

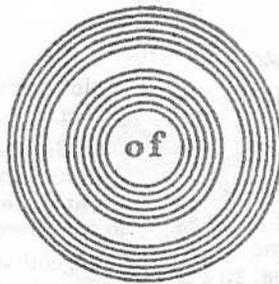
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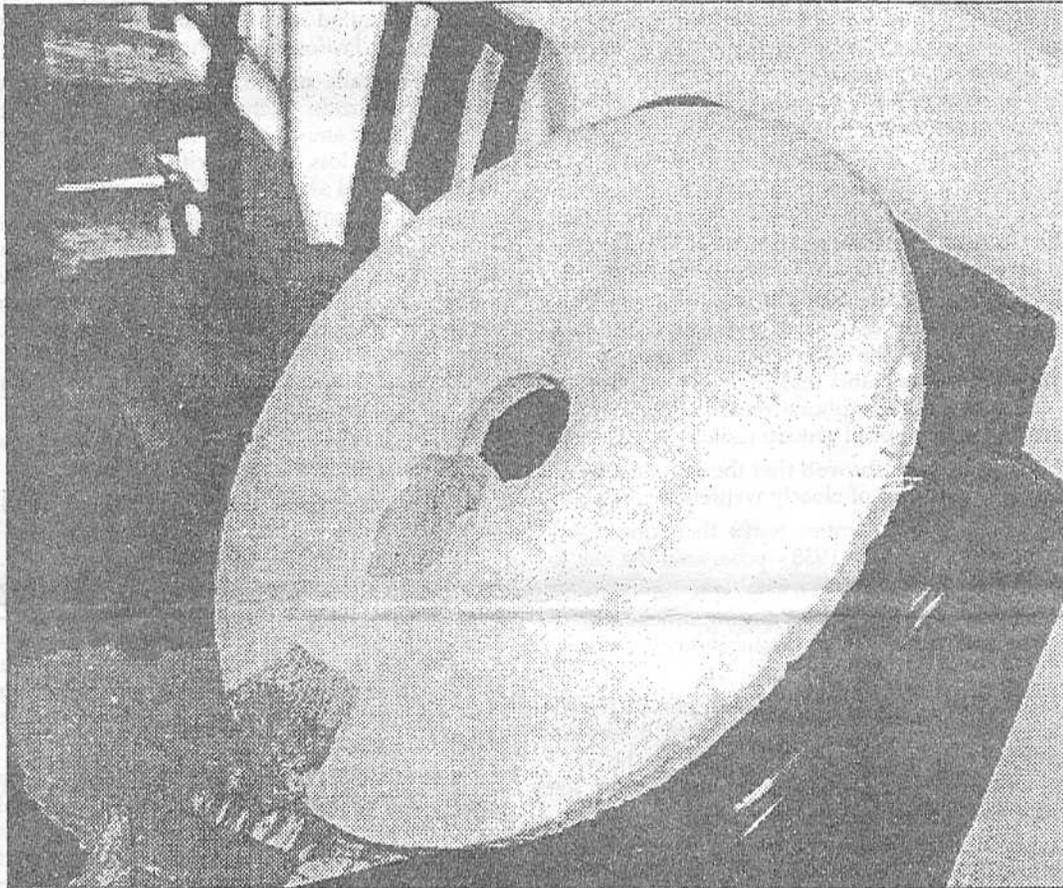
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The Mystery of Those Ancient Humming Disks Found in Tibet

-- Genetic Codes Converted to Tonal Patterns

(Frederick Chopin and the "Mouse Waltz")

-- When-Sudden and Unexpected Death Occurs

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THOSE ANCIENT HUMMING DISKS FOUND IN TIBET

QUESTION:

Marc. T. sent us a sort of interesting little story he found on the Internet somewhere. Somebody sent it out as a query, saying that they found this story sometime ago but never heard anything else about it in the media, so I'll read it.

High in the mountains of BayanKara-Ula, on the borders of China and Tibet, a team of archeologists were conducting a very detailed routine survey of a series of inter-linked caves.

Their interests had been excited by the discovery of lines of neatly arranged graves which contained the skeletons of what must have been a strange race of human beings; strange because they had unnaturally spindly bodies and large, overdeveloped heads.

At first, it had been thought that the caves had been the home of a hitherto unknown species of ape. But as the leader of the team - the Chinese archeologist, Professor Chi Pu Tei - pointed out, "Who ever heard of apes burying each other?"

It was while studying the skeletons that one of the team stumbled on a large, round stone disk, half buried in the dust on the floor of the cave. The team gathered round the discovery, turning it this way and that. It looked, absurdly, like a kind of 'Stone Age Gramophone record'. There was a hole in the center and a fine, spiral groove radiated to the rim.

Closer inspection, however, showed that the groove was, in fact, a continuous spiraling line of closely written characters.

The object was a 'record' in more ways than one. Only nobody at the time - the year was 1938 - possessed the key to its incredible message.

The disk was labeled and filed away among other finds in the area. Even those who knew of its existence knew nothing of its meaning.

Many experts tried to translate the hieroglyphs in the 20 years the disk languished in Peking. They all failed. It was not until another professor Dr. Tsum Um Nui - broke the code and started to decipher the 'speaking grooves' that the extraordinary implications of the disk were realized.

Realized, that is, by only a select few. The outside world remained in ignorance. For the professor's conclusions on the meaning of the disk were so shattering that they were officially suppressed. The Peking Academy of Pre-History forbade him to publish his findings.

Two years later, in 1965, the professor and four of his colleagues were finally given permission to reveal their theory. It appeared under the long-winded but intriguing title, "The Grooved Script concerning Space-ships which, as recorded on the Disks, landed on Earth 12,000 years ago".

The 'records', 716 of the grooved discs were later uncovered in the same caves, told an astonishing story of a 'space probe' by the inhabitants of another planet which came to grief in the Bayan-Kara-Ula mountain range. The strange, spiral script told how the peaceful intentions of the 'aliens' had been misunderstood and how many of them were hunted down and killed by members of the Ham tribe, who lived in the neighboring caves.

According to Tsum Um Nui, one of the lines of the hieroglyphs read, "The Dropas came down from the clouds in their aircraft. Our men, women and children hid in the caves ten times before sunrise. When at last they understood the sign language of the Dropas, they realized that the newcomers had peaceful intentions..."

Another section expressed 'regret' by the Ham tribe that the aliens' spaceship had crash-landed in such a remote and inaccessible mountain and that there had been no way to

build a new one to enable Dropas to return to their own planet.

In the years since the discovery of the first disc, archeologists and anthropologists had learned more about the isolated Bayan-Kara-Ula area. And much of the information seemed to corroborate the bizarre story recorded on the disks.

Legend still preserved in the area spoke of small, gaunt, yellow faced men who 'came from the clouds, long, long ago'. The men had huge, bulging heads and puny bodies and were so ugly and repellent that they were hounded down by local tribesmen on horseback. Strangely, the description of the 'invaders' tallied with the skeletons originally discovered in the caves by Professor Chi Pu Tei.

On the walls of the caves themselves archeologists had uncovered crude pictures of the rising Sun, the Moon, unidentifiable stars and the Earth—all joined together by lines of pea-sized dots. Along with the disks, the cave drawings had been dated around 12,000 years old.

The cave area was still inhabited by two semi-troglodyte tribes known as the Hams and the Dropas, themselves extremely odd in appearance. The frail and stunted tribesmen averaged only about five feet in height and were neither typically Chinese nor Tibetan. "Their racial background," said one expert, "is a mystery."

But even with the publications of Professor Tsum Um Nui's amazing translation, the story of the 'space discs' was not over. Russian scientists asked to see the discs and several were sent to Moscow for examination.

They were scraped free of rock particles which had stuck to them and then put through chemical analysis. To the surprise of the scientists, they were found to contain large amounts of cobalt and other metallic substances. That was not all. When placed on a special turntable, according to Dr. Vyatcheslav Saizev, who described the experiments in the Soviet magazine 'Sputnik', they vibrated or 'hummed' in an unusual rhythm as though an electric charge was passing through them. Or as one scientist suggested, "as if they formed some part of an electrical circuit."

At some time, they had clearly been exposed to extraordinarily high voltages. Did the disks actually record an abortive space mission by alien astronauts 12,000 years ago? Nearly all the leading 'space speculators,' theorists like Erich von Daniken and Peter Kolosimo believe so. For once one accepts the proposition that aliens may have already visited earth, then it follows that some of her space probes must have failed and the astronauts must have been destroyed."

That was the end of his story. Would Awareness comment on that narrative, please?

COSMIC AWARENESS:

This Awareness indicates that it appears to be relatively complete and factual in accordance with the information that has been left for evaluation. This Awareness indicates that there are other civilizations in a similar time periods recording the visits from the heavens by other entities. This parallels the time period that Sitchin speaks of as Sumeria, and the visitations in that Tigris/Euphrates area.

This Awareness indicates there are also references in the Tibetan/ China area of visitations from Shamballa and societies from underground. It does not appear that this particular encounter is related to Shamballa; it appears that it is an extraterrestrial account, or encounter.

This Awareness indicates that had these entities been accepted without the violence that followed, a different attitude toward extraterrestrial may have developed, and communication with these and similar entities from "out

there" may have followed, so that the earth at this time might have been a much more busy hub in terms of extraterrestrial activities and relationships; but because this encounter led to a kind of violence that destroyed these visitors, it also helped to prevent further communication with such visitors.

It appears that these entities were of a peaceful nature, but were met with hostility from earthlings who were frightened by their presence. This Awareness indicates that it is somewhat amazing or unusual that this information has not been more widely distributed through the years following the discovery of these graves.

This Awareness indicates that there have also been reports of certain artifacts from extraterrestrial sources located in this area, but most of these reports have been ignored because they were seen as too absurd to be true. This Awareness suggests however, that if one considers this information, then many of those artifacts of extraterrestrial origin take on a new meaning.

Ancient Radio Found in Tibet 30 years Ago

This Awareness indicates that several decades past there was the report of what appeared to be an ancient radio found, and when examined, it appears that the radio was workable, but it was not of any modern source, and it was believed at the time to be of some extraterrestrial origin, made from substances that were not used in present times for the making of radios

This Awareness indicates that the ancient legends from many different cultures indicate contact with extraterrestrials, but these legends have never been considered seriously by scientists, especially prior to the work of Von Daniken, who spent much time assimilating information and proposing the extraterrestrial origins of many cultural situations.

This Awareness indicates that this of course met with much hostility from Biblical and religious-oriented authorities and scientists, who saw the extraterrestrial hypothesis as a threat to religion and the history as proposed by religious teachings.

What Type of Alien Were These Entities?

FOLLOW-UP QUESTION:

The description: "The entities had bulging heads and puny bodies and were so ugly and repellent that they were hounded down by local tribesmen," sounds like they might have been Reticuli Greys.

COSMIC AWARENESS:

This Awareness indicates that this may well have been an earlier visitation by these entities. It could also have been a reference to Reptoids, who at that time could have fit such a description.

FOLLOW-UP QUESTION:

It says the area today is still inhabited by two semi-troglydite tribes known as the Hams and the Dropas, themselves extremely odd in appearance. "The frail and stunted tribesmen average only about 5 feet in height, and were neither typically Chinese or Tibetan. The racial background is a mystery."

Does Awareness see these alien entities somehow as

COSMIC AWARENESS:

This Awareness sees these as descendants, and mixtures of Asian and extraterrestrial beings from that era.

What Was the Function of These Disks?

QUESTION:

What was the function of the disks and why did the aliens come at that time?

COSMIC AWARENESS:

This Awareness indicates that the reference was to

"talking disks" which would have been a way of defining disks with information written on them This Awareness indicates that the function is seen as that which was to relay a history of their presence in the area such as would be proper for a traveling craft on a foreign planet, to describe its situation if it were to have crashed and survivors keeping records of their experiences in the area, just in case search crews from their home were to find them at some later time and needed to know what happened.

The keeping of records is a common policy for any civilization or group within a civilization. When it finds itself experiencing a crisis or separation from others, it is common to record the events and this Awareness indicates it appears that this was the purpose of these disks.

This Awareness does not see the humming as a literal action or function of the disks. This Awareness indicates that if there is or was such a humming, it could represent some further technology that related to the disks and their creation, perhaps using some energy source in the area, or related to an energy source that has been planted or which occurs in a natural sense, perhaps some grid-line energy.

This Awareness does not see this as being of a truly literal situation. The concept of humming disks appears to be more of a metaphysical terminology for the idea of disks that carry information.

Old Alien Material Now in Museum

QUESTION:

Marc also forwarded a notice that was posted yesterday out of somewhere in new Mexico. It got over-printed so I can't tell. But it says that "UFO Parts Mistaken for Weapons System at local Albuquerque Museum. Parts mis-identified as weapons systems baffles researchers. Parts were just taken out of a warehouse after 50 years. Materials are currently unidentified and unknown as originating from earth. Public relations number at the DOE National Atomic Museum is 845-4633. They are officially acknowledging the discovery."

Evidently the phone number is for people who want to call for information. Does Awareness see this as a publicity stunt, or is there some truth to this?

COSMIC AWARENESS:

This Awareness indicates that this appears to have some basis of truth. Whether this will remain available for public investigation or scrutiny is another question. This Awareness indicates that it appears to have been inadvertently presented to the museum without full understanding of what was present. When the mistake is realized, the objects may be removed and the information curtailed.

A "Waking Vision"--Does It Reveal Prophecy

QUESTION:

One of Vikki's pen pals, Diana K., in Silver Springs, Maryland, related an interesting vision that she had and I asked Vikki to type it up. We'd like to ask Awareness about this. she writes:

"A few letters back I said I would tell you about my "waking vision." It was very long and very explicit late June, 1972. Maybe this is a good time to share that one.

"I was still in our house, but just before losing it. I moved mid-September. It was a nice house; eight rooms, two stories in front, and as the land sloped to the back it was three stories in back. We had a nice little sitting/sewing room upstairs, third floor, facing the west window, and another to the north, a wing chair and ottoman, catty-wise between them.

"There were huge swamp maples in the back garden, west,

which topped the house. Beautiful! My chair faced the west window. The north one was at my right. I had other experiences there too, at the north window. Anyway, I was sitting there trying to read a book, which made me madder by the minute. It was full of "God-this and God-that and the other," every page. Somebody had sent me the book and marked out every derogatory thing she associated with me, which made me all the more angry, because she was maligning my sweet character unjustly.

"I did finish the book ultimately, and I still have it some where. But that evening, maybe 8:00, I got so fed up with all the "God stuff" that I laid the book upon my lap and decided that if I was going to finish the book and make any rhyme or reason of it, I would have to come to terms with what I could agree with as my concept of the meaning of the word "God;" rename it something I could live with, or whatever.

"As I sat there looking out at the maples gently stirring in the breeze, I thought of several things I could use as synonyms, but none were satisfactory. And then I was at the top of a very high mountain in the center of a road which was blocked by a huge boulder which extended over the road in the shoulder, so high I couldn't see over it. At the edge of the boulder, and to the right as I faced it, was an abyss, which seemed bottomless.

"How had I come up to this place? There was no road behind me to have come up, no car, nothing. No trees, no critters, no sound, no stirring of a breeze. Just me. No way forward, and no way back. Just a boulder blocking my way. I walked to the edge of the abyss, wondering if there might be a way I could get around it. No way!

"There was a small scraggly dead tree coming from the side of the abyss, but I couldn't reach it. It could not have held my weight anyway, so I went back to the middle of the road and faced the boulder, not a thought in my head. Then there was a huge screen within the boulder, bigger than any movie screen, but it was glossy and rounded, more like a TV screen, and there were figures within the screen. They were larger than life and brightly and vividly in color.

"I recognized them as the figures, pictures of Bible characters we saw every Sunday in Sunday School when I was a kid, but they were very agitated. They scrambled around as if looking for something, arguing with each other. There was no sound, but I could tell they were fighting among themselves. I was fascinated.

"Then I noticed that the boulder was getting smaller and smaller, and also the screen. I never tried to go around it, even as there became space around the edge of the road. I just stood and watched the spectacle before me until the boulder with the screen still within it had shrunk to about the size of a big beach ball.

"Then of its own volition, it rolled over the road to the edge of the abyss, rolled over into it, and shattered the screen. Then the only sound the entire time was the figures screaming as they fell out of the screen and plunged down the side of the abyss. This started a rock slide which covered them up and silenced the screams under it.

"I went back to the center of the road and I stood there, awe-struck at what I saw. I was on the highest mountain of all and I was looking out over the other peaks in every direction. Then, (I saw) a mushroom cloud, larger than any I had ever seen in pictures. This one covered the earth, and the "voice" above my head told me that the mushroom cloud had been produced by the religions of the world.

"Then, above the mushroom cloud I saw the Aton rays from the sun sending drops of ...was it water?, through the mushroom, and it began to dissolve. At the time I had not heard of the Aton or the Aton rays. At the time it just looked like the sun's rays coming through the storm clouds. Later, I

saw the same thing on my way back from the spiritualist camp in Pennsylvania, and even as I watched, it all became clear.

"The religions, especially Christianity, for the pictures in the screen were Christians...but I realized they were *all* at fault and due to expire with this New Age of Aquarius. As I watched, a light was upon the earth. I knew I had been shown something very momentous, but the religions won't go over the abyss without a big, big fight. But they can't fight the power of the Aton sun.

"And then I was back in my chair, awe-struck by what I had seen, by what I had been shown. I knew it had greater meaning than just what I saw, and it was dark outside when I came back. It had been such a experience as I will never forget. I still find answers in it. The Christian era is over, and the ancient Egyptian is coming in, via the reincarnating of the true Egyptians, the Egypt of the Pharaohs, 18th Dynasty. The New Kingdom."

And that was the account of her vision. Does Awareness have any comment?

COSMIC AWARENESS:

This Awareness indicates that this is essentially informing her that the religions of the past, in fighting among themselves, because they cannot fight the changes that are coming, will essentially end the power of their hold on humanity because, as they fight among themselves, each will become weaker from the ensuing and continuous battle.

This Awareness indicates that the changes that are coming are those that relate to the energies that come not from religions, nor from the competition that some religion might present to others, but from natural energy changes coming as New Age forces present themselves, and the religions of old cannot argue the energies, the changing in consciousness, and the forces that are presenting themselves upon the earth from these New Age energy changes.

Therefore, the Age of Aquarius comes in without real opposition from the churches because the churches, in fighting each other, do not in any way hinder or prevent the energies from covering the earth and presenting new energies in consciousness.

Astrology the Mother of all Religions

This Awareness indicates that the majority of religions from the past are based on the same origin of information. They all stem from the energies that are symbolized through the astrological symbols and stories and images. In each case, all the major religions of the world contain astrological symbolism. It is for this reason that most religions are hostile to the teaching or dabbling in astrology, because astrology can reveal the origins of religion and expose the symbolism as having its origin in astrology.

Astrology is essentially the mother of all religions, but few religions want entities to discover that fact, and therefore, they warn entities to avoid any study of astrology. This Awareness indicates that there is actually nothing in the Bible that says astrology is evil, but churches and religions will argue that it is in the Bible.

This Awareness indicates that if you look in the Concordance of Bibles, you will find certain references to astrology. If you read those references you will see that the criticisms of astrology is not that it is evil. It will be shown that, for example, the Pharaoh asked his astrologers the meaning of his dream and the astrologers were unable to tell him.

This Awareness indicates that this is seen as a put-down of astrology, showing it is invalid. However, astrology is never promoted as a way of analyzing dreams; it has a totally different approach and function. This Awareness indicates that the story goes on that Joseph was able to explain to the Pharaoh the meaning of his dreams, and the implication

being that astrology is inept and Joseph being god-like, was able to help the king, but it does not say that astrology was evil, nor does astrology make a claim of being useful in analyzing dreams.

This Awareness indicates that other references of astrology being inept found in the Bible, for example, did not speak of it in terms of its ineptness to its purposes, but it was said that the astrologers would not be able to help entities when the world was falling apart. This appears to be a reference to some calamity of nature, such as an earthquake, where the astrologers would be unable to give any help.

This Awareness indicates that this is, again, not something astrology is able to claim, nor has it ever claimed to be able to help entities during earthquakes or such. This Awareness indicates that in other word, there are arguments against astrology by churches who want entities to denounce astrology, and these arguments have no real basis for denouncing astrology for what it is capable of doing, but if they can get entities to see it as something evil or unable to be of any value, then entities are less likely to look into or study astrology, and if they do not study astrology, they are less likely to discover that it is filled with symbolism that has been used by religious systems throughout history.

Astrology a Major Force in the Age of Aquarius

This Awareness indicates that this is the basic problem that religions will experience as the New Age begins to unfold new information and new energies, for the Age of Aquarius is an age in which astrology will become a major force. Aquarius rules astrology, and therefore it will become a major study during this age.

This Awareness indicates that also during the Age of Aquarius, religions will be analyzed for their astrological symbolism, and entities will become more and more aware that religions and their symbols are factually astrological symbols.

This Awareness indicates that these religions, in their continuous fight for survival and attempt to destroy the symbols of their origin, are simply doing themselves in, and if they were simply to merge their symbols and show the symbolism in its relationship to astrology, they could expand their religion to cover many areas that would be much more meaningful to people.

Where Did this Lady's Vision Come From?

QUESTION:

In the case of this lady's so-called vision, where does a vision like that come from?

COSMIC AWARENESS:

This Awareness indicates that this comes from the psyche of the individual. There are ways in which entities channel energies from higher sources, and that entities can have a keen insight on occasion into higher realms of knowledge. This Awareness indicates that it simply came out of her higher levels of awareness.

Many times entities will have insight into certain conceptual areas that can be extremely revealing. In fact an entity might have information revealed in a matter of moments which could change the course of direction of an entity's life, or give the entity material that would help the entity to have a better understanding of things for many years to come.

David Worcester's Awareness Experience at Big Sur

This Awareness reminds you of David Worcester's statement that he had an experience at Big Sur which allowed him to channel Awareness for many years from the information that was given to him in a few moments at that place during a particular time of his life

QUESTION:

So essentially, she was in a quandary, and she was asking questions, and the answers came in the form of a vision?

COSMIC AWARENESS:

This Awareness indicates she was in a state where she was receptive to the energies that presented themselves as a vision, or insight, and she was in such a receptive state that she was open to analyze the dream or vision that she had, and could see this meaning during her analyzing of the images she saw.

The Astrological Influence on Eclipses

QUESTION:

In reference to astrology, a question from Bruce B., in Honey Dew, California. He writes: "Astrologically, this November is seen to be extremely significant with heavy emphasis on Scorpio, especially 29 degrees, the galactic center with Pluto there, and the eclipse, and so forth. What does Awareness see most likely to happen as a result of this energy?"

COSMIC AWARENESS:

This Awareness indicates the entity has not defined the type of eclipse at that time; whether it is a lunar or a solar eclipse. This Awareness indicates, however, that it does appear that there will be some type of banking crisis, or monetary crisis that may occur during or following this time, and that this may be on a world-wide scale, affecting particularly Russia and the United States, and having its effect on masses, large numbers of people.

This Awareness indicates that it may also affect forces of the underworld, those involved in crime, those active in criminal activities, whether they are part of the society or of the government or of other authority figures involved in monetary manipulations, including the banking system. This Awareness indicates that there will be further information on this as the time approaches.

Is Our Physical Form a Manifestation of Our Essence?

(Will Our Spirit Look Like Our Physical Body?)

QUESTION:

A question from Bill C., in California. He writes: "In my readings, including *Revelations of Awareness*, I've come across the idea that our physical form is a manifestation of our essence. That suggests to me two things. First, that in our spirit forms, we "look" similar to our physical selves; and second, that our physical characteristics represent qualities of our spiritual essence.

"I would like Awareness to indicate exactly what these qualities are, what our physical form indicates about us. Does it represent our essence? Does it reveal the lessons we need to learn on the physical or the spiritual level? Does it reveal needs we must meet? Does it reveal blocks we create in our energy that we need to work through in order to grow, just as life presents situations we must deal with to learn our lessons?"

"Finally, as we learn our lessons, work through our blocks and fulfill our needs, does our form change so that we finally have an appearance that is similar?"

COSMIC AWARENESS:

This Awareness indicates that the analysis in regard to the essence reflecting in physical form is that which is essentially correct. This Awareness indicates that of course physical form can only show certain qualities of character, and qualities of one's essence. In other words, an entity's physical form, relating to eye color, hair color, and skin color is not necessarily going to tell you anything about one's essence or character.

As the Reverend Martin Luther King pointed out, entities cannot be judged by the color of their skin, but must be judged by the character of their being, if they are judged at all.

This Awareness indicates that the physical characteristics are not a true reflection of your essence, and therefore, if you are seeking to find a way of measuring your essence by the size of your ears, or nose, the color of your eyes or skin, or hair, you are seeking something that is not practical or a realistic approach.

This Awareness indicates that most of this physical characteristic is from genetics rather than from character or soul essences, and an entity who has a highly developed spiritual soul may take on any genetic quality without the genetic quality revealing how high and spiritually evolved the entity is.

In other words, an entity who is highly and spiritually evolved may appear in any skin color, with any eye color, any size of nose or hair color, or other physical qualities, and one who is highly spiritually evolved cannot be picked out of a crowd by any of these physical qualities. This Awareness indicates therefore, most of your question cannot be answered because it presumes this to be true, when in fact it isn't true; that the physical totally reflects from the essence.

The Presumption That the Name "Jesus" Calls Up His Essence

This Awareness indicates that it is likened to the idea that evolved from the concept of a name. This Awareness indicates theoretically, by ancient concepts, the name is supposed to be representative of the essence of a being, and thus, entities held the name as sacred, and saw the name "Jesus" as representing an entity who used that name, and therefore, admonished entities to pray in the name of "Jesus" and to hold the name sacred and holy, and presumed that this use of the name conjured up or called up the essence of the being.

This Awareness indicates that if this were the case, the little Mexican farmer whose first name is Jesus, and whose last name might be something different, would also have the same essence as the entity to whom entities pray to. This Awareness indicates many will say "Oh no!", because they are praying to Jesus Christ, assuming that Christ was Jesus' last name.

This Awareness indicates that "Christ" was not the last name of Jesus. It was that "Jesus" was known as the Christ. This Awareness indicates that his last name would have been that of the family of Joseph and Mary, if entities wish to get technical about this, but during the history of Christianity, entities have shortened the terminology. Instead of saying "Jesus the Christed One", they simply call him "Jesus Christ" as if "Christ" was his last name.

A Name is Nothing More Than a Symbol

This Awareness indicates that the name was thought to represent the essence of whatever was being addressed. By such standards, "chair" represents the essence of the device on which entities sit. This Awareness indicates that this, in the circles of some entities, makes it such that the name becomes sacred, but this Awareness indicates a name is simply a symbol. It is not necessarily sacred just because it symbolizes something for entities to communicate about, without having to make a drawing every time.

In other words, if you want to speak of the ironing board, rather than drawing an ironing board, you simply call up the name of the object, the name that has been given as a symbol for the ironing board. Does that mean the name is sacred? This Awareness indicates that it simply is a symbol for the essence and meaning of the ironing board.

This Awareness indicates that likewise, many of these terms are not necessarily symbolic of some sacred meaning or absolute quality that would allow you to find the truth about something simply because there is some connection. The idea of an entity's essence representing itself in the physical form is as vague and uncertain as the idea of a name representing the qualities of an entity.

Does the "Fat Slob" Have a Fat Soul?

This Awareness indicates that some essences may show through in a physical sense if an entity has a certain kind of soul development. The heaviness of the soul may reflect in a heavy body, or if a soul has great desires, a great appetite, it may reflect in a heavy body. But this Awareness indicates it does not necessarily mean that the soul is a fat slob, just because the body represents what entities would call a fat slob.

Perhaps the soul is simply that which seeks to indulge in enormous numbers of experiences, and part of the experiencing requires that the soul indulge in various flavors and tastes and sights, so that the senses are over-indulged because the soul has an enormous hunger to have a great amount of experience in all areas.

In other words, the hunger of the soul may find itself influencing the physical body to indulge in the senses in an unusually gluttonous way, but that does not mean that the soul itself is fat. It just might be gluttonous in its desire to devour experiences. It wants to experience chocolate. It wants to experience tapioca pudding. It wants to experience this candy bar and that candy bar, et cetera, et cetera.

This Awareness indicates that at some point the soul may become saturated and realize it has been obsessed with these senses of food and appetite related to food, and it may simply decide, "That's enough of that! I understand food now! Now I, as a soul for this entity, want to devour books and information and concepts!" or maybe after years of study of books, it will decide to study something different. Perhaps science, perhaps philosophy.

Perhaps at some stage in its life or lifetimes, it will want to devour exercise and physical pursuits so that it becomes an addict of physical exercise, sports and such. Perhaps the soul's new interests and new appetites will lead it to create a thin lean body.

This Awareness indicates in other words, the body may reflect what is going on in the soul, but may not necessarily reflect clearly what the character of the soul is in order to allow entities to analyze the soul by looking at the body. This Awareness indicates that if you looked at a lean, healthy, strong, muscular body, would you be able to tell that the soul is gluttonous for physical health?, and that it also had a gluttony that caused it in a previous lifetime to create a physically fat slob?

This Awareness indicates of course you cannot analyze from looking at a body what an entity's soul truly is like, for the body does not reflect totally and clearly the essence of the soul.

What Do the Different Colors of the Eyes Mean?

(What Face-Reading Can Reveal About a Person)

QUESTION:

One other question from Bill. He writes: "As someone who 'reads' people's personalities from their faces, I'm fascinated by what different eye colors mean. I have found blue eyed people to be sensitive and generally kind, while I found brown-eyed individuals to be more assertive. Can Awareness tell us why we have different eye colors, and what do each of these eye colors mean? Blue, green, blue-green, brown, yellow, found in animals, gray, in animals? Thank you," he says.

COSMIC AWARENESS:

This Awareness indicates that if you speak with iridologists who look at eyes to read health, most will tell you that the natural color of eyes is blue, and that brown indicates there is toxin in the system. This Awareness indicates the problem with this analysis is that there are entire races of entities who have brown eyes and entire races who have blue eyes, and the diets of these entities do not necessarily change their color.

This Awareness indicates it is true that sometimes an entity's eyes will change from brown to blue when they clean up their diet, but these entities may have been blue-eyed at birth and may have developed toxins during their lifetime, which then, when eliminated from the system, allowed their blue eyes to re-emerge.

This Awareness indicates that whether this can be done from a person who is born with brown eyes is quite questionable and doubtful. This Awareness indicates particularly when the race of people is noted for having dark eyes or brown eyes. This Awareness indicates that more probable is that the entity's eyes are genetically incurred.

What a Person's Face Can Reveal

This Awareness indicates that there *is* some validity in reading the lines on an entity's face, in that when an entity experiences a certain degree of shock, it can have an effect on certain lines under the eyes. This Awareness indicates that certain other attitudes held can effect lines around the eyes or near the eyebrows. This Awareness indicates that other experiences may affect the joint that holds the jaw together so that an entity whose tension in the jaw from an experience may begin to show some facial response to that long-held tension.

This Awareness indicates that even the way entities hold their lips can sometimes reflect certain attitudes. The eyes, the lips and the nose can be read by those who are involved in face-reading to gain some understanding as to what is going on within the entity, but these have to do with muscle reading, muscles and the effects of muscle-tension over long periods of time in which lines are created or in which certain positions are held by the lips, the nose, the eyes, the jaw or otherwise, some other part of the face.

This Awareness indicates that this art of face reading is a kind of exception to the message this Awareness gave in regard to reading the physical body to analyze the soul. This Awareness indicates that entities can also analyze the stature and physical posture of entities and gain some understanding of their character. Obviously, the entity who slouches is likely to be somewhat shy or timid in his character, moreso than the one who stands proudly and with strong erect stature.

This Awareness indicates that these character analyses from muscle reading are based on valid foundations. It is a question of whether your particular evaluations are correct. This Awareness indicates that as far as attempting to determine whether entities with one color of eye or another are of different character, this is more difficult, for you will find that entities who have also been involved in this kind of analysis of which you speak: analyzing people by the colors of their eyes, have come to the conclusion that most blue-eyed people are more sadistic than dark-eyed people, and this does not appear to fit in your analysis, wherein the blue-eyed person is more sensitive than the brown-eyed person.

This Awareness indicates it appears to be somewhat a matter of who is doing the analysis and what data base they are working from. By what standard are these assessments being judged? How many people were interviewed, and how was the determination of sensitivity made?

Questionnaires and More Evaluation Is Needed

This Awareness would suggest if entities want to truly work in analyzing this, it would be good to have some kind of written test for entities whereby the determination of sensitivity is found in a questionnaire using standard evaluation techniques, and then search to find the colors of the eyes of the people who were classified from the questionnaire as being sensitive, for if you look first for the color of the eye and then evaluate the sensitivity of the person, you may find yourself prejudiced and giving the blue-eyed person the higher score for sensitivity just because you expect that.

This Awareness indicates that there are ways in which this

could be evaluated, and finding the way to evaluate this kind of information is the key to whether you will be accurate, whether your test will be meaningful or if it is simply subjective.

Are Green-Eyed People Really Jealous?

QUESTION:

Is there anything to the old tale that people with green eyes are particularly jealous?

COSMIC AWARENESS:

This is negative. This Awareness indicates that stories such as this sometimes evolve from an entity's knowledge of one person. For example, an entity might know one person who is highly jealous in nature and the entity also had green eyes, and if the entity has a strong attraction or hostility toward this entity, the entity might write a poem or story in which he or she refers to the "green-eyed jealousy" of this person, and the "green-eyed jealousy" remark may carry over to others, who begin to think it is a fact until enough people have read the story that it is just common knowledge that green-eyed persons are jealous, even though it may not be common knowledge at all. It may not have any basis of truth.

IS THE GALLUP POLL WORKING FOR THE NEW WORLD ORDER?

QUESTION:

We received through the Internet sort of an interesting comment somebody posted. He writes: "Hi John. Thanks for including me by E-Mail in a recent discussion including this topic and many others." (They were talking about Big Brother and the New World Order) It says "My older brother related an incident that happened last week that I thought might interest you .

"He was contacted at home by the Gallup organization and asked to participate in a nationwide survey. Following are some of the questions he was asked: (1) Do you believe Timothy McVeigh was responsible for the Oklahoma bombing? (2) If not, do you believe it was a large-scale conspiracy, or a small-scale conspiracy? (3) Is there going to be an armed insurrection in the United States in the next 20 years? (4) Would you participate? (5) Do you believe the FBI has too much power? (6) Do you believe the BATF has too much power? (7) Do you believe the Constitution of the United States is going to be abolished and government is going to be taken over by the New World Order?

The entity says: "He said there were other questions, but this is what he could remember. I'd be interested in finding out if Gallup actually conducted this poll and if so, what organization requested it?"

Can Awareness answer that question?

COSMIC AWARENESS:

This Awareness suggests that this entity would be ahead to write the question to the Gallup organization to get their response, for this Awareness' answers are still likely to be questionable to the entity.

This Awareness indicates that it has always been the policy of this Awareness to suggest entities get their information from other sources when possible rather than rely on this Awareness for information that they can get from their library and other places.

FOLLOW-UP QUESTION:

Those are rather strange questions for a Gallup organization questionnaire, aren't they?

COSMIC AWARENESS:

This Awareness indicates that these are very strange questions for *any* organization to be asking, but at the same time it makes sense that because these are concerns of many people in the United States and particularly among the militia groups, that a poll would be in order to find how people feel

about such things, to find how widespread such concerns might be, to determine how widespread such ideas are.

It *does* appear to be of a probable poll by Gallup, but this Awareness wishes the entity to contact Gallup and get their response firsthand. This Awareness indicates there does not appear to be any reason why Gallup would deny such a poll, if indeed they are or have been involved in conducting such a poll.

Is There a Conspiracy Against Doctors who Treat Alien Implanted Patients?

QUESTION:

A question from John S., Pacifica, California. He sent in a small article I'll read first. He writes: "The enclosed article was printed in the San Francisco Examiner, August 13th 1995.

"Space Alien Shrink Loses His License. Sacramento. The State Board of Psychology has revoked the license of a Sacramento psychologist who specialized in treating the survivors of alleged encounters of space aliens.

"Psychologist Richard Boylan was found guilty of seven counts of gross negligence involving three patients. The board said Boylan "abused his role as a therapist when he imposed his personal views on the existence of extraterrestrials into the dreams and memories of two patients." Boylan is the former president of the Sacramento Valley Psychological Association."

John's question is this: "Was the revocation of Psychologist Richard Boylan's license by the State Board of Psychology part of an ongoing government/alien program to silence influential individuals who are publicizing and legitimizing reports of victims of alien abduction? Is this action part of a covert policy to conceal knowledge of the aliens' activities? Are there aliens in human-appearing bodies in leadership positions in state agencies such as the Board of Psychology who generate these repressive measures?"

COSMIC AWARENESS:

This Awareness indicates that there does appear to be some special role by certain departments of agencies working with and through psychological boards to help government policy-makers in their management and manipulation of what goes on in society. It appears that there are some efforts in relation to the field of UFOs and the study of UFOs to keep a lid on information from patients who have had UFO contacts and experiences through the use of psychiatry and counseling.

This Awareness indicates that whether the particular entity discussed in the question was a victim of losing his license because he interviewed such entities is separate from this consideration of the psychiatric controls by the government. This Awareness indicates that it does not appear that this entity actually lost his license because he was interviewing or counseling abductees, but it appears that there was something else involved with his relationship with the clients in the manner in which he attempted to condition them during his counseling process procedures.

The act of attempting to condition them or program them is that which became objectionable by the standards of the board. This Awareness indicates however, that there does appear to be something additional in this regard; that the conditioning which he appears to have imposed on them was a problem only because it did not fit into the pattern of conditioning that the board preferred. If he had conditioned them in a different manner, if he had programmed them in a different way, it would have been acceptable.

ARE THERE ALIENS IN HUMAN-LIKE BODIES IN HIGH POSITIONS?

FOLLOW-UP QUESTION:

Are there aliens in human-appearing bodies in leadership

positions in state agencies such as this?

COSMIC AWARENESS:

This Awareness indicates this is in the affirmative. This Awareness indicates that this is not at all rare.

How Some Entities Can See the Alien Behind the Mask

This Awareness suggests however, that an entity who can switch from alpha, beta, delta consciousness, even theta consciousness, can see the alien behind the human mask. This Awareness indicates that this is a rather rare individual who can make these switches from beta, alpha, delta or theta, but this Awareness indicates it is not something that is extremely difficult to learn, and there are some entities who can, simply by looking at an alien, see their true self.

The problem for the entity is that once they slip into a different consciousness level, the alien also becomes aware that they are observed, and usually will try to do something to that entity to keep the entity from exposing them.

Do Some Hot Peppers Prevent Thirst?

QUESTION:

A question from Allen F., Ventura, California. He writes: "One summer I lasted a day as a grapefruit picker. After sweating in the hot sun all morning, I needed to drink voluminous amounts of water at lunch-time, but the Mexicans who worked harder and faster than I did, drank very little. Their sack lunches from the labor camp consisted of three or four soft-flour tortillas with stuff wrapped inside.

"One fellow unfolded and refolded one of his tortillas before he ate it, and inside was a row of half a dozen little yellow peppers which looked like they had been cooked, and nothing else. Is there something about their diet which makes them able to work in the hot fields without sweating or needing to drink?" he asks.

COSMIC AWARENESS:

This Awareness indicates that the hot peppers *do* give an enormous amount of energy. The fact that they drink very little water keeps the sweating down, and this Awareness suggests that these entities come from a climate that is much hotter, and therefore, they are conditioned to withstand the heat better than you, and since their diet contains amounts of fruit that carries high sources of food energy, and their diet does not encumber them from large amounts of bulk, it is somewhat easier for them to endure the workload.

This Awareness indicates that you consider also the fact that they are used to long hours, having indulged in long hours of work for most of their life, it is not experienced with as much resistance. The *act* of psychologically resisting a certain amount of pain or suffering makes the pain and suffering that much worse. Thus, an entity who is used to hard work endures it with greater ease, than the one who resists the hard work.

How to Endure Hard Work

CLOSING MESSAGE:

This Awareness indicates the human body and mind, the psyche, even the emotions, have the ability to bend, to become modified or used to almost any condition. An entity who is cast into a position of hard labor for a few hours out of a decade, will find the work being almost beyond their ability to survive, and the entity will feel like it is killing him to continue in that activity.

But this Awareness suggests that if the entity could work up to that point, gradually getting use to it, or could manage to hang in there long enough to get used to it, he or she would find that within a matter of days, the work is no longer so difficult. The body tends to adjust, the emotions tend to adjust, the mind tends to adjust, and the entity begins to accept *What Is*, and the difficulty begins to fade away.

This Awareness indicates that this does not mean that the entity will find it a pleasant job by continuing, but the entity will find it less unpleasant as time goes on. Some entities may even find it becoming a rather pleasant job, even if there is much difficulty involved. Entities, for example, who must lift heavy loads, can in time begin to enjoy the feeling of heavy loads, so long as it is something they are accustomed to.

(The Law of Gratitude is given)

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

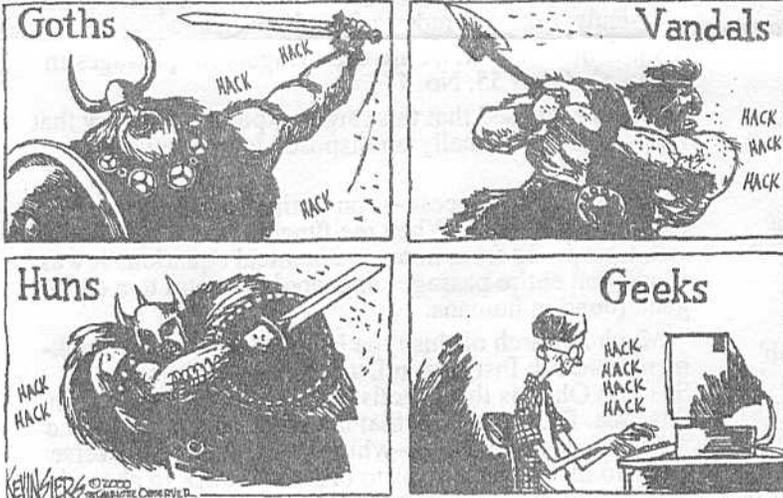
<http://www.CosmicAwareness.org> or
<http://www.CosmicAwareness.com>

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.



Ares/Juventud Rebelde/Havana

BRINGING CIVILIZATION TO ITS KNEES...



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Psychic Biological Power: Does It Exist?

(His Powers Could Stop Cars and Bikes But Not Trains)

QUESTION:

There was a small article in the paper the other day, an interesting occurrence in Russia. I'd like to ask Awareness if it could explain what this is. It says: "E. Frenckel, one of the Soviet Union's growing number of psychic healers and mentalists, claimed he used his powers to stop bicycles, automobiles and streetcars. He thought he was ready for something bigger, so he stepped in front of a freight train. It didn't work. The engineer of the train that killed Frenckel said the psychic stepped onto the tracks with his arms raised, his head lowered and his body tensed.

"The daily Soviet Russian newspaper on Sunday said written notes Frenckel left, indicates he felt he had found the secret of psychic biological power and that his effort to halt a train would be the ultimate test of his powers." Was this the act of a crazy man, or is this psychic biological power that he thought he had actually exist?

COSMIC AWARENESS:

This Awareness indicates that the entity as having had a certain kind of psychic power in the sense that the entity had a kind of personal faith that he had the power to stop automobiles, bicycles and so forth, and in fact was able to demonstrate this faith in his own power by stepping in front of automobiles, bicyclists and so forth. And have the automobiles or bicyclists stop and avoid hitting him. This Awareness indicates that this was effective because the bicyclists and drivers of the automobiles were able to see the entity and were able to stop in time, this allowing for the speed and the ability of the automobile or bicycle to stop within the range allotted.

This was not the case in the instance with the train, which needed more time to come to a stop for there was so much greater inertia involved before the engineer realized that the entity was not going to move. This Awareness indicates that if there was indeed a psychic power involved, it had more to do with the entity's own ability to play "chicken" with the minds of others, convincing them that they'd better stop or the entity would be killed or injured. This Awareness indicates that this is not exactly what the entity believed himself to be accomplishing in that his psychic power to stop automobiles and bicycles had depended on the drivers of those vehicles. This Awareness indicates the same with the train.

This Awareness wishes to diverse here slightly, to tell a brief story, to illustrate the point. The Interpreter, some two or three weeks ago, walking downtown in Portland, carrying his 3 year old grandson on his shoulders, in crossing the streets in the city, noticed the grandchild pointing to automobiles and shouting a kind of oriental sound, as a karate expert might shout. The grandfather, the Interpreter, asking the grandson: "What are you doing?" was told by the 3 year old: "I'm stopping the cars." This Awareness indicates that this continued through several of the street crossings, until at one point, the grandfather, approaching a corner in which the light for pedestrians was red, stopped.

The grandson, trying his powers to stop the cars, hurled his hand out, pointed at the automobiles and shouted: "Hah!" but the automobiles continued. The grandson could not understand why the cars didn't stop, and asked his grandfather: "Why don't the cars stop?" and the grandfather explained: "Your system only works when the lights are red for them." This satisfied the

grandson, who then used his powers when the lights were red for the cars.

This Awareness indicates it is much the same with this entity, in that the entity's system only works when the drivers see him, or when the train or vehicle is capable of stopping after seeing the entity standing in the path. This Awareness indicates that there are of course, a certain amount or degree of powers involved in the mind's ability under certain circumstances to affect a moving or static object. It is in this manner that some entities have been able to levitate an object or to move an object that is static and not moving, using simply the power of the mind, but it is not the case in this instance regarding the train.

This Awareness indicates that this entity did have some of this kind of mental power, but not sufficient for his intended purposes.

Converting Genetic Codes to Tonal Patterns

(Frederic Chopin and the "Mouse Waltz")

QUESTION:

In the September, Nevada Aerial Research Group Newsletter, which we exchange with, there's an interesting article, I'd like to ask Awareness about. It's called *Tonal Patterns That Underlie Genetic Structures*. I'll read it.

"In 1988 a genetic researcher decided to convert genetic codes and chemical formulae into tonal patterns to see if there was any relationship. During this research, it was discovered that genes carry an inherent tonal arrangement within their structure. The tones were predicted by geneticists to be random—instead, some of the tonal patterns bear some resemblance to parts of the classical works of Frederic Chopin.

Parts of mouse RNA are dead ringers for passages in Chopin's Opus 55, No. 1.

It was proposed that this might explain the theory that humans are genetically predisposed to hear music in certain ways.

Reversing the process—converting music to chemistry—works as well. When the funeral march by Chopin was transposed from notes to chemical equations it was found that entire passages appeared identical to a cancer gene found in humans.

Much research of this type is being done at the Beckman Research Institute in Duarte, California. Dr. Susumo Ohno is the scientist who has taken the lead in this area. Dr. Ohno says that his work demonstrates the principle of periodicity—which holds that the universe tends to move from chaos to order and back to chaos in certain patterns. The same patterns that govern the movement of planets also appear in genes and in music.

These findings are actually the by-product of Dr. Ohno's main objective, which was to find the pattern of the first earthly gene, which represents the "bridge" between lifeless chemicals and life.

It is certain that Dr. Ohno will realize that the chemical interchange that occurs in the body also relates to adhesion and linkage between the body and its "astral" soul. Once he realizes that connection, the infusion of life will take on more meaning to him.

Would Awareness please comment on that?

COSMIC AWARENESS:

This Awareness indicates that this information as that which is approaching the realm of higher physics or metaphysics as has been discussed for many generations by those involved in the metaphysical philosophy, recognizing that all is vibration and all is essentially a kind of music; that the vibrations creating and reflecting

in all of creation, from the universe through the various spheres, through the solar system and down into and throughout all of the lesser creations, that even in regard to the chakras and the genetic structure of the genes; all of these things being reflections of the higher vibrations.

Proof That Mankind is the Reflection of God

It is in this sense that it can truly be said that even as mankind is the reflection of the DNA or genetic parts that make up the DNA which mirror the individual, likewise, mankind is the reflection of God made in the image, so to speak, of God. This Awareness indicates it is simply another way of saying that the greater vibration carries overtones to the lesser vibrations which in turn have their own overtones which reflect into even more miniscule vibrations and that all of these are reflections of the same, throughout the many different levels of the electromagnetic spectrum.

This Awareness indicates that matter resonates to the vibrations of anti-matter and resonates to all of the various harmonics in between. This Awareness indicates that the harmonics in between include everything from the less dense matter through those levels of vibration associated with the known frequencies of heat, light, and the various rays, as well as those vibrations associated with consciousness itself, in its different levels.

The Research May Become the New Science of the Next Century

This Awareness indicates that this research in this area as that which may become, in the next century, the New Science that opens the doors for the greater discovery of how indeed life and the universe functions. This Awareness indicates that this can in fact create new medicines, new healing systems, new ways of creating, ways of growing, ways of communication that are heretofore unknown, and new kinds of creations that are not yet imagined.

This Awareness indicates that it will open doors that will need greater wisdom than man has yet seen. This Awareness indicates that it will also allow for mankind to have better understanding of the genetic patterns by applying musical knowledge to the genetic format. This Awareness indicates that this can allow humanity to create harmonious genes from those which would otherwise be detrimental to an entity, through the use of tone and sound as well as color and light; that the use of color and light as well as sound tones, when corresponding to their proper frequencies, and used in conjunction with the knowledge being acquired in relation to the genetic discoveries, will create new sciences in regard to the healing of illnesses on all levels: physical, mental, emotional and spiritual.

Color in Relation to Notes on the Chromatic Scale

This Awareness indicates that the vibration of 'C', Middle C, corresponding to the color red, and from that correspondence, the 'C' corresponding to the color orange; using the 12 chromatic notes, counting sharps and flats, moving in a circle, and following the colors around that circle with the colors orange, red-orange, yellow, lemon, green, turquoise, blue, indigo, violet, magenta, scarlet and then back to red; following these 12 colors, each corresponding to the astrological sign with red as the sign of Aries, followed by orange as the sign of Taurus, a corresponding of these notes, colors and astrological signs then creates a map by which these systems can be used in understanding and mapping harmonies and disharmonies, dissonance and harmonious relationships of chords between the signs, between the colors, or between the sounds, and their corresponding genetic reflectors. This may become the science in the future.

This science can also be equated to chemical correspondences. You will also note that there are 12 general homeopathic cell salts which correspond to these. This Awareness indicates that the Interpreter has, some time ago, drawn up a correspondence table using these different systems, showing their interrelationship, and that this can be provided at some time in the future; that the 12 tribes of Israel, and the 12 disciples also relate to this, as well as the 12 corresponding gems that are associated with the different astrological signs.

Chopin and the 'Mouse' Waltz
The musically translated portions of mouse RNA (a messenger substance within living cells) sound like a baroque waltz. They also bear striking similarities to Frédéric Chopin's Nocturne, Opus 55, No. 1.

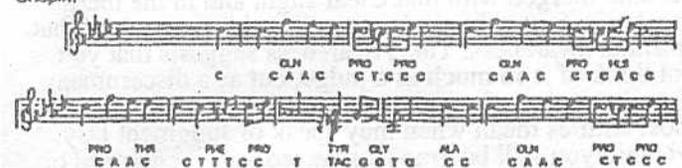
Mouse Waltz:



SER TYR SER PRO THR SER PRO SER TYR SER
 A G C T A C T G C C C A A C C T C T G C C T Y G C T A G T C C C

PRO THR SER PRO SER TYR SER PRO THR SER PRO
 C C A G C T C T C C A A G C T A T T C C C C A A C C C T C T C

Chopin:



C GLN PRO PRO GLN PRO HIS
 C A A C C T C C C C A A C C T C C C

PRO THR PRO PRO TYR GLY ALA GLN PRO PRO
 C A A C C T T T C T T A C G G T G C C C A A C C T C C C

Source: Susumu Ohno, Biochem Biophys Res Commun, City of Hope Medical Center

SOLDIERS FACING THE LIGHT WHEN SUDDEN DEATH OCCURS AND ONE DOES NOT REALIZE HE IS DEAD

QUESTION:

I had a question relating to that reading in the last session, a week ago, where Awareness was talking about this lady who was trying to contact a deceased friend. Awareness mentioned that those who are suddenly killed, like in a war, are often not even aware they are dead until a guide appears and orients them to that new awareness. My question is: Awareness has indicated that at the passing over, all entities enter the Bardos and face the Light. In the case of sudden death, as indicated by Awareness of these soldiers, does the entity go through this stage and face the Light before the guide appears, or does he take this action after he has oriented to the fact that he is dead?

COSMIC AWARENESS:

This Awareness indicates that there is a brief period after one is suddenly released from the body. For example, the instance of a sudden accident or mishap in which the entity may be disoriented and still be attached to the body, and unable to let go. For example, in a situation of a war or something of this nature, the entity may in fact remain with the mission strongly in mind and remain acting along the lines of attempting to carry out the mission, in which case the entity might remain on the battle ground trying to figure out what to do and feeling somewhat confused and disoriented.

The Fragmentation of the Entity After Death: How Ghosts Occur

This Awareness indicates that even as this occurs, there is a portion of the entity that is moving on toward that which is the White Light, and the entity is in fact being fragmented. The fragmentation process is that which can, in some cases, leave a portion of the entity lingering in the area of his or her demise, as a kind of astral shell that remains disoriented or feels an attachment to that area, and may even continue to repeat the final actions that led to the entity's demise. This Awareness indicates that in such cases, these entities are often referred to as ghosts and they may keep repeating the

same scenario or action which occurred just prior to their death.

This Awareness indicates that if the entity is fortunate to discover that he or she has passed over and can be guided or can orient oneself to the realization that there must be some place they are to go to, they then may make the effort to reattach to the rest of their soul which has begun moving on toward the White Light. This Awareness indicates that if a guide comes along, or if an entity does assist them in the passing over, then it is possible that they may become reintegrated as a total being and move into that which is the Clear Light, or that which entities often describe as the Light of Buddha, or the Light of Christ, depending on their frame of reference.

Perceiving the Divine Light and "Judgment Day" Occurs

It is essentially the High Self of the individual or that which they perceive to be the Divine Light that lies beyond their physical perception, and such entities then become merged with that Clear Light and in the merging, begin to see themselves totally with the truth of that spiritual awareness. This Awareness suggests that you not think of it so much as a judge, but as a discernment. You do not face the Judgment Day in the sense that most entities mean when they speak of Judgment Day, wherein you will be graded, rejected and condemned or passed and accepted. It is more of a situation in which you are *evaluated* from the clarity of purity, pure Light, pure Christ or Buddha Consciousness, the awareness of who, in fact, you really are, becomes pronounced to you. You see all of your good and all of your mistakes, and you still are acceptable to the White Light, to the Clear Light, but you yourself, in recognizing the mistakes you made, also recognize those things which need yet to be perfected within yourself and thus, your future becomes discerned and determined by that which needs perfection. It is from this that your future direction is determined, and you are a participant in such determining. It is not that someone judges you and says, "You have to go and do this now, to make up for your sins," rather, it is that you, through the Light of Awareness, discern your own weaknesses and imperfections and recognize what you, yourself, must do in order to improve and perfect your Highest Self, and so you then select those next moves in your future that will bring you the benefits you need for that perfection. This Awareness indicates that this essentially is the Judgment, if that term is at all appropriate. It is more of a discernment than a judgment, a discernment based on the Cosmic Awareness or Universal Awareness, of who, in fact, you really are.

Not a Condemnation But an Evaluation of Spiritual Progress

This Awareness indicates that it is not a condemnation nor is it a kind of evaluation to determine whether or not you are worthy, rather, it is a discernment of what areas need further work, and what areas are satisfactory in your psyche. This Awareness indicates that wherein an entity cannot integrate oneself in order to move into the Clear Light, such as when an astral shell is still lingering on the earth or a part of the entity is still caught in attachments to the earth, such as an earthbound spirit or part of an entity who has had, for example, alcoholic problems, or drug problems, and wishes to stay around in areas where the entity can further feed those appetites vicariously, through the bodies of others, or wherein an entity is so attached to earthbound concerns that he or she cannot move on to join the rest of the soul as it moves into the Clear Light; that entity that is split with some of the soul or astral body remaining on the earthbound level, and some of the self in the Clear Light, the part in the Clear Light will recognize itself as unfulfilled

and will be drawn back to the earthbound part, shortly after it experiences the Clear Light, and this entity will then begin the process toward reincarnation.

The Bardos and Getting Trapped by the Lesser Lights

This Awareness indicates that in being drawn back, the entity will gradually be introduced into those realms of lesser lights as described in the Bardos of the *Tibetan Book Of The Dead*, wherein these realms of lesser lights present images and wrathful deities and different scenes which tend to entrap the entity, pulling and calling it back to the earth and toward rebirth and the wheel of life and rebirth. This Awareness indicates that this then leads to the reincarnation of the entity; that when an entity does indeed remain integrated and is able to detach totally from the earth and move into the White Light, even if the entity still has certain areas that are in need of perfection; if the entity is totally integrated, it is possible for that entity to move on into higher realms and have the choice as to when or whether to return to the physical body. The entity can, in fact, even avoid returning to physical form for considerable time, and work on perfecting self in other realms rather than returning to the physical realm, so long as the entity is totally integrated. But if the entity is not integrated and part of the entity is still earthbound, then the entity will return to the earth and the attachments that hold the entity there.

This Awareness indicates that this is one reason why many entities seek to avoid creating any karma for which they might be called back to resolve, so that they are not earthbound because of karmic ties or attachments; that they then must also free themselves of any appetites that are stronger than their desire to be with the White Light of Divinity. In which case, if they are able to break those attachments to the earth plane, they then may move on to other experiences in other realms, or on other planets in some cases, and have different experiences in which they may also have opportunities for further perfecting their being.

This Awareness indicates that those who move into Divinity or become one with the Godhood, as one who becomes Christed or God-realized; such entities move into the pure Light or Clear Light of the Divine, and may remain there for whatever duration they choose, so long as they continue to hold that attachment to that Clear Light. It is only by willful separation from the Clear Light and the attraction of the lesser lights that entities will leave that perfect state, that Divine Bliss.

This Awareness suggests the next question may be asked.

Seeing the Video Tape of Your Life Flash By: Is This Viewing the "Akashic Records?"

FOLLOW-UP QUESTION:

When facing that Light, as Awareness described, some entities coming back from the so-called "near-death" experience report a similar type of thing, where they see their whole life unfolding, from birth to the moment of death, like a video-tape recording moving very rapidly, and they're standing there viewing this with a strong sense of rightness and wrongness about what they see; are these entities as described; is this the same experience Awareness was mentioning, and are these entities viewing what is called the Akashic Records at that moment?

COSMIC AWARENESS

This Awareness indicates that this may be termed the Akashic Records. The Akasha is essentially spirit. It is the spirit record of the individual. It is not something that is written somewhere in some large brick building

like a court house, as was described in the Edgar Cayce readings, although, for Edgar Cayce, this was the way he perceived this. It was partly for his own benefit that he perceived it in this manner. The imaging of one walking into a large building like a court house and going through the records there to read about something, was merely a convenience for his own imaging process.

How the Akashic Records Work

In reality, the Akashic Record is a storage in consciousness that is everywhere present. Just as with the DNA genetic code being present everywhere in your physical body, it could be read from any extract from your body. It is not that there is a place somewhere in your body that you go to, or a surgeon would go to extract an Akashic Record of your own genetic code, for it is everywhere present and not some special unique spot. This Awareness indicates likewise, in consciousness, the Akashic Record exists in spirit, in what may be termed the anti-matter realm, and wherein you enter into that consciously, you are entering into that realm which may be associated with the death experience.

It is possible for one to be on the brink between life and death, to peer into the spirit realm, to peer into the anti-matter realm, and to see into that realm enough to read things that are not discernible when fully in the physical realm. This Awareness indicates that as entities move into the sleep state they are approaching that anti-matter realm and are closer to that anti-matter realm than are those who are fully into the awakened state, that which you call consciousness. This Awareness indicates that therefore, in this sense, your question is correct in that as entities enter into these near death experiences, they are reading the Akashic record or spirit record, reflecting and seeing their lives unfolding in a kind of backward motion, whereby they look and see themselves in what may be likened unto a mental movie, and they can quickly discern all of the mistakes and errors.

You Become Your Own Judge at the Time of Death

It is partly because they are looking for those mistakes and errors that they see it in this manner. They want to evaluate themselves. This Awareness indicates that essentially is the judgment; you become your own judge at the time of death; you become your own judge at the Judgment Day. It is not the Divine that judges you, but rather, through the eyes of the Divine you see yourself for what you have been and you judge yourself accordingly. This Awareness has asked you not to judge in the sense of pointing the finger of condemnation, but has asked you to discern in the sense of seeing *What Is*, seeing the truth of *What Is*, and if entities can do this in physical form, they also can do this at the time of passing over, seeing themselves for what they are and what they have been without condemnation.

It becomes easier for them, especially when they have merged with the Clear Light for the Clear Light does not judge or condemn. It simply reflects truth. This Awareness indicates that in this manner, entities, seeing themselves in the light of truth, know exactly what they must do in their future sojourns, and therefore, they set about to map out their future path to determine which roads they will travel, what they will do in their next incarnation, or where they will go between incarnations. Their decisions are based on their own awareness of what they need for their own greater soul growth.

Self-Improvement Becomes a Priority After Death

Thus, when this Awareness indicates to someone that their loved one, who has passed over, is busy or is involved in other actions or has much work to do, most of this is in reference to the entity's own needs, for as

entities pass over they realize ever more greatly the importance of self-improvement. Self-improvement is not always a priority in the physical realm in the same way that it becomes a priority when one has passed over, for many entities in the physical realm think of self-improvement as propping up a greater physical security, giving oneself more money or more comfort, and even though self-improvement in this case is still a priority, it is misguided by the belief that one's physical essence or existence is of the highest importance, and when one passes over, one realizes that the physical existence was no more important than one's efforts in a dream to make oneself secure.

This Awareness asks you to imagine yourself dreaming of how hard and how conniving or how carefully you may work in your dream to secure yourself in your dream, building yourself a great mansion with great walls for your security, only to have it all destroyed by an alarm clock. This Awareness indicates that is the realization that entities often come to upon passing over, when they have spent so much of their lifetime trying to preserve the physical body on the physical plane, only to have it all destroyed by some alarming disruption to their life. This Awareness indicates that they then have a different concept of self-improvement and go about working to improve themselves in a different way than merely propping up the physical protections.

HOW DOES ONE BECOME "TOTALLY INTEGRATED?"

FOLLOW-UP QUESTION:

Could Awareness please go into some detail on this totally integrated idea *It* mentioned? For example, *how* does an entity get totally integrated, and how does one know that he isn't, and so forth?

COSMIC AWARENESS:

This Awareness indicates that an entity who is not totally integrated when in physical form will not likely be totally integrated upon the passing over, and the entity who is totally integrated is likely to remain totally integrated upon passing over. There may be some momentary disruption, but the essential aspects of an entity come back together quickly if there is a total integration. This Awareness indicates by total integration *It* is referring to the astral body, which essentially may also be called the emotional body, and the mental body, which is the mind and the belief system, and the spiritual body which is the higher ideals, and that which may be referred to as the more refined or subtle areas of one's emotions, such as what may be called the merciful and the more pure energies.

This Awareness indicates that the entity who is at odds mentally with the emotions, whose emotions are opposed to the entity's mental values; the entity whose subconscious is opposed to the entity's conscious mind, may be said to lack integration, and the entity whose conscious and subconscious minds are neither harmonized with the superconscious, is likewise lacking in integration. When the conscious and subconscious and superconscious, or to put it another way: the mental, emotional, and spiritual or higher Self are in total harmony, then the entity is integrated.

This Awareness indicates this requires that the entity, being in harmony with the higher spiritual values, is in a relationship that does not break those values and holds those values on all levels: mental and emotional, or conscious and subconscious; and in holding those values in high priority feels comfortable. If one emotionally is hostile toward his or her spiritual values, or if one feels rebellious against his or her mental beliefs and the

emotions refuse to go along with the mental beliefs, the entity is in a state of conflict. Thus, you see those entities who say: "I will not participate in this behavior," but as time passes and the mind becomes tired, the body becomes demanding, and the entity succumbs and goes for the behavior that the mind did not want to participate in.

Some Things a Disintegrated Entity Contents With

This occurs in many ways. For some entities it may be the entity's desire to avoid eating excessively. For another it may be the entity's desire to avoid drinking excessively, and the entity being at odds with oneself may say: "I will not drink!" or "I will not eat excessively at this party!" but as time goes on, the entity finds himself or herself mentally growing tired, and the body begins to crave more food and more drink, and the entity thus gives up, and then the entity's mind is angry and frustrated at himself or herself, and the entity is ashamed and feels spiritually let down and then feels resentful at having such high spiritual values that he or she can't keep them, and therefore the entity may be at odds with him or herself spiritually, mentally and emotionally and this can occur in various degrees of extremity.

This is the entity who is not integrated. There are some cases in which disintegration is so extreme that entities have split personalities or psychotic behavior of various types and degrees.

Integration a Lifetime Process? Or Deathbed?

(More on the "Born Again" Experience)

FOLLOW-UP QUESTION:

Then integration is a lifetime process. It isn't something that one can achieve on his death bed then, is it?

COSMIC AWARENESS:

This Awareness indicates that this could be achieved on one's death bed. It requires that an entity become totally at peace with self, where the entity's emotions, mind and spiritual body become totally at peace. Thus, you have that experience which entities often describe as being "born again." It is a situation in which entities can in some cases feel total integration. The trouble with much of this "born again" experience is that it can also be of a very fleeting nature, wherein the entity experiences the integration of spiritual, emotional and mental satisfaction, but wherein as time passes, the entity, not having fully understood how this integration is maintained, may begin to again separate emotions, mind and the spiritual, so that the mind begins to say: "I really don't know if I had the right experience or not because I don't feel as complete as I did at the moment it happened," or the entity might say: "If I really had the right experience, why am I tempted now to do something that I feel is not right?" and the entity begins to doubt self or doubt the emotions or feels at odds again with the emotions and the entity then may yield to temptation, or allow the emotions to have the upper hand, and the entity then may feel guilt.

All of these things are often promoted within the confines of religions which preach and teach the "born again" experience, so that the integration effect gets distorted and broken apart by the further teachings of the religion that promoted the integration in the first place. If it were possible for entities to be given positive encouragement of their integration; that they are a good person, that it is not so bad to have some emotional temptations, or to yield occasionally to these moderate physical needs, wherein the entity's mind and emotions remain in harmony, along with the harmonious spiritual teachings, so that there is no great conflict going on within the entity. If this were the case, then entities

could maintain that integrated feeling that comes with the 'born again' experience.

Other Methods to Obtain Integration

This Awareness indicates that there are also other methods by which entities can integrate in a more rational manner other than through the emotional experience of being born again, whereby the entities go through a certain process of releasing some of their aberrations, guilt and tensions, and go through accepting certain aspects of themselves, of their lives, to the point wherein gradually their emotions and their mind and their values and their higher principles all begin to come together in a unified manner, wherein they feel harmony, and at peace with themselves.

Many people go through these over long periods of time, gradually working on themselves; these actions of a more slow nature, are often more permanent than the 'born again' experience which can come about suddenly without understanding. This Awareness indicates that if an entity works on oneself over a period of time, clearing out the garbage of fixations and traumas and values that are inappropriate, and memories of situations that have hindered harmony within the entity's psyche, and the entity just gradually becomes more and more at peace with self, spiritually, physically, emotionally and mentally; that entity can be solidly put on the path of total integration, and it can be permanent throughout the rest of the entity's life, so that very little can shake the entity or disrupt the entity.

Some Problems with the "Born Again" Experience

It is also possible with the 'born again' experience that an entity can, from a sudden and extreme experience such as often occurs with the religious experience of being 'born again', that the entity can also have his or her life changed in some cases, instantly and permanently. Often it will be instant, but not permanent and it may be in fact quite fleeting. It will depend on whether the entity truly values the sense of integration. The problem with the 'born again' experience is that it is based on perceptions of guilt, perceptions of salvation by an outside deity, perceptions of one being desperate, and in the desperation, being willing to give up totally, to allow this outside force to take over one's life, and then to surrender totally with the faith that all will then be well and the entity will be both spiritually and emotionally integrated, and the entity's mind must then hold onto this scenario as described in order for it to continue.

The entity's mind must take on an irrational story, one that is not logical to it, and the entity's mind must in fact become illogical and act strictly on faith, and if the entity can so do this, then the 'born again' experience can endure, but if the entity's mind ever starts to question what happened: "How is it that my emotions felt so strongly, and is this truly what it was said to be? Is there truly this invisible deity that has come into my life and changed me? Is all of this actually so?" If the mind ever starts to question, then the entire fabric of the experience can begin to unravel, and the entity's doubts and questions may begin to lead to a disintegration.

When this occurs, by the religious technique, they will attribute it to the devil trying to 'weaken your faith.' This Awareness indicates that the system is complete and workable if you can buy into the total story as presented, so that if you believe the devil is trying to weaken your faith by causing you to ask questions about your religion, to the point where you refuse to ask questions about your religion, then indeed your integration can remain intact, probably throughout your life. It will be based entirely on the religious format that has been

given to you to hold and to cling to as a kind of pattern or scenario and it can be effective.

This Awareness indicates that it is no more reality than is any of the other religious beliefs that other entities hold, but it is a system that can help entities to become integrated or feel integration within themselves; their spiritual, mental and emotional aspects can become wholesome. This Awareness indicates that in so doing, they are asked to give up logic and the right to question or think. They are essentially asked to give up their freedom of thought and to buy into a system and hold that system without question, without doubt, whereas the entity who works on his or her own self, to question the self: "Why do I have these angers? Why do I feel this frustration? Why can't I let go of this emotional garbage? What are the best values for me to hold? What values can I hold that I can also live with? What are the highest values that anyone should hold, for if anyone should hold them, shouldn't I?" And if one begins to recognize universal values that should be held by all, and if one can live by universal values that should be held by all, and can feel comfortable with those universal values and can let go of all of those guilts, hostilities and memories that have fragmented the entity, and the entity can begin to feel at that point a kind of wholeness or integrative completeness, isn't that entity just as free and complete as is the one who bought into the born again experience?

Some Entrapped by Religion May Reject the White Light

This Awareness indicates that the difference is that this entity then is also free to think and question and explore concepts and ideas without fear that there is some alien being known as the devil or some other creature that is going to devour or destroy them. This Awareness indicates that essentially, either method can be beneficial to the entity. This Awareness suggests, however, that entities who are entrapped by a coercive and fearful religion that prevents them from using their natural or what may be termed 'God-given' power to think clearly, such entities are still entrapped, even if the system that entraps them also serves to uplift them, for that system, in uplifting them does not fully deliver them; that they may be delivered in this life by living the complete life, using that system so that they are integrated at the time of death, but upon passing over they may discover that the pure White Light is not necessarily the one they expected. It does not necessarily prevent them from reincarnating, nor does it necessarily deliver them to everlasting life in heaven.

They may still have things they need to learn and to do, but it can serve them during this life, to help them remain integrated so that all of their aspects can be together at the time of passing over and in this sense it can be quite beneficial for entities, so long as they do not become conceited about their religion to the point wherein they become condemning of others, self-righteous and to the point whereby they take their religion so seriously that they fragment themselves through feelings of superiority, guilt, or lack of compassion and other mental and emotional and spiritual imbalances, for it is very easy also for such entities to become out of balance with that system.

This Awareness indicates that the entities who tend to work on themselves psychologically and through self discovery techniques and the inner searching and acceptance, whereby they root out their problems, these entities tend to have a more permanent balance. This Awareness suggests that one could also consider the best of two worlds, merging these systems together, whereby the entity experiences the "born again" experience and also works on oneself. This Awareness

indicates essentially, that is what the Huna philosophy expresses; that one must clear out the cobwebs from the subconscious, the negativities, and must join together with the conscious mind in terms of values, and in so doing, must then move into contact with the superconscious or Christ Consciousness, and merge with the Christ Consciousness, the High Self, to become one, and must continue to work on keeping the path clear and continue to clarify, by removing blocks that may hinder perfect communication between conscious, subconscious and the superconscious levels.

Christian Technique and Huna Philosophy Essentially the Same

This Awareness indicates that this can be applied to the Christian technique, or it can be used in the Huna philosophy; that they are essentially the same, in that wherein the Christian technique speaks of the Father, which is the High Self, the Son, which is the Middle Self, and the Holy Ghost, or Holy Host, which is the Low Self of Huna, and wherein one's conscious mind is represented in the Christian philosophy as the Son, and the subconscious is the Holy Host or Holy Ghost, or the Low Self, and the Father or High Self of the Christian philosophy is that God.

The three selves of an individual may be overlaid on the Christian Father, Son, and Holy Ghost, as well as may be overlaid on the Huna, of the High Self, Middle Self and the Lower Self. They are essentially the same, told in different cultures and they are also compatible in a different culture with the psychological discoveries of this century: the superconscious, conscious and subconscious. This Awareness indicates that any of these systems can be used in similar manner, thus, the entity approaches the psychologist or psychiatrist as one may approach a priest or minister, and the entity confesses; "I have done harm to others. I have hurt others. I have these hostilities toward my mother, toward my father. I have these frustrations. I don't think well of myself. I am no good. I am a sinner."

Games Played by the Preacher or the Psychiatrist

The preacher or the psychiatrist listens and the entity continues the confession. The entity feels great sorrow and frustration. The preacher may pray: "God forgive this entity. Help this entity to throw away his or her evil ways, and accept and embrace you as the salvation." The psychiatrist may speak to the person and say: "You are alright. It is normal for people to have these frustrations; every one makes mistakes. Accept yourself. Love yourself." Essentially the psychiatrist is playing the god or a spokesman for the god. The minister is playing a spokesman for the god, and the entity is using these two as mediator, and the entity may begin to weep and cry, and the psychiatrist may say: "Let go! Just let go! Let it all come out! You'll feel much better!" The minister will say: "Pour your heart out! Pour your heart out to God. God understands." The psychiatrist will say: "I understand. Just pour out your heart. Express your feelings."

Essentially, they are playing the same game, under different terminologies. This Awareness indicates that eventually the entity has cried out the tears that were there, expressed the emotion that was there, and the entity is still acceptable. The entity feels much better. A catharsis has been experienced and the catharsis has released the tension and frustration and guilt, and it is time then for the psychiatrist to give the entity words of encouragement: "That is much better. You'll feel much better now. I think we need about two or three more sessions. You are getting much better. I'm glad. This was a real breakthrough"

The minister will say: "Hallelujah! You have been saved! You are on your way. Stay in touch with us."

Come back every week. We'll keep helping you. We'll help you get through any problems that might come up." This Awareness indicates it is essentially the same situation, slightly different administration and different terminologies. Then the entity leaves and the entity may have some doubts. The entity comes back to the psychiatrist or to the preacher and says: "I felt much better this week, but I did have some questions, or some doubts about myself." The preacher will say: "Don't listen! It's just the devil trying to cause you to question your salvation. Don't listen to the devil!" The psychiatrist will say: "Don't worry about it. We all have self-doubts. Anytime, you feel concern, just give me a call. We'll talk about it. You'll get to feeling stronger as time goes by. You'll feel better as time passes. Everything is going to be better now!" Or the psychiatrist may say: "Do you want to talk about those doubts? Do you want to get into that now? It's a good time for us to get into some of your self-doubts. We'll see if we can get to the root of it!"

This Awareness indicates that in this manner, entities work on themselves, one way or the other, one system or another. In the Huna philosophy it is much the same. The entity is asked to look at himself and make amends for any wrong-doing that you have done and in so making amends you will free up a communication with the Higher Self, thus, the one entity may cry and lament regarding the sins or the errors that have been committed and the other entity may go out and make amends and it costs the entity to make those amends and the entity comes back and says: "I gave that person something. I gave that person a gift. I feel much better about myself now. I made up for my error, and now I feel deserving. Can you help me to get these things I ask for? To get the peace I seek?" And the Kahuna may then say: "We'll work on this," and the entity then begins to go through the energizing, imaging or whatever is necessary to contact the Higher Self, the appeal to the Higher Self, the Invisible Self, the God that grants the prayers, that grants the wishes, and thus, the entity in that pursuit is essentially following the same path as the one who went to the psychiatrist or the one who went to the minister.

The Catholic Priest Essentially Does the Same Thing

It is much the same with the Catholic priest, the Catholic priest serving to forgive the entity of sins by giving them some kind of penitence, giving them some kind of punishment for the error. "Say ten Hail Mary's, and do something else, and you will be alright!" Thus, the entity then preoccupies him or herself with the 'Hail Mary's' and the other actions and then feels that all is balanced, all is well. "I have made up for the time I stomped on my Grandmother's foot!" This Awareness indicates that these are essentially maps for altering consciousness, alleviating guilt, letting an entity feel satisfied and balanced and harmonized between mind, emotion and spirit, so that the mind, emotion and spirit are in unity and integrated.

This Awareness indicates that it is essentially a series of different techniques, or the same technique using different terms, slightly different twists and slightly different ways of perceiving the same technique. This Awareness indicates that the same thing may be said of the entity who works on oneself through a series of seminars, self-help studies, self-help seminars, wherein the entity enters into a self-help seminar, and the counselor says: "Everyone think back on a time when you were very frustrated or upset; remember that time, and think about how angry you felt, and now see yourself confronting that entity that made you angry, and now visualize yourself letting go of that anger,

embracing that entity, et cetera, or whatever other technique the counselor may use in helping you to release those feelings that are pent up inside yourself that have long influenced your emotions and caused you to hold and harbor grudges or bitterness or feelings of rejection or other frustrations.

Each is the Action of Clearing Out the Cobwebs of Rhyee

It is essentially the action of clearing out the cobwebs, of Rhyee within yourself, clearing out those cobwebs those fixation, those demons, those frustrations, those traumas, those emotional blocks, those tangles, those knots that are tying up your energies. This Awareness indicates that all of these techniques have merit. Some work better than others. This Awareness indicates that some are easier for entities to accept than are others, depending on the individual, but all should be considered as having something to offer, and none should be considered as being the only way.

Okay to Enforce Memory With Lecithin?

(For Those in the Slow Process of Passing Over)

FOLLOW-UP QUESTION (VIKKI):

In relation to people who are in a process of doing a gradual passing over, would it be some kind of violation to their soul, or the process that they're doing, to enforce memory, like with this super lecithin that is supposed to be re-energizing people's energy after they've been basically out of it for some time?

COSMIC AWARENESS:

This Awareness indicates this would not be a violation. This Awareness suggests that this is simply supplying the brain with something that is missing because of the aging process; that as the brain gets older, the body does not process lecithin properly. The body does not properly access the information in the system to break down the necessary ingredients so as to allow the metabolism to function in the way it did when younger, and therefore, there is something missing from the brain because of this aging process. It is no more of an error to provide some help to someone whose brain is no longer functioning because of the lack of proper metabolism, than it is in error to give a thirsting person water.

This Awareness indicates essentially, the brain is thirsting for the substances that will make it more wholesome, and this is not in error. It is not that the entity is willingly in the process of passing over. The entity is being forced toward the passing over because the brain is not able to function properly in its physical condition. This Awareness indicates that for this reason, the Phos-Choline as that which can be of considerable benefit in helping the entity to have some more meaningful experiences during her latter days in the physical body. The entity could remember things and could think more clearly and make decisions, were her brain to be given the necessary nutrients and food that it craves in order to function properly.

Phos-Choline to Help Those With Alzheimer's Disease

This Awareness indicates that essentially this question was in relation to the use of Phos-Choline, which is a form of lecithin that is capable of helping entities who have lost much of the control of their brain, such as those with Alzheimer's disease or whose brains are not fully functioning; that with the use of Phos-Choline, these brains can begin to function at a near normal level with the proper amount of Phos-Choline in many cases.

VISIT THE TEMPLE OF LIGHT IN YOUR DAILY MEDITATIONS

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CAC General Reading # 1-5 1-10-92 Paul Shockley Interpreter

THE LAW OF GRAVITY AS APPLIED TO HUMAN AFFAIRS

OPENING MESSAGE:

This Awareness spoke previously about the *Law of Inertia* and how it could be applied to human affairs of the emotional levels as well as to its intended purpose, dealing with physical laws. This Awareness indicates that likewise, the *Law of Gravity* as has been applied to physical laws can also be applied to the human affairs in terms of emotions and concepts. This Awareness indicates that just as something can have heavy gravity in a physical sense and pull downward and weigh heavy, likewise, a concept or an idea can weigh heavy on an entity's mind, or an event can weigh heavy on an entity's emotions, or it can be made lighter.

The entity has the ability to create more gravity than is due a concept, idea or event, or may lighten the concept, idea or event through levity. This Awareness indicates as a thing may be levitated in the physical sense, likewise, a concept, idea or emotion can be levitated in the psychological or emotional sense. This Awareness indicates that each individual does have a certain comfort zone with the gravity factors and may make things heavier for themselves or may make things lighter for themselves, depending on their own comfort zone.

If you are told something of an event or situation, you can take it extremely seriously and see it as very grave, having much gravity in your life, or you may look at it in a light-hearted way and laugh at it or levitate over it, making it much lighter than it was intended when it was presented to you. Someone says: "Your house burned down," and you may either laugh or you may become extremely serious and heavy about the news.

It's Your Choice as to How You Feel About Events

It is a matter of *how* you individually deal with things that cross your path in life, and the interesting thing about this phenomenon is that you have a choice. It is your choice as to how you feel about events that occur in your life. If it is made gray and heavy and serious, then you may experience a deep and heavy concern, remorse or obsession, and worry about the event.

If it is taken as less serious, then you may hear the greatest news and not be ruffled by it, as though you were impervious to bad news. This Awareness indicates that there is a social norm for various situations, and entities watching you expect you to fit into that acceptable social norm. If someone says: "Your house burned down," they are likely to be utterly shocked if you begin laughing and acting as though it is great news, and likewise, if someone says: "Your chickens got out of their pen," and you begin to appear as though you are in great remorse and exaggerated concern or begin to express great worry and frustration, perhaps screaming or crying; this would surprise them also, for this would fall outside the norm of socially accepted response to a given situation.

This Awareness indicates that if someone reports that your mother or father just died in the fire in your home and you do not respond appropriately, according to the socially accepted norm, they would look at you as if you were crazy or insane or had some kind of demented attitude, or were perhaps happy about the event, since they would expect you to be quite alarmed, disturbed and unhappy.

This Awareness indicates that people who have not been able to understand or attune to the socially ac-

cepted norm of situations may have some kind of antisocial behavior and antisocial understanding. Without a good social understanding, in other words, if an entity is misaligned or out of adjustment or socially retarded, others are quick to sense that the entity is not properly adjusted and will generally tend to distance themselves from the entity and look at the entity in a strange way, as though the entity were not quite right.

This Awareness indicates that the entity who expresses such social maladjustment may be doing so as a kind of social rebellion or hostility to others, and it may be that the entity feels justified in responding in ways other than those expected, but it does indeed express to the onlooker, a problem: that the entity who is maladjusted socially has a serious problem.

This Awareness indicates that likewise, if a person falls down and hurts himself and this person standing nearby begins to laugh, it may be that such behavior is acceptable in a comedy or a movie, where you know the hurt is artificial, the appearance of being hurt is being artificial and is designed to make you laugh; but if the entity is truly hurt in falling and one laughs at him, it is not funny, especially to the one who is hurt, and it can make entities angry at the one who laughs.

These Social Evaluations Have Importance In Relationships

This Awareness indicates that these social evaluations of gravity and levitation have an important place in social relationships between entities as ways of evaluating each other to determine compassion, to determine the entity's responses to different situations, whether critical or whether humorous in such ways that reflect to others the kind of entity, the kind of individual you may be.

Gravity or Levity Requires Sensitivity In Society

It is very important for entities to understand the proper response in terms of gravity or levity that is appropriate in a situation. This Awareness indicates that sometimes, entities who have not had experience in these matters, especially if still quite young, can respond improperly without incurring the judgmental wrath of others, but most often, even if a child, for example, begins to giggle at a funeral, they are looked at with considerable disdain and contempt by others who know what is socially appropriate at a funeral.

This Awareness indicates that it is important for entities to be sensitive as to the right social response of gravity or levity according to what situation is at hand. It cannot cover all of the many possible situations and most people don't need to be told what to do in a situation. Most people simply may need to be made aware of the importance of proper behavior in accordance with the situation.

This Awareness has called attention to this area so that entities can look at themselves and ask themselves: "Am I emphasizing levity at the wrong time or am I emphasizing gravity at the wrong time or to the wrong degree?" It is up to the individual to be sensitive to what is right and what is wrong in this regard, and with even a reasonable sensitivity, most entities will know what is right and proper in the social situation, and one who does not, probably needs professional help.

This Awareness pointed this out simply as a reminder to entities as something to think about when in social situations which call for moving up or down the gravity/levity scale.

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

Why Can't Funerals Be Lighter?

FOLLOW-UP QUESTION:

In relation to funerals, however, do they have to be as heavy as they are? For example, I've always felt at a funeral that people should be joyous rather than sad and weeping, because the entity's spirit is now liberated, and has gone on to other more important things. Is this an attitude that shouldn't be cultivated in something as somber as a funeral or should some people try to lighten it up through testimonials and so forth and perhaps sow a few seeds in the minds of some of these people there that death isn't really the somber end of everything, like we've been led to believe?

COSMIC AWARENESS:

This Awareness indicates that some cultures celebrate and are joyous at the wake following the funeral, usually, and some entities feel it is a time for celebration. This Awareness indicates that others consider it a time of loss and feel great grief over the loss of a loved one. One who is aware will recognize that there is no moral sin in taking either of the approaches. One can be most joyous or most sorrowful without violating any moral code or violating any spiritual code.

It is really a matter of social respect that is of concern with regard to your attitude toward funerals. If you are socially sensitive, you will respond and react according to the feelings that others appear to be expressing and experiencing at the moment. It is appropriate to recognize and respect especially the feelings of the family members and those closest to the one who has just departed.

This Awareness indicates that it would not be appropriate if the grieving widow were present and weeping; it would not be appropriate to start rejoicing over the entity's death and departure from the world and trying to force everyone else to feel happy and excited that this entity has gone to a better place while those entities are still in mourning. This Awareness indicates it would be likened unto saying to them: "So, you lost your mate, but let's celebrate because your mate is in a better place!"

The remainder may feel that this is insulting and might feel very hurt by such statements or expressions: "Here, I cared for this person all my life. We were together for years, and now you say the person is in a better place! It is as though I created hell on earth for this person and now the entity is in paradise because he or she is away from me. Is that what you mean?" The entity can be quite hurt by the statements.

This Awareness indicates the entity can also be hurt that you do not share the loss that he or she feels; while he or she is feeling a great loss, you are feeling joyous that the person has died, and they may interpret it somewhat differently from the way you look at it. Therefore, it is important to tune in to the living and tune into their feelings, even though you may want to rejoice. It is important that you consider the social implications rather than your own personal philosophy in regard to the situation.

This Awareness indicates that if you are in a funeral setting where you and your buddies or friends would like to have a good time, and celebrate the memory of this entity, and you sit around talking about all the good old times when this entity was with you; this may be good therapy for you and your friends, but if it is not good therapy for those who were closest to the entity, it is important to respect them enough not to impose your needs and alter the ceremony against their wishes, to become a party atmosphere, rather than a somber situation.

This Awareness indicates that sometimes, entities can take a somber situation and change it without offending others and can talk about all the wonderful times he or she used to have with this entity and may get others into a lighter state of mind so that the atmosphere of the funeral moves from extreme somberness to something of greater levity and everyone feels better. If this can be done without the likelihood of offending others, then it can be helpful therapy to those who have suffered loss.

This Awareness indicates that one needs to be sensitive, for you cannot simply make a rule to cover all situations. This Awareness cannot say which way is the right way or which way is the wrong way, for entities need to be sensitive to the feelings of others. There is no absolute right way that can be applied in every situation. Each situation is unique, depending on how the individuals feel.

OK to Lighten Up Things During a Dispute

This Awareness suggests, however, that in a similar way, entities can make much ado about a dispute. They can make it more heavy, more serious, or they can lighten up and make it less serious. Most of the time, if you can lighten up on the dispute so that it is not so serious, most of the time the energies or the dispute can be easily dissipated. In some cases, one advocate in the dispute has a real need to resolve the dispute in a certain way, and anyone who tries to make light of the dispute will incur greater anger and wrath from the entity who does not want it taken lightly.

Therefore, you may need to get into the more serious aspects of the dispute before you can do anything to lighten it up. This Awareness indicates that in this manner, an entity might need to become extremely serious in the dispute, taking a position of similar seriousness to the other party. Even though you yourself might not have extremely strong feelings about a position, you might find yourself needing to express strong feelings in order to get a balance so that your side is looked at with equal respect and then you can begin to lighten up, as the other entity also lightens up.

Again, there is no hard fast rule as to how to approach a dispute, how much levity or how much gravity should be expressed. It is a matter of your own personal discernment and sensitivity. If you are sensitive, you will sense how serious to be and when you can turn less serious and maintain communication with the opposing advocate.

"Agree With These Adversary Quickly!"

This Awareness indicates there is a verse in the Bible: "Agree with these adversary quickly." This Awareness indicates that this is a kind of rule that is sometimes beneficial. There is a time when it is disastrous to agree with your adversary at all and you must hold firm in your disagreement. It is a matter of your experience, your value system, your evaluation of things, your sensitivity to things, to know when to be serious and to hold fast without agreeing, or when to let go of your position and agree with the other, with your adversary.

EMBARRASSING HUSBANDS: THE CAUSES AND CURES

QUESTION:

In relation to the *Law Of Inertia* reading the other night, Awareness spoke of embarrassment. There's a brief article I clipped called "Embarrassing Husbands: The Causes And Cures." I'd like to read this and ask Awareness if this is valid information or if *It* could add anything to it. The quotes are from various professors and psychologists and so forth, but I won't read their names. The article reads:

"Husbands can be downright embarrassing, but there are ways to handle the situation. Whether or not you react with embarrassment to your husband's behavior depends largely on the degree to which you feel he is a reflection on you, according to an article in the current issue of *Redbook*. Women are most apt to be embarrassed by their husbands when they feel as if they and their partner are one person.

"They think: 'I would never do that! why does he?'" You are at special risk of embarrassment in the company of people you are looking to please and impress, when your expectations of your husband's behavior may not be what you anticipated. You want your husband to be perfect in these situations, so a minor social flaw gets magnified.

"Embarrassment can also be an indication of low self-esteem. If a woman feels good about herself she won't feel damaged by someone else's behavior or characteristics.

There are some ways to put embarrassment in proper perspective: Talk to your husband about what's bothering you, but don't attack. It's important to be respectful to your husband. Start the conversation at a time when you're not in a heated argument. Treat your partner like a grownup.

Women all too often approach their husbands as if they were children and patronize them. Ask permission to offer any advice, just like a professional consultant. Notice too how people are responding to your husband. You might be taking more responsibility than you need to."

That was the bit about embarrassment. Is that basic information right, particularly that women are most apt to be embarrassed by their husband when they feel as if they and their partner are one person?

COSMIC AWARENESS:

This Awareness indicates that this is in the affirmative, wherein an entity feels an attachment to another as though the other reflects on them. This Awareness indicates that this is most common when the other feels that the other is a reflection on them in terms of their status and lifestyle. This Awareness indicates that it is not simply a one-way street, with women being embarrassed by their husbands. Often the husband will think of his wife as a kind of fixture that makes him look good, and many husbands select wives for that purpose: to make them look good, and when the wife does something that the husband does not feel makes him look good, he becomes outraged toward the wife, and sees her as an embarrassment to him.

This Awareness indicates it usually is more serious when the husband feels the wife is embarrassing him, than when the wife feels the husband embarrasses her. This is not always so, but usually. This Awareness indicates that there can also be those pride concerns related to parents and children. Parents can sometimes be embarrassed by the children's behavior and children can sometimes be embarrassed by parents' behavior, so this is really a problem that affects almost all relationships.

Even friends can be embarrassed by their friends. It is a matter of how to respond and treat a friend or mate or relative when the entity has embarrassed you. This Awareness indicates you can either place distance between yourself and the entity; you can say something that adds to the embarrassment, or calls attention to the embarrassment and put the embarrassment where it belongs, in double amount, by pointing it out and making a big deal in public, or you can minimize the

embarrassment by saying something to try to cover for the incident.

Many mothers are great at doing this for their children. For example, a child may do something to embarrass the mother and the mother simply responds with: "Oh, he's been really tired today, and when he's tired, he does strange things." This Awareness indicates that by making excuses, it helps to cover socially the actions of the other, but it does not really deal with the problem.

Likewise, if you make a big show of trying to embarrass or punish the person for his or her behavior publicly, it is very easy for you to be seen as creating the embarrassment or embarrassing situation. The more you try to make a big deal of it, the worse it becomes, because of your calling everyone's attention to it.

Your child may trip another child and you become angry at your child, threaten to spank your child or make some great issue, insisting your child apologize to the other, et cetera, and it becomes the big incident of the day. It would be better to take the two children out together and talk to them together and have your child apologize privately to the other, so that the rest of the public needs not be offended by this event escalating into a major show of your ability to handle this crisis.

This Awareness indicates that sometimes an entity becomes embarrassed and wants to show that they are not a part of it or are not the cause of it, and do not like it, and by dealing with it in a heavy-handed way, all that really remains in the minds of entities who think back upon it later will be the heavy-handed way in which you responded to the situation, and you in fact have taken a little incident and made a mountain out of a mole-hill, and the entities will never forget you and how you handled a little situation and blew it out of proportion.

This Awareness indicates that therefore, when dealing with embarrassing situations it is best to make little of it, diminish it, if possible, deal it with the least amount of attention-getting activity, and then later, in private, discuss it more fully to assure it doesn't occur. This Awareness indicates if a child, for example, spills his food at the dinner table when you are over visiting friends, to spank the child or to carry on in a heavy-handed manner only adds greater energy to the event. It is like compounding the problem with a greater problem.

You do not likely receive praise for handling the problem of the spilt food by creating a great punishment of the child. If you simply clean up the mess quickly, and quietly, then the problem has ended. Everyone can continue visiting and there is no reason for people to remain in a high state of alarm, but if you begin to make a big deal of the incident, entities move into higher and higher states of alarm, paying greater and greater amounts of attention, and feel more and more embarrassment as the situation escalates.

They do not feel like praising you for properly teaching your child for spilling his food. They are more likely to become concerned about the welfare of the child and the abusing approach you use toward him. This Awareness indicates that likewise, in stores, you often see parents become very nasty toward their child, who perhaps knocked something off of a shelf. Even if nothing broke, the parents, rather than picking up the plastic toy or object and hanging it back on its rack, the parents will become extremely hostile and nasty to the child.

Have you noticed that in many cases it makes you feel that if the parent would spank the child or become so hostile in a public place like this, what do they do to the

child in private, at home? It generally makes one feel that they are child-abusers at home. This Awareness indicates, however, the parents may think of themselves as embarrassed because the child has done this in front of all these people and it makes them look like they are bad parents for raising a child who is not disciplined enough to keep from knocking something loose from its shelf.

This Awareness indicates that they are concerned more about their embarrassment at being perceived as too lenient and then go overboard and present an image of themselves as very punitive. If they could see what others think of them when they see them being punitive, they would probably be much more embarrassed than had they done nothing at all.

Ed's Note: For more on embarrassment, please refer to "Revelations of Awareness" Issue 95-7, to the editor's tale and comments on a question on rudeness we could not ask Awareness. It concerns a horrific experience Vikki and I had in the Seattle Opera House during a performance of La Boheme wherein a large lady sitting nearby lit a sneaky and extremely odoriferous fart and I almost got blamed for it.

Embarrassment and Self-Esteem

(Some Wouldn't Be Seen with a Retard or a Cripple)

FOLLOW-UP QUESTION:

How valid or important is this notion that embarrassment also can be an indication of low self-esteem? If a woman feels good about herself, for example, she won't feel damaged by someone else's behavior or characteristics, will she?

COSMIC AWARENESS:

This Awareness indicates that this is correct. It depends on the degree of self-esteem an entity has. This Awareness indicates that in some instances, if the entity is embarrassed, it means that she or he is concerned about what others are thinking of her or him for being with this other person. There are some entities, for example, who would never be caught walking with someone who is crippled or retarded or handicapped. It would be too embarrassing to them because they would feel somehow that they, by association, are handicapped also.

It would at least feel to them that others would think this. This Awareness indicates that occasionally, a brother will be too embarrassed to walk with a pregnant sister, or go to a store with a pregnant sister, for fear that the public might think that it is his wife, and this embarrasses him. These have to do with self-esteem and self-image as much as anything, or moreso.

This Awareness indicates that there are many things that entities can find to feel embarrassment from, and the lower one's self-esteem, the more easily embarrassed the entity is. This Awareness indicates that fortunately, not all low self-esteem and embarrassment results in problems. Some entities can be easily embarrassed and yet be such kind-hearted people, that even with their low self-esteem and embarrassment, others will love them and they will love others and no one is hurt except perhaps they themselves by suffering from their own repeated moments of embarrassment. While it may not be healthy for them, it may not be harmful to others.

This Awareness indicates that it is not wishing to suggest that embarrassment is a bad thing. It is unpleasant, especially to the entity who is embarrassed. Sometimes entities are embarrassed because they had embarrassed someone else.



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COSMIC AWARENESS is the Force that expressed itself through Jesus of Nazareth, the Buddha, Krishna, Mohammed, Edgar Cayce and other great avatars who served as 'Channels' for the 'Heavenly Father' and who speaks again today as the world begins to enter the 'New Age' of spiritual consciousness and awareness. Since 1963 Cosmic Awareness has been communicating through carefully trained channels. This information is for those who desire to help in bringing in the New Age. Throughout the thousands of 'Readings' given through these various channels, Cosmic Awareness tells us not to believe anything, but to question, explore, doubt, and discover for yourself, through your own channel what is the truth. Cosmic Awareness will only 'indicate' and 'suggest'. Neither C.A.C. or any of the interpreters is responsible for anything Cosmic Awareness states in any of these readings, nor does C.A.C. or the interpreters necessarily agree with the statements of Cosmic Awareness. The interpreters interpret the energies as they see them in trance levels and are not personally responsible for what is said. The interpreters published herein have no connection with, nor control over the editorial comments and material, including illustrations. This is entirely the responsibility of the editor. Members of C.A.C. are invited to send in questions of general interest to ask Awareness for possible publication in this newsletter.

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 SPONSORING: \$144 per year or \$40 per quarter
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 PATRON: \$1000 per year or \$250 per quarter
 ANGEL: \$5000 per year or \$1500 per quarter
 LIMITED INCOME: \$30 PER YEAR OR \$9.00 QUARTERLY

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