

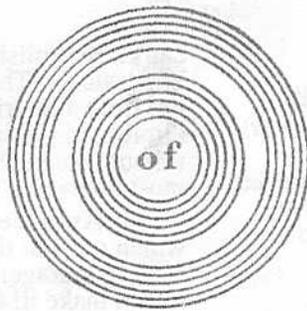
Revelations

The Cosmic Newsletter

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Awareness

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P.O. Box 115, Olympia, Washington 98507

Helping People Become Aware

Celebrating Our 29th Year!

2000-4
Issue No. 526
\$3.00



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A BLESSING FOR JON STRONGBOW

(Cosmic Awareness Expresses Its Appreciation For This Entity)

OPENING MESSAGE:

This Awareness wishes at this time to extend a special blessing and healing to the entity Jon Strongbow, who has for many years transcribed these readings. This Awareness indicates that this is no easy job. It is something that takes a particular type of mind and concentration, and ability to stay with the job until completed, and this entity has exhibited a dedication that is very rare in entities, to be able to stay with these readings for transcription is very taxing on most entities. It is not easy in any way, but this entity does seem to have the ability to transcribe quickly and completely a reading when it is urgent and necessary, and to stay with the action until it is completed.

It is still quite an accomplishment, even further for the entity to be able to continue transcribing day after day for the number of readings that he has transcribed over such a long period of time. This Awareness indicates this entity's life has not been easy. There has been much in the entity's life that created enormous amounts of confusion for him. The entity as reaching deep within himself to work in the transcription of these readings and this reaches back into a previous lifetime wherein this entity served in a monastery as one who recorded discussions, talks, or what may be termed today as lectures, wherein other priests would give their dissertations and he would write these things down.

This Awareness indicates that the entity, having had this in his background, was prepared for this action today in this capacity of transcriber. This Awareness indicates that *It* certainly wishes to express *Its* appreciation to this entity and to bestow a special blessing to bring the entity greater happiness in this present lifetime. This Awareness wishes at this time to reach out and gather energy for this blessing. [Long pause] This Awareness indicates the energy as that which is now gathered and is being sent to the entity Jon Strongbow, to bring greater happiness to his life. This Awareness indicates the energy has been sent.

This Awareness suggests the questions for this reading may now be asked.

The Single Most Pervasive and Influential Falsehood Entrenched on this planet?

QUESTION:

Thank you. A question from JD, in New York: She asks: "What would Cosmic Awareness deem the single most pervasive and influential falsehood entrenched on the planet in recent millennia?"

COSMIC AWARENESS:

This Awareness indicates that this would be without question the falsehood relating to the limitations of the human spirit, the limitations that have been placed upon humanity in terms of individual and group and collective capacities. This Awareness suggests that entities surely need to be freed of these false concepts, as to their limited abilities, and surely need to be informed as to their capacities to be so much more than they think they are.

The Greatest Lie Being Perpetuated

This Awareness indicates that as entities accept their limitations as promoted by each other upon each other, as promoted by those in authority, who say, "You can't do that!" who start with children letting them know that this is not something they can do, that this is impossible, that "You can't make your dreams come true!" that "You

can't accomplish certain things!" that "Certain things are impossible!" This kind of programming from childhood up, from authorities down, from one's own peers and family; this is the greatest lie and most pervasive misstatements that are presented to humans and have the most damaging effects in creating limitations.

This Awareness asks if you can imagine a world in which most of the statements of childhood have to do with encouragement: "You can do it! You're all right! You'll make it! Go ahead! Give it your best shot!" Statements of this type. If you can imagine a child being raised on a diet of such statements, how much more the entity could accomplish in his or her lifetime than the one who's fed a diet of: "You can't do that! That won't work! What are you trying to do? You can't make that work! It's simply impossible! You're too little! You're too young! You don't have the experience! That's for the big boys! That's for the business man! You can't do that at your age! No one can play the piano at your age! Don't even think about it!"

How many of these statements does it take before the entity loses all self-confidence?, before the entity decides not to try any further? And when that entity grows older and has a child, and sees the child struggling to do the impossible dream, what is it the entity will say to that child? "You can't do that! That's impossible!" And it is perpetuated from one person to another, from father to son, from mother to daughter, from generation to generation, until mankind's confidence and ability to do something which once was possible, is no longer possible, because the entity lacks the confidence even to try.

Will This Ever Occur in the School System?

FOLLOW-UP QUESTION:

If this is ever going to occur, is it mainly in the school system that this will happen? In other words, the whole school system needs to be revised because they have the children most of the time?

COSMIC AWARENESS:

This Awareness indicates that if it is ever going to reach the masses, or those entities involved in the school system, it must first become a popular issue. It's best entrance into human psyche is through the metaphysical teachings and it has already gained some foothold in this area through concepts such as positive thinking, so that as these metaphysical concepts are spread to more people, as positive thinking is more acceptable, as entities go through self-realization training and programs, self-assertion or self-discovery programs, they begin to learn that they can do more than they once believed.

This may eventually become something that is taught in schools. It more likely will begin in colleges than in grammar schools, but there will perhaps come a time when these concepts, accepted in colleges, then are seen as concepts that should be introduced earlier in a child's life, so that eventually they may be added into the grade schools, whereby teachers are asserting to the child, "No problem! You messed up on this today, but tomorrow you'll do better! We'll work with you and you'll learn and you'll be really good at this as you progress in your studies!"

Few Teachers and Educators Understand

And gradually, the child will become acquainted with the idea of improving himself rather than with the idea of having failed something that others expected of him, so that he has some kind of disappointment to deal with. This Awareness indicates there are few teachers and few educators who understand the need to present to the child the realization that they can do many things, and if

they can't do the one thing they are supposed to do, they still have other achievements and capacities to do other things.

With a Good Self-Image a Child Can Do Anything

This Awareness indicates, for example, a child who may not be able yet to do math problems may be able to draw and should be praised for those things that he or she can do well, and not criticized so heavily for the inadequacies, for there will come a time when the entity will be able to do the more difficult or different work. The entity will eventually be able to do math, and if he or she has a good image of themselves for the artwork they have done, they will delve into math with confidence, when they are interested in it, and they may do outstandingly well, but only when they are ready.

This Awareness indicates likewise, in other things in their lives, as time passes, they may find that once they have taken a great interest, if they have a good self-image, they can do many new things they have never imagined doing before, because they are not afraid of trying something that they might fail at. Failure to many entities is only part of the process of learning and is not something to be ashamed of, for as you learn, you generally fail numerous times, and then you finally get it right.

That is part of the process, and entities who have a good self-image, don't mind failing along the way towards success, but entities who feel they have to perform in a perfect way never attempt to do something whereby they would fail and embarrass their parents or themselves among their peers.

TELLING A CHILD HE'S A GENIUS

(While in his Cradle Orson Welles Was Told He Was)

FOLLOW-UP QUESTION:

I just finished reading a biography of Orson Welles, (a massive work), and in this biography, it told about how when he was a little boy that a friend of the family, a doctor, recognized that Orson, even in the cradle, was an exceptional little boy, and he told the family: "This boy is a genius! And he should be exposed immediately to the finer things: the arts, for example."

Orson's father was an alcoholic and on the road a lot of the time, so this doctor became his mentor and saw to it that Orson, at age 2 or 3, was exposed to various languages, to good music, to the classics in literature, particularly Shakespeare, and by the time Orson was 5 or 6, he was putting on plays in school and that sort of thing, and he said later, that because he was told he was a genius when he was so young, even before he knew what the word meant, he just totally accepted that suggestion.

He knew that whatever he was destined to do, he would do it well, and of course, he went on to write, produce, direct and play in what many critics claim is the greatest and most perfect movie ever made, *Citizen Kane*, but that was just a pittance of what he actually accomplished. He went on to do many Shakespearean plays, he wrote all the screenplays, he produced and directed, and so on.

My question is: I fully believe in exposing children to all sorts of things, particularly artistic type of things, but is telling a child he's a genius, I would think that would be bad for the ego, would be appealing to the ego of the child and might be detrimental, but it didn't seem to be in the case of Orson Welles.

COSMIC AWARENESS:

This Awareness indicates that to tell someone there is something special and good about them cannot be anywhere near as harmful as telling the child, "You're a

really stupid kid!" or that the child is a "bad boy!" This is the type of programming most children get from their parents and from their peers, wherein they are told negative things about themselves.

They are called names. They are insulted, and instead of being told that they are a genius, they are called hostile names or derogatory names or are told that they have no brains, and what will this do to the child?

There Are Times When It's OK to Lie to a Child

This Awareness indicates it is much better to tell your child a lie to the good of the child than to tell the child a lie by saying that they are stupid, they have no brains, or they are bad. This Awareness indicates that a child can make a mistake and do something wherein they break something or they cause a problem, and it is a lie to say that they are bad because they broke something. Perhaps they were clumsy. Perhaps they were careless, but to say they are bad is a lie. It would be better to lie to the child and say, "You are an angel. You are a genius. You are such a smart little child!" and give them praise, undeserved praise if necessary, or exaggerated praise for the good things that they do, to get them hooked on praise is much better than hooking them on shame.

You Can't Shame a Child Into Good Behavior

This Awareness indicates that too many parents try to shame their child into good behavior. It doesn't work. It never has worked, it never will work. They can shame their child, but the child will simply feel bad, feel unworthy and act out the role that they have been given to play. If they are constantly told, "You are a bad boy!" then they see that as their role: they are a bad boy. What do bad boys do? "Oh, I am supposed to do this, and this, and this because I am a bad boy!"

This Awareness indicates that one of the reasons Orson Welles was a genius is because the man told everybody he was a genius and they reacted to him from that time forward, as though he were a genius in a small boy's body, and encouraged that genius that was within him. All children have a degree of genius within them that could be encouraged, could be cultivated, could be brought out, just as all children have a degree of demonic behavior within them that can be discouraged, that can be encouraged, can be cultivated and brought out.

The Power of Focus is Explained

It is a question of which side you want to bring out in your child: the genius, the good or the negative? This Awareness indicates that it is much better to encourage the good in the child by praising it, by exaggerating it, by focusing on it. This Awareness indicates that the power of focus is what is being discussed. If you have a child and you point to the finger on the right hand, the pointer finger, and every day of the child's life, while growing up, you mention what a wonderful finger that child has, what do you think that focus is doing?

It is causing that finger to become so significant to the child that it is totally out of proportion to reality, to anyone else's reality, and yet, to the reality of the child, it begins to think it has a fantastic finger. This Awareness indicates if instead of focusing on the finger you focus on the negative behavior of the child and you tell the child, "You are being a brat again. You are always doing this! You are always trying to upset me. You are always causing problems. Why are you doing this, you little brat? Are you so stupid that you can't learn?" If these negative statements come to the child day after day, how does the child define himself?

The child defines himself by the way other people define him and accepts those definitions of himself according to the way others treat him, according to the

way others define him. Not only how they define him to others, but how they define him to himself. He begins to accept their definition of who he is, and he is what they say he is.

This Awareness indicates now look again at the child growing up from babyhood, who is told: "You are really a good kid. You can really do a lot of good things for people in your life. You have a good talent. It needs to be cultivated. You need to work at it. You need to develop it, but you are going to be good at this, or this type of job, or something where you help others to do well. I know that whatever you choose to do, you will do it well, and you will have a lot of friends and a lot of appreciation for what you do for others," and as you tell the child this day after day, week after week, month after month, year after year, the child is being defined into the role for which his life develops.

This Awareness indicates it is simply a matter of how you influence through your focusing. Focus on the best in the child and the best will emerge. Focus on the worst of the child and the worst will emerge. You draw out of the child what you put into the child. The child acts out that which it has been programmed to be.

This Awareness indicates at any age you can change the programming and reverse the trend. It is better done when the child is young so that the better qualities come out and develop longer and stronger through the child's prolonged youth and exposure to the better qualities and better programming, but even when a child is older, it is possible to start changing negative programming into positive.

This Awareness indicates even adults can change their negative program by giving themselves positive suggestions and definitions. Rather than saying to yourself: "Oh, I'm so stupid! I knew I couldn't do this. I shouldn't have tried!" instead of saying that, you should say: "Oh! I realize why I failed. I didn't do it right! I should try it again and see if I can do it better this time! How shall I approach it this time to make it more easy to do it right?"

Turning the Negative Into a More Positive Approach

You begin gradually turning the negative, perhaps very gradually, toward a more positive approach. If you can't believe you can do something right, then study how it could be done a little better than it was. Gradually you will find yourself learning that you can do it much better by planning, by studying, by working at it, and once you realize this is possible, you no longer have yourself categorized as one who can't do anything right.

This Awareness indicates the way you see yourself is basically the way you are, or the way you become.

Was Orson Welles Programmed?

FOLLOW-UP QUESTION:

Orson Welles in this book said later that because so many people expected so much from him, that he just took it for granted on some level that he was capable of fulfilling any expectation, and so he would just plunge into his work, knowing that he would stick with it until he had done his very best, almost like a perfectionist. Is this actually a kind of a programming?

COSMIC AWARENESS:

This is in the affirmative. The concept of expectation is likened unto an influence unto itself. If you are expected to make a mistake, and you know that others expect you to, you are much more likely to make the mistake that they expect of you. This Awareness indicates if you are expected to do well, then you tend to be influenced by that expectation and find ways to meet the expectation.

How Expectation Influences the Psyche of the Child

This Awareness indicates therefore, parents should expect their children to be good. They should expect their children to do what is right, to be honest with them, and they should expect their children to be happy, and to live a healthy happy life, and in those expectations the child will sense the need of the parent, and may even alter their behavior from a temptation of one kind, saying to themselves: "Mom would be disappointed if I did this!"

Therefore the child, knowing the mother's expectation, will avoid those negative temptations. Expectations, in other words, serve as influences on the child's psyche. This Awareness indicates you can ask the child: "What time can I expect you to be home?" and whatever the child answers, if it is suitable to you, you can say: "All right. I'll expect you to be home at 9:00."

This Awareness indicates that once the child knows that's what you expect, you have influenced the child to be home at that time. This Awareness indicates that you can also express other forms of expectations: "I expect you to tell me if anyone tries to tempt you into using drugs. I expect you tell me if someone tries to get you to smoke cigarettes," or such types of statements which lead the child to realize that you *expect* honesty from the child in regard to certain issues.

This Awareness indicates that this does not give the child a feeling that he or she is losing his or her freedom, simply that you expect to know about these things, to be told, and the child is more likely to respect your expectations if you make them know ahead of time. Too often, parents don't make their expectations known, and the child gets involved in something, the parents find out, and expresses anger or fury, and the child feels he has done something wrong.

He didn't *know* it was wrong. He perhaps felt it might be a bad thing to do: smoking cigarettes behind the barn, or whatever, but he wasn't sure. No one had *told* him, and therefore, he didn't really know what to expect from his actions.

This Awareness indicates if you have made your expectations known ahead of time, the child would have a guideline to go by.

Dangers When Over-Praising A Child

FOLLOW-UP (VIKKI):

I saw a TV report on the problem of perfectionists, where children with high stress levels and high frustration levels, to a point where if they were given a simple assignment, but didn't get the right answer, they were so self-critical they tended not to complete the project because they had such high expectations. This problem was due to unrealistically high self-expectations from the overpraise of others, such as, "you are perfect, a genius," and so forth. They suggested that moderate praises such as: "You're a good worker. You try hard. You're a good thinker," was more healthy than over-praising with terms to do with being the best.

COSMIC AWARENESS:

This is in the affirmative. This Awareness indicates also, the child who is criticized for his expression, which is not perfect, will feel disappointment and a need to do it perfectly next time, for fear of having more criticism. The child, for example, who works hard to create a painting or picture for Mom, brings it to her and is told: "The dog's leg is too short in back. You should have longer legs in the back to match those of the front. This is not right!" The child may feel very disappointed that he could not please his Mom.

This Awareness indicates if this occurs every time wherein Mom always finds fault in whatever the child does, and never seems to praise the child for any of the good things in its expression, the child will get to the point where he feels that if he can't do it perfectly, she'll find something wrong, and even if she thinks it's perfect, she'll still find something wrong. Therefore, why do it at all?

This Awareness indicates that constructive criticism can be helpful, but it is important that praise be given for the child's effort in any form of expression which is sincerely intended, so that the child feels that the work he has done is worthwhile, even if it does have a flaw or so.

When a Spouse Finds Fault With Spouse

This Awareness indicates that this is also important in terms of adults. There are many times, for example, when one of the spouses in a family will clean the kitchen, or do something to clean the house. The other spouse has adopted the role of finding fault with whatever the first spouse has done and will come in and look, and say: "Why didn't you finish your job? You didn't finish this over here! This here has to be finished also!" and always there is a little flaw somewhere that never got attended properly to satisfy the critical spouse.

This Awareness indicates that this doesn't really help encourage the spouse to assist in this kind of cleaning. The spouse may simply think, "Next time, I'll let you do it, and I'll go out and do something else, then I'll come back and criticize! What's good for the goose is good for the gander!" This Awareness indicates that too often the person who becomes the critic disrupts and discourages help from those who are willing to do something but who do not do the complete or perfect job.

This Awareness indicates that it may make the critic feel good that they have been able to point out errors in the work of the other, but it may simply discourage the other from giving any kind of voluntary help, or doing such a job repeatedly, particularly if they are always criticized.

This Awareness indicates this is true with not only children, but with adults also. If you have a relationship with a person who is exceedingly lazy, that laziness is very likely caused by someone having criticized the entity so much for his expression, for his help, for his activity, for his work, that the entity is simply afraid to do anything for fear that if he works, if he does something, it won't be appreciated anyway. It will simply be criticized.

It is discouraging for an entity to work and be criticized. Even an entity who takes pride in his work, if criticized repeatedly would begin to lose pride in the work and will eventually reach a state wherein he does not even want to do anything, does not want to work at all.

Always Compliment an Entity for his Efforts Regardless

This Awareness indicates that complimenting people for their efforts, even if their efforts are not that productive, helps them to become more productive, encourages them to put forth more effort. This Awareness indicates that there are ways of helping an entity to do a better job without criticizing.

Rather than saying: "You didn't fix this right!" you can say: "Did you want to finish this part at some later time? Is it intentional for you to not complete this at this time?" as though it was a choice the entity made, rather than a flaw in the entity's process.

By asking the entity about it, it gives them the opportunity to discuss it. They might simply say: "Oh, I got

tired and didn't feel like doing any more. I decided to leave that for you. I can do it later." This Awareness indicates that often entities do not want to compete with their spouse, particularly if their spouse has great pride in doing something well, and the other entity is simply trying to help out.

They do not want to compete and do it better than their spouse would do it, for fear it might make the spouse feel inadequate or feel in competition, therefore, they'll always leave something not quite finished so that the spouse can continue to have pride in his or her performance level. This Awareness indicates that if one person is an excellent house cleaner and the other goes down to help out in cleaning the house, and the house is better than when the excellent cleaner cleans the house, does this not take away all the pride of the entity who normally cleans the house so well?

Why Husbands Don't Clean the House Too Well

Wouldn't this cause the entity who normally cleans the house so well to feel less important or less prideful about cleaning the house? And when you lose your pride at doing something well, you also tend to lose interest in doing something well. Thus, the person who does a better job is likely to end up doing the better job repeatedly. Therefore, the spouse may always, instead of taking on that job repeatedly, by doing as well as the expert, the entity may simply do almost as well, leaving something undone, so the expert can come down and finish it, can say: "Why didn't you finish doing this? Why don't you ever complete the cleanup?"

This Awareness indicates there are many women who are critical of their husbands' efforts to help out, to clean the house for them. Rather than appreciating the fact that they helped somewhat, they talk to other women and say: "My husband can never finish cleaning. He does the dishes, but he always leaves something messy." It does not cross their mind that he leaves something messy so that he does not become the expert house-cleaner or dishwasher for fear of inheriting the job totally.

This Awareness indicates that if he were to be too good at the job, the spouse would expect it to always be done properly and would tend to leave the job for him because he does it so well. This Awareness indicates that entities need to understand how the minds of each other works, so they can promote, encourage, or discourage a person from their work expression according to the way they want the entity to proceed in the future.

If a husband, for example, feels his wife is not keeping care of the home properly, and instead of helping her in the job, he wants her to do a better job, it would be most foolish for him to come in and clean the place spotlessly, to show her how it should be done, because she would simply say: "Well, all I have to do is get him upset and he cleans it up really well."

The idea is for entities to understand how to encourage each other. If a wife, for example, feels that the burden of housecleaning should not be hers alone, that the spouse should help, then it is for her to understand how to get that help. She may find it best to get the help not by criticizing or complaining, but by encouraging him. "Could you do the dishes tonight? It would help me so much because I have such and such to do, and I really would appreciate it and you do such a good job?" Most husbands find this difficult to resist, to say: "No. That's your job, you do it!" Only "jerks" would do so.

Wisdom of Awareness—On the source of the Alien Force:

"The Alien Force gets its power from having entities angry at each other." Issue 82-20, p.7.

There are "Jerks" in the World

This Awareness recognizes there *are* "jerks" in the world. This Awareness indicates the wife who knows how to encourage with praise and with appealing to their understanding or their sympathy, to encourage the husband to help and to give him credit for whatever help he can give or does give, that this is good for the man to be involved in certain actions of this type.

It is also important for the woman to realize that often the man has duties that are overlooked, which never get recognized. The man may, for example, have yard duties or automobile duties, doing upkeep on the car. These things should be recognized, so that it is not seen as "I do all the housework, he does nothing! He hasn't done any of the housework for months." It should also be recognized that: "I do all the housework, he does no housework, but he does work in the yard and he does work on the car. I'm not sure if everything is quite fair. I'll have to watch more closely to see if he works harder than I do, or as hard as I do!"

This kind of evaluation would be more healthy than ignoring totally the fact that he may do other things of benefit to the family. This Awareness indicates, of course, the housewife who is burdened with a husband who does nothing but sit and watch television and demand services from her: "Bring me a coffee! Bring me a beer!" when she has work to do, to clean the house, which he never volunteers to do, this housewife has a legitimate complaint, particularly if she too has an outside job, as in many cases, where she is not simply working only in the home, but is working to bring in extra income. The entity would have a legitimate complaint if she works as well as the husband and then comes home to find more work, and the husband does nothing to help out on that work.

This Awareness indicates this is sometimes the case. These men are "jerks." This Awareness indicates there are many "jerks." This Awareness suggests that these wives do have good reason to complain, and to take steps to do something about their plight. It would be advisable that perhaps they let the house go and go stay with a relative for a period of time so that the man has to clean up after himself.

Appreciation When He Picks Up His Beer Can

This Awareness indicates that if there is any effort on the part of the man to do something constructive, it should be acknowledged so that the man gets recognition. "Oh! I see you've picked up your beer can! I really appreciate that, honey!" Even that much recognition can be influential in helping to turn the negative behavior around. This Awareness indicates that the encouragement of positive behavior by being acknowledged is most important, even in those entities who are almost always negative in their behavior.

This Awareness indicates that most entities become negative in their behavior because that negativity is all that they get attention for. From childhood on perhaps, they have been singled out for their negative behavior and never acknowledged for any positive behavior, therefore, they become more and more negative in order to get acknowledgment.

This Awareness indicates it has been noted that when entities have spoken to a counselor and the counselor does not acknowledge anything the entity says, when the counselor simply sits stone-faced with no expression of acknowledgment, the entities gradually begin to slow down in their speech until they are saying nothing. They do not want to talk or share with anyone who acknowledges nothing. But if the counselor even taps his or her pencil after the entity says something, the entity will

continue to talk, continue, continue, continue, as long as the counselor taps his pencil to show he acknowledges that he heard what they said.

This Awareness indicates that thus, by acknowledging the positive actions or expressions of another, you encourage that positive. By ignoring the negative, you tend to discourage the negative. This Awareness indicates of course, there are some negatives that need to be addressed, and if done properly, you can eradicate the negatives, and if you cannot deal with the negatives properly, and instead tend to exaggerate them and acknowledge them too much, then it would be better to ignore them altogether and focus entirely and exclusively on any positive behavior of the other.

How to Handle Group Behavior

This Awareness indicates this relates to not only adults, but children and adults and all ages. This Awareness indicates this also relates to the behavior of groups, wherein you acknowledge group behavior in a positive or negative way, and you will get positive or negative or negative response. This Awareness indicates of course there are times to point out the negatives, but it is important not to dwell on those negatives too long. It is important not to fixate on the negatives, or get the other person fixated on his or her own negatives, or the group fixating on its negatives.

Pointing out a negative and then following by positives is most effective. For example, you might say to a group: "This group has not been doing well in terms of this and this, but I know you are the kind of people, a group that would not let this go on. I recognize that you are going to change and you are ready to make these changes now and to go ahead and work with this and this, to improve the situation."

This kind of statement is much more effective than simply pointing out that the group has failed or is not effective or behaving properly.

Permaculture Villages: Will They Work?

(More on the Dimensional Change Coming in 2012)

QUESTION:

A question from Eugene M., Knoxville, Tennessee; this in a different area now. He writes: "I wrote to you a few months ago, explaining that I was interested in starting a self-reliant sustainable community and was wondering if you had any leads. You mentioned that Avaton might give a plug to help us network interested players together.

Since that time, I've discussed the permaculture movement, which as far as I can tell, is the best thing going, as far as close to the earth, light on the planet, sustainable eco-type community homestead and village design is concerned. It is being used in the third world and the rest of the planet to help indigenous people, including those of us who were transplanted here a generation or two ago, to live in a sustainable manner with abundant food supply, and without polluting the place, et cetera.

Emphasis is spent on healing the soil, regenerating bio-mass and reforestation. There is so much you can do to nurture nature along its natural path toward abundance and sustainability. In a word "permaculture." I've begun to network with permaculture individuals and small groups. I was living near Houston, Texas, up until Christmas, when I recently moved to East Tennessee. I'm continuing to learn and network. There is a lot of potential here at the southwest end of the Appalachian mountains.

I was intrigued by issue number 93-2 regarding the end of the world. It makes me wonder whether or not

these self-reliant villages are really possible, to the extent that we can actually save the planet from cancerous over-development. My question for Awareness is this: Are permaculture villages just a part of individual awakening and spiritual development? Not to be actually built on a widespread scale, or are they an integral part of the global dimensional transformation that is described in issue 93-2, or what?

I somehow feel that it is necessary to work with permaculture design, yet part of me remains very fatalistic that it is really a pipe-dream on a global scale. Any comments from Awareness?"

COSMIC AWARENESS:

This Awareness indicates any action to help improve the environment by entities is of great importance at this time. This Awareness did not mean to imply the world would end; It stated the world as you have known it would end.

It is actually a transformation that is coming. The transformation may occur whereby a split in material and spiritual levels takes place so that some of the material world rises into a more spiritual level or dimension, while some of the material world descends away from spiritual levels and has less spiritual energy within it.

It's Time Now to Beautify For the New Creation

This is the kind of division that may occur in that time period mentioned. If you can improve the planet between now and then, that improvement will carry even into the spiritual division or dimension. This Awareness indicates that the very action of improving the planet through improvement of the environment in itself is a spiritual effort and carries a certain degree of spiritual energy with it, and all these things can help to enhance and beautify the new creation that entities will move toward.

This Awareness indicates that those who would be destructive, those who would move toward the direction of destroying the planet, may find themselves in the split moving toward a planet that is less and less filled with spirit, more and more material and without spiritual reward.

This Awareness indicates that these two divisions that appear to be coming in the realm of matter and spirit are those movements that you have referred to as the end of the world. It is the end of the world as you know it. It is also the beginning of two new worlds, one that is extremely materialistic and close to dead in the sense that there is very little spiritual energy associated with it, and the other as that which is spiritual with some degree of material elements involved.

The Separation of the Wheat From the Chaff

In other words, the more spiritual aspect will be essentially an action in a higher dimension, an action of creation in a higher frequency or vibrational level that is dimensionally higher than what has been previously. This will be equated to that term which was spoken of in the Bible as the separation of the wheat from the chaff.

The spiritually evolved entities will leave into a more spiritually evolved energy world or creation, while the unevolved entities will tend to go back to the materialistic terrestrial and unevolved levels of matter. This Awareness indicates that it is as though there are two types of entities: those who are promoting life, and the spiritual way; and those who are merchants of death, whose occupations help to bring about death or create death through destruction, through efforts to destroy, through war, violence and activities that lead to death.

Entities of This Type Will Move Into A Lower Dimension

The drug dealers, the warriors, those who slaughter, slay and destroy everything living, whether it be plant, animal or human, and those entities, merchants of death, will go toward a dead and dying planet, whereas the living part of earth, the life force of earth, the aura of the earth which sustains and gives life on earth, will tend to pull away from the material earth and rise into another dimension, carrying with it the souls and spirits of entities who have been known as promoters of life.

These Entities Will Move Into a Higher Dimension

Those who serve one another for the good of all, those who help heal each other, those who promote joy and harmony, those who encourage spiritual growth, those who exude love toward life, toward one another, these entities will separate and move with that aura of the earth as it goes into a higher dimension.

It will appear to them that nothing has changed; that they are still in the same form, except the world will be a much better place in which to live. This Awareness indicates those who stick with the dead and dying program, those merchants of death, will go with the more gross materialistic energies of the earth as it drops into its darker mode and they will find themselves caught in a world without much spiritual light, and perhaps vague memories of a time when things were different, when there were good people in the world.

This Awareness indicates it would be comparable to, for example, a world in which the people are much like those found in the movie *Mad Max*, or *Road Warrior* movies that showed a time in the future, when civilization has essentially been destroyed and there is nothing left but people fighting over the remnants of energies, of goods, and of properties and a willingness by these entities to destroy anyone or anything that gets in their way.

A World Like a Living Hell

A world of this kind would be more or less a living hell compared to what entities enjoy at present. This Awareness indicates that if you can imagine the good people being taken into a higher dimension and leaving those who are merchants of death to inherit the lower aspects of the earth, materiality, this is the kind of separation that entities can expect in the year 2013.

TED TURNER'S EFFORT TO FIND A PLAN FOR FUTURE WORLD PEACE

QUESTION:

I clipped a little news item that seems to confirm that things are leading up to that transition. It says, "Media mogul Ted Turner wanted to see if anybody has a real vision of a future world at peace and in harmony with the environment. He says his quest ended in disappointment. Turner told a gathering of contributors to his cable news network World Report, that he funded a competition to find a book that gave a workable plan for a world of peace.

"With ten thousand manuscripts," he says, he did not have one plausible treatise on how we could get to a sustainable peaceful future. The board chairman of Turner Broadcasting System said that without a feasible plan, the prospects of creating peace are grim. "You've got to have vision," he said, "but we can achieve it."

COSMIC AWARENESS:

This Awareness indicates that the fact there is no plan available to Mr. Turner does not mean a plan cannot be made available. The fact that a dream has not been submitted, does not mean that a dream can not be expressed. There is still hope. There is still the possibility of the world in the future without war, a world with greater communication and less violence.

Would The Awareness Material Be of Help?

FOLLOW-UP QUESTION (VIKKI):

There was a comment that perhaps some of the Awareness material being left in computer memory banks or available on the grosser earth level could act as some sort of guidepost for the people who would be left. Visualizing the kind of people we're talking about, is there much likelihood that they would even look for something like that?

COSMIC AWARENESS:

This is negative.

FOLLOW-UP QUESTION (VIKKI)

So under what circumstances could it be of any benefit?

COSMIC AWARENESS:

This Awareness indicates that the Awareness material can be of great benefit to those who are ready and those who are of a spiritual nature, in that they can carry this information into those higher frequencies, into those other dimensions. It is unlikely, however, that this would be appreciated by those who are going into the more gross dimension. It is not something necessary for entities to worry about.

Casting Pearls Before Swine

This Awareness indicates that the old saying of casting pearls before swine is much involved here. If you had something of great value and those who found it had no interest or recognition of the value, it would be of no value whatsoever. It requires someone who appreciates something to give it a sense of value. Without that appreciation, whatever is available is of no value.

Therefore, these messages would not likely be of any value to those who are more interested in competing and promoting death. This Awareness indicates if your question involves: What is the value of this material? Do not expect it to be valuable to those merchants of death. Expect it to be valuable to those who promote life.

Some Will Choose The Merchants of Death, Others the Promotion of Life

(Each Entity Has The Potential Within For Both)

CLOSING MESSAGE:

This Awareness indicates that in order for entities to be separated or categorized as promoters of life or merchants of death, a greater polarity must occur, for many entities are a dichotomy, or a mixture of both qualities. An entity may promote life and be spiritual, and at the same time, have certain aspects of a highly negative nature that even promotes death.

Some entities might even be involved in ordering the death of others while at the same time, promoting some good work that saves the lives of others. These entities may be balanced in such a way that the negative and the positive are almost equal in them. This Awareness indicates that in the time between now and 2013, this balance will shift and entities will become more one-sided or the other.

Many Entities Not Yet Decided Which Way To Go

They will either become more spiritually inclined, or more materialistically inclined and much of what you are seeing in society today is part of this separation, or the opportunities whereby entities may choose which way to go. There are entities who will choose to go with the merchants of death, and entities who will choose to go with the promoters of life. But many entities have not decided yet; they have both good and bad qualities and there are some who are being tempted to go toward the drugs, to go towards the violence, to go toward profit

through death and destruction, and they may make their choice to go in that direction.

Others may choose to give up anything in that direction and move toward service and consideration and concern for those who need greater life enhancement, and they may go away from the negative toward the light, toward helping and serving others. This Awareness indicates that as time progresses the division between these extremes will become more clear, more polarized, so that when indeed the split does occur, those who go toward the dark material practice will be well defined in that direction and those who go into the higher dimension and spiritual creation will be really defined in their direction.

This Awareness indicates those who still, even at that time remain near the center, will be torn and have to have circumstances whereby they decide quickly which way they will go, and they will choose and they will make their choice to go toward light or toward darkness.

(The law of Gratitude is given)



"Now, write one hundred times: 'I must not waste my time.'"



5-12-5-12-90 Paul Shockley Interpreter

Is Rael the Brother of Jesus?

A rather strange question from James Deuschendorf of Cleveland. He writes: "A Frenchman named Rael was given radio air-time on a Christian talk-show hosted by your typical TV evangelist, a man named Bob Larson. Rael claimed he was half-human, half-alien, and also the brother of Jesus who is on his way here to set up an embassy near Jerusalem. He stated that he and other Raelian guides are here to proclaim the message. He also stated that when Jesus was placed in the tomb, certain beings took a cell from his body and recreated him from this. If any of this is true, would Awareness please elaborate?"

COSMIC AWARENESS:

This Awareness indicates that this appears to be a fabrication. It appears that this is simply an entity with a good imagination and a good hustle for getting attention and money from others.

Was English the First Language Ever Spoken on Earth or Anywhere in the Universe?

(Linda Goodman Says That's a Fact)

QUESTION:

A question from John Snyder, Pacifica, California. "Please submit the following question to Cosmic Awareness. In the book *Linda Goodman's Star Signs*, the author makes the following statement, incredible as it sounds: "But whatever your initial response, try to accept the premise that English, yes, English, was the first language spoken upon this earth and on all other earths in all other solar systems and universes."

"She declares further, that after the fall of Adam and Eve, "English remained, but in a much less pure form of pattern and tone and was no longer sung or chanted in its original rhythms and vibrating notes until the symbolic building of the Tower of Babel, at which time it disappeared entirely into the mass-consciousness, remaining dormant until, by Divine Will, it was slowly and gradually resurrected in the Celtic region of earth."

"Unfortunately, Ms Goodman declines to give the source of these incredible assertions. Although it is apparent that English now is becoming the common universal language of earth in our time, is it really *the* universal language of the universe?"

COSMIC AWARENESS:

This Awareness indicates that this is negative. This Awareness indicates that it was not the language of the angels or the earlier beings on earth. This Awareness indicates that there are many words in English that are taken from earlier languages that have a common thread throughout the world; that the English language and the origin of its words can often be traced back to very many different cultures and languages of ancient times. That this is basically a kind of foolish assertion on her part.

This Awareness indicates in fact, many of the words in English are derived from things that did not even exist in ancient times, such as the word Sadism, coming from the name Marquis De Sade. This Awareness indicates that there may be some words in English that relate back to Sanskrit and beyond, even to the angelic tongues that were spoken on this plane in ancient times, but to classify the English language itself as having come from a time, or having been around at a time in the ancient past as a foolish presumption.

This Awareness indicates that the entities who study or who want to study origins of the English language will find it contains words from many other languages

and that it is in constant change itself so that words which are commonly in use today are not even in use 100 years ago, and words in use 100 years ago have faded and that many of the English words today will likewise fade a hundred years from now. This Awareness indicates that it is filled 'with words from Latin, Greek, Oriental, American Indian, Spanish, German, and Hebrew and many of the more ancient tongues, and is not only filled with these but many of the words come from words which are now archaic and not in use, but can be found, can be traced.

This Awareness indicates that this as a statement which is foolish indeed.

THE HERMIT COMPLEX: FLEEING FROM CRIME, TV AND CREDIT CARDS

(How To Have Your Cake and Eat It Too)

QUESTION:

A question from Thomas Love. I'll read his statement: "I was thinking of my own situation and concluded that nowadays most people are driven to further isolation by AIDS, broken families, high populations, the video and computer craze, a continued reliance on credit cards and insurance, dysfunctional value systems, fascination with cable and satellite TV, and the ever-growing fear of crime. With this cocooning trend in place, the average person's circle of close friends will continue to dwindle. We could eventually become a demented nation, void of love and trust for one's own family, friends, neighbors and coworkers.

'Call it the hermit complex, or human cocooning resulting from excessive or unusual stress. Whatever the title, I also feel the need to reduce these burdens and find a safe, sane place to complete this life I've been given. I know for personal growth I need to hang in awhile longer just to see what happens next. Perhaps Awareness could give some guidance on how these trends can be reversed on a personal level and on a national level.

COSMIC AWARENESS:

This Awareness indicates that essentially what has happened into this past half century is that the front porch, which was the welcoming and opening to the world by the family, the window to the world, wherein entities would sit on their front porch and greet neighbors who walked by on the street; this front porch has become empty or obsolete or totally missing from the homes, and has instead been substituted for by the television set, which is now the window to the world, and entities now have in their living rooms, archetypal friends.

Your New Friends Are Television Personalities

The friend of one family is the friend of another down the street and of another and of another and another and another. Yet, these other friends do not know each other. They know Bill Cosby well, but they never speak to each other and Bill Cosby never knows them. This Awareness indicates that this has created a kind of artificial friendship which is safer for entities than most friendships. They cannot get help from their friends, but they cannot be harmed from their friends, at least not to their knowledge by simply watching them on television.

This Awareness indicates that for many it has been a great blessing. They are not lonely. They do not feel alone, even if they are living alone. All they have to do is turn on the television and there are friends, talking to them. They are watching families in play, families in action, or they may watch some kind of adventure, an excitement that gives them a vicarious thrill, as though they were participating in the excitement. It has been

good for many. Those who might otherwise be depressed and lonely, which is a terrible suffering for some, can now escape by the push of a button.

Television is Like a Euphoric Electronic Drug-Like Social Life

It is a kind of euphoric electronic drug-like artificial social life. This Awareness indicates there are others who feel the television is robbing them of a more active social life. There are some who fear to go out because of the dangers on the street. The dangers may be real, or may be perceived from having watched too much violence on television. Many entities watching the news, or watching the television shows presume that that is what is happening outside their door.

This Awareness indicates, however, that entities have a choice. There is a knob. There is a button. There is a plug. You are not slaves to your television set. You are slaves only to your own choices. You can make your choice. You can have your cake and eat it too. You can watch television and you can go out. You can go out and you can record the show. What convenience. What more could one ask? It is as though you wanted to sit on the porch and wait for your friends to go by on Wednesday evening as they always do, while you also go down to the restaurant and go to the barn dance afterwards, and have both pleasures, recording one while doing the other.

This Awareness indicates that things are better for entities, more convenient. They have more choices. It is more complicated. The choices bring more potential for missing something, or for becoming involved with something that is enjoyable or dangerous, but because you have so many more choices, it is like being at a smorgasbord of life. Were you to be taken from this smorgasbord of life and put back a hundred years on a farm wherein Saturday night was the only night of the week when anything at all happened other than dinner, and Saturday night's excitement only happened at the Lucky Horseshoe Saloon, and the only excitement at the Lucky Horseshoe Saloon was a card game and a few people standing around, and perhaps a few girls and a few guys making jokes, getting excited, getting competitive, drinking beer, and you participate and then go home, and back to work for another six days, waiting for Saturday night to occur again, you would have no problem with choices.

Perhaps on Sunday you could go to church and meet people who try to peer into your soul to see if it has been scrubbed properly, or if it was tarnished on Saturday night. Those are the choices entities may have had a hundred years ago in some areas. This Awareness indicates that there are always the pros and cons, the good and the bad of any situation. Were you to have the choice of moving back to that more simple time at the cost of giving up all the options you have today, it is unlikely you would choose to do so, for you can still work seven days a week, or six days a week and play cards on Saturday night and have those limited options if you so choose, or you can choose something different from an entire smorgasbord of activities. You can even stay at home and watch television and save your money and still enjoy your window to the world.

This Awareness indicates that entities need not worry that everyone is going to become shut-ins. There are always places to go, people to see. Most people, if television were totally taken from their homes, would still remain home rather than going out visiting each night. They would still set aside perhaps one or two days a week to visit others, just as they do today with their television in their home. This Awareness indicates they may talk more, if the television were not on all the

time. There might be more talk and communication. There might also be more arguments and more boring discussions between them.

The Variety of Adventures and Learning Your TV Brings

This Awareness indicates that you may wish to consider the fact that your television brings to you many of the adventures that others in ancient and past times would spend thousands of dollars and months of time in pursuit of, thus, you have the safari into Africa, and you get to the heart of the safari without buying a ticket or packing your bags, or flying to New York and then to Europe and then to Africa, and sleeping out in the fields in dangerous areas and riding into the jungles or walking and hiking. You have the safari, simply by flipping the switch to channel 17 or to some other channel, and you see what they saw at the height of their journey on their safari, and you have in your home, the president of the United States talking to you, clarifying some of the questions that you would have perhaps wanted to ask of him, and you have important writers, or commentaries on important writers, or great people of history or theatre or art, and you have some of the great dancing of the world all presented to you in your living room at the touch of a button.

This Awareness indicates you have great teachers speaking through that television set. Your brain is learning. You have the options to choose what it learns. It can learn about the street violence, about the police violence and the criminal violence and elements of society if that is what you wish to learn, or it can learn about medicine, about psychology, about artistic movements and dance and music. It can learn about politics, it can learn about international intrigue, it can learn about business, it can learn about faraway places. You are indeed fortunate compared to masses on this plane in the past, for education is at your fingertips, given to you with the greatest of ease.

Imagine having to read about the safari of someone in a textbook, in a library or university before television or movie films were ever made. Imagine how much more difficult and how less revealing would be the written report, and yet, you have it on your screen at the touch of a button, without even having to exert your mental focus. It is presented to you in your safe haven, even as the safari was witnessed by the adventurer. This Awareness indicates that you are indeed fortunate.

This Awareness indicates that there are, as you indicated, certain risks in having television sets in your home, for these television sets are like having people in your home, uninvited guests, perhaps. You can always turn them off and kick them out without even hurting their feelings or you can select the guests you wish to keep in your home. This Awareness indicates that the hazards may be through subliminal programming or through giving you not enough choice as to what is available or a choice between poor programs, poor television programming or cheap and lousy shows.

You can always complain or turn off the television and go out on the street or go to your friends in protest over the fact that your television shows are just trash. This Awareness indicates you have options that earlier generations on this plane could not even dream of, could not even imagine. For some the greatest excitement would be to walk out and watch as someone milked the cow. How would you like to watch a program of someone milking the cow? and yet for some, that was the high point of the day!

This Awareness indicates that you don't know what boring is until you look back in the past and recognize how little stimulation there was for most people in the

average society prior to the electronic age, prior to the industrial age, prior to the days of mechanical travel and electrical appliances.

Some Won't Have a TV in their House!

FOLLOW-UP QUESTION:

Our friend JD in New York says that she's never had a television set and would never have one in her apartment, even though I believe she could buy the factory that makes them. I thought this was rather extreme, but she explained that due to the nature of the work she's into, which is all done in her apartment, a television set would pollute the environment or change the vibrations she had built up, and create problems in that area.

I suppose people do have legitimate reasons for this. Although she has a very exploring mind, inquiring mind, it seemed rather extreme to me.

COSMIC AWARENESS:

This Awareness indicates that this as a healthy attitude, wherein this entity has other things to occupy her attention and time. This Awareness indicates there are many entities who could do well by finding things to do with their time. They could do much better than watching television. They could read, they could write, they could study, they could educate themselves in better ways than is offered on television, but there are also many entities who cannot see well enough to study, or haven't the education or the inclination or the time or the money to spend on creating a business which can occupy their interest and time, and therefore, they come home from work tired, they come home from work dragged out and having vision fatigue, and all they want to do is sit and rest and relax or take in a visit from someone on television whom they can identify with.

There are many who would be better off to go out and visit their relatives and friends, many who could learn more by one to one conversation with others. That is why there is a knob and a plug on the television set. They are not chained to it. They do not need to use it. This Awareness indicates that it is good that people have the options that are available. It is good that television sets are not built into the homes, into the walls of homes, forcing entities to have one. It is good that entities can have one if they so choose.

This Awareness indicates that entities who have a particular ambition to do something that takes a great deal of time, and wherein they do not need to be informed through their window on the world, might be better off having no television set, but wherein they need to keep up with what's going on, or occasionally enjoy the artistic expressions or information that is presented by others; the option of having a television is a blessing. It is especially a blessing for older people, for younger people who are bored and having nothing to do, and it is especially a blessing for those who are shut-ins, who cannot get out and get around with ease.

Sparing the Rod Didn't Work on This Child

(What Do You Do With An Obnoxious Brat?)

QUESTION:

One final question; this from Debra S., from Tucson. She writes: "As a mother of a newborn child, I have been grappling with the question of how I am going to discipline her. Your recent issue, # 35 7, on disciplining children, 'Sparing The Rod', arrived one day while I was pondering this. My inclination is to use the discipline techniques as described by Awareness in this issue; however, my dilemma is this: My sister has raised her seven year old son with these techniques and it appears to be quite a failure.

'He is manipulative, devious, vindictive and completely self-serving although he has been treated consistently with fairness and respect. He seems to hold these positive discipline techniques such as 'Time Out', and his parents who use them, in contempt. I do not want to put up with or inflict on the world a mean, obnoxious child such as he. Observing this example, I am inclined to use spanking instead of 'Time Out' when my daughter gets a little older, but then again, maybe my nephew would be like this no matter how he was disciplined, or perhaps my sister tried these techniques incorrectly, somehow conveying to her son that he deserves to be treated with fairness and respect, but that others do not. Would you ask Awareness to comment?"

COSMIC AWARENESS:

This Awareness indicates that this entity has observed the problem which tends to plague much of society at this time in terms of the way young people are being raised. This Awareness indicates that there is required more attention in raising children with the sparing of the rod, especially during their preschool and early school years. This Awareness indicates that up to the age of three it is better to pick up the child and pull the child out of mischief than to punish the child for getting close to mischief, rather than harming the child.

The child needs to feel protection. This Awareness indicates that the child needs to feel he or she is cared for. Often what happens is that up to the age of three the child is often neglected, left to cry, left to feel alone, and the child will then start becoming manipulative in an effort to get more attention. If they can't get the attention by being nice, they get the attention by being loud or by doing things of a violent nature. This Awareness indicates the child may deliberately knock something off the table.

The Future Dangers of Physical Discipline

This Awareness indicates that a certain amount of this should be expected, a certain amount of loss and damage should be expected, and a small undamaging spat to indicate to the child your disapproval may be in order, especially beginning around the age of three. If, however, an entity begins to wail on the kid while emotionally angry, it is more as though the parent is using the kid to vent her or his anger, than to help the child to learn, and this is where the greater danger comes in and where the real problems of physical discipline erupt.

This Awareness indicates that too many entities want their child for their own glory or for their own purposes and they will wail on their child because they themselves are frustrated with the way things went for them that day, or they may be under some kind of personal pressure or may be nervous or hypoglycemic or tired of the child's continuous movement and so will take out their built-up anger on the child, by justifying that the child needs a spanking for having knocked the glass off the table or having done something defiant, and a spanking may be far worse than the crime that brought on the spanking, and the child learns violence and the power of striking and the aspects of anger, and the importance of being bigger, and the danger of being small. and as the child gets older, the child learns if you're big, you can beat on the little ones.

Rather Than Strike the Child Explain the Consequences

This Awareness indicates that it is better that entities experience certain losses without getting angry and distraught, not letting the child get to them excessively, but it is also important for the child's sake that you not let the child continue to annoy and harm others or their things in a deliberate way; that you explain frequently

when a child starts to do something in error: "Don't do that because it might fall off. Set your glass back on the table so it doesn't fall on the floor. If it falls on the floor, you might get cut!"

Sparing the Rod Means Avoid Harsh Discipline

Always show the child why it is to their benefit to avoid the accidents: "Don't strike the baby. It could hurt you. It could hurt the baby and it could hurt you, because someone might spank you!" This Awareness indicates that these explanations may occasionally need reinforcement. When *It* speaks of sparing the rod, it is speaking of *harsh* discipline. There are parents all over this nation that wail on their children; that spank their children until their children have welts and bruises. There are children who have been beaten to death by angry parents simply because they wouldn't stop crying in some instances. Is that discipline? Did the children learn? Did they become disciplined?

Discipline means inner control, following directions. Can you make a child obedient by beating on the child? Probably yes, and the child being disciplined can grow up being terrified of authority, hating his mother, or hating women in general, or hating the father, and a child can, from the experience, learn that the only way to deal with children is to beat the hell out of them when they don't do what you want them to do, and the programming goes on from generation to generation, and the entities suffer from generation to generation. They are not necessarily becoming better children. They are simply becoming adults with problems relating to their childhood.

This Awareness indicates it doesn't really matter too much what you do, your children will never turn out quite right, even with the best of your efforts, but it is important that you not over-discipline; that you not excessively strike your child or that you not strike your child unnecessarily when something else would be better. This Awareness indicates that the striking of children is an unusual concept; wailing on another human's body to get behavior of a certain nature, you would never consider doing this if the entity were an adult, even if the entity were retarded and had the same basic mentality as the child. Yet, because the child is smaller and it is 'easy' to wail on the body of the child, entities often do so, excusing it, while also enjoying the feeling of releasing anger toward the child,

The Demon That Grows From the Energy Given in Beatings

This Awareness indicates that what happens when an angry parent wails on a child is that the anger of the parent enters with the striking of the child, enters the body of the child along with the energy. This Awareness indicates all energy is information. Energy carries information. The information being carried with the energy of the spanking, containing the anger of the parent, enters into the child and the child then becomes the womb that grows the demon that grows from the energy and information that has been implanted in the child by the spanking, and entities, ten, twenty, years or thirty or forty years from then, will be dealing with that spanking and the demon that is now in their body taking the form of some illness.

They may be carrying some pent-up hostility from that spanking and that pent-up hostility now takes the form of high blood pressure or heart disease, or if they feel great rejection, they may have to deal with its outcome in the form of cancer. This Awareness indicates depending on how you deal with the spanking, the kind of energy put into it, the feeling the child gets from it, the perception the child feels from the beating will

determine what disease, if any, the child receives in the future from those beatings. Is it really worth it?

Is Spanking the Child Worth Cancer?

You may spank the child because the child will not stop crying and it gets on your nerves so bad you can't stand it, and the child, down the road gets cancer. Was it worth it? This Awareness indicates that it is better to isolate the child when possible if it is in the process of causing disruption to the lives of others, if it is causing damage, creating a disruption to the scene. It is better to simply take the child away and talk to the child and explain to the child: "You can't do that! You were disrupting everything happening there. Those people will be upset with you and with me. You cannot hit little children." Simply state the facts and take the child away, and gradually, by being consistent and by watching the child in situations wherein there is the potential for a violation, keep the child from doing it. Keep the child from breaking things by being especially watchful, in a preventive sense, and if you want to take your time visiting with your friends, tell the child: "Stay here, stay quiet. I want you where I can see you."

If the child refuses, then you may take the child away, put the child in a room or closet or some place where the child will wait for you, or simply inform the child: "If you stay here quietly, I will get you an ice cream cone or something. We will trade off. You give me time to talk to my friend, I'll get you something. That's fair." Get an agreement with your child. This Awareness indicates there are ways of dealing, but it must be consistent and you must be on top of it at all times, for children always forget, depending on their age, depending on their ability to maintain focus.

This Awareness indicates you may also need to realize that regardless of how well you watch your child, your child will get out of hand. If you truly love the child, you can be spontaneous with the child. You can spank the child, be angry with the child. Inform the child: "I don't like that! That makes me mad! Stop doing that", and the child, if the child really knows you love them, the child will understand. This Awareness indicates the important thing is to care about the child, and care enough to keep the child from being abusive to others, for that abusiveness of the child may be also seen as your neglect.

Avoid Child-Abuse and Never Neglect Your Child

This Awareness indicates that there are two things to avoid: Your own child-abuse toward your child, and your neglect of your child. Do not neglect to allow that child to become abusive, and do not be abusive yourself, but work with the child in a spontaneous loving way, directing, communicating, explaining to the child the whys and wherefores of behavior. This Awareness indicates that it is better for you to be too lenient than to be too harsh. It is better to give the child more space and more creativity and tighten up as the child grows older.

Consider it a Blessing if the Child is Defiant at Age 3

Be protective of the child when the child is younger and more disciplinarian as the child gets older. This Awareness suggests also that you allow the child to be somewhat rebellious at the age of three. When the child becomes defiant at the age of three, consider it a blessing, for if they do not rebel at the age of two and three, it is very likely they will rebel much more extremely in their teens. This Awareness indicates that you should always allow approximately twenty percent rebellion but let that twenty percent be in areas that are basically harmless to yourself, your child or others.

In other words, if they throw their toys and clothes on the floor, that is a harmless form of rebellion. If they

start pounding nails in the wall, that is not so harmless. If they start breaking your dishes, that is not so harmless. If they start hitting someone, that is not so harmless. Those types of rebellion activities that are harmful to property, to self, to themselves, or threatening to themselves, such as running away, or to others, those are not suitable as areas for the twenty percent rebellion.

This Awareness indicates that twenty percent rebellion will help the child to develop individuality. This Awareness indicates that what is of even greater importance than disciplining the child is encouraging the child to do those things that the child can do in terms of accomplishments, in terms of its ability, this in the form of drawing, climbing, jumping, sports, physical activities, mental activities, or playing, whatever the child is capable of doing. Encourage the child, so long as these actions are harmless and safe, relatively safe.

This is in reference to safety for the child, for property and for others. Just because a child can swing a sword doesn't necessarily mean that such skill should be encouraged, particularly if there are others around. This Awareness indicates that by encouraging the child to express himself or herself in accordance with his or her ability and to praise the child for such expression, that helps the child to build self-esteem and to develop initiative. This Awareness indicates that this is important. That you not quench the child's ability by down-playing or insulting the child on his or her efforts to be an achiever, to achieve or to express something which he or she seeks to create.

Give Approval Often and Criticism Very Seldom

If the child brings you some drawing and says: "Look mommy! I made this for you!" Be grateful, love it. Be careful not to criticize. There are some parents who would say: "Oh, I don't like it. Get it away from me!" or there are some people who might say: "That's nice. What is it? It looks ugly!" or there might be someone who says: "You used my pen! You didn't ask me!" This Awareness indicates that it is important to recognize when the child is seeking approval, and be ready to give approval. If there is any criticism necessary, do it in a very gentle way, saying, for example, "That is nice. What is it?"

You may be surprised, once the child explains to you what it is, you may see clearly: "Of course! I didn't recognize it, but that's what it is! It's a shark! There's the fin! There's the eye! Why didn't I see that?" This Awareness indicates that it is important to give the child feedback of a positive nature. That is even perhaps more important than the negative discipline you give a child. When you leave after visiting friends, tell the child: "I'm really proud of you. You were such a good person at their house. You were really nice to them!" When these things happen, explain it to them how happy you are. When it is occurring, if the child is sitting quietly, say something: "Thank you Johnny for letting us talk. I know you would like my attention. I want to talk with you and we'll talk more after awhile. Right now I want to talk with my friend. Is that alright with you?"

Children Have No Sense of Morality; It's All Drama to Them

This Awareness indicates there are ways to communicate to the child to make them feel as though they are important in cooperating with you. It is important to tell children: "You are a good child!" Children will come to you and they will ask, and they will play out 'good child/bad child', and they will try to find out: "Do you think I'm a good child or a bad child?" To them, they have no sense of morality, they just want to know which role they're supposed to play. It's all a drama for them. They learn good and bad, but they don't know which is

right. "Shall I be the villain in this life, or shall I be the hero? What's my role?" Tell them they are the hero, they are the good child." You play the good child in this life. I like the good child. I like the bad child (too) but I like the good child best."

Let them know how you feel about the good child. This will help them to settle in to the role of the good child. If you say: "You are bad, Johnny, you are bad! Look at this mess! You are bad. This is terrible. Why did you do this? This is horrible! You did a very bad thing here!" The child says: "Well, that's because I'm a bad child. I'm simply playing my role. I'm the bad child. Jimmy's the good child. I'm the bad child. What do you expect of me?"

They do not know which role they're playing. They do not care which role they are to play. They're asking you: "Which role am I being cast in this life? You are the director, I am the child! I just got here. Which role do you want me to play? Tell me if I am the good child or the bad child?"

"Okay! If I'm the good child, what does the good child do?" And you explain to them: "You're a good child, and good children do this!" "Oh." This Awareness indicates that you do not need to wail on the child: "Oh! You're a bad child! I have to beat you!" The child simply thinks: "Oh, this is my role? Bad children get beaten. I'm cast in the bad child role. Oh dear. I don't like these beatings, but that's the role I've got to play." It doesn't make them better to be beat. They just accept it as part of the role: "It's a tough life having to play the bad child. Wish some day I could play the good child! Hope next time they cast me in the other role."

Bradshaw's Books and Videos are Recommended

This Awareness indicates that there are great benefits in the work of Bradshaw in his video tapes on the family, on children; that this entity has much to offer in the raising of children, in understanding and showing the consequences of different forms of child-raising. This Awareness indicates this entity, for example, interviewing adults who were beaten as children, wherein for example discussing with one entity, that the entity expressed that he was very grateful to his father for having disciplined him, and he asked how he was disciplined. "Well, he used to put my head in the toilet." "Your father put your head in the toilet? For what?" "Well I deserved it. I talked back to him."

This Awareness indicates that this entity has countless stories to tell in regard to the way whereby entities violated their children and their children accepted that violation out of guilt, afraid to criticize their parents, and grew up holding the same values, emulating their father's values in the raising of their own children, and yet, there is always that subconscious hatred for that which was done to them, creating within that entity the complexities that prevent the entity from being healthy, from having a good self-image, and cause the entity to be more hostile and hard to get along with and socially inept with others, because of that childhood abuse.

This Awareness suggests that entities learn more by listening to the Bradshaw tapes whenever possible, for there is great wisdom through this entity. The entity as being one who channels from high levels of awareness.

This Awareness suggests the Interpreter be brought from trance.

(The Law of Gratitude is given)

For more on this subject, please refer to "Revelations of Awareness" No. 90-4 (Sparing the Rod); \$3.00 from CAC.

Wisdom of Awareness—On Who is your Spirit Guide:

"Your spirit guide is but yourself at another time or in another dimension." Issue 80-36, p.5.

Excerpt General Reading # 5-1 5-2-94 Paul Shockley Interpreter

What Is the Origin of the Black Helicopters?

QUESTION:

A question from Larry Kell, Granger, Indiana. He asks: "What is the origin and purpose for the black unmarked helicopters people are seeing all over the country? Chuck Harder, head of the People's Radio Network, said he has over one hundred photos and newspaper clippings on them, sent in by his listeners. A caller to Chuck's program said one he saw had what looked like the Swiss flag painted on the rear of the one he watched with binoculars.

COSMIC AWARENESS:

This Awareness indicates that these black helicopters are often UN helicopters, some are FEMA helicopters, and some are from the group known as the Delta Force. The Delta Force have been helping the military in regard to bringing out this change and return to the Constitution. This Awareness indicates that the UN black helicopters are often working with governments to promote the New World Order, or for just routine type trainings and maneuvers to gather information or to practice certain types of maneuvers.

This Awareness indicates that it is not as though every black helicopter is involved in the same kind of purposeful activity, therefore, it becomes difficult to say what the reason for them is. They are often black. Sometimes they are of a deep dark green color, but in the sky they will look black because of the bright outline around them.

Excuses For Spraying Various Cities

QUESTION:

A question from Selene, in Greenwich, Ct. She writes: "Ever since the earthquake in California, the black helicopters have not been spotted in midtown Manhattan, bacterializing people, but on March 21st they returned, spraying several times a day. One person told me since they started again, March 24th through the 31st, she has experienced rash, welts around eyes, malaise, feeling sick, pain in groin and knees, headaches. This is the theatre section. Many ethnic people, gays and subsidized housing. Little follow-up given by media on earthquake survivors since it happened." And she'd like to ask Awareness if *It* has any comment on the spraying.

COSMIC AWARENESS:

This Awareness indicates that there are several cities in the United States that have been targeted for spraying of this type. That certain cities are targeted with the excuse that they are spraying for Gypsy Moth or some other insect in the region. Generally the effect of the spraying is that it is very harmful to the people. The symptoms are similar to those described and many of the people in the cities complained that they have never seen any Gypsy Moths in their area.

Usually the request for spraying or the call for spraying follows a report of a Gypsy Moth or several Gypsy Moths being seen in a certain area. The masses have not seen these Gypsy Moths, but one or two reports can be sufficient to trigger the spraying activity. This Awareness indicates if it is not a region where Gypsy Moths are common, then it may be something else such as the med Fly, or some other insect that is considered as arch-enemy to the people of the city.

This Awareness indicates it appears to be an excuse to create a spraying that has a long-term effect on the population of that area, as part of a weakening of the population, a situation to create illnesses that may not show up as serious diseases until many years later.

This Awareness indicates it is an atrocity to the masses of people where it occurs, but the entities may not even make the association and may not ever put the two together as cause and effect.

Spraying Cities for Med-flies & Gypsy Moths

(Is There Something Sinister Behind this?)

QUESTION:

Awareness probably just answered this question from Leo Wheeler, Santa Monica, Ca., but I'll read it. "In the recent quest to stop the spraying of melathion (sp) over the city area of Corona, Ca., is there a sinister goal for this spraying towards people rather than a real problem with Med-flies?"

COSMIC AWARENESS:

This is in the affirmative. This Awareness indicates that there was a similar attempt to spraying Portland, Oregon in 1992, shortly after George Bush visited the city and was booed by crowds of people. Fortunately for Portland, it rained shortly after the spraying and washed most of the spray away. They rescheduled the spraying again because of the rain, on a day wherein sun and clear skies was predicted, and again it clouded up and rained and washed away the spraying. They did not follow through a third time. This Awareness indicates that this was supposedly aimed at the Gypsy Moths and most people in Portland found no evidence of Gypsy Moths but one or two reports were indicated, so that they had an excuse for spraying the people of Portland.

This Awareness indicates that it apparently is occurring in many of the various cities. The effects of such spray may not be immediately harmful or may only be irritating in the immediate effect, but in long-term effects, it can do considerable damage to many entities. The spray can lead to future diseases that are incurable.

Ed's note: Six years after this reading was given the black helicopters are still being sighted and reported all over the U.S. There are also high flying military planes that are spraying, probably biologicals, creating "contrails." On the Internet there are many sites that keep track of these, with photos and testimony from entities who have gotten sick. In fact, JD Rabbit, the CAC lady who supplies us with hundreds of excellent and well thought-out questions, was a victim of such contrail spraying, for she immediately got ill (she was outside in her yard). Also, they are still finding excuses to spray certain communities for Gypsy moths. As I write this, March 13, 2000, there is a public meeting in Seattle by irate citizens who have been told their neighborhoods are going to be sprayed because a Gypsy moth had been spotted. Nobody has seen a Gypsy moth, the citizens are telling the city, and the citizens are producing mountains of evidence how entities have gotten very sick in areas previously sprayed. To me that comment by Awareness that Portland was sprayed after George Bush was booed is sort of scary because this area in Seattle which they plan to spray for Gypsy moths was the scene where thousands of citizens protested the invasion and curfew by police during the World Trade Organization (WTO) a few months ago.

Deadly Disease Strains Being Predicted

(Mutating Virus Ebola Zaire Found in Washington DC Suburb)

QUESTION:

We received a pitch by mail from a newsletter called Taipan, that's out of Baltimore, Maryland, and it's primarily a newsletter for investors who want to take advantage of all the coming changes, and they claim to let you know in advance what's coming down on people which could affect the stock market, etc., and one of the things I'd like to read here and ask Awareness if this is valid information is they claim the next plague:

"Recently a variant of one of the three most deadly viruses ever discovered was found near Washington D.C. in the well-to-do suburb of Rustin, Virginia. In its most deadly form, it killed 9 out of 10 people in African Villages in Zaire some 20 years ago. The variant strain showed up in monkeys imported for medical research. Researchers say it's just dumb luck that it didn't jump to humans and mutate. (The super-deadly strain is called Ebola Zaire. Along with rabies and HIV, which causes

AIDS, this virus has the highest rate of mortality ever recorded for a human virus.)

Mutant viruses re going to be one of the biggest problems facing us in the next 10 years. Viruses are mutating now much faster than they used to. Plus, today's airline travelers will unwittingly transport these deadly diseases all over the world...in a matter of weeks, days, even hours!

A new plague strain of a common flu virus, air-borne, acutely infectious, and far more dangerous than AIDS—would take just 7 days to cross the world and kill millions of healthy people within a few days of their becoming ill. Researchers believe it's only a matter of time before another super-deadly strain, like the flu of 1918, mutates again. It is natural and inevitable.

The last flu epidemic—your father or grandfather may remember it—was the world's worst plague; surprisingly, it was less than 100 years ago. It's hard to imagine how quickly people died that summer and fall—you could wake up on Monday feeling tired and achy, and never live to see the week's end. The death toll was staggering: 1 out of 7 people in Philadelphia and Baltimore died. This deadly flu infected half the world's population and killed 25 million people within days of becoming ill.

There was no time to develop a vaccine. Even if a vaccine were found, it would never have been possible to save lives. Death came too quickly. Will it come again in a new form in the Spring of 1994 or '95?"

It asks that question.

Would Awareness comment on that?

COSMIC AWARENESS:

This Awareness indicates the entity is referring to those flus in the early part of this century. The most common known as the Spanish Flu. This Awareness indicates that these various flu types led also to pneumonia and other forms of disease which would have not responded to the treatment of the flu.

There were certain homeopathic treatments that could help to overcome many of the dangers of that flu, but in general, it took a tremendous toll on the human race. This Awareness indicates that in current times, the use of antibiotics would be depended on as a treatment for such flu, but antibiotics has basically run its course to the point where it is no longer effective.

The strains of bacteria and the types of viruses and transmutions of viruses are such that they are far beyond any effect from antibiotics. Antibiotics are not designed to attend to viruses in the first place, even though many doctors will give antibiotics for viral symptoms.

This Awareness indicates that the excessive use of antibiotics has created a situation in which the bacteria have overcome in many cases the effects of the antibiotics and have become so strong that antibiotics do not have any effect on them. The strongest form of antibiotics today are often pointless or useless against some of the new bacteria.

Therefore, not only are viruses a threat, but many bacteria have become threatening also. This Awareness indicates that the world is teetering on a new crisis and most doctors who are well aware of the danger recognize that it could occur almost any time, wherein viral or bacteriological plagues could have a devastating effect on the populations around the globe.

Substitute Herbals Like Echinacea for Useless Antibiotics

This Awareness indicates that it is important for entities to keep their immune systems high and well-working, using vitamins and minerals and finding certain substances to substitute for antibiotics when

possible. This Awareness indicates the herbal remedies should be studied so that entities know which herbs to use, because these have not been overused so that the body has become immune to them.

This Awareness indicates that Echinacea is a powerful new antibiotic, but if entities overuse Echinacea, it becomes, like other antibiotics, weakened, in that the body becomes immune to it and it loses its power to heal.

This Awareness indicates that as entities learn more about the use of herbs they can also become less dependent on other medical doctors and others who are trained in the use of pharmaceutical medicines that have side-effects. Some of these medicines are extremely potent and the potency of their side-effects is often as powerful or more powerful than the potency of their healing qualities.

Bad Side Effects of Fungal Pharmaceuticals

For example, the anti-fungal pharmaceuticals often are hazardous and very dangerous to the liver and entities are not usually told this from their doctor, and therefore, they risk liver trouble when they use anti-fungal pharmaceuticals.

This Awareness indicates that entities need to become aware of the use and qualities of various pharmaceuticals. There are books available to help explain the side-effects of various pharmaceuticals and entities in general will need to learn to take care of their own personal health as much as is possible in the coming years, because it is becoming so critical.

There is so much control and so much money in the pharmaceutical field that even the doctors who are sincere can be of little help when they are not told the full truth about some of the pharmaceutical drugs they dispense.

This Awareness indicates that many of these pharmaceutical drugs are very valuable. Others are very dangerous, and entities need to have some personal knowledge as to which is right for them, for if a person already has, for example, weak kidneys and they use pharmaceutical drugs which has a side-effect of weakening the kidneys further and there is another drug of similar healing quality, but which does not have the side-effect of weakening the kidneys, the entity should know about it.

You Can't Trust Your Doctor When He prescribes Drugs

He cannot trust that his doctor will know about this, or that the doctor will inform him of it. Doctors are often too busy to discover the full medical history of an entity and may simply not know that the entity has weak kidneys and may prescribe something that has a side-effect of weakening the kidneys further, and thus an entity may take a drug for many years for one thing only to discover that it has destroyed the kidneys and he needs a kidney transplant after so many years of use of this drug.

This Awareness indicates that this is so common among the pharmaceutical drug dispensings that entities who do not have a rudimentary knowledge of the field or a book where they could research these pharmaceutical drugs are actually quite foolish. This Awareness suggests that entities need to become more responsible for their own health and not depend on their doctor as they might depend on Jesus.

This Awareness indicates it is also common for people to think their doctor should never be questioned and that they can depend totally on his assertions.

The Story of Tyler's Choice Organization in Canada

This Awareness indicates there is an organization in Canada which is called Tyler's Choice. This Awareness indicates that Tyler's Choice was formed by his father. When Tyler was but a small boy, the doctors determined that he had a kind of heart problem that required an operation. He was given a certain short length of time to live if he did not have the operation, and the doctors assured his father that there was no choice.

Therefore, the boy was operated on, and was given a drug which related to the anesthesia that led to his death at a very young age, approximately 5 or 6 years of age. The father was so distraught, he first began thinking of killing the doctors, and then after he was talked out of that, he became an alcoholic for approximately a year, until he met a kind of mystic or holy man from India, who was into herbs in Canada and who told him Tyler had a choice, but no one knew of it, and that he would be better off in helping to promote Tyler's Choice than in lamenting the rest of his life about his death.

The man agreed and over a period of approximately a decade developed a group of people, approximately 2,000 people, who are now operating under the name of Tyler's Choice to study, explore and use herbs and alternative forms of healing. These entities receive the herbs and products at reduced price and the entity promotes the education and herbal and other medicinal types of alternative medicine through the people who have joined as members of Tyler's Choice.

This Awareness indicates that this kind of response to a negative situation may in the future become the way by which entities survive the insults of modern medicine on the human body. With all the drugs, their side-effects, with all the butchery of the surgeries which in many cases are unnecessary, but which the doctors sincerely and honestly believe are necessary because of their training.

Many of these doctors are so trained and so conditioned that they cannot see any other way of treating a patient, and they see all other alternative ways as mere quackery and find other alternative methods of healing to be either by sheer luck, accident, or as having nothing to do with the treatment at all.

There are many entities who, in having their cancer cured, go back to their medical doctor and the medical doctor is amazed and shocked at the cure, but when they tell them what they did for the cure, the doctor will immediately say: "That's just quackery! It doesn't work!" and they say so consciously and honestly. In their own opinion it doesn't work. You must have simply been lucky or you had a strong immune system, but the treatment did not cure you.

This Awareness indicates that it is because of this conditioning of the medical doctors and the refusal to accept alternative medicines by many of these entities that entities need to become more self-reliant in terms of their own medical and health needs. It wasn't but a few years ago that all vitamins were considered part of a quackery group or treatment and most doctors considered them to be unworthy of being called "health products."

This Awareness indicates it was only in the most recent years that the vitamins have received some recognition as being valid among these entities and now that this has occurred, the FDA wants to take the vitamins off the market and have them dispensed by doctors alone through prescription, as though they were drugs. This Awareness indicates that the situation is such that entities cannot trust the orthodox doctor as an only source for healing.

How Herbs Are Discovered

Entities need to educate themselves to learn what they can and to learn of the different types of medical healings. It should be recognized that the pharmaceutical approach to healing is less than a hundred years old, and that there have been herbal and alternative forms of healing that reach back thousands of years into past history.

Thousands of years of research should not simply be written off as invalid because it is "old," for the research was created to save lives during those thousands of years, and the herbs involved *did* save lives during those thousands of years, and they saved lives because entities learned the properties of the herbs.

Even today in some of the more primitive countries entities are still learning properties of herbs. They will watch a snake fight, for example, and when one snake gets bitten by the other, they watch, and the bitten snake will go to a certain plant and it will rub against that plant and they know that the plant then must have some kind of anti-venom, and they use the plant for snake-bites.

This is how herbs are discovered by many of these primitive people, where the properties of the herbs are discovered, or they will watch other animals and see what they do when they are injured or sick, see which plants they use to deal with their injury or sickness, and in this way, these healers of primitive countries discover what plants are good for what illness or injury.

This Awareness indicates it is not something that simply grows out of haphazard decisions or from superstition. It has grown from experience over long periods of time. This Awareness indicates that many of the pharmaceuticals used today are taken from traditional herbal uses of the past. They simply synthesize some of the chemicals out of the herbs and sell them or market them as pharmaceuticals.

They may be stronger than they were in herbal form, but sometimes, by being stronger they are also more dangerous and have side effects. They also may combine certain herbal formulations into new pharmaceutical medicines which in combination can have a different effect than either of the two herbs singularly.

This Awareness indicates that it is important that entities start taking responsibility for their own health needs, as much as is reasonable.

Every Family Should Have a Book on Herbs

This Awareness does not suggest that entities have an attitude of taboo against medical doctors. This Awareness suggests rather that you have some knowledge of what is involved in any illness or disease or have a source whereby you can find the information if necessary. Have a book on herbs, have a book on medical drugs and have some information about various diseases.

These are all printed in this country and are free on the market place for entities to purchase. It may cost a hundred dollars or even more to have good books such as these, but for a hundred or a hundred and fifty dollars, you can have a very good library for treating illnesses for yourself and your family.

This Awareness indicates that even if you do not wish to treat yourself or your family, you can at least have some basis of understanding of the nature of the disease and of the medicines that are being administered by your doctor, and this is important, for often doctors are in too much of a hurry. They see too many patients to be thorough with a patient and his or her disease.

In these coming times, this will be even more important than it is today, but it is still extremely important today, if entities wish to survive and have a healthy life.

Excessive Gas and Ammonia That Kills Entities

QUESTION:

A question from Dorothy Speicher, Palm Bay, Florida. She writes: "About a month ago a woman was in the emergency room in California and she emitted some kind of gas that smelled like ammonia. She died of cancer. Three weeks ago, my cousin, Zena Franklin Stenette, went unconscious. He was taken to the hospital and it was determined that he had an excess of ammonia.

"He was put on dialysis, plus other measures, and it went down somewhat. Then he came out of the coma for about 5 days, then lapsed again into the coma and his ammonia level was 500 to 30. I understand about 10 to 30 is normal. He subsequently died. My question is this: Where or what is causing this ammonia? The doctors were baffled and had no explanation. Can you give some kind of explanation about the ammonia presence?"

COSMIC AWARENESS:

This Awareness indicates that it appears to have come about from some chemical ingestion as well as imbalance in the body, a combination of certain chemicals in the body leading to this. This Awareness indicates that it is common for the body to produce certain amounts of ammonia, but to produce such a large amount would require considerable imbalance within the system.

HOW CHEMICALS CAUSE A GARBAGE DUMP IN THE HUMAN BODY

(More On What Toxic Fumes Can Do)

FOLLOW-UP QUESTION:

There's an article out of Pittsburgh that a 75 year old man, who collapsed in his yard gave off fumes that sickened a dozen paramedics and hospital workers. Frank Kulczynski collapsed while working in his tomato garden. Paramedics said Kulczynski bled from his mouth and sores opened on his skin as they tried to revive him. The Allegheny County coroner said the man's skin began to peel after his death. They performed an autopsy and they said it was apparently a heart attack. However, they believe that other factors contributed and they don't really know, the article says.

COSMIC AWARENESS:

This Awareness indicates that there are so many pollutants in food, air, soil, and in the environment in general and even in the water, that can go into the human body. The human body essentially is a filter, filtering these pollutants from the environment and it can in its most healthy state filter out many toxins, but after years and years of filtering, like an oil filter, it becomes clogged.

The oil filter appears to be a perfect item for its purpose. And after many years, many months or days, it filters the oil, taking grit, filings, metal particles out of the oil, but after a certain length of time the oil filter becomes clogged with these bits so that it slows down the oil or the oil does not pass through properly and it no longer functions as a filter. It is discarded and a new filter is put in.

Unfortunately, for the human body, after years of filtering pollutants, toxin and waste, the human body's organs build up and collect these things and they no longer filter. Nothing flows properly, and the human body simply becomes a collector, a garbage can, a source of pollutants, toxins, poisons and is no longer capable of supporting life.

Various chemicals inside react to each other in the same way that chemicals from a garbage dump might react, even to the point of creating and causing an explosion in some cases of gases, or other toxic fumes. These things can happen because no one is consciously keeping track of what chemicals are doing in the body, how they are reacting to each other, and when they come together from different parts of the body, it may create a catalytic action that creates an explosion or creates a new element such as a gas, or causes some other kind of extreme reaction.

This Awareness indicates that it is not really such a mystery. It is seen as a mystery because it is uncommon, and entities seldom live long enough for this kind of extreme to occur. This Awareness indicates that entities must learn to discard waste from their systems either through cleansing the body with lots of water or through laxatives or fasting or other cleansing programs.

These have been discussed by many different writers and healers and by this Awareness in previous messages. There is not a great mystery involved here, but there is a situation that has gone into an extreme, creating an unusual reaction.

Spontaneous Human Combustion Is Related

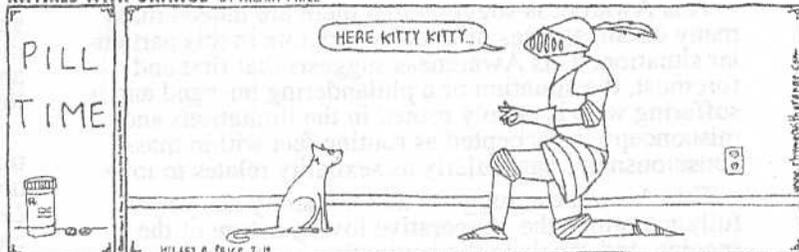
This Awareness indicates there are also those certain experiences that entities have read about referring to spontaneous human combustion. This too is a kind of chemical reaction in the body whereby certain chemicals come together and create flame or heat that bursts through the tissues and causes the entity to burn from within. Magnesium is one of the elements involved in this.

This Awareness indicates that these things seem mysterious mostly because they are rare and because they are rare, they are more intriguing than normal aging or normal forms of disease. Cancer is a disease that is so common entities don't really have the same kind of focus as they do in terms of spontaneous human combustion. If cancer were as rare as spontaneous human combustion, it would be a real phenomenon and entities would marvel at its strange and mysterious power over the human body.

Even though at present, cancer is still not fully understood; it is not understood much better than spontaneous human combustion, but entities recognize it as being so common, it is no longer thought of as being really mysterious. It is simply a matter of fact and a matter of life, a matter of a phenomenon in society that is common, and therefore, entities can accept it without feeling in awe of it, whereas the spontaneous human combustion is so rare, entities are in awe of it and cannot imagine how the body could burst into flames from inside.

This Awareness indicates, however, they can understand a test-tube full of chemicals bursting into flame or exploding from within the test-tube from the mixture.

RHYMES WITH ORANGE BY HILARY PRICE



HOW CAN A WIFE COPE WITH A PHILANDERING HUSBAND?

QUESTION:

A question sent in on the Internet from an anonymous entity I'll read. "A question for Grace. Awareness, please, I wish to remain anonymous. I am a CAC member. I will watch for an answer in the printed newsletter. Thank you. The question is: How can a wife cope with a philandering husband? My husband and I have been mated for 20 years, legally married for 12. Off and on during all these years, he has been having sex with a variety of girls. I've known about it and always figured that I could handle it, but sometimes it feels as though my whole purpose on earth is to deal with the incredible hurt handed to me by my husband.

"Can Awareness imagine what it feels like to have to face your husband when you know he has just had sex with someone else. Truly, the man is a Hun, lacking in basic compassion and sensitivities. My husband's last episode of adultery, just months ago, cost me \$2,000 in cell-phone calls to his most recent love-interest from the phone I gave him for Christmas, and gifted me with the ugly surprise of finding pornographic Polaroid pictures of his secret doings.

This time I made a huge production of his shabby behavior and he showed remorse and swore that he loved only me. I want my husband. He is charming and sexy, so I figured I would give him what he was getting from these other girls. I went along with whatever it was he wanted, and now I am pregnant again. I am 44 years old and feeling especially tied down by this pregnancy. There are signs that my husband is still going outside of the marriage for sex though, just as he did when I was pregnant with our other two children.

We have two boys that adore him. They plead with me to not divorce him. They are young and need their father. So now I am pregnant, not working at the outside job for money and have no immediate prospects of being able to do so. I cannot up and leave for greener pastures. I am dependent upon this miserable man for food and shelter. I vacillate between toxic anger and deep depression at how my life is turning out. I cannot sleep at night, then I am tired and dragging during the day.

I cry at the drop of a hat. For days I'll have no appetite, then will suddenly be voraciously hungry. My husband and I went to a marriage counselor for 3 visits after his most current indiscretion, but I didn't care for the pop psychology that was offered as therapy. I read all that stuff anyway, and the therapist could not tell us anything new that I didn't know already.

Anyway, my husband pretends to be too macho to cooperate with advice given by a trained therapist, much less listen to any suggestions that I may give. Is there a cosmic attitude I can adopt to help me deal with a bad husband? I am in need of some radical new ideas." That's the end of her statement.

COSMIC AWARENESS:

This Awareness suggests that there are indeed many, many circumstances of interest and note in this particular situation. This Awareness suggests that first and foremost, the situation of a philandering husband and a suffering wife is deeply rooted in the limitations and misconceptions accepted as routine fact within mass-consciousness, particularly as sexuality relates to love.

This Awareness suggests that humanity has yet to fully recognize the cooperative loving nature of the species, and revels in the instinctive survival only and the competitive concepts of animal instinct. This

Awareness suggests that the female of the species has been afforded the luxury of embracing the intuitive empathic aspects of humanity, and therefore is more connected to the feeling system which drives expansion of consciousness and the very evolution of the species.

Physical Excitement Has Nothing To Do With The Power of Love

It is due to this empathic intuition that the female of the species recognizes that sexuality is divinely desirous in context of love, whereas the male of the species who has been seasoned with concepts of conquest, power, competition, and the ability to produce thousands upon thousands of seeds, that a particular mind-set can be instilled and retained, wherein the sexual act becomes an embodiment of power and conquest and the search for meaning and esteem and connection as well as simple physical excitement, having nothing to do at all with the power of love.

This Awareness suggests that this sets up a basic discontinuity between males and females in general, although it is a specific accouterment of mind, not body. This Awareness suggests that there are many men who have experienced life in a way as to have recognized that sexuality provides the highest pleasure, the most long-term pleasure, the most lasting, deepest most meaningful pleasure within the context of intimate love.

This Awareness suggests that it doesn't take a great deal of intelligence to recognize the pain that is brought about from following the instinctive impulses to mate and to breed with each passing female that attracts one's fancy. This Awareness suggests that the momentary pleasurable experience of sexual climax is far outweighed by the experience of remorse and the repercussions from the loving others who have been discredited.

An Addictive Desire For Unfulfilled Needs

This Awareness suggests, however, that the philandering male who has a specific strategy, a repetitive strategy of philandering and infidelity, is playing out an addictive desire for unfulfilled needs, having nothing to do with sexuality, and everything to do with power and conquest and a search for self-esteem.

This Awareness suggests that an even more important issue embedded within the question is the issue of empowerment as it regards to this particular female. This Awareness suggests that just as man can evolve mindscapes of machismo that separates them from the intuitive understandings and the feeling signals which push and pull them toward the desirable fulfillments, that the female of the species is often poisoned with the limitations of mass-consciousness regarding her own ability to find power and freedom outside of a male provider.

Wife Has Given Tacit Approval for Husband's Infidelity

This Awareness suggests that this belief is so deeply embedded in this entity that she has given tacit approval for just about any kind of behavior including this serial philandering of her husband, driven by the fear that she cannot take care of herself or support her children without this entity. This Awareness suggests that this is a very limiting and unnecessary belief, and that this should be the primary area of focus for this particular individual, for there is far more ability, and talent, worth and creativity than this woman has yet allowed herself to dream.

This Awareness suggests that the incredible emotional turmoil described by this entity is predictable and understandable within the understandings offered in the *Lessons of Enlightenment*, and that such signals must be answered or she will continue to be affected in her sleep and her eating patterns and her very health will be compromised.

Obviously Ignoring and Denying the Problem Does Not Work

This Awareness suggests that simply ignoring and denying the problem does not work, as she is well aware, but that in her search for alternate constructs and frames in which to tolerate this experience, there can be some relief offered, should she choose to continue to be disempowered.

This Awareness suggests that emotional experiences of pain and anger signal situations where the expectations and the outcomes are far from one another, and that specific internal and external changes are necessary to bring the two together in future cycles of experience. This Awareness suggests that she must contain belief structures which are unrealistic, for she knows the patterns of this, has *accepted* the patterns of his behavior and tacitly given approval and permission through her continued relationship.

This Awareness suggests that if her commitment is indeed to remain with this entity, although empowerment *must* be attained within the life, regardless if she stays with this entity or not; that there must be different mental expectations which could provide more even and predictable outcomes to reduce the emotional dissonance experienced.

View the Experience Through the Highest Emotional Frame

This Awareness suggests that ultimately, utilizing the emotional gifts and answering the signals through learning and external change, that the mindscape becomes broader and more efficient and more effective in formulating expectations that are likely to occur. This Awareness suggests that the quick route to bypassing a good degree of experience is to practice the framing of experiences within the highest of emotional frames, versus those that predict fear and anger.

Recognize Husband's Behavior is a Handicap

This Awareness suggests for an example, that if the woman chooses, and apparently she does choose to remain in this relationship; that to alter the belief structures regarding the nature and the purpose of the infidelities can bring significant emotional relief. This Awareness suggests that if this individual recognizes the true nature, the deficit state, the motivations *beneath* the philandering, such as the search for power, the search for esteem and the search for meaning, she can tolerate and be compassionate about the sufferings of her husband and recognize his behavior more as a handicap than as a deliberate slander on her worth and value.

This Awareness suggests, however, that active participation in reconciling the handicap, where providing more meaning, more power and more esteem from alternate sources can reduce the impulses behind the sexual philandering, and that no such handicap is incurable.

This Awareness suggests, however, that without the active participation of the husband in working toward resolution of the impulses, the only recourse is the reframing, the continuous reframing of all aspects of the philandering, in lenses of compassion and faith that there is meaning and learning in all experiences and that each opportunity to think about the activity through the lenses of compassion and love can bolster the positive efforts of change through therapy and through intimate self-discovery.

This Awareness suggests that the situation cannot be resolved with mind structures alone, that the pain can be lessened with compassion and tolerance, but without active empowering change, the putting down of the foot against a behavior that is against the love of the spirit, that full and complete recovery for either entity shall not be forthcoming.

The Alternative Means Repeatedly Ongoing Pain

This Awareness suggests that if there is indeed no interest on the part of the husband to seek a broader, better version of his own potentials, then choosing disempowerment and staying in a relationship is more debilitating than facing the world on her own. This Awareness suggests that any entity who endures the situation with ongoing and continuing pain shall ultimately recreate those very experiences until the mindscape and the landscape has been altered.

This Awareness suggests that those that continue to endure without attending to the dissonant signals shall experience compromised health physically and mentally and that this entity is well aware of the changes in herself and thus writes this letter and asks this question and does not want her identity made known, for this identity is far from that this entity knows to be her potential.

If we have completion we can continue.



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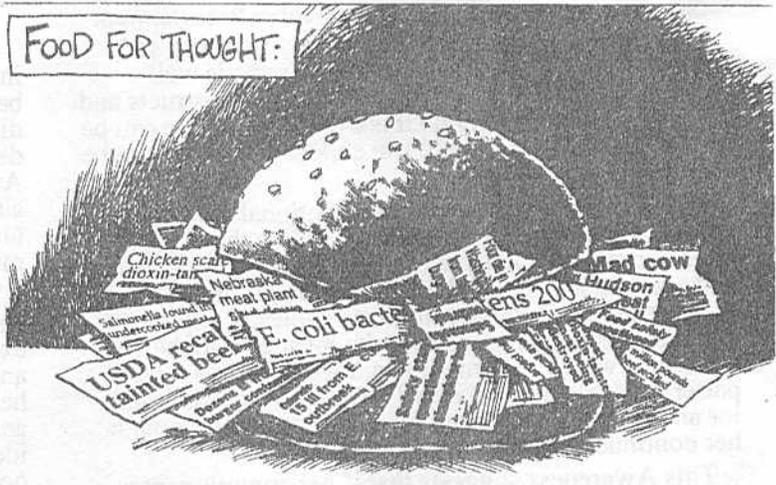
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Wisdom of Awareness: The Difference Between Love and Respect: "You may love those entities who are your enemies, you may love those entities who are of no concern to you, but you will give your energies to those whom you respect." Issue 80-21, p.6.

WHAT IS COSMIC AWARENESS?

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

FOOD FOR THOUGHT:



BY HELLER FOR THE GREEN BAY PRESS-GAZETTE

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.



Mleczko/Polityka/Warsaw



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

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MEMBERSHIPS AVAILABLE (Honor System)

INDIVIDUAL: \$42 per year or \$12 quarterly
FAMILY: \$52 per year or \$20 quarterly
CONTRIBUTING: \$77 per year or \$25 quarterly
SPONSORING: \$144 per year or \$40 per quarter
BENEFACTOR: \$500 per year or \$150 per quarter
PATRON: \$1000 per year or \$250 per quarter
ANGEL: \$5000 per year or \$1500 per quarter
LIMITED INCOME: \$30 PER YEAR OR \$9.00 QUARTERLY