or the Christians, for such release.

There are a few individual scholars who are trying to get this information released, but what can a few scholars do against a government and a world religion?

THAT PERSIAN ENTITY CREST (Another Entity Whose Life Jesus was Based)

Another question from Chris. He writes: "Awareness mentioned an ancient teacher in Persia named Kreston; (with a question mark, he says). Can Awareness give more information on this character? He's one of the characters on whose life Jesus was based. And how about the other character Awareness mentioned; Jasus Ben Hadira (sp)? I'm having trouble finding information on him, so can Awareness give any more?"

COSMIC AWARENESS:

This Awareness indicates *It* listed an entity whose name was Crest, or Chrest. It appears to be Crest; and that the entity was a strong leader from Persia who was a spiritual teacher who adopted the name Crest. This was not his true given name, but it was a name spiritually assigned to him, when he began giving his messages and teaching in that area.

This Awareness indicates that the entity has been cross-linked with Christ as being the same person, but the entity was in fact a separate individual. It is this entity who is often alluded to when people speak of Christ being Aramaean, and speaking the Aramaean language. This Awareness indicates that the other name

mentioned by the questioner is not seen as being having been mentioned by this Awareness.

The Nazarene as Part of the Composite in Jesus Story

This Awareness indicates that there was a Nazarene who was assigned as a figure being used as part of the composite of the creation of the Jesus story. The entity having been the son of a carpenter, and the entity having wandered into areas of the Essene culture. This Awareness indicates it appears that this entity as the one who later married Mary Magdelene and went with the Templars to England.

This Awareness indicates that this entity was listed as son of a carpenter because he and his family were Masonic, or Templars themselves, and it was an effort of the Templars to preserve the blood-line of this entity and to bring back in some future time the claims of this entity being a divine personage.

This Awareness indicates that the greater composite of the story of Jesus comes from more ancient religions; the story of Buddha, Krishna and many others, including Ra, or Amen-Ra; all of these followed a pageant play or story-line that reflects the zodiac itself and went into the make-up of the pageantry of the basic religions prior to Christianity.

There were also stories in these basic religions that were plagiarized by the writers of the New Testament so that these stories became part of the legend of Jesus the Christ. This Awareness indicates that the Nazarene essentially was playing out the story of Jesus the Christ in behalf of the Templars or early Masons, in order that the Templars could properly tune in to the astrological energies of the Piscean age, just as the Masons today are attempting to tune in to the astrological energies of the Aquarian age for their New World Order.

New World Order's Maitreya Using Water Tricks

This Awareness indicates that it is a similar attempt at this time to bring the Aquarian Age into a kind of symbolic birth of Aquarian symbolism. You will, for example, recall in a question yesterday referring to the Maitreya as being one who is attempting to play the role of a Messiah returning and this Awareness suggested the entity is using water as part of his bag of tricks to create the impression that he is making miracles around the world, using the Johann Grandeur water.

This Awareness indicates that this is a Masonic symbol for the astrological Age of Aquarius; man bearing water, or the water-bearer; if it is carried off successfully, a story will be written with a New Testament or new Biblical connection that will be written for the Aquarian Age Bible. It will be linked and tied in with the Old and New testament of the current Bible, but it will be done in such a way as to give the impression that the entity has returned as prophesied.

This Awareness indicates the symbolism of this, the Christianity and movement from Pisces to Aquarius, may also bear other symbolic events. For example, at the end of the Age of Aries, and movement into the Piscean Age, the lamb, Aries, was slain on the cross. The cross being the symbol for the sun crossing from Aries to Pisces and the lamb of God being sacrificed there as the new fisherman god is born for the New Age, the Fisher King.

This Awareness indicates that the sign of Pisces being the two fish. This Awareness suggests that Jesus fed the masses with two fish and five loaves of bread. The five loaves of bread were symbolic of Virgo grains, and the two fish symbolic of Pisces. This Awareness indicates that this entity Maitreya is already beginning to use the

symbols of Aquarius; the man bearing water, traveling to various countries, and engaging in miracles.

This is another Masonic symbol to usher in the Aquarian Age, not by actually ushering in the Aquarian Age, for it would come without him, but capitalizing on the energies of the New Age in such a way as to proclaim to be some kind of Divinity. This Awareness indicates it is a re-enactment of the pageantry of the ancient story relating to the astrological drama, wherein the sun moving through the change from the Piscean Age into the Age of Aquarius is suspended briefly in its movement.

This Awareness indicates that each sign of the zodiac has 30 days. The sun moves 30 degrees in each sign, and at the end of that sign or age, the age is sacrificed as in the sacrifice of the lamb at the end of the Aries Age, and the fish sign becoming the new age, the Piscean Age. Moving into Aquarius, one can expect some kind of sacrifice of the fish, a sacrifice of the Piscean symbol and a resurgence of the new symbol, the man pouring water.

This Awareness indicates that perhaps the symbolism of the whales that have been decimated and the porpoises and dolphin and tuna that are being endangered which are only now beginning to be restocked and come back, wherein there are protective laws; perhaps this is a symbolic event reflecting the end of the Piscean Age.

This Awareness indicates, however, it appears that it may take a different more sinister form, in which the followers of the Fisher King, the Christians themselves become the object of sacrifice. This has been mentioned in numerous publications relating to the New World Order's plans in which they expect to have a war with the Christians to wipe them out in order to bring a New World Order into being.

This Awareness indicates that hopefully this will not occur. This Awareness indicates in regard to this Piscean Age religion, when it was originated there was nothing in the Christian religion that has not an origin in other religions. The origin of all of the Christian details can be found in other religions. It is more than this Awareness can go into at this time, but this Awareness indicates there will be information made available in the future which entities can read and observe which will show this to be a copy-cat religion.

This Awareness indicates you could call it a serial religion, in which one is lifted after the other, after the other, repeating the basic framework, one religion after another, from ancient times up to the present.

Ed's Note: This reading was given in 1995 and today (November, 1999) Tara Center is still running ads stating Maitreya "the World Teacher" is creating miracles worldwide, he stimulates sweeping global changes, he speaks the truth behind all spiritual traditions etc. and will soon appear on international television. He recently used Grandeur water to create "healing miracles" in Mexico and other countries, particularly in Africa. The Christian Right is calling him the antichrist. Whoever he is, the "new messiah" is a tool of the New World Order as Awareness has been indicating for the past 20 years.

PEOPLE WHO CREATE THE STIGMATA

(Theresa Neumann's Bleeding Bewitches Adolf Hitler)

QUESTION:

Another question from Edith Mikula. "Recently I heard the so-called Amazing Randy on a call-in radio program. The subject for discussion was the phenomenon of stigmata. Amazing Randy stated that stigmata was not a proven phenomenon, and that Padre Pios's stigmata was not proven. The caller mentioned Theresa Neumann, a German woman who reportedly had the stigmata. Amazing Randy said that no one saw her nor no one listening ever knew anyone who actually saw her.

"Well, in the early 1950's my sorority held a dinner and the guest-speaker was a former officer, army, I believe, in the US service, stationed in Germany. He was privileged to see Theresa Neumann while she was bleeding during Lent. At that time a limited number of people were allowed to observe her as she was lying in her bed. It was reported that Hitler and his staff kept her for months observing her in disbelief because she only existed on the sacrament and water.

"Can Awareness tell us if this was true, and for what reason this phenomenon appears?"

COSMIC AWARENESS:

This Awareness indicates that the mind is capable of healing sores. It is also capable of creating sores, and if the entity felt that sores on her hands would be of great value to her self-esteem, although not in these words, then the entity could very easily self-hypnotize herself to develop these sores. It could, for example, begin with a strong guilt and need to be closer to Jesus, a feeling of how he must have felt with the nails being driven in, and if the entity become fixated on the palms of her hands, sympathizing with his wounds, it is not unimaginable that the entity could begin to sense or feel those wounds somewhat in her hands, and if she began to feel those wounds and fixate on them with a strong focus, they will become stronger, and if they become stronger, she will feel them more and they will still grow even stronger as she fixates more and more on those wounds, until eventually the skin may itch and the skin may sting and the skin may begin to break or feel a kind of rash until eventually continued focus or continued scratching in the area, or deep focus from a subconscious level could bring about the bleeding of the palms of the hand.

This Awareness indicates that stage magicians can do many very unusual things using hypnosis. Hypnotists can even stop bleeding in a wound or in an injury that an entity might have. This Awareness indicates the hypnotists can stop pain, such as through childbirth or through poking pins into oneself. This Awareness indicates the subconscious is a very powerful tool for doing things that are not normal.

This Awareness indicates that if a person fixated on religion and on such strong belief as stigmata or the nail injuries to the palm of the hand and the entity identifies so totally with the Jesus crucifixion, it is not unreasonable to imagine how this could appear in the hands of an entity.

It does not necessarily prove that the entity is sacred or holy or should be worshiped. It is simply that the entity has the ability to fixate on such a wound. This Awareness reminds you that there are persons in India who can lie on a bed of nails and not bleed or who may bleed while being poked on the bed of nails, but upon arising, the blood can be wiped off and the injuries heal very quickly, right before the eyes of others.

How a Wounded Jack Schwartz Healed Himself

This Awareness indicates the mind is a very powerful thing. There are many ways to use the mind when entities have strong beliefs and strong disciplines. This Awareness reminds you of the entity Jack Schwartz, who, being injured in World War Two from a tank rolling over his leg, lay there for long hours waiting for help which never came.

Eventually, just by sheer determination and will, the entity rose on his one leg, then managed to walk on a shattered leg all the way to the town or village to get help. By the time he had arrived, his leg was nearly healed. He learned from this experience how to overcome pain, so that later in his lectures he could run large

needles through his arm or through his body, pull them out, and the wounds would immediately be healed.

This Awareness indicates that to ask how he did this is futile. The entity simply did it because his mind was so powerfully developed from his earlier experience with pain. Likewise, entities could, if they wanted to, fixate on stigmata to the point where all of their thinking and all of their being centered around making holes in their hands, in imitation of Jesus. It could be done. A good hypnotist would help make it easier but would not be absolutely necessary, if an entity was determined enough.

Sinaka Kumara Says Karma to End

(How The Law of Cause and Effect Works)

QUESTION:

In a letter from Mario Matas, in New York City, he writes: "There is a channel called Stephen Otero that channeled an entity called Sinaka Kumara back in November, 1993, and this entity said that in 1995 there would be the end of karma." Does Awareness see that as being valid?

COSMIC AWARENESS:

This Awareness indicates that this is a matter of interpretation as to the entity's meaning of the word "karma". This Awareness sees karma as cause and effect, and what this entity means may not relate to cause and effect, because the Law of Cause and Effect is not in jeopardy.

If you throw a ball toward a basket, it will go in, unless something detracts or interferes with the trajectory of the ball. If your shot is correct and nothing interferes, the ball goes in. That is cause and effect. If something interferes, that is an effect on the ball which causes it to go astray.

Cause and effect is a law of the universe, just as gravity is an effect and law. This Awareness indicates there is very little that escapes the cause and effect law, and gravity is not even as firm and solid as the *Law of Cause and Effect*. If something doesn't follow the path you expect it to, it is because something caused it to change. Thus, the *Law of Cause and Effect* is still in effect.

This Awareness indicates that if the entity is speaking of karma as punishment to people for their misdeeds, then perhaps there will be some slight alteration in the degree of or type of punishment. In other words, the effect of misdeeds may not be as harsh as previously experienced.

This would depend on what kind of changes occur in the photon belt, for example. If the earth moves into the photon belt in 1995, it will have some effect on the denseness of matter, and punishment might not be as effective when matter is less dense and there is more light.

This Awareness indicates would this be an end to karma, or would this simply be a modification of matter in such a way that karmic results are altered somewhat? This Awareness does not see an end to karma per se as suggested by this entity's interpretation.

This Awareness indicates there was also a time when there was a suggestion of instant karma occurring, wherein as soon as an entity committed an act, if there was karma involved, it would be instantly effective and the entity would find either reward or punishment instantaneously, with the act.

This Awareness indicates that this does not appear to have happened yet, but as entities become more and more sensitive to higher frequencies and greater spirituality, this can become more and more effective.

For instance, if one commits an act that is of a negative nature, and the one who commits the act is highly spiritual or very sensitive, he would immediately know this act was wrong and would suffer remorse for having done so much sooner than if he were less sensitive and less spiritual.

Thus, he might experience an instantaneous karma from committing the act, or a very close karma, very close to the time of the act.

An End to Maya and Illusion

QUESTIONER:

I probably should have added, later on in his statement he included, in addition to no more karma: "Maya, samsara and illusion."

COSMIC AWARENESS:

This Awareness indicates that the end of Maya would imply illusion, because Maya *is* illusion: the illusion that is experienced through the use of defenses, wherein vision, taste, touch, hearing and smell; the five senses dictate to an entity his or her reality.

Of course, if these things are changing in reference to the photon belt, then these illusions of the senses would undergo some alteration, and entities could become more aware of the lack of matter and the presence of energies in place of matter, and the sensing of these energies rather than the observation, touch, smell, taste and sound of the matters could cause a different perspective of reality.

This Awareness indicates that it is sometimes difficult to comment on another channel's message because the other channel may have something interpreted in a way that is meaningful to himself, but not necessarily carrying the same meaning to others.

WHAT HAPPENS TO INORGANIC MATTER IN THE FOURTH DENSITY?

QUESTION:

Mario also asks: "What happens to inorganic matter, when third density transmutes to fourth density?"

COSMIC AWARENESS:

It becomes less dense. This Awareness indicates that the question centers on what is meant by inorganic matter. If the meaning has to do with metals, the metals would become less dense. This Awareness indicates if you are speaking of something such as gaseous or vapor or astral types of energies, these may become more notable or more dense in the next dimension. They may be easier to see, to recognize as part of existence, or reality.

POLARIZATION: HOW CAN IT EXIST AFTER THE THIRD DENSITY?

(More on Surrendering Yourself to God)

QUESTION:

Another question from Mario. "According to the entity Ra, from the Ra Material, polarization in positive and negative exist until 6th density, but if after 3rd density there is no ego, how can there be polarization?" he asks.

COSMIC AWARENESS:

This Awareness indicates again, it depends on what is meant by ego. Ego is self. Generally it is connected with separateness, the concept of separateness, a separate self, which is an action of polarizing: "That which is me, that which is not me." This Awareness indicates that the two polarizations of "me and not me" are closely associated with ego, but as ego diminishes, the polarization diminishes, but does the ego totally diminish in the 4th density?

This Awareness does not see it totally diminishing, for if it totally diminishes, then the entity would lose a sense of self, and it appears that this loss of a sense of self may not occur until the 6th or even 7th density. Everything is a matter of degree. You cannot simply say one loses his ego when he moves into the 4th density. You cannot say "I had an ego death, and therefore I have no ego left!"

When You Sacrifice Your Ego to God

This Awareness indicates it is not like spending everything in your bank account. Your ego is your self-centered concept of your beingness. If you are in any way able to focus on yourself, you must have an ego. This Awareness suggests that if you can sacrifice your ego to God, you momentarily, during that moment of sacrifice, move into a oneness with God, but it only takes a slight ripple in consciousness to bring you back into self-centeredness and take you out of the union with God.

You might not even recognize that you have separated. You might think "Wow! I'm with God! Look at me! I'm really great! I'm with God!" and not even know that you are taking an ego trip as a separate being. Thus, you might easily slip into the Lucifer fall through vanity or ego game without even realizing what has happened.

This Awareness indicates that there are degrees of surrender. How much of yourself have you surrendered to God? How long have you surrendered it? And when are you going to reclaim yourself for yourself, because it invariably happens from time to time, and should not be a problem.

You need not be ashamed of reclaiming your ego for yourself in order to do something in the mundane realm. This Awareness indicates you cannot ski down a slope with great skill unless you have some self-centered ego helping you to do so, and unless you want to stay in a passive catatonic state all your life, you are not likely to be without ego all your life.

Perhaps if you could stay in a catatonic state, not acting, not doing anything; perhaps then you could be egoless, non-polarized, non-centered and in total surrender. But this Awareness indicates that these are actions for the moment, for the experience. If you can enter into a non-polarized state and surrender to God for a moment, for ten minutes, for two minutes, for one minute; you can have certain realizations that may feed you spiritually for days or more, and that is what it is all about.

It is not that this Awareness wants you to move into a constant catatonic state wherein you can't function as a human being on your earth plane. This Awareness does not want you to be in a catatonic trance or an Awareness trance throughout your entire lifetime. It only suggests that if you want to spend time merging with God that you surrender yourself, and you can be one with God.

Surrender self to the Highest, to the Divine Consciousness of God, and you can be with God. This Awareness suggests that it is not something where you are going to move in with God in a state of taking over God's body and inhabiting God all the time you are walking around or being embodied in the flesh, because you cannot remain in that state for long. You could not even feed yourself. You could not speak with others.

You could not move if you are in that total surrender to God, but if you wish, you could surrender to a great degree your life to God, so that at all times, God is close to you. You have surrendered most of yourself to God. You have made God a priority factor in your life.

You could still change diapers, wash dishes, change a tire, or do whatever is necessary on the mundane level, even if you are surrendered to God and close to God, but it is likely that when you are in the midst of changing a tire or changing a diaper, your thoughts will not be so much on God as on the duty of your mundane task, and this Awareness indicates this is the way it should be.

You need to pay attention to that which is necessary at any given moment. The other part is that you need to spend any time open that is available and where you can feel comfortable in doing so, in a state of closeness to God by surrendering aspects of yourself. The more you surrender, the closer you are.

This Awareness indicates polarity will best be removed from the human condition by recognizing the concept of degrees. You do not simply drop all polarization at once. You move in increments from one side to the other or toward the middle.

"Frustration Dreams"—What Do They Mean?

QUESTION:

A question from JD in New York. "At times we all seem to experience "frustration dreams." Like mine, when I had an appointment with the president, but my associate arrives late, and then my shoes don't fit, and then the taxi doesn't come. A parade delays us en route; all seemingly trying to make us late as we struggle toward the goal, the destination, racing the clock.

"What are these frustration dreams actually about, and why do we have them?"

COSMIC AWARENESS:

This Awareness indicates that this is symbolic of obstacles to your goal. You may have some other goal in mind that you're working for, but you may have either real obstacles or imaginary obstacles or a fear of obstacles that would prevent you from reaching your goal.

In your dreams, these become objects or situations and efforts are acted out, but behind these objects, situations and efforts, are the energies of something that has been occurring in your life.

Should One Really Eat Three Meals a Day?

QUESTION:

Another question from this entity. "Should one eat three meals a day, or only when one becomes hungry? I ask because I frequently have no appetite until mid-afternoon or evening, when about half of what most would deem a meal quite satisfies me.

"I can easily go two days between meals without feeling hungry. This makes it very frustrating to take nutrients and medicines at meals, between meals, or before and after meals. I'm reasonably plump, and thyroid levels are only marginally low.

"Isn't it more natural to fast until hunger beckons? Is it healthy?"

COSMIC AWARENESS:

This Awareness suggests that you might wish to consider drinking liquids when you are not really hungry, just to keep your body from dehydrating, because liquids are important to your system, and even if you are not hungry there are, of course, nutrients that your body needs, but usually when you have a need for nutrients, your body will let you know.

This Awareness indicates the added liquids in your diet can help you to lose some of your weight, if that is a problem, without gaining extra pounds, and to feel satisfied from the added liquids. This Awareness indicates that *It* sees no reason why you should feel obligated to eat on a schedule, whereas your body's

sensitivity can indicate when there is a need for nutrition.

This Awareness indicates *It* sees you should follow your own bodily influences, supply nutrition when the body calls for it, give the body all the liquids it desires. These can be in the form of water or juice. This Awareness indicates that it appears that your body is well adjusted for indicating what you need and will become even more sensitive as you rely more and more on it for signals of the need for nutrition rather than relying on traditional times of day and traditional eating patterns of the rest of society.

This Awareness indicates if you begin getting too thin or feeling tired, you might consider whether it is because of not eating enough, or getting enough nutrition, but for the most part, following your inner hungers without great control from the mind or thought processes appears to be beneficial for you at this time.

This Awareness indicates there is another thing to keep in mind. Often, if entities have a sudden loss of appetite, it can be a symbol or a signal of something else occurring in the body. Thus you might want to check out, in such cases, your general health with a doctor to see if anything unusual is occurring anytime when you have a sudden loss of appetite that causes you to lose weight quickly.

But for the most part, if your appetite is fairly normal and you occasionally are hungry but you simply aren't eating as much as you used to, it may simply be a change in your metabolism, and may be quite perfectly normal, and if it reaches or brings about a weight-loss that is not to your dislike, then you may simply assume it is a natural adjustment of the body. Perhaps you are losing weight now and losing your appetite because your emotions are more satisfied than they were when you ate more or had a greater appetite.

This Awareness indicates for some people if could be just the opposite; that you lose weight when you are emotionally disturbed, because you cannot eat when you are emotionally disturbed. This Awareness indicates you need to learn which is the model for your body type and whether you are undergoing some change that is based on emotion or if there is some physical effect that is causing your gain or loss of appetite.

Prayer for Balance

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

I AM ONE WITH ALL THAT IS!

Thank you God

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 have combined our 2 sites with Dave Alexander's newest C.A.C. Home Page link. Just type in <http://www.CosmicAwareness.org> or <http://www.CosmicAwareness.com>

This site contains current information which is changed often. On this page you can click on our regular staff Home Site as well as a list of current books and resources, various topics in back-issues of the newsletter 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 and many other subjects, plus the famous Dr. Beter transcriptions.

WHY DO SPIRITUAL TEACHERS SAY IT'S IMPORTANT TO EVOLVE SPIRITUALLY?

(What's Wrong With Taking Our Time About This?)

QUESTION:

A question from Daniel Dewelt, of Joplin, Missouri. It's rather long. I'll read it. He writes: "Dear Awareness, it has been a couple of years since I asked you a question. I do hope you will give me your opinion about one now that pokes at me almost daily. I have studied many books on metaphysics and religious aspects of spiritualism, and have enjoyed the study, but I keep asking myself; why do most of the spiritual teachers that channel their observations to this plane all teach that it is important to make a consistent effort to evolve spiritually? What difference does it make how quickly a person moves from one plane, from one realm of experience to another?"

We all move from the materialness to the refinement of higher levels of awareness anyway. So what's the hurry? Is the point of spiritual growth just to feel happier, healthier, wiser, or doesn't an equal or just as important experience come from struggling through failure, sickness and lack of privileges. I seldom read my metaphysical books any longer. I am ever curious about the principles that the unseen create the world that is seen, yet is not real. But why do teachers such as yourself stress the importance of making great efforts to evolve spiritually at a rapid rate? It comes to us all anyway, doesn't it? Any answer you give would be greatly appreciated and carefully considered."

COSMIC AWARENESS:

This Awareness indicates that there is considerable and broad opportunity for many types of expressions on the Physical plane. This Awareness indicates that there are also enormous opportunities in those expressions for error. This Awareness indicates that the longer an entity lingers and tarries in an environment or circumstance in which the entity can be tempted to become involved in some form of negative behavior, the greater the chances of that entity regressing rather than advancing. This Awareness indicates that the value in advancing is to be liberated from the sorrows, struggles and difficulties of the physical plane.

This Awareness indicates that it is generally true that an entity can eventually learn from enough struggle, enough sorrow, enough difficulty, to avoid those entrapments that cause the struggle, difficulty and sorrow, but who wants to continue lingering in those areas which contribute to such suffering? This Awareness indicates *Its* purpose is to diminish the suffering, sorrow; and tragedy on this plane; that if an entity wishes to continue suffering, continue experiencing tragedy, then this message is not for that entity. This Awareness suggests, however, that the majority of entities would like to move beyond such struggles, beyond such sorrow and tragedy, and in order to do so, entities must rise up from those environments and behaviors that cause the suffering and sorrow.

Other Less Difficult and Speedier Routes to Enlightenment

This Awareness indicates it is for this purpose and for this reason that this Awareness and others stress the importance of spiritual life. This Awareness indicates there are three main paths for developing: the path of sorrow and suffering, which leads an entity to eventually discover the need for change; this is the slowest path. The path of service to others is a faster path, wherein you dedicate your life to giving help to others. This Awareness indicates the fastest path is that which

alters consciousness, which is called the path of alchemy, or the path of changing consciousness. This change of consciousness can come through different types of techniques, such as through ritual, through enlightenment, through new ideas and new information which an entity may accept and which may alter the entity's approach to life or perception of life.

This Awareness indicates *It* is essentially addressing those who wish to move beyond the slow path of suffering and get on a faster road, either the road of service, or the road of alchemy, or both. This Awareness indicates it is for this reason that the teachers stress the spiritual path, for the spiritual path leads entities away from the path of suffering. This Awareness indicates that if the path of suffering appeals to an entity, there is nothing forbidding the entity to continue in that direction. This Awareness indicates that if this did not fully answer the question, that this question may be asked again, in reference to those specific areas missed.

Going Through Life Without Worrying About It

(There Will be Some Good Karma and Some Bad Karma)

QUESTIONER:

I think Awareness covered it. The entity asking the question made it seem rosier, all these experiences, then life actually is. I think he was looking at it more from a frame of reference of sort of just, taking his time, and going through life experiencing all these things and not worrying about it.

COSMIC AWARENESS:

This Awareness indicates also, that it is a fact that entities cannot live on this plane without creating some karma of a negative nature. This Awareness indicates that entities can also create karma of a positive nature; that karma essentially is the reaction to an action taken which may be positive or negative. The result of an action taken, carries a further result or consequence. This Awareness indicates that when you act, you must pay the consequence or receive the reward for that action.

Most Entities Not Pursuing a Spiritual Direction are Descending

This Awareness indicates that when entities are not pursuing a spiritual direction, they are drifting, and can very easily perform actions which result in a negative consequence. This Awareness indicates that as these negative consequences begin to pile up, the entity then begins to reap the greater reactions of a suffering nature, wherein the negative payment for the actions taken begin to accelerate. This Awareness indicates that entities are either on the path of putting forth effort to develop positively, or they are descending. It is very difficult for an entity to simply stay even when not caring whether to grow, for the tendency is to descend in behavior unless an entity desires to improve.

Taking the Easy Route Can End in Tragedy

This Awareness indicates when the descending begins it can be quite a fall before the entity finally realizes he or she is in a losing mode and must reverse course if intending to survive. This Awareness indicates that many entities will take this route, and plummet the depths of despair before deciding it is not the way to go. This Awareness indicates that this is part of the tragedy; that entities want to take the easy route, or what appears to be the easy route, without realizing that it is indeed against their own interest.

This Awareness indicates that it is much easier to fall than to rise, but it is much more painful to fall, for if one does fall, one eventually reaches the bottom and must get up anyway, and then one has all that distance to climb to get back where one originally started from.

Many Will Choose Death and Start All Over Again

This Awareness indicates that in term, of behavior and character growth, all of this may seem unimportant and the falling and degrading of one's character may seem to be more pleasant and more of an easy route, but if one takes that route, there eventually becomes a bottom, and the entity begins to experience all of the negative consequence of that indulgence, and it becomes then necessary for the entity to make an extreme effort to come back, and generally, when an entity goes in that direction, it becomes a matter of life and death and many choose death, and must start over in the next life at the bottom.

This Awareness indicates that many entities are quite fortunate to have been born in a situation in a country where opportunities have been provided, yet many entities reject those opportunities and go for some easy way or for some lazy action, or simply sit back and let their life rot, and ask for more without taking advantage of that which has already been granted to them, without recognizing that they were indeed fortunate to have been born in a situation as they were given, without realizing that there are millions of entities on this plane who would consider these experiences to be great blessings.

This Awareness indicates there are many entities who think their life is intolerable and very difficult because they cannot have a car, or because they cannot have some free lunch or someone to provide something for them without their having to put out any personal effort. This Awareness indicates there are millions of entities on this plane, who struggle, who would do anything to have a meal, to have some little advantage, some opportunity to better their lives, while those here in this great country often lament that they have it so hard and seek pity from someone, hoping that they will receive some kind of handout, when indeed, they are perfectly capable of going out and doing a job for someone, getting paid and being normal.

An Entire Generation of Men Who Won't Work for a Living

This Awareness indicates there are some entities who do not believe they are supposed to work for their living, to provide for their needs, and they refuse to take advantage of opportunities or jobs which are offered, and instead, expect someone to pick up the tab for them on every occasion, without their doing anything in return other than perhaps being polite and saying, "Thank you," or some minor expense that means nothing to them. This Awareness indicates there is an entire generation of young men, in which a great percentage of them have not learned to do what men have been expected to do in past generations, that is: make a living for their family.

There are too many men in this generation who think that the purpose of the wife is to substitute for their mother, who think that the purpose of the wife is to feed them, clothe, them, hand them their coffee and make them feel important, and take care of the kid. This Awareness indicates there are many marriages at this time that are falling apart, mostly because the men have not matured; they are still little boys walking around in grown men's bodies. They are still looking for handouts from their new substitute mother whom they call their wife. They see their wife as their possession.

They fail to see this entity as a smaller person who needs their protection, who needs their assistance in raising the child, who needs their help in bringing in the energy to provide for the family and for the child. They become jealous because the mother devotes so much attention to the baby.

A Generation of Wimps Who Think They Own Their Wives

This Awareness indicates it is a pitiful situation in this regard, that there are so many men now becoming wimps. This Awareness indicates that it is largely because of the overabundance of drugs and alcohol in your society. This Awareness indicates that these entities see themselves as macho men, bossing around their wife and child, feeling important because of their having their own family, and seeing themselves as needing to be pampered by the wife and also indulging themselves, often at the expense of food and clothing to the family, by taking whatever money is available to buy their dope and alcohol.

This Awareness indicates it is a pitiful situation, yet these entities may feel that they have all the time in the world, and take their time, and indulge themselves, and then, when the wife says: I have had enough, I will go no further with you," they lament that it is the wife's fault, that the wife has caused all these problems. This Awareness indicates it is amazing the way this can be twisted so that the wife is made to feel guilty because she did not obey or did not tolerate, or did not understand the husband's needs.

This Awareness indicates if an entity is not developing, the likelihood is that the entity is regressing. This Awareness indicates there are too many men who have been influenced by their mother to be passive, to be without initiative, and their father having left the mother and child abandoned, is not there to serve as a role model, so the child, the boy, grows up being pampered by his mother, and remains ready to be pampered by his wife and does not realize that is not the role of a man.

This Awareness indicates that this is one of the circumstances that occurs when entities are not ready to develop and grow. There is going to be an entire generation of men who have rude awakenings when they hit bottom, and many entities are already reaching this bottom and must struggle very hard to rise, to get back where they should have been. This Awareness indicates that in reference to the questioner's concern, entities are not required by this Awareness nor any other being to develop, to grow, to mature, but the consequences for failing to do so, greatly outweigh the cost of such growth and maturity.

MAYBE HE JUST LOVES A CHALLENGE

FOLLOW-UP QUESTION:

In rereading a portion of this question, where he asks: "Is the point of spiritual growth just to feel happier, healthier, wiser, or doesn't an equal or just as important experience come from struggling through failure, sickness and lack of knowledge?" I wonder if this entity simply just likes challenges.

COSMIC AWARENESS:

This Awareness indicates that there can be challenges in the action of growing, of pursuing a goal, which can be far greater than the challenge of overcoming a detriment, due from neglect, or due from refusal to grow. This Awareness indicates that yes, indeed, entities can learn great lessons from going downhill, from character flaws, from regressing, from failure to do that which is expected or required of them, from failure to grow and develop. There are great lessons involved. This Awareness indicates, however, these lessons are essentially those lessons necessary to get the person to realize the importance of growth, the importance of progressing, the importance of the struggle.

This Awareness indicates if the entity wants to experience greater suffering, in order to learn the lesson that one must struggle and one must put forth effort to avoid such suffering; then let the person suffer. This Awareness-

ness indicates there is nothing which is forbidding an entity to suffer from neglecting to take the proper path. This Awareness suggests, however, that anyone who does so is wasting precious time, and also wasting their life energy which could be put to greater use. They are also going to experience the suffering which they have asked for.

This Awareness suggests that if they ask for such suffering, what is this Awareness expected to do, when they reach bottom and entities begin praying for assistance? This Awareness indicates *It* cannot have as much sympathy as the entity would expect or demand. This Awareness indicates that *It* can simply look at the entities and sigh and say: Are your lessons learned? Are you ready to get up, dust yourself off and get back in the race? This Awareness indicates that *It* does not have extreme sympathy for an entity who deliberately puts himself down through neglect or through a desire to refuse to grow, but *It* does have patience to wait for the entity to get up and to come back into the movement.

This Awareness indicates *It* does indeed encourage all entities to progress, to grow spiritually, because such spiritual growth leads to greater joy and greater happiness. If you do not want greater joy and greater happiness, no one is forcing it on you. This Awareness indicates the greater joy and greater happiness does not automatically mean there is no further struggle, for entities can live joyous lives and still be quite active and can struggle. Most entities who are highly evolved struggle much more than those who are lowly and unevolved.

The More Highly Evolved Create a Different Kind of Struggle

This Awareness indicates that the higher evolution creates a different kind of struggle, a struggle to be even better and to serve even better and to do things to help people even better than they have ever done before. This Awareness indicates it gives entities a greater sense of responsibility the more highly evolved you are. It does not alleviate the challenge. It creates greater challenges, for you know that you can handle greater challenges. This Awareness indicates that it is your choice in the end,

HOW THE UNSEEN CREATES THE WORLD THAT IS SEEN

FOLLOW-UP QUESTION:

He also mentions here that he is ever-curious about the principles, about how the unseen create the world that is seen, but yet, he says he seldom reads his metaphysical books any longer which would imply that he has either received all the answers or he thinks that he'll get them if he just quits ... maybe takes the path of suffering.

COSMIC AWARENESS:

This Awareness indicates that there is a strong possibility that this entity has been affected by some type of indulgence that has convinced the entity that it is unnecessary to assert himself. This Awareness indicates it appears to be but a temporary expression. This Awareness suggests the entity be cautious in regard to the use of drugs or alcohol, especially that of marijuana. This Awareness indicates that the entity be cautious of any kind of thought indulgence that expresses itself in self-pity or anything of this nature, for the attitude which the entity presently has is that which could easily be drawn to these things, and this could be more devastating to the entity in the long run.

The Imaging of the Universal Mind

This Awareness indicates it does not appear this will happen. It appears that this entity will move through

this attitude adjustment period and get back into a clearer approach to life. This Awareness indicates that in reference to the cause, the invisible causes of the unknown world, if one can perceive a universe which is made up of consciousness and that consciousness is capable of imaging to such a degree as to image something into existence, just as one who dreams images the dream into what appears to be a reality within the dream state, where there are forms and people and the appearance of something real and meaningful within that dream state, but wherein the universe which is made up of consciousness does this same kind of dreaming on a grand scale in which the inhabitants of the dream, the entities in the dream, believe themselves to be solid and real and go through their struggle over long periods of time, over different lifetime experiences or different dream periods, and who touch matter, the dream matter which may comprise many different shapes and forms, everything from an automobile to a human body, to earth beneath the feet, to buildings and all that makes up your society, all this dream stuff around you being created by that Universal Mind which images in *Its* dreaming into existence, the creation, and you, as part of that eternal dream; you may then understand how the invisible creates the invisible, for you also are capable of such dreaming, and the manifestation of things through your dreaming, for in your reflective existence from the Universal Mind, there is within you that same God Seed, which is capable of imaging and when it becomes strong enough, you too can fulfill the manifestation of your dream.

We Don't Always Create Our Own Reality

This Awareness indicates all of the manifesting of your dream will be subject to the degree of your ability to sustain a clear image, and also the ability to incorporate or transcend any conflicting or influencing images from others. This Awareness indicates you cannot create a dream alone, without regard for the influences of others on that dream, except if you are willing to accept your dream having been influenced and altered by the dreams of others. This Awareness indicates there are many entities who say: "You can have anything you want. You make your own reality." This Awareness indicates this is not quite so. You make your own reality so long as there are no influences on your reality, but in reality this is seldom true. Most of your creation is influenced by the creation of others' realities impinging on your own reality to some degree.

This Awareness indicates you are largely responsible to make your reality as clearly as you can, but to take into account others who may be influenced or who may influence your reality, and in taking this into account, you may wish to communicate and work with these entities, so as to co-create a reality that you can all enjoy and benefit from. This Awareness indicates that this digressed somewhat from the question, but it appears this does relate to same degree.

DOES MEDITATION COME UNDER THE ALCHEMICAL CLASS?

FOLLOW-UP QUESTION:

I had one question in relation to the alchemical path Awareness mentioned. Would meditation come under this classification?

COSMIC AWARENESS:

This Awareness indicates that meditation can alter one's consciousness; to the degree that the entity's attitude, direction, understanding, consciousness, is altered toward a different path, indeed, the entity has experienced an alchemical effect. This Awareness

indicates that there are other ways also of altering one's consciousness.

Other Alchemical Ways to Alter Consciousness

This Awareness indicates that any time an entity changes his or her mind about something, alchemy has taken place. This Awareness indicates that anytime an entity realizes something that they have heretofore not noticed an alchemy takes place. This Awareness indicates essentially, the term alchemy in this regard relates to transformation of one's perception. When one perceives something in a different way, the entity then has experienced an alchemical leap and transformation in consciousness, and this is the quickest way to grow.

This Awareness indicates the action of taking Development Classes or of studying something of a meta-physical nature which enlightens one, the action of going to one's knees, or moving through some kind of ritual as in a church setting or religious ritual such as christening a boat or a child, or being christened, or of being initiated, of graduating, of passing a test, of doing anything wherein your state of consciousness has been altered; anything of this nature is alchemical in terms of that which is meant by following the path of alchemy. When you learn anything, when you perceive differently, when you experience an enlightening realization, you have altered your consciousness and your perception, and in such alteration, you may cut off many years of struggle that would have otherwise occurred, had you not experienced the alchemical realization, had you not received the initiation or experienced the graduation or promotion, or whatever change has occurred in your life.

The Path of Suffering Is the Slowest Path

This Awareness indicates that the path of suffering is the slowest, because entities locked into suffering find it extremely difficult to escape the suffering. They tend to become resentful. The resentment tends to cause certain types of reaction. The reaction brings about greater suffering and the entity may be descending further with each reaction to the suffering. It is likened unto quicksand, where the more bitter the entity becomes, the harder it becomes for the entity to escape those things which cause the bitterness, the resentment, the hostility, and therefore, the entity continues to descend further and further into the path of suffering.

The Path of Suffering Is a Downward Spiral

This Awareness indicates that the entity then may commit actions which cause suffering for others, which in turn cause greater suffering for self. It becomes a downward spiral; the path of suffering is a downward spiral which continues until suddenly the entity says: "Enough! I have suffered enough! I must get out of this suffering. I must escape this suffering. What can I do?" and the entity then, realizing the path of suffering does not provide what the entity sought, the entity then begins to look for a new approach, a new behavior, and may learn from his or her errors.

The learning is an action of alchemy. Once an entity learns something, the entity needs not go through that same suffering again. An alchemical change has occurred in the mind of the entity, and the entity suddenly speeds up development, moves into a higher degree of growth. This Awareness indicates as the entity moves into a learning mode, the entity might begin thinking more in terms of the welfare of others and begin serving them, doing things for others. The entity then is on the path of service.

The Path of Service Lies Between Path of Suffering and Alchemy

The path of service lies between the path of alchemy and the path of suffering, and entities may escape the

path of suffering onto the path of service. Entities on the path of service have a greater opportunity for learning, which is the path of alchemy, and therefore, they have greater opportunities for stepping onto the path of alchemy and progressing much faster. Entities on the path of alchemy are automatically finding it important to be of service, and therefore, they indulge themselves in the service of others. This Awareness indicates that the more they help to serve others, the more chances of discovering new ways of learning, and therefore, stepping back into the path of alchemy more frequently and learning at greater speed. This Awareness suggests that the question be repeated.

Tools That Offer Alchemical Growth

QUESTIONER:

Awareness answered the question. The question was: Does meditation come under the alchemical action?

COSMIC AWARENESS:

This Awareness indicates that this is so; that meditation, in the degree that an entity experiences or learns something which alters one's consciousness, becomes an alchemical action. This Awareness indicates essentially, meditation is a tool which can trigger alchemy. This Awareness indicates likewise, ritual of certain types can serve to trigger a learning experience, an enlightening experience, and alter one's consciousness. The alteration, the change is the alchemical action. The tools that lead to the change are not in themselves alchemy, but may be considered as alchemists, or tools for alchemy; that wherein one uses a tool such as meditation or ritual or even reading a book, or attending a lecture, wherein one can have their perception changed; these become tools that offer alchemical growth.

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What you can do on and before New Year to counter any negative rituals being planned

This Awareness asks that entities who read this message, to spend approximately five minutes prior to falling asleep each night for a period of one week, imaging the world floating in space, and visualizing this world as having certain areas of darkness, and feeling the presence of this world floating in space, likened to the pictures of the earth taken from the moon.

This Awareness asks that entities then begin visualizing the earth as gathering a type of "halo" around itself: an aura of Light; and to watch this Light as it grows, and see this Light pulsating.

This Awareness suggests that entities then count the pulsations of Light, and that they count silently to 144 (one hundred and forty-four) pulsations; and as this is completed, that they move themselves back into the Light and back on to the earth and experience the Light which they have created.

This Awareness asks that entities do this for at least seven days; that this needs to be done nightly, throughout the rest of the year, if entities can bring themselves to putting out that much energy.

This Awareness indicates that the action of putting forth this energy will bring many rewards to entities under the *The Law of Gratitude*, and they shall find themselves being healed on many levels as they move into the Light.

This Awareness suggests that after entities move back into the image of the earth now lighted, they may also begin feeling the pulsations around their own body, feeling themselves pulsating as Light, and may also count 144 pulsations.

This Awareness suggests this may be used on other entities who need healing.