

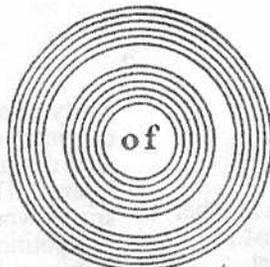
Revelations

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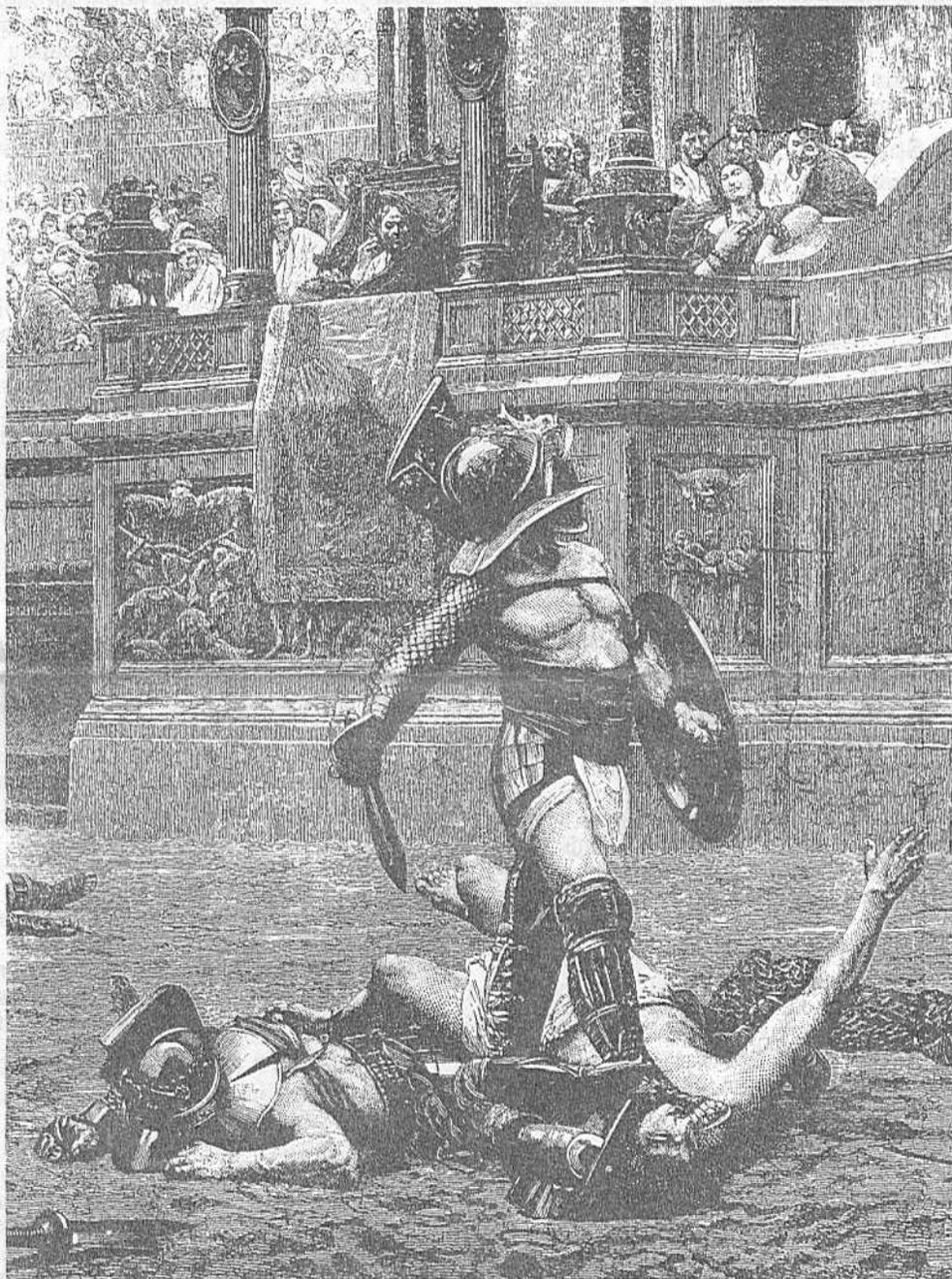
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2000-8
Issue No. 530

\$3.00



The Good Aspects of Sports

(Would you believe there are spiritual qualities?)

- The concept of commitment
- How to relate to strangers
- Responsibility and Independence
- The Cord-Cutting Meditation

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(Excerpt from a CAC General Reading January 12, 1992)

THE GOOD ASPECTS OF SPORTS

OPENING MESSAGE:

This Awareness indicates that there are quite a number of entities in your society who have a great interest in sports, and this Awareness has at times in the past indicated that sports are often used to divert attention of entities from looking at important issues. This Awareness indicates that *It* wishes to comment on the favorable aspects of sports in their effect on society, for there are always the pros and cons and this Awareness has not addressed the pros in regard to sports.

How the Sports Fan is Created

This Awareness indicates that first, however, *It* wishes to point out a certain phenomenon, wherein entities select a particular team which has been doing well in some sports league and identify with that team and its winnings. This Awareness indicates often an entity feels a sense of victory when the team wins and this makes entities feel good. This is what creates the sports fan, the entity who becomes a fan of a certain football, basketball, soccer or baseball team, for example.

This Awareness indicates that even while you feel good because your favorite team wins, you should remember that victory is yours only vicariously, because you have actually done little or nothing to win the victory. Nevertheless, if you can get the feeling of victory through someone else's victory, then it can inspire you to become more victorious in your own personal efforts, because you subconsciously know what it feels like to be victorious, having experienced it vicariously from someone else's triumph.

This Awareness indicates that this kind of artificial or vicarious pride in accomplishment, can create for you some qualities of character through the experience of sharing in someone else's victory. That is one of the benefits of sports. This Awareness indicates of course, along with that goes the risks of your team losing and there are sometimes entities who get so identified with a team, that when it loses they become distressed, depressed, even sick, and cannot function well because of the team's loss.

These are extreme cases of entities identifying excessively. This Awareness indicates that in the nature of sports there are certain rules and a sense of fairness that is always intended in a properly played game, and if the fairness issue is adhered to, entities feel that the game was proper and that the loss or win was proper, and if they win through cheating or lose because they have been cheated, entities feel ripped-off or feel that there is a violation and justice is not balanced.

In Pro-Wrestling Winner is Set Up by Cheating

This is a very common theme, particularly in pro wrestling, where the winner often is set up to win through cheating so that the entities can hardly wait for him, the cheater, to get his comeuppance. This Awareness indicates that usually, these things are artificial. They are created through a kind of staged wrestling match, a choreographed dance of wrestlers using different holds, different tricks that are all planned ahead of time, and these reactions are usually all planned also; in fact, the wrestlers may even have their speeches already memorized, wherein they object to having been cheated and inform the audience as to what they are going to do about it next time they meet with this "cheater."

This Awareness indicates that these pro wrestling matches quite often, and in most instances are so well determined ahead of time that in at least one instance, an

entity was injured in the wrestling bout and sued his opponent and the wrestling sponsors because the opponent deviated from the script and caused him to become injured. This Awareness indicates that in most other sports, you don't have the prearrangement factor and the competition is real, but the rules are much more stringent to assure fair play.

If fair play does not come about through proper refereeing of the sport, entities will often be quite upset about the game management and the officiating of the game. That in this respect, entities can learn a sense of fair play through sports, and this has a redeeming social value.

The Importance of Teamwork

This Awareness suggests that another socially redeeming value of sports is seen in the recognition of teamwork, wherein entities learn to work together in order to get something accomplished. If entities do not have good teamwork in games in which teamwork is required, there is usually less effectiveness in the game-playing than when the teamwork is there, thus, cooperative relations by a team are encouraged in certain games, and this has socially redeeming values. This Awareness indicates that also, the fact that entities can be relieved of boredom, relieved of some of their personal frustrations by identifying with someone else in their struggles, with a team in the struggle against their opponents, or whereby the entities can join in the emotional rooting for another person or group in their efforts to win a pennant or something; this allows an entity to have a kind of relief from self-identification and self-involvement on a temporary basis.

It is kind of like a recreational period, where one concerns himself with something that is really not significant to his own personal welfare, but is enough to take his mind off of his personal concerns; (this as his or *her* personal concerns), long enough to give his or her mind and emotion a break from self-involvement self-focus.

This Awareness indicates that as the entity turns attention to something that is remote from self, that gives the emotional and mental focus to that, it becomes a way of escaping from personal problems, long enough to then have a break before coming back and having to face one's own reality again. Thus, it serves as an escapism for people who have too many problems or too severe a problem to afford to dwell on it continuously and who need a break in order to come back to it refreshed.

Mini-Wars and Controlled Violence

This Awareness indicates that sports have been called mini-wars or tiny wars and to some extent, these are. There are combatants in sports, but generally the conflict is of a relatively harmless nature. Sometimes there is accidental or intentional violence that is controlled somewhat, such as in boxing, wherein there is a supervised control of the violence level, or at least that is the intention of the game, and sometimes, the sports will get out of hand, as often occurs in hockey games.

This Awareness indicates however, that these extremes in which entities sometimes are injured are borderline in areas of violence and should be discouraged, and yet, they still continue to occur and many who enjoy watching violence will go to a game in hopes that a fight will break out, or someone will be hurt, because they want to see someone hurt. This Awareness indicates that this still is less harmful than the viewing of wars which in the past often served to entertain entities when they could safely sit on a hill and watch a war occurring in the valley below. This Awareness indicates that this war in the Roman coliseum, which was the extreme of the kind of

sport that amounted to war on stage for entertainment purposes, as an extreme type of competition.

The "Unholy Six" in Orion Were Bored

This Awareness indicates that those who recall a reading sometime back may remember that this Awareness discussed the Orion Empire, long ago before the planet was corrupted, wherein it was run by a computer,--this in the planets in the Orion constellation, near the star of Betelgeuse, where the planets were run by a computer that kept everything well-balanced in terms of foods, in terms of weather, in terms of social harmonies, electing officials and so forth, so that there was no real conflict involved, but that in the process over hundreds of years, people became so bored with life that some decided to throw the computers off and create disturbances in society. Thus, they created disturbances that led to revolution, and the revolution led to rebellion that eventually broke the empire into dualities and dueling forces and six of these planets broke off to form what was later called 'The Unholy 6', wherein they worked together in war against the rest of those in the general vicinity. Thus, it was from boredom that the imbalance came to be valued so much as to lead into violence and war of an extreme nature.

Sports a Substitute for Blood-Lust

With sports similar to those that are available in your society, particularly those that are nonviolent in the extreme sense, yet which have some competitiveness involved, there can be a focal shift in consciousness that looks to these sports for the excitement that tends to satisfy a kind of competitive blood-lust that many entities crave, and this then serves as a vicarious or substitute action for war, and if it is wide enough in its acceptance, entities may not have the same need to stir up trouble elsewhere, or to make war in order to satisfy that inner lust for conflict. This Awareness indicates that in this sense, sports then can become not so much a cause of violence but a substitute, an alternative to violence, to the more extreme violence, if it is handled right in society, for a society often needs a way to let off pressures of emotional buildup when a society becomes frustrated from its inability to cope with certain events and difficulties. Often the society will tend to turn to these mini-wars or small competitions to release the frustrations that are otherwise building.

During Great Depression Boxing Popular

During the Depression, during the early 30's boxing became a major sport. Masses would attend boxing matches wherein before there might be little interest. This was because people were frustrated, unable to find work. Their lives were in shambles. Nothing worked for them, and they were bitter and angry inside. The boxing matches served as an outlet for their anger and frustration. By watching two people battle it out in the wings, they relieved some of their fears, anxieties and anger at life itself about the bad times that they were dealing with and they could go back after having some of their anger vented; they could go back more calm, into their life situation and deal more harmoniously with the problems of the next day.

This Awareness indicates that these times in which peace has more or less descended in place of the Cold War have not brought peace to the lives of all individuals, because many of these individuals are now struggling and competing with the demands of life in terms of financial problems or other social problems, and these entities may have anger which they cannot find a target for. They can no longer easily blame it on the Communists or the

Democrats or Republicans or other political parties because these parties are not really doing those things that they did in the past, when the Cold War was on, and when the circumstances were more threatening and serious. Therefore, the entities finding their own lives not working well, even as well as during the Cold War, may have some confusion and difficulty knowing who to blame or where to vent their anger, or who is the target for their anger, and if they cannot do this and feel smug and satisfied with their target, some selected opponent, then perhaps they can involve themselves in sports and have a favorite team and be angry at those who are the opposing teams.

This Awareness indicates that this allows them to shift from a reality into a less real conflict, but one which serves the purpose for venting the anger they feel. This Awareness indicates that therefore, many entities can find some purpose in the various sports so that it gives them something in their lives to work as a kind of placebo for their psychological and social and self-image problems, and it can be effective in making them feel better if their team wins.

This Awareness indicates it is always possible to find a winning team to identify with, if not in one sport, then shift to another sport; if not in your own region or state, then shift into a close neighboring state and cheer for that winning team. This Awareness indicates that in this manner you can enjoy through vicarious living a kind of illustrious victory through the victory of others and not even get your hands dirty, nor any bones broken and your lives will feel good, even if only from artificial and placebo events.

This Awareness indicates that even if it is but a placebo or vicarious victory, don't knock it. If it makes you feel good, enjoy it. It is much better than building up inner frustration and taking it out on your loved ones at a later time.

INTERNATIONAL OLYMPIC GAMES DO THE SAME FOR COUNTRIES

FOLLOW-UP QUESTION:

The same effects on a political and international scale would apply to the Olympic games that they have every four years, would it not?

COSMIC AWARENESS:

This is in the affirmative. It is a question of "Who do you want to identify with and how do you want to identify with them?" It is usually assumed that entities will identify with a team from their own region, but it is not necessary to do it this way. If you do not have a good team or someone from your own region to root for who is winning, pick your favorite color and root for the person who wears your favorite color, or pick the person who looks most handsome to you and root for that person. This Awareness indicates if it is a choice between male and female, you may want to root for the person of the same sex as you. There are many ways of identifying with another. You may simply like the other person's name, and thus identify with the one who has the name you like best, and root for that person. As you get into the rooting for a certain person it becomes easier to identify.

This Awareness indicates that many people identify with the underdog. They are less concerned about winning and more identified with the underdog, seeing themselves as losers, and if by chance the underdog wins, they feel that it carries them into the winning column also. This Awareness indicates that each entity identifies with others in his or her own unique way. It is generally that entities identify most or easiest with those from their own region, or from a region they have lived in before.

This Awareness suggests enjoy. That is the purpose of sports.

SPORTS CAN LEAD INTO SPIRITUAL QUALITIES

CLOSING MESSAGE:

This Awareness indicates that many of the entities involved in sports develop acute skills that are based on concentration. When an entity needs to perform in order to accomplish a certain task, if he does not concentrate well, his performance is not likely to be of highest quality. In this sense, sports, by developing concentration skills serves that entity in a way similar to that of one meditating with concentrated focus, and helps the entity develop certain qualities that may later be important to him or her in a spiritual sense.

Thus, a young person involved in sports may later have strong concentrative abilities which help in his or her meditations. The ability to concentrate can help to manifest, can help to focus in such a way as to become more attached and identified with spiritual light, or spiritual energy, if that is where the focus and concentration is put, therefore, even in the sense of activities that do not appear to be of a spiritual leaning such as sports activities, there can be qualities developed which later can be applied to spiritual endeavors, and this can be quite fortunate if a young person later turns their focus and attention onto these spiritual endeavors.

Likewise, these abilities to focus may be put into other types of endeavor; schoolwork requires a strong concentrative focus, as do business activities, creative activities, or any other important type of mental and physical purposes.

This Awareness indicates that because sports are such a challenging field, entities may learn to focus much more quickly because of the pressure involved than they would without such challenge, and concentration and focus have an application into so many areas of one's life, that almost everything entities can do will be improved because of concentration and focus.

For Focus Meditate on a Lighted Candle

This Awareness indicates that one of the best techniques for concentrating and focusing is to light a candle and stare at the spot between the wick and the flame for approximately ten minutes without allowing the mind to wander. If the mind wanders and you begin to think, simply pull the mind back and watch that spot between the wick and the flame, as soon as you realize that your mind has been wandering.

You will find that in doing this meditation ten minutes daily, your ability to concentrate begins to improve greatly. It is likened unto exercising your concentration ability and it can help you in sports, it can help you in anything you choose to do in your studies, in your work, in anything that benefits from better concentration.

This Awareness indicates of course be cautious about flames. Do not let young children near them. Do not have open flames in areas that could cause fire. A good way is to put a candle inside a metal bowl where if it is tipped or was left burning it would do no harm. This Awareness indicates that of course this warning goes without saying, but sometimes even the obvious needs to be repeated.

THE CONCEPT OF COMMITMENT

OPENING MESSAGE:

This Awareness wishes to call attention to the concept of commitment; this as an important concept in terms of relationships between individuals. This Awareness indicates that most entities recognize the importance of

commitments in their affairs with others. Some entities moreso than others, create commitments of great significance, or may find it essential to alter or break commitments according to circumstances and need; that such action by some is accompanied with great significance and attention.

Others make and break commitments so quickly that they become meaningless and the thoughtlessness behind the commitment creates a shallow approach that creates within the individual a sense of the futility of promises or honoring one's word. That therefore, many commitments are put into writing.

This Awareness indicates that these concerns with commitments are well established, but there is an area which needs to be examined closely,--this relating unto entities' attitudes toward the commitments of others. That often, entities hold others' slightest and most casual remark expressing an intention or desire to be a commitment and interpreting that slight expression of intention or desire as a commitment. The entities then build a great significance around what was stated by that entity during the time of casual remark. That also, this casual remark which later is interpreted as a commitment, whereby the entity wishing to turn that casual remark into a commitment begins to put greater and greater significance on such, may find that the first entity does not wish to honor his casual remark as a commitment and reneges. This then leads the second entity into accusations, demands, and insistence that the commitment be honored.

Commitments Often are Manipulative

This Awareness indicates that this action seen in its entirety, is another form of subtle manipulation, whereby entities' slightest remarks, intentions, or desires are turned into commitments, whereby the other may criticize or make demands on the energies of the first. That this should be observed when it occurs, and understood, so that the manipulative techniques involved are not allowed to pass unnoticed. Also, there is a tendency among entities who insist on others keeping their commitments, that these entities who so insist tend to honor their own commitments only in the degree that is publically noticed. That these entities may often demand that others honor their commitments and may, in turn, break their own commitments on the grounds that the first entity has broken the commitment.

This Awareness indicates that this type of thinking can very quickly and easily become manipulative in its effect on those about; and whereby entities focus heavily on the demands and insistence that others explain clearly their commitments, and keep such commitments, or if commitments are to be changed, that these commitments be discussed clearly in communicative ways. That all of this, while perfect in logical, communicative techniques and method, can have as a subtle accompaniment, a tendency to manipulate and control the energies of others, rather than allowing entities the freedom and right to alter commitments and agreements when necessary; in emergencies, or when these commitments and agreements were not as intense or as absolute as one entity claims.

Commitments Relate to the Concept of Degree

This Awareness indicates that essentially, this relates in part to the concept of degree. That everything is what it is in a matter of degree; that commitments may be only to a slight degree or may be spoken to an intense and absolute degree of commitment. This Awareness indicates that it becomes important for entities to watch the degree of commitment as is expressed by the entity and as is interpreted by the listener, and also as another may manipulate that commitment into a binding and enslaving

promise.

This Awareness indicates that these degrees of commitment are the areas which need to be carefully watched in order to avoid becoming victimized by entities who use a form of mind-control through the appearance of clear communication, when in fact the communication, while clear, is intensifying the control by re-defining and re-speaking the degrees of one's casual remarks.

Some Examples of "Commitment"

(FOLLOW-UP QUESTION):

Could Awareness give an example of this type of commitment?

COSMIC AWARENESS:

This Awareness indicates for example, an entity may say, "I feel like going on a seven-day fast." Another entity, overhearing this, may say, "Oh? When would you want to start this?" The first entity might say, "Oh, maybe tomorrow." The second entity then, upon awakening the next day, may pounce upon the first for having breakfast, stating that, "You said you were going on a seven-day fast, and here you already broke your fast before you even started. You have no will power!" etc. This Awareness indicates that the casual remark of an entity's expressed desire or pondering the possibility of going on a seven-day fast, being taken as a commitment by the other, and then ending in criticism of the first for not having more will power,--this even before the entity has made the commitment or has decided to embark upon a seven-day fast.

This Awareness indicates another example whereby an entity in formulating plans for a future action, discusses these casually with a friend or associate, and the friend taking these remarks of a casual nature, then begins action upon these as though this were a commitment and becomes highly critical of the first entity for not also energizing the plans; that the second individual may become insistent and demanding that the first follow through on his or her commitments. The first then, feeling quite confused as to whether or not he or she actually made such a commitment, may find himself carrying through on plans which he or she was never fully committed to in the first place, but which was manipulated or forced upon the entity because the entity had casually remarked about the plan, even though the plan was still in a casual, formulative stage.

This Awareness indicates that this kind of thing happens quite often among the affairs of entities, whereby one's slight ponderings or discussions are taken more seriously by a listener than was intended by the speaker; and the listener then taking this energy, builds upon the energy and finds certain purpose in these energies, then is frustrated in discovering that the originator of the plan is not following through on the energies which were discussed.

This Awareness indicates that this being brought about as a conflict resulting from two different interpretations of the degree of intention being expressed. That some entities express their feelings very casually, without making promises of an intense nature, except under certain formal conditions; whereas other entities express themselves rarely and when they make a statement, no matter how casual, it is a total commitment to them. And these two entities coming together, each having their own set of values in terms of their word, or statements; one feeling "the word is sacred, and you do not speak unless you mean what you say;" the other feeling that "Freedom of speech is my right and I will say what I want. Freedom to change my mind is my right and I will change my mind

as I want. Freedom to think aloud is my right and I will think aloud, even before I have formulated my absolute plans."

This entity then, spontaneously thinking aloud, speaks words which the other entity takes to be absolute commitment. The second entity then demanding the first be moral and honor his or her words; the second insisting on the freedom to speak without being bound by every word spoken. This Awareness indicates that this as an area in communication among entities which leads to much conflict and confusion and needs to be better understood in terms of the intention behind the speaker, rather than the surface features of words spoken. This Awareness indicates that words spoken by one may be commitment, by another may be babbling and mere relaxed expression; by one the commitment may mean a contract, by the other it may simply mean an intention.

This Awareness indicates that entities do need to look more carefully at what is *intended* by these expressions, not just what is said by entities.

HOW TO RELATE TO STRANGERS

(What is Appropriate and What is Inappropriate?)

QUESTION:

A question from J.W. in Pennsylvania. She writes: "Would Awareness please comment on the differences in relating to children and adults? With children, one learns to look past the behavior, however inappropriate as an expression of feeling or need, and to deal with the child itself. With adults, often looking past inappropriate behavior leads to greater and greater inappropriateness. Where is the balance? In cases that it is not clear with people, especially women who were raised with the values of "Always be nice to others and friendly," looking past minor inappropriate behavior, leads often to more and greater inappropriate behavior.

"Trying to fathom the motives of other entities often ties up energies, and adults can be devious at hiding their motives. Also, at what age is there a division? In these troubled times, even a smile at a stranger can be mistaken, and yet, greater and greater withdrawal from 'the world' seems a sad way to live. I have noticed only to "little old ladies" is it safe to smile if one feels like greeting a stranger, and young children, and women with children."

COSMIC AWARENESS:

This Awareness indicates that this as like asking the question: "At which point does the water which is cold, become warm?" This Awareness indicates that as the child begins to express itself, it is expected to remain self-centered, self-serving, and the expressions are understood to be self-serving. As the child begins to develop, it is expected to take on more and more responsibility toward its own self-serving needs, and to rely less on others serving it.

As the child develops still further, and moves toward what is called maturity, it is expected not only to serve itself, but to begin showing ability to serve others also. That in the communication, the ability to be of service to others requires that clarity, and particularly clarity of motive becomes a part of that communication. That wherein a child is deceptive, this can be somewhat expected, yet it needs not be encouraged; that an entity may encourage the child to be open and honest.

Deception in Children

This Awareness also wishes to suggest that wherein a child expresses deception, this may reflect a feeling on the part of the child, a feeling of fear that if the child ex-

pressed openly and honestly, he or she might be punished; the movement into deception is in order to gain advantage, or to avoid disadvantage. That wherein an entity grows into more maturity, the entity should be expected to not deceive in order to gain advantage, but to bargain and relate clearly in order that both parties reach agreement, and rather than seeking to avoid disadvantage, the entity should seek to make things clear enough that areas of the relationship are harmonious and reconciled, wherein there are problems or differences.

In other words, as the child matures, more honesty in communication, more clarity is expected. Obviously this is an ideal, and is not the way things are, therefore, entities in relating to others find that others are often deceptive to them, or will misread communications or will miscommunicate information. Therefore, an entity who is aware, will be constantly alert to keep the communication clear enough in the important issues of communication, so that they understand and so that there is little room for misunderstanding. This Awareness indicates that in those major areas of concern, the communication may require that information being exchanged be put into writing.

When Speaking to Strangers in the Street

This Awareness indicates in relation to the concern for speaking to entities on the street, to strangers, or to giving recognition to strangers, this will always be a concern in a society wherein entities are not always trustworthy. This Awareness indicates that it is not necessary that an entity be acknowledged when passed on the street; that some entities can acknowledge another; that other entities, being acknowledged, seem to read that acknowledgement as a sign that they are being flirted at, or that the person acknowledging them is open for closer, more intimate relationship.

Rules of Conduct When Walking Down a Street

It is difficult for an entity who is simply gregarious and outgoing to know what reaction a smile, or a look may have on another entity whose mind can be totally different in nature. The general rule of appropriate conduct in terms of meeting entities on a street, meeting strangers in particular, is that you do not look at the stranger, until the stranger approaches a distance of within approximately 10 or 12 feet from you. At that point, you look briefly into the eyes of the stranger, for but a half second, and acknowledge the presence of the entity, then you look away, to indicate to that entity that you need, and want no further contact. That this looking away should be approximately 6 to 7 feet before the entity reaches you in passing.

Letting an Entity Know You Want Closer Contact

If you continue to look at the person, as they get close, within touching range, this tends to be a signal to the entity that you are interested in closer contact; that if you turn around and look at the entity who has passed, this reinforces that message. If, in meeting a stranger on the street, you look briefly at the eyes of the entity while still approximately 10 or 12 feet away, or even 15 feet away, then look straight ahead, and if you, in passing, or briefly after the glance, state with a voice that is not fearful, shy, or timid sounding, state: "Good morning," or "Good afternoon," or whatever other greeting is appropriate, this indicates to the entity that you are gregarious, and recognize their existence as an equal.

If however, you wait too long after the eyes have met at 10 or 12 feet away, and after looking at the entity, and glancing away, you pass the entity and then in low tones say: "Good morning," this tends to indicate to the entity that you secretly, (because the voice has grown softer), that you secretly wish to communicate, but did not want

anyone else to hear. Such signals can be interpreted by an entity's mind that you are one who could easily be picked up, or taken for a ride in a relationship that implies intimacy. That it makes one appear to be an easy mark, as far as communication goes; that the entity who speaks out loudly or confidently, stating "Good morning" to one who passes, generally is open, and is not seen as attempting to be seductive or anything of that nature.

This Awareness indicates in fact, often women who speak out with a strong voice tend to frighten men away, for the feeling the men may have is that: "This woman is too open for me. She would draw all kinds of public attention to any action that I might initiate." Generally speaking however, a woman does not greet a man on the street, even in a loud confident voice, without risking the possibility that the man might take this as an invitation to get acquainted.

When You Say "Good Morning" to a Stranger in Passing

Likewise, a man does not greet a woman on the street verbally, without risking the possibility that the woman might think he is attempting to make some kind of overture or pass toward her; that a friendly greeting by a man toward a passing woman, or by a woman toward a passing man will entail that possibility of being interpreted as an indication of seeking further communication.

This Awareness indicates there is nothing wrong with these communications, if in fact the entity sees in the passing person something which indicates a desire to communicate further with that entity. Also it does not necessarily imply that further communication is necessary; the entity may be perfectly happy continuing on his or her way. Being such a happy day, the entity simply wishes to communicate with this person passing by in a very brief way, by stating: "Good morning".

This Awareness indicates that any entity who attempts to read more into that "good morning" than is intended, may of course have some kind of psychological problem. Anytime an entity in passing states "good morning" to you, it should in fact, be recognized as a friendly gesture, a friendly statement which is intended to make you feel good, to make you feel important, to make you feel recognized. Anything more than that would need to be conveyed by some other signal, such as continuing to stare at the entity, or turning around and looking back, or stating, "good morning" in a tone which does not sound matter-of-fact and friendly, but rather seductive and deliberate.

When You Find Someone Staring at You

This Awareness indicates that these signals which entities convey to one another as strangers are often very telling of the kind of entity who is passing, or who you are communicating with. Another similar situation is wherein you find yourself in a room with a stranger, or with several strangers, and find one staring at you, or find one sitting in a manner that attracts attention, attracts your attention, or wherein you find yourself staring at an entity who is seeking to avoid your stare; these situations also can become uncomfortable and discordant and awkward.

Generally speaking, when an entity looks at you, it is an indication of recognition, and recognition if prolonged, is an indication of desire to become more acquainted; that this of course depends on what you are doing to attract attention. If you are simply standing there, minding your own business, and someone is staring at you, it can indeed mean that the entity wishes further to get to know you. This Awareness indicates if you are standing there with one leg up on the piano, and with an ice cream cone stuck in your ear, you obviously are attracting attention,

which might not necessarily mean that those staring wish to become better acquainted.

Generally speaking however, if entities are looking at you in a prolonged manner, continued glances, or continuous glances, it can indicate that these entities wish to become better acquainted with you.

Body Signals that Imply There Could be More

This Awareness indicates also that wherein entities are facing you in a room, wherein the foot or leg of an entity is turned toward you, and this is other than incidental, this can be a body signal that the entity wishes to get to know you better. Likewise, these arrows of attention, the arrows of looks, or the arrows of hands or feet pointing, or reaching toward you, is often an indication of a desire to become more acquainted. Likewise, when entities turn away from you, turn their attention in a different direction, break eye contact; this can mean that they feel embarrassed, feel awkward, or wish to avoid further communication, at least for a time, while they regain their composure, or perhaps permanently.

Those Who Give a False Signal or Bluff

This Awareness indicates that these are simply signals which entities send to each other as strangers, and even as close friends and mates, and when entities are aware of these signals it can help to be more discerning in how to proceed with communication, or how to avoid embarrassing situations. There also are those signals which are over-exaggerated which may be seen as bluff. Any action which is over-exaggerated is in fact to be interpreted most accurately as a kind of false signal, or bluff.

For example, an entity who turns away quickly, suddenly, and with an apparent disgust, may actually be seeking further contact; this depending on what you are doing to have triggered that look. Wherein an entity refuses to look away from you, continues to stare at you, even after you have made several efforts to break contact, to break eye contact, this may mean that rather than the entity wanting to get to know you better, the entity may actually be wanting to annoy you.

These over-exaggerated actions may also be seen in personal and intimate relationships with your mate, or friends or family members, whereby entities who refuse to talk, for example, who clam up, may actually be wanting very desperately to express something, but may feel that since they couldn't express this, they're not going to express anything until you have suffered sufficiently from failing to let them express. This Awareness indicates that these are signals which are not always apparent on the fact of the situation, and must be read through the emotions and feelings which you experience in the relationship.

The feelings which entities have in passing a stranger on the street are often the best signals as to what that particular stranger wanted to convey to you, and often these may also reflect your own inner attitude toward yourself, for an entity may pass you on the street having totally neutral feeling toward you, but an entity who is exceptionally sensitive may feel that the stranger did not recognize them sufficiently or appropriately, and saw them as some type of "creep".

Likewise, an entity who is over-aggressive and feels he or she is the best thing that has walked down this street in 14 years, seeing a stranger approaching, who passes by with a neutral attitude, may not recognize that the attitude was neutral, but may simply reinforce their feeling about themselves, and assume that the entity so passing with a neutral appearance, was feeling inferior, because he or she didn't stand a chance.

This Awareness indicates entities often need to have

these relationships with others in order to best reflect on themselves through the mirror of that relationship with another. Assuming entities have a clear self-image, knowing what they are like, how their mind interprets, entities may be able to use and recognize signals of these subtle types, to better understand other people. That wherein entities cannot clearly see themselves, or have some kind of delusion about themselves which is based on false realities, these entities often attempt to interpret signals, but twist the interpretation to fit their delusion.

THE PSYCHOLOGY OF THE "FLASHER"

(FOLLOW-UP QUESTION):

While we're on the subject of signals, would Awareness discuss briefly this growing phenomenon, particularly a few years back, of what the media calls the "flasher"? It's usually a male entity running around naked, covered by a raincoat, who exposes himself, either in an automobile or in the bushes to females walking by, and then he disappears rapidly. What type of signal is this entity expressing? It doesn't really appear to be a sexual thing.

COSMIC AWARENESS:

This Awareness indicates that this type of consciousness essentially is simply an entity who wishes to shock others; this generally coming from the consciousness level wherein the entity feels himself to be somewhat insignificant as an individual. This as much likened unto the consciousness level of the 8 year old, or thereabouts, or the four year old. That the energy of children passes through various stages; being quite shy, or being more aggressive and outgoing. The young child clinging close to mother and home; the child approaching three and four years old then begins to explore the neighborhood.

The Child Learns how to Shock Mother

The child then again begins to cling more toward home and family, brothers and sisters for a couple of years; then around the age of eight or nine, the child begins to explore language and finds that a brilliantly executed four-lettered word causes mom to go into tantrums. This Awareness indicates that this form of shocking mom becomes a kind of rebellious thrill which the child then feels as a sense of personal power. This personal power the child feels through the use of abusive language, is that which is the beginning of the child's feeling of being able to have an influence.

Some entities do not fully develop this feeling that they have an influence, particularly in, for example, the area of sex, and so in growing more mature perhaps in some ways, fail to mature in other ways, and if feeling a lack of influence in sexual powers, the entity may choose this action of shocking mother, or shocking the passing female by doing something outrageous.

This Awareness indicates that it being a harmless act, in the sense of being nonviolent, yet violates in one sense, her principles, and her sense of dignity. It is a totally repulsive act. The more she is shocked by it, the greater the thrill the entity has. That others do this not as much for the purpose of shocking the female to satisfy the feeling of having little sexual influence in their lives, but others may do this more as some kind of joke, such as those who conspire together, a group of boys or playmates, or friends who conspire together to do some outrageous act. In this manner they receive their joys and kicks, from recognition of each other, reinforcing their outrageous behavior, showing themselves to be daring and therefore, worthy of being part of the gang.

This Awareness indicates that this as a less common motive and may have little to do with the feeling of sexual inadequacy. However, in some instances, this grouping

together of entities of like consciousness may develop a gang which does such activities whereby they reinforce each others' aberrations.

THOSE WHO DO THE "MOON SHOT"

(FOLLOW-UP QUESTION):

Those entities who do what they call the "moon shot" would also come under this classification, would they not?

COSMIC AWARENESS:

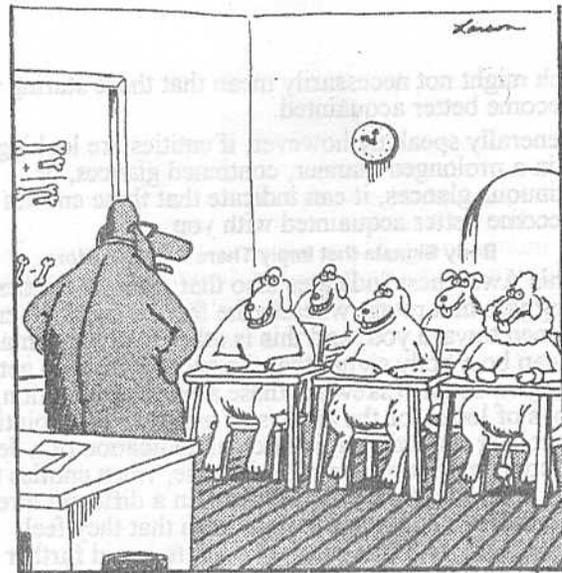
This in the affirmative. This Awareness indicates also, one must recognize too that occasionally such actions are created as to be outrageous, to shock society or to shock others, not so much from a sense of hostility, nor even from a sense of personal inadequacy, but perhaps these entities are exhibitionists, feeling themselves to be overly adequate; and such entities doing this, having a kind of contempt for others as being too prudish, these entities then in expressing themselves in this manner, create an affront to others with the motive of making others feel themselves to be too prudish and too much of a conservative; and the entities in flashing, or doing the so-called "moon shot," may simply laugh and enjoy their own outrageous behavior, for the enjoyment of having put someone else down, in a sense of reflecting to them their own limiting attitudes toward sex, or toward nudity.

Sexual Inhibitions: Some are Expressed, Some are Hidden

This Awareness indicates that there are many entities who do not have the sexual inhibitions of others, and tend somewhat to resent others for having sexual inhibitions, and who feel it is their duty to break these sexual inhibitions. There are others who have sexual inhibitions who resent those who do not, and feel it is their duty to condemn those who do not have these sexual inhibitions.

There are still others whose sexual inhibitions are so intense that they cannot relate at all, except through some perverted way. There are others who do not have sexual inhibitions in some areas, but have sexual inhibitions in other areas, and there are also entities who do not put much significance at all on sex, while still others see it as the only thing that matters.

This Awareness indicates there are also entities who have no inhibitions in relation to nudity and exhibitionism, but who have intense and very deep inhibitions in regard to sex. These entities may be constantly flaunting their physical body, and exhibiting sexual signals, but never able to become involved in actual sexual behavior. Others may become very sexually active, but never exhibit any indication of such activity.



"Well, here we go again. ... Did anyone here *not* eat his or her homework on the way to school?"

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

Much is happening here and new changes are an ongoing thing. We 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.

RESPONSIBILITY AS IT RELATES TO INDEPENDENCE AND DEPENDENCY

Opening Message:

(3/5/97)

This Awareness wishes to discuss responsibility as it relates to independence and dependency. This Awareness indicates it takes a certain amount of responsibility to be independent. There are many entities who want freedom and independence but do not have the *responsibility* that goes with the freedom and independence.

This Awareness indicates there are many entities who want to be dependent on some things, but want to be independent on others. It is likened unto wanting to have your cake and eat it too, and still have it. This Awareness indicates there are many young people, for example, who want to be free of any kind of parental or home rules, but want to be taken care of.

This Awareness indicates in this modern era, this has become even more prevalent, partly because of the Welfare mind-set that has been planted in consciousness for the past 30 or so years, wherein entities see the government as handing out Welfare checks to their mothers, and they expect somehow, that as they get older, they will be taken care of.

Dismantling of Welfare Programs Could be Disastrous

This Awareness indicates there are some entities who try the work field and find it difficult, and realize that it is easier the way their mom had it, getting checks from the government. This Awareness indicates that many entities now are finding these checks drying up. There are actions being taken to dismantle the Welfare program on many levels, and for some entities this is disastrous. For others, it is a potential disaster, only because the entities are used to it and don't want to work.

This Awareness indicates there are some children growing up today who don't want to bother picking up their clothes, or picking up the messes they make, but they want to have their meals on time, and they want their certain foods, and they are very particular about how their foods are presented, they are very particular about what they want. They can be very detailed about that, but they are not very critical about picking up all the details of trash or toys that they have scattered around their room, or throughout their home.

Many Depend on Others to Pick Up After Them

This Awareness indicates these entities also can trash the streets or their yards without any consideration whatsoever, because they are used to someone picking up after them. This Awareness indicates that this kind of behavior is a kind of dependency. They depend on others to pick up after them, or to take care of them, or to provide their slightest wish, but they do not have any sense of responsibility or independence in taking care of themselves. This Awareness indicates that this is not only with children, but you can see it also in many adults. The adults have developed along the same lines, having still some of the same patterns of behavior.

An entity, for example, may want to have all the pleasures of a married life without any of the responsibilities. They want someone there who will take care of them, wash their clothes, pick up their shoes, pick up their socks, make the bed, clean the house, provide them a castle in which they can claim ownership and family over which they can express their authority, but whereby they themselves do not want to do anything for the family or for the home.

Some of these entities do not even want to go out and work to bring home anything for the family or to pay for the home. There are some who think that the way to live

is to find a very wealthy woman who has it all together, and just provide stud service. This Awareness indicates that these entities are not as uncommon today as you would imagine, and these entities sometimes are shocked and violently angry when the woman does not want to play that game any longer.

Most Women are Shocked When the Man Falls to be Responsible

This Awareness indicates that this is a shock to the women also, because they expect that if they bring a man home *he* will provide for *them*, do things for them, and give them a good home and be a very loving husband. When it does not work out that way, when they have made a choice based mostly on sexual interest rather than measuring the man's true character, they are shocked, they are hurt. They wonder, "How can anyone treat me this way, after all I do for them?"

This Awareness indicates these entities are suffering in life. They are suffering because they are doing so much, or they are suffering because they can't get someone else to do so much for them, and yet, do they learn from this? Not always! Over a period of time perhaps they will learn something.

This Awareness indicates they want independence. They want to be free to do what they want to do, but they do not want the consequences or the responsibility for their actions, and yet they wonder, "Why is this happening to me?" and most of these entities think of themselves as victims of someone else's abuse.

Most Men are But Children in Grown Up Bodies

This Awareness indicates it can happen either for the woman or for the man. The man will feel victimized because the woman will not buy him cigarettes, or will not buy the booze he wants, or will not take care of the house payments or the electric bills. This Awareness indicates there are many of these entities around today. They are still children in grown-up bodies. It is a very pathetic situation and yet it is a very common situation in today's world.

This makes it very difficult for a woman to find a suitable life for herself, when a whole generation of men grow up being babies in men's bodies. This Awareness indicates they are capable of going after the comforts of life, and they are very adept at finding someone who will provide those comforts so that when and if the woman eventually tires of them, they simply go out, if they must, into the streets or to some local bar, and find another woman who is willing to take them in, and they start the big game all over.

Much of This Caused by the Moral Deterioration of Society

This Awareness indicates this is a very pathetic situation, due mostly in that the morals of the country, the morals on which the country was built, have degraded considerably. This Awareness indicates that without a sense of responsibility, which is perhaps one of the basic aspects of morality or of the conditions of a good healthy society; without the aspect of sensible and responsible behavior by entities, there is a continual deterioration of society and everyone suffers from it.

This Awareness indicates the responsible man or woman working at their jobs must pay taxes and these taxes go to these social programs, mostly feeding entities not handicapped so much as entities who are too lazy to develop their true independence and the responsibility required for being independent, and these entities who are too lazy, still want the benefits of independent behavior, without the responsibility.

Irresponsible Men are Like the Enabled Alcoholic

This Awareness suggests that entities be very careful not to feed and provide for some kind of beneficial

independence to entities who are not willing to take on the responsibilities necessary. It is much likened unto the alcoholic, wherein the alcoholic wants to have his pleasures and his drink, but does not want the responsibility of having to go to work the next morning, so he asks his mate or his wife, or children or someone to "Call my boss and tell him I am sick!" and thus, eventually, the entity loses his job, and the person who called the boss to explain that he was sick enabled him to continue his habit, his alcoholism, and to lose his job.

The enabling aspect is that which most people need to understand better when it comes to these lazy and inadequate people who fail to do their deeds in a responsible way. This Awareness indicates that in the army they allow their soldiers to go out and drink or get drunk as necessary or as desired, but they do insist that they get back to base on time and get up the next morning for reveille. If they cannot do it, then they go to the stockade, or suffer some other kind of punishment. It is a thing that demands the responsible behavior for the irresponsible activity from the night before.

This Awareness indicates that many wives let their husbands drink and get drunk, and the next day they nurse them, or they argue about what they have done, but turn right around and enable them to do it again. They even let them have money or write checks if the husband demands or whines enough to talk them out of money. This Awareness indicates this is not uncommon either. The woman finds it more difficult to stand up to her husband than to give in to him, even though she knows it is destroying the family; destroying him, her, and the family relationship.

This Awareness indicates that eventually, she may need to simply pull the plug, extract herself from the scene one way or the other, or send him packing. If she cannot send him packing through restraining orders or some other legal means, then she may just have to leave the scene herself. This Awareness indicates that many times, when it comes down to this, the woman does not want to leave the scene. She will take his promises as an exchange for letting him stay.

Thus, he makes a promise: "I'll do better! I'll try my best! I'll do better tomorrow! I'll do this tomorrow! I'll go out and look for a job tomorrow!" and she believes him and tries it, and it doesn't work. He doesn't go out and look for a job, and within a day or two he is back drinking and stealing money from her, or whatever, and the entity again decides: "I've got to get rid of this man! He's ruining my life! He's ruining my children's lives!" and so she decides again to have him leave.

She tries to have him leave, eventually he becomes belligerent, hostile to her, and may even threaten or abuse her. After some of this occurs, if she still can't get him out, she may have to go for help, but often she will stop short of this because if she goes for help, he may end up in jail, or he may threaten to kill her or hurt her more if she goes to anyone.

This Awareness indicates she has let herself be led into a deeper and deeper problem by not taking care of it soon enough. Eventually she can live years under an abusive drunken husband or situation wherein she is afraid. This Awareness indicates in the extreme cases there have been situations in which the woman eventually had to resort to violence herself, because of the violent threats of her husband.

This Awareness indicates the sooner an entity can stop the action or distract herself from the relationship, the easier it is for her to get out of it. If she thinks that she can change her husband, if she thinks that she can change a man who is abusive or violent or negligent and

irresponsible, she is usually mistaken. They do not usually change because of a woman. They usually only change when their whole life has been disrupted, and they have very little left to lose.

Unless There Are Consequences a Child Won't Change Behavior

Once they lose almost everything that is precious to them, then perhaps they will seek help. This Awareness indicates likewise with children, if they do not have any consequences for their behavior, why are they likely to make a change in their behavior? This Awareness indicates that if the child continues to make trash on the floor with his toys and clothes or cut-outs, why is the child going to change that pattern of behavior unless there is some kind of consequence?

For the child, you may simply put the toys somewhere in the attic or in the garage so that the child cannot play with any of the toys that were left scattered on the floor for a certain length of time. This Awareness indicates this will eventually get through to the child that, "Hey! I can't leave my Super-Hero laying on the floor or Mom will put it in storage!" This Awareness indicates, how long will it take for the child to learn the lesson when this kind of consequence is experienced by the child?

This Awareness indicates the same thing of course has to apply with the adult who is irresponsible, if there is some kind of consequence that can be found to deal with the type of irresponsibility. This Awareness indicates often an alcoholic will drive, get drunk, be thrown in jail, call the wife: "Come down and get me out! I'm in jail!" and she usually will do her best to find a way to get him out. After several such incidents, she may decide "Fine! Sit there and rot! I told you not to go out drinking! Stay in jail!"

The entity will then call his other friends and relatives trying to get them to help get him out of jail. Sometimes the friends think they are doing a big favor. They'll go down and get the person out of jail, bring him by his home and drop him off for the wife to take care of. At this stage she may have already have decided she was not going to be his enabler any longer, but all of a sudden there he is at the door, ringing the bell or knocking on the door, demanding to get in.

What does she do? Call the police? He lives there! What can she do? So, she perhaps lets him in and the scene starts over again with her nagging at him about his drinking and him telling her he doesn't want to talk about it, he doesn't feel good, he's had a bad day. This Awareness indicates these are the kinds of problems that entities are facing in these times and it is especially bad for this generation of men who have been raised as irresponsible children.

We Have a Whole Generation of Men Who Are Irresponsible Children

They have not been raised by a family in the normal sense. They have not had father guidance, and their mother has not had the sense of discipline and authority over the child that the child might truly have needed, nor does the child have a father example, one that is strong enough to be a good example for the child. Thus, you have a whole generation of men who are not men, but who are boys or children in men's bodies. They are emotionally and psychologically unfit for marriage. They do not know how to behave in a sensible and social and responsible way.

This is the difficulty that many women face, and the men also can complain about many of the women who grow up thinking that all they need to do is get some man, get him to make them pregnant or to get in bed with them and he will marry them and provide them with the home that they have long needed, but which

they never got for their own family.

Many Young Women Want Tough Womanizing Men

Many women think that they could make it on their own, outside the tyranny of their family life, having all the pleasures and excitement they want, if they just get the right man. Unfortunately, the young girls often go for the man they think is going to be the most capable of survival, measured by his ability to fight, to act tough, to appear tough, to drink, to carouse, and the man who is a kind of womanizer.

She may think that this man is really macho, and therefore, she goes for that type of person, not because he is responsible, but because he appears like a tough survivalist, and she likes to watch his activities and his toughness. She may even encourage him to get in fights, and this kind of woman usually finds herself tied up with such a man who is ready to fight, ready to act tough, ready to drink heavily or go to extremes in his behavior, but is not ready to settle down and become a good provider, and she can't understand why her life isn't working, after she has 3 children and a husband who has become unemployed because of his hot temper or his other mischievous activities, or because he is running around and still womanizing.

This Awareness indicates that these are problems that are facing so many of the young people in these days. Some of it is influenced by television and movies and the kind of people they see on the screen. Some of it is the result of broken families; families that did not work out well in the children's lives, so they grow up and get involved with someone that is no more responsible than were their own broken family parents, but they think for some reason that with all their own individual charms, they'll be able to handle their mate.

They look to control their mate, and soon forget about loving their mate, or they love their mate without putting any kind of conditions. Many entities talk about unconditional love as if that were the answer for everything, and they end up martyring themselves to some tyrannical mate who expects more and more and more out of their martyr.

This Awareness indicates they need to learn to stand up for their rights, if they are going to have rights. You cannot be independent and yet grovel at the feet of others. You must stand up for your independence, and if you are dependent, then you will grovel and you will, beg for mercy and beg for those things that you need in your life.

If there is an interdependency in relationship where both depend on each other, this too has to be negotiated and worked out as entities go along from day to day. It is not something you simply define before you get married and find that once it is clarified, you no longer have to protect your interests or protect your mate. It is a continuous action: day in, day out, of keeping a balance between independence and dependency.

Someone does something for you, you in turn owe them something, and when you repay them by doing something for them, then you feel: "Now I have the right to ask for something that I need." Sometimes you will even say, "All right! I'll do it, if you'll do this for me!" and if it is fair and reasonable, your request will probably be honored.

Trade-Offs Can Make A Relationship Workable

There are some things in which one entity is better at doing than the other entity. Sometimes you might say "All right! I'll clean the house, if you'll do the book-work!" or, "I'll do the taxes, but you're going to have to do the house!" These trade-offs are what make a

relationship workable.

This Awareness indicates the same applies to children: "I'll take you swimming when you clean up your room. If you get your room cleaned up properly, that's when we'll go. We won't go before that! I don't care what time swimming starts! We're not leaving until your room is clean!" This kind of trade-off makes sense. The child understands. If the child wants to go, then he or she *must* clean his or her room.

"I'll take you to the movie, but you must pick up all those toys on the living room floor. You have left dishes in the bathroom. Take them to the kitchen and I'll make you a hot dog, or whatever. I'll make you your hot chocolate, but get those dishes in there first!" This kind of trade-off works, but beware of training the child to throw tantrums by rewarding them for the tantrum, by rewarding them for the whining or for the pouting.

You do not want to encourage negative behavior, either in the child or in the mate or husband or wife. You simply make trades, and this will help solve many of the problems that entities have. It is not the best or only solution in some situations. There may be exceptions where more has to be done, but it is a start. It is a way to learn how to relate better to each other: making the proper trade-offs so that there is a responsibility that goes two ways, wherein parties involved in a relationship each have a certain responsibility for keeping the relationship healthy.

ARE PROCEDURES DIFFERENT FOR GROUP MAGIC, VISUALIZATION, ETC.?

QUESTION:

A question from Elaine A., in Malasa, Spain. She writes: "I'd like some hints for groups trying to visualize together. Are there any basic differences in procedure for people doing magic, healing, et cetera, together, rather than alone?"

"For example, when making a wish, as in the Scorpio lessons, should each person form his or her own image, thus risking discrepancies, or can one person make the image, and the others send energy to it?"

COSMIC AWARENESS:

This Awareness indicates that often *one* entity can go through the entire process for the group, speaking in behalf of the group, giving the process that the group has agreed upon. This Awareness indicates for example, supposing the group wants to heal a certain entity, or wants to manifest a certain situation, and one entity speaks for the group, saying something to the effect of: "We now visualize and see this result that we wish, and in seeing this result, we wrap this prayer to the High Self with light. The prayer we are sending carries the image of the result we seek, and we wrap this with light and we take these deep breaths, energizing and covering this White Light package with the Mana that is to be sent to the Higher Self, and we see this now rising, going upward. Let the prayer go up and let the rains come down!"

It can be elaborated and changed and put into your own words, put into ways that are suitable for the group. This Awareness indicates in other words, one person can speak and carry the message for the group, or you can simply have all of the group individually say the prayer and do it independently, silently. Standing in a circle, they can participate, and feed each other's energies, but do it all silently. This Awareness indicates either way is suitable, and you may test, according to your own group, which way is more favored by those participants.

This Awareness indicates that also, you may wish to consider the healing techniques that this Awareness has given, such as the Sacramental Healing: the group standing and visualizing the person who needs to be healed in the center of the circle, and all of those in the circle sending White light to that entity for the healing. Sometimes, if the person who needs the healing cannot be there, you can have a substitute person in the center and take the healing in behalf of the other person who cannot participate in the circle. Or, if you prefer, you can simply leave the circle void and visualize the entity there, though the entity may be in a hospital somewhere, or may be elsewhere altogether.

This Awareness indicates it is important to understand that these things that are done through imagery do not have to be factual. You do not have to have the actual person present to send a healing to them, for the imagery process is that which affects the subconscious minds of entities, and the subconscious minds believe that which is imaged. There is a tendency to believe the imagery, even as though it were real.

The Technique of Re-Imaging the Trauma to be Favorable

This Awareness indicates in fact, a therapy has developed whereby entities are put back into traumatic situations and told to image the situation, but to image it in a way whereby it turns out favorable, rather than in a negative result, and by re-imagining the trauma to that which is favorable, the traumatic impression left with the entity's subconscious mind is reversed, and it no longer has its destructive force on the entity.

An Example of Rewriting the Script

This Awareness suggests for example, assuming you had an experience as a young person wherein you had to stand up in front of your school and give a speech, and you forgot all of your words, and suddenly became lost in your speech and the students below started laughing. Someone started chuckling or giggling. Someone else begins laughing and before long, everyone is laughing at you, and you cannot remember what your speech was to be, and you turn and run off the stage in humiliation.

This may have been a reality. Now you are 20 years later, and you recall this horrible situation which has kept you from ever being able to stand up in front of others. You have never been able to make speeches or talk before a group and the therapist tells you, "Go back to that time in your mind, visualize what happened, but before you run off the stage, wave your arms in a way to silence the audience, and imagine that you suddenly remembered your lines, and you begin to give your speech the way you visualized it beforehand in a way that is very impressive, very profound, and imagine that you give this speech and the class all gives you a great round of applause, that you had the courage to continue and that you did give a very good speech after your temporary confusion.

"Imagine yourself then walking off the stage proudly, not with fear, or not with humiliation, but with pride that you had been able to come back and do a good job in your speech." If this were to occur to you, that you had this kind of visualization, that traumatic problem from 20 years before, would no longer have its power over you to keep you from talking before groups, because your subconscious cannot really distinguish between what is imagined and what is real.

Thus, when you look back on the event, you don't see it the same way now as you saw it before, so whereas you may be planning to give a speech to your sewing group, and you were terrified at the thought, now you look back at the event when you were in high school, standing on the stage, but you see another picture, a

different picture. You see yourself giving a good speech and being given a round of applause from the audience.

You no longer have that terrible traumatic fear that resulted from the 'reality'. You have instead, an image of yourself doing well. The subconscious *accepts* that image because you have rewritten the script that once was your subconscious reality. You now have an alternative to draw from.

This Awareness indicates that in this manner, you learn that you can give, you feel that you can give your short speech to the sewing club. You have the option of choosing whether to panic or whether to remain calm. This Awareness indicates of course, this is only one example. Your particular traumatic experience might be along some totally different line. Perhaps it had to do with a date with some person you truly thought you loved, which turned out to be disastrous, and thus you thereafter are fearful of going on any date with anyone you admire.

This Awareness indicates just go through the memory of that first date that was so traumatic, but change the story to that which you would like to have envisioned, and it will help you on your future challenges. It could be something totally different. Do not think it only applies to dates or speeches before audiences.

Whatever the situation; perhaps it was a job interview and you have a fear of authority. Just go through those past traumas that caused you to have this anxiety and rewrite your script in your memory and imagine it turning out differently and you will overcome a great deal of any traumatic problems that you might still be carrying from that experience.

WILL GARLIC, PEANUTS & MUSHROOMS INHIBIT MEDITATION?

QUESTION:

Another question from Elaine. She asks: "I read recently in Deepak Chopra that garlic, peanuts and mushrooms inhibit successful meditation. Is this true? If so, why? And for how long after you eat them do they have this effect? And are there other foods that help or hinder entrance to the meditative state?"

COSMIC AWARENESS:

This Awareness indicates that garlic is what entities might refer to as a grounding substance. It is sometimes important to be grounded. Of course, in meditation, you are into the mental or psychic or spiritual realms and you do not want to be grounded. It would not be to your advantage to be holding onto metal or a chain or something that helps tie you to the earth, unless you are wanting to meditate upon the gravity of the earth or something.

If you are looking to meditate on something light or cosmic or spiritual, then of course, you would not want some grounding agent operating in your psyche. Garlic is a grounding agent. Peanuts are a grounding agent, and the same for mushroom. This Awareness indicates this is in reference to the types of mushroom that entities eat in their normal diet.

This Awareness indicates therefore, there is some truth to what the entity says. There is no problem however in eating mushrooms, garlic or peanuts for other reasons. Garlic, for example, is very good in helping to ward off colds. It helps to lower blood pressure. It does many things for entities, including the possibility of bad breath and bad flavors in their mouth afterwards, and likewise, peanut butter or peanuts can be a grounding agent.

Hippies Ate Peanut Butter to Come Down From a Bad Trip

Many of the Hippies in the Sixties used to tell each other: "If you're having a bad trip, just eat peanut butter! It will bring you down!" This Awareness indicates that is because it created stickiness in the mouth and caused them to focus on the mouth and the peanut-butter and got them out of any imaginary levels, and because it is a natural stabilizer or grounding agent, grounding the consciousness to reality.

This Awareness indicates the biggest problem with mushrooms is that it does feed candida, if entities have candida, or if there is an excess of sugar in their system. Thus mushrooms can create a kind of problem for entities if they indulge in them during high candida stages, or if they overly indulge in them, it can lead to candida.

This Awareness indicates otherwise, these have their benefits or their liabilities, depending upon the nature of your personal needs or desires at the time of the ingestion. The entity asks: "How long after using?" It is a matter of usually not more than half an hour, depending on how much you eat, how long it takes it to get through your bloodstream.

How to Form a Good Strong Aura for Meditating

This Awareness indicates if you are thinking in terms of meditating, often it is important for entities to have enough blood-sugar to break down and form an aura. The aura is formed by the mixture of oxygen and sugar in the blood, and for meditating, you want to have a good strong aura. Thus, you can either eat sugar products, if you are not diabetic or if there is no problem with sugar use, or you can eat carbohydrates such as spaghetti or pasta or flour products or rice or whatever else give you sufficient carbohydrates, which break down more slowly than sugar and gives you a longer period of sustained energy.

This Awareness indicates it is important, however, to have enough carbohydrate or blood-sugar and enough oxygen to strengthen your aura prior to meditation.

WILL EVERYONE BECOME VEGETARIANS AFTER THE DIMENSIONAL SHIFT?

QUESTION:

Another question from Elaine. She writes: "I long to live in a world, or at least a society where people don't exploit animals. What are the chances of everyone becoming vegetarian after the dimensional shift?"

COSMIC AWARENESS:

This Awareness indicates that after the dimensional shift there is a probability that *most* entities will be vegetarian. Most entities will gradually learn to live without eating much of anything. Eventually, they will learn to survive just on light, air, water and occasional plants when they wish to have greater substance or physical form, but the etheric bodies that eventually will evolve will not require much physical sustenance. This in reference to deeper frequencies and vibrations known to solidify the physical body.

A Vegetarian's Cat Going Blind for Lack of Meat (Do Cats Really Have to Have Meat and Fish in their Diet?)

QUESTION:

Another question from Elaine. She writes: "As I live in a forest, my cats could catch what they needed to supplement the Vegan food I gave them. A year ago however, one of them went blind and can no longer hunt. The vet tells me he must have meat, so I am reluctantly buying cat-food. Is it necessary for cats to have meat or fish in order to be healthy? Or is there a substitute? If it is essential, how can a vegetarian with pets, where hunting is impossible, come to terms with

this?"

COSMIC AWARENESS:

This Awareness indicates the nature of the cat is such that it is genetically adapted to meat-eating. Its intestines are much longer in proportion to its size, than are the intestines of the human, which allows the cat to have more ability to digest meat than does the human. Its teeth are made sharper for the tearing of meat, which indicates that the cat is a meat-eater, moreso than the human.

This Awareness indicates that humans have the type of teeth that tend to grind, such as grain eaters or herb eaters, and they have a shorter intestine, so that they are not really genetically made to eat meat. By imposing your own vegetarian standards on a cat, you are not allowing the cat to be the species it is created to be.

This Awareness indicates that there is not much you can do in this case since the cat is blind and cannot hunt well, but perhaps after you have helped it and fed it enough meat, perhaps its vision will begin to return. This Awareness suggests that if you do feed it meat, you might wish to feed it from animals that have less karma attached to the eating of their meat, such as fish.

Fish Have Less Karma Than Cows

Fish have less karma than the cattle, for example. There is less karma in killing a fish than there is in killing the cow. This Awareness indicates that is because the cow has developed more chakras than has the fish, and foods such as shrimp and clams have even less karma attached to them than do fish, but it is not a very great distinction between these sea foods.

This Awareness indicates *It* suggests you can feed your cat tuna or something of this nature without having to buy extremely expensive foods such as crab meat or shrimp meat or clams, and there is very little karma involved in feeding the cat tuna. Sometimes you can find cheaper tuna so that it is really close to the price of other meat cat-foods.

Sometimes you can find tuna for about 50 cents a can in today's market. When you have that opportunity you might want to purchase quite a number of cans at one time. This way you can add these foods with the vegetarian diet that you offer the cat now. This Awareness indicates that this can be of good nutrition for the cat.

This Awareness indicates that it is important for the cat to have zinc if it is having eye problems. The lack of zinc can lead to poor vision and zinc added to the diet can help the vision. Likewise, Vitamin A of course can be helpful to the cat's vision. Thus, by feeding it cod liver oil or something of this nature, or by giving it Beta Carotene, which is found in carrots, the cat can also benefit visually from this addition to the diet.

Why Did Elaine's Cat Go Blind?

QUESTION:

Her last question is along this line: "What caused my beloved cat to suddenly go blind at the age of a year and a half? His eyes are normal, so it must be his brain, but here in rural Spain, the vet has neither the knowledge or the equipment to discover what, and can find nothing in his textbooks.

"My friends and I have spent many hours in vain trying to heal him. Is there anything that can help him to see again? Awareness said recently that animals can benefit from suffering. What can a cat gain from being blind?"

COSMIC AWARENESS:

This Awareness indicates there are several questions

here. It appears that there is a certain deficiency in the cat's diet that led to the blindness. What it gains from being blind is not seen clearly at this time. It may be that there is no particular gain other than it perhaps brings the cat closer to you. This entity appears to not actually be suffering. It appears to be more dependent on you, closer to you, and it does appear to be developing a greater sense of affection toward you, because it relies more on you. You are to it, what a mother would be to a small child.

Perhaps this is what the cat needs in this brief lifetime.

QUESTIONER:

Is it possible that if Elaine could catch some mice and give them to the cat, that something in the mice could restore the eyesight?

COSMIC AWARENESS:

This is not seen as being in the affirmative. It appears that this would not be something the entity would want to do, nor does it appear that it would be of great benefit to the cat itself. If she has mousetraps and catches mice and gives them to the cat, the cat would surely appreciate it, but it is not something that Elaine would cherish doing, nor is there any indication that it would heal the blindness.

Is Canola (Rapeseed) Oil Toxic to Humans?

QUESTION:

A question from Eva M. in Hawaii. She writes: "In his book *Young Again*, author John Thomas claims that "canola" oil, also called rapeseed oil, is toxic and should not be consumed. He claims that the addition of canola to animal feed was the actual cause of "mad cow disease" in England. Canola contains large amounts of isothiocyanates, containing compounds which are highly toxic. Please ask the Awareness if the above is true."

COSMIC AWARENESS:

This Awareness indicates anything taken in excess, even water, can be highly toxic. If too much of anything is used, there can be problems, but this Awareness indicates in normal small doses, or usage, canola oil is quite beneficial. This Awareness suggests, however, that if entities wish to avoid the use of canola oil, the flaxseed oil can be even more beneficial.

The Benefits of Flaxseed Oil

This Awareness indicates flaxseed helps the skin and can be beneficial against dandruff and other fungal type problems. This Awareness indicates whereas the canola oil is not helpful in this regard. Therefore, this Awareness suggests that entities may wish to make flaxseed oil their oil of choice in this regard.

This Awareness indicates also, sesame oil is seen as beneficial. Partly it can be used for flavoring certain dishes for better enjoyment, also. Of course olive oil is one of the better oil too, although some entities do not want olive oil in all of their cooking processes, because it does have its own particular flavor, which does not always satisfy in every kind of cooking operation.

The Dangers of Hydrogenated Soy Oil

This Awareness indicates one oil entities should be careful about has to do with the use of soy, particularly avoiding hydrogenated soy oil, because it can be as dangerous or hazardous as animal fats. In regard to the effects of hydrogenated oils in the body; these are much akin to the high cholesterol oils from animal fats.

Mad Cow Disease and Canola Oil?

QUESTION:

In regard to the "mad cow disease," Awareness has indicated before that it was ground-up animal feed that

caused this, and did not mention that canola had any connection. Is that correct?

COSMIC AWARENESS:

This is in the affirmative.

Why Pilots are Not Allowed to Drink Coca Cola

(More on the evils of Aspartame and Nutrasweet)

QUESTION:

In a letter to Vikki from Jan Van T., in Eindhoven, Holland, he makes a rather strange statement. He writes that he has heard: "American pilots are not allowed to drink during their flights, Coca-Cola Light, as it can produce hazardous epileptical situations." My question: is there any truth to that?

COSMIC AWARENESS:

This is in the affirmative. This Awareness indicates any of these soft drinks or other drinks that use Nutrasweet or Aspartame or that substance Aspartame under any other name, are hazardous to the health, perhaps even worse than saccharin. This Awareness indicates it can cause cancer in the brain and epileptic seizures and it also is what caused the gases to form in the body of certain entities who have died from over-use of these Nutrasweet or Aspartame products.

This Awareness indicates you may recall an article in the tabloids approximately one or two years ago about a woman who was being operated on, and when they cut her open, gases came out and killed a nurse, killed a surgeon and made others extremely ill. These gases were the result of Aspartame, or Nutrasweet, which is its brand name, in the body of this woman.*

*Ed's Note: When we asked about this incident, Awareness made no mention of Aspartame or Nutrasweet. It said it was a combination of chemicals the woman ingested, but primarily some insecticide. (This in issue 94-5)

Cola Drinks with Aspartame Can Cause Cancer

This Awareness indicates entities who drink one bottle of soda with Aspartame daily, may not have any serious problem for quite some time, but eventually, over years of use, it could result in some kind of brain tumor, or other problems within the body. The entities who have had strong negative reactions or who have died from the use of this substance usually indulge in drinking copious numbers of bottles of soda pop or other drinks that have Aspartame or Nutrasweet in them.

This Awareness indicates, for example, one entity drank 5 bottles of soda pop daily, and this entity died from the use of Aspartame or Nutrasweet, and others have also died, even from using somewhat less. There have been other complications besides just the death from the use of these substances. Cancers have developed, tumors in the brain and so forth. Seizures have resulted, and the Aspartame company knows about this.

The Nutrasweet company is aware of it, but they, like the cigarette companies, do everything possible to cover it up, to keep it from the public. This Awareness indicates that eventually this will come out, but how many years will it take before the country becomes aware of the hazards and dangers of this additive to soft drinks?

Awareness Asks Readers to Alert Others to Aspartame Dangers

This Awareness urges readers to alert others and to avoid using any of this substance in their diet. It would be better to use sugar in smaller amounts than to use this substance, even for diabetics, but if a diabetic is to use Nutrasweet or Aspartame, it must be kept to an absolute minimum, if the entity expects to live a full life.

The Herb Stevia a Natural Sweetener Should be Used

This Awareness indicates there is a substance, an herb from the Amazon River region called Stevia. Stevia is a

natural sweetener. It is an herb and it can be used in cooking. You can put it in water to soak or mix in a blender and create sweet water which can then be used in cooking, or you can simply powder up the herb and add it to sauce and use it for sweetening if you wish to avoid the use of Aspartame or the use of sugar.

Fructose and Other Alternatives to Sugar

This Awareness indicates the other alternative which would be suitable, would be for entities to use small amounts of fructose. Fruit sugar digests more easily in the body. Of course, those entities who are diabetic may need to be very restrictive, even on fruit sugar. If their pancreas cannot handle fruit sugar any better than sugar, they may need to be very careful about the use of fructose, but for the average person, fructose is easier on the body and less hazardous than regular table sugar from cane.

This Awareness indicates fruit sugar is easier for the insulin produced by the pancreas to digest or neutralize and use. It breaks down easier than cane sugar. This Awareness indicates small amounts of cane sugar or particularly fructose or fruit sugar, would be more preferred than Aspartame. Except of course, if an entity is highly sensitive to the use of any sugar because of diabetes.

Vana Trace and Other Natural Substances for Diabetics

Most diabetics today have either the use of oral substances to help deal with the sugar or they take insulin. There is also that which is called Vana Trace, or Vanadyl Sulfate, which helps the cells of the body to absorb the sugar. There is also the benefit from Chromium Picolinate that helps the cells to absorb the sugar so that it does not stay in the bloodstream, and these substances, these being minerals can be very helpful to diabetics.

The Vanadyl Sulfate is that which helps the insulin produced in the body to be more effective for the diabetic. In some cases the diabetic produces enough insulin, but the body doesn't absorb it properly, and the Vanadyl Sulfate, or that which is called Vana Trace, a brand name of this substance, can be quite beneficial, in helping to reduce the amount of insulin needed because it enhances the insulin use.

Gymnema Another Substance That Helps Diabetics

This Awareness indicates there is another substance...Gymnema. This Awareness indicates this substance as also beneficial for diabetics, helping them to use the insulin their bodies produce.

How Much of a Hazard is Sugarless Gum?

QUESTION(VIKKI):

In regard to sugarless intake, I've been chewing sugarless gum for years. How much of a hazard is what I would absorb from that?

COSMIC AWARENESS:

This Awareness indicates that this is not healthy. Entities can go for long periods of time using the Nutrasweet product without having any apparent hazards, but it does accumulate over long periods of time and eventually will have the effect of doing damage to the body in one way or another. If the entity does not form the problem of the gas caused by this substance, they can form problems from the tumors that can result from the substance.

This Awareness indicates that the substance creates formaldehyde in the body, as one of the gases. There are other gases also that form.

WISDOM OF AWARENESS: On the Realms of Creation: "There are many mansions and many experiences for entities to enjoy in the various realms of creation." 78-19

Does Aspartame Cause Fibroid Tumors?

QUESTION:

Could that be a major cause of fibroid tumors that so many women seem to have these days?

COSMIC AWARENESS:

This Awareness indicates it could contribute to that, particularly if they use a considerable amount of the substance.

FOLLOW-UP QUESTION:

What other things would contribute to this epidemic of fibroid tumors going around?

COSMIC AWARENESS:

This Awareness indicates it appears various toxins in the diet can contribute to this, and various drugs. There is some influence from caffeine on some entities. It does not appear to cause the fibroid tumors, but it does appear that it can lead to greater irritation, when entities have certain fibrosis or fibroid problems that affect the nerve endings. The caffeine can be an irritant though it is not seen as a cause.

This Awareness indicates even the hormone changes and usage that is present in much of the additives of commercial canning process can have an effect on these areas and can trigger certain bodily reactions that can lead to the problems that may encourage the fibroid tumor development. Most of what occurs in this regard comes about from within the body and its balance of chemicals and mineral composites.

This Awareness indicates sometimes the body will have a tendency, genetically, toward something, and a substance added may tend to trigger that tendency to develop the fibroid tumors. This Awareness indicates excessive substances such as certain acids, or the lack of certain acids, affect the balance of one's metabolism and bodily chemistry and these things can also have some effect on what develops.

This Awareness indicates much of what occurs within a body is simply the result of physical and mental and emotional stress. These attitudes can develop many different types of imbalances in the body that can lead to an expression of disease, that eventually may erupt, and sometimes these things take root and begin growing, and it may take 20 or 30 years or more before these things actually develop into the full-fledged problem or disease.

A Childhood Rejection can Result in Cancer 40 Years Later

This Awareness indicates for example, a childhood rejection can result, 40 years later, in cancer. Childhood hostilities, wherein they are mistreated, abused physically or otherwise felt unjustly treated by the child may result in deep-seated anger that takes root at the time and grows as the child develops over many years, and eventually erupts as high blood pressure.

The focus on diet as related to high blood pressure has its place, but often the anger from a childhood trauma is what causes an entity to have an appetite for certain foods that result in high blood pressure.

Anger or Repressed Anger Can Result in Many Problems

Thus, an entity who is extremely angry, but cannot relieve his anger; cannot speak, cannot cry, cannot express the frustration from the anger of a trauma, may express his anger by tearing into meat more heavily than would other children, not having suffered that trauma, and by eating into the meat heavily and chewing and tearing meat, it is an expression of subconscious hostility toward something, and the eating of the meat is a form of relieving some of that frustration for the time period of the eating.

You will see a child, for example, tearing away at a

piece of meat, and it reminds you of some animal who is attacking his prey. This can be an action of anger, or the expression of anger, and the child then releasing the anger by eating the meat, ravagingly, can actually be contributing to a pattern that goes on for years and eventually results in high blood pressure.

This Awareness indicates in other words, there is a logic behind these connections between emotional traumas and the resultant disease that develops years later. A sense of rejection by a young person which later results in cancer has to do with a kind of death wish or a feeling of inadequacy. When an entity feels inadequate because of rejection, and hates themselves for not being better, it begins the cells in a motion or movement or feeling of wanting to devour themselves or to turn against oneself.

Why Some Entities are Accident-Prone

It becomes an attitude that affects the cells over a period of years, and cancer in this sense, becomes likened unto a subconscious death wish. Likewise, an entity who is accident prone, may have developed that quality from being too risky, because they were made to feel unwanted and in their anger, they took chances on getting hurt. Perhaps the child knows that, "If I fall down and get hurt, then mommy will be sorry that she yelled at me!" and thus the child does something risky, taking a chance and subconsciously wants to be hurt.

Over a period of time this may develop into a pattern of being accident prone. This Awareness indicates that entities being both accident prone and bored can lead to entities wanting to use drugs. They want to risk, take a chance, and they are bored with their life, and therefore, drugs offer a way out, giving them the risk they need to take as well as breaking the boredom from their life, giving them an escape.

Thus, they develop alcoholism, or drug addiction. The addictive part comes from entities being obsessed easily, putting their focus on something that becomes obsessive to them. Perhaps they become obsessed by something because they can't relate clearly or easily to persons of their family whom they love and wish to communicate with, so they fixate on something else to take their attention away from their true need.

By the time 20 years has passed, or 15 years, or whatever, they may then find themselves getting interested in drugs or drink, or some other addiction that is completely different from either drugs or drink. Perhaps it will be food, perhaps gambling or perhaps into sexual relationships, but the combination of obsession, risk-taking and boredom can lead an entity into doing something that is not healthy for himself or herself.

SHE GAVE THE AFFIRMATION: "I HAVE NO EXCUSE TO EXIST"

FOLLOW-UP QUESTION (VIKKI):

There was a period in my life, probably early teenage years, where I would look in the mirror and give myself the affirmation: "I had no excuse to exist!"--probably from earlier affirmations that I was given when I was talking to other family members, saying "that child never should have been born," and this period lasted long enough for me to realize it wasn't productive, and then over years, I eventually got to be able to accept I had a right to exist and even enjoy myself.

Now, did the negative patterns that started from that early affirmation, erase, along with my recognition and understanding as I grew?

COSMIC AWARENESS:

This Awareness indicates there may be some remnant

having an effect from your negative affirmations still present in your being, but because you saw the error in that thinking, you overcame most of the results or karma that would have normally developed, so that you appeared to have gone further without that haunting of the negative concepts.

It is possible that there could still be some energy from that affirmation, that has not been totally erased. This Awareness indicates if indeed your exact wording was that you had no excuse for living, you can simply look at this and say, "Well, this is true. I have no excuse. I do not need an excuse. I *am* living, and I have a right to live!" and in this wording, you can allow that statement to be nullified.

This Awareness indicates that this will end any energy of a destructive nature toward that statement.

This Awareness wishes at this time to send a healing energy to you to nullify that energy which may still be having some slight effect. This Awareness indicates you have the right to exist, and you *do* exist, and this cannot be denied. It is also important, very important for you to exist, and you are well aware of this fact at this time and from now on. (Pause as Awareness sends healing energy)

Are Deadly Pork Hairs Being Put Into Bread?

(More on the Sinister "Global 2000" Plot to Depopulate Earth)

QUESTION:

Thank you. One other question from Jan Van T, in Holland. He writes: "There are rumors here in Holland that they put into the bread pork hair, which has the possibility to perforate the intestines. This is promoted as a substance for conservation, without mentioning the contents. In the closed room where it is prepared, people can only work for two hours and have to take a rest. I hope this is only a rumor, but perhaps worthwhile to ask Cosmic Awareness *Its* opinion, as it might be prepared also in the United States and elsewhere, if this is true."

COSMIC AWARENESS:

This Awareness indicates that it does appear that there are some affirmative indications that this is done in some areas. It appears that this is part of the **Global 2000** plan to lead entities to have weakened health over periods of time. The population is living too long for some entities to tolerate. They want shorter lives so that the earth can rebuild its environment with nature and the people who have overpopulated can be removed, without any trace of intended violence or without any trace of mass-genocide.

This Awareness indicates that pork hair is very much like beef hair, which when chopped into very small segments, can be used as an itching powder. The itching powder of beef hair going into the skin can create very irritable feelings and cut into the pores and cause much discomfort. The pork hairs are even more brittle than beef hair and indeed could cut into the intestines.

This Awareness suggests that entities might wish to consider making their own bread rather than relying on the various bakeries, particularly if they can find any evidence that their bakery might be using pork hairs. This Awareness indicates unfortunately, there are likely to be more and more problems of this nature coming to pass as the New World Order begins to take greater control over the lives of entities because of the need or desire to reduce the population of the earth, and as these violations occur, entities will need to find ways to avoid accepting many of the commercial benefits (that word is used sarcastically); the benefits of commercial provisions that can be used to reduce the population of the earth.

Awareness Suggests Entities Make Their Own Bread

This Awareness indicates making your own bread is much easier now than it was 10 or 15 years ago, because you can buy bread-makers and these are designed to mix the dough for you. You simply put in the flour and the ingredients and the bread-maker mixes the dough to create the loaf which you then can put in your oven to make your own bread.

This Awareness indicates this is something that entities may wish to consider. There is more work involved, but your health can be better, particularly if you find some dangers in your local bakery process. This Awareness indicates that you may wish to have a tour of your bakery and to check the bins, if possible, where the various ingredients of the bread are kept, to see if there is anything that might appear to be like pork hair.

These of course would be in a powder-like form, perhaps less than a quarter of an inch long, if chopped up, but this Awareness indicates this would give you some potential for asking questions about why the pork hair is added to bread in some bakeries, and does your bakery add the pork hair to the bread, and if so, what for?

Formaldehyde In Hot-dogs

This Awareness indicates this is similar to an action an entity took back in the 1960's wherein he followed a truck around which was picking up the supplies for a meat-packing plant, and found that the truck went to a place where they picked up formaldehyde and that the formaldehyde was put into hot dogs, to preserve them, and to add certain flavor, and the entity then exposed this information to some of the underground type newspapers, small Seattle newspapers, so that people could realize their hot-dogs were being filled with formaldehyde and they would be eating formaldehyde if they ate these hot dogs.

This Awareness indicates if entities can find out about the pork hair and have some clear evidence, it would be of great significance to many people.

Lyme Disease: Is There Any Natural Remedy?

QUESTION:

One last question, this from Liz L., in Altoona, Pennsylvania. She writes: "I was diagnosed with Lyme disease a couple of months ago. Doctors seem a bit perplexed about it, for I get a couple of different "prescriptions". Would Awareness have a "natural" remedy. I feel more at home with herbs and vitamins than drugs.

"My daughter has sent Silver Wain Water apparatus, so I am getting that, and my son sent some shark cartilage. I flip back and forth echinacea, golden seal, garlic, pycnogenol, and cayenne." And she'd like to ask Awareness if it has any suggestions in the natural area for this Lyme disease she has.

COSMIC AWARENESS:

This Awareness indicates it sees the medicine offered by your doctors as being the most effective in dealing with the symptom itself; particularly if this is not used over great long periods of time, it can be quite helpful. This Awareness indicates if you do not treat it quickly or if you take too small of the dose recommended by your doctor, it might continue and progress so that eventually you would have to take more of the medicine to get rid of it.

Garlic, Beta Carotene and Butcher's Broom Can Help

This Awareness indicates in addition to the medicine, there is seen some benefit from the use of Beta-Carotene, which is available from health food stores, and from Butcher's Broom, which helps to cleanse the

blood and arteries and circulatory system. This Awareness indicates there is even benefit in using garlic, but this Awareness indicates none of these appear to be as beneficial as the medicine your doctor provided.

There are some things that need to be dealt with aggressively, and some medicines that can be of considerably more benefit more quickly than herbal or natural medicines. The greatest danger of pharmaceutical medicines is when they have to be prolonged or when they are misused or overused, and the side-effects are able to create further problems.

Blood Purifiers for Lyme Disease

CLOSING MESSAGE:

This Awareness suggests you may wish to explore, examine herbal books for blood purifiers which could also be beneficial for the Lyme disease, but this Awareness does not see a particular blood purifier which... This Awareness indicates red clover as a beneficial blood purifier. This Awareness indicates cayenne and garlic do appear to be beneficial in this regard, but still not as beneficial for dealing with the symptom as is the medicine your doctor offers.

(The Law of Gratitude is given)

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.



Grace #56 March 26, 1999

Ed's Note: In the previous session, Awareness indicated that the *Law of Love* was to be changed, but by only one word: "placing the welfare and concern and the feelings of others *within* self" (No longer *above* self). In the following session, Vikki and I recited the *Law of Love* for the first time, using the word *within* as Grace went into trance. This is what Awareness is referring to in the following Opening Message.

SOME DIVINE ORIENTATION

OPENING MESSAGE:

This Awareness suggests that the **Law of Love** in this rendering allows a broader and enriching ring to the conceptual basis as well as the ritualistic aspects of the channeling sessions, and facilitates a free-flowing energy and reception, assisting in symbolic interpretation, wherein the specific shifts toward enlightenment are presently occurring.

This Awareness suggests that all such shifts are indicative of the shifts within the energy patterns and the necessary responses to the tremendous accumulation of disempowered spiritual energy which has called forth for such enlightenment. This Awareness suggests that as these energies come to pass, first within individual consciousness, following successful interpretation, that ever-higher and richer meanings can become available.

This Awareness suggests that as with each such shift in receptivity, that such ground-breaking alterations and accelerations of incoming energy, reliant less upon specific symbolic structures of former days gone by; that it should be clearly acknowledged that this process is an ongoing and unfolding one within the pioneers, as well as the original entities receiving the first doses of such potentially blinding light.

This Awareness suggests that as methodologies and symbols and terms and words gain ever more successful refinement, that now and again certain reorienting assertions can be beneficial. This Awareness suggests that entities need not concern themselves for fear of undue repetition, for such is the nature of the energy wherein the first transmission can reap a certain degree of purchase, wherein the consciousness shifts and the next transmission of such concept shall receive a higher degree of purchase, and through the developmental pathways of those within this organization as well as the membership community, that such ongoing refinement necessitates certain reiterations.

This Awareness suggests that energies at present call forth with the question: "What is the purpose of the Enlightenment Process? What is the validity of the *Lessons of Enlightenment* and what central and general problems do they seek to resolve?" This Awareness suggests an appreciation for such puzzlement and opportunities to deliver each level of abstraction and never tires of such questions.

This Awareness suggests that the central necessity within humanity that has called forth the group mission which at the present juncture of human history necessitates the Enlightenment, concerns Divine Orientation and restoration of intentional human purpose.

This Awareness suggests that just as entities are born unto the physical experience with a mind which is a vehicle for utter and complete free will of the entity to design and tend and create and enjoy a specific reality, a specific perceptual lens, complete with unique language, symbology, perceptions and experiences as desirous to participate in the entity's grander pursuits for self-development and expansion; that the entity is given a body, a physical vessel manifested to carry about the mind, to manipulate physically within the physical realm, to walk about and interact with all other physical

entities and organisms, to experience the sun upon the face and to create an expansion in experience; that the entity also maintains a connective communicative tie with the overall essence of the entity described as human spirit, a force which unites and communicates within and between the mind and the body and the nonphysical entity at large.

The Mind: The Central Problem Facing Humanity

This Awareness suggests that embarking upon a physical journey necessarily includes certain risks. This Awareness suggests that the primary risk which has become the central problem facing humanity is the ability for the unlimited mind, through its lack of judgmental capacity, to apply its creative power through misguided belief structures and limiting perceptions, habits and actions which do not achieve the intended purposes of the spirit.

Free Will can be the Greatest Creator or the Utmost Destroyer

This Awareness suggests that as ideas and beliefs gather within mass-consciousness of a limited nature, that this inherent vulnerability becomes more and more valid and threatening to the very freedom of will intended. This Awareness suggests that free will can be the greatest creator or the utmost destroyer if utilized outside of spiritual purpose.

This Awareness suggests, however, that without self-understandings existing within the realm of mind regarding the nature of the human experience, the composition of the self, the way to understand and know and follow a purposeful Destiny Path, that such purposeless and painful existence is virtually guaranteed.

This Awareness suggests that the physical experience also is equipped for a safeguard against the risk of misapplication of free will through the spiritual imbue-ment of purposeful, biological predestiny, divine desire, which has been gifted upon the human form in its very physical composition, intended to locomote the body in purposeful directions in order to continuously orient the mind in its creative choices.

This Awareness suggests that this orientation system within the body opens the door of mind to the understandings of the ever-present and available guidance and information stream of human spirit. This Awareness suggests that even with the limitations offered in the realm of mind, that entities in response to their feelings will be pushed and pulled toward that which is purposeful, through the pathways of these biological human needs which pull entities toward that which provides power and freedom and connection and esteem, creativity and particularly, meaning.

This Awareness suggests that with minimal restriction, entities actively are moved from within to satisfy these needs, and if allowed to do so, the consciousness enjoys a natural unfolding and expansion wherein certain natural understandings are acknowledged in the very early formative experience of the incoming entity, which releases many mental capacities of mind which otherwise lie dormant and frustrated.

This Awareness suggests that the attractant force is balanced by a repulsion force wherein entities experience negative feelings when needs go unfulfilled in order to reorient them to those choices and habits and actions and beliefs which can restore the fulfillment of the human needs.

This Awareness suggests that the Divine Intention prefers the methods of attraction, where the positive feelings of pleasure in rewards from need fulfillment move the individual forward in purposeful and accelerated self-development and expression, and that the

negative emotions are symptomatic of deficit states which need immediate correction to re-restore upon the Destiny Path. They are reflections of deficit mental holdings made manifest through misdirected divine desire, into undesirable events and experiences.

This Awareness suggests that the severity of the disconnection between entities and self-understanding disallows even this natural safety system to completely do its purposeful job, when so many disruptive and inaccurate and limiting beliefs exist regarding the nature of human feeling itself.

This Awareness suggests that without beliefs which facilitate the natural motions of the body, entities are constrained within bondage of their own making which will ultimately necessitate their self-destruction. This Awareness suggests that when anger and fear and other negative emotions are accepted as inevitable things to be lived with on a continuous basis, then the corrective message of the deficit state is never experienced, understood, nor are the corrections that the Spirit requires to restore humanity upon its Destiny Path.

This Awareness suggests that when the system is not allowed to proceed and unfold naturally, there becomes a profound disconnection and warring between the capacity of mind to rule the body and the capacity of body to overrule the mind. This Awareness suggests that entities lacking in self-unifying understanding are relegated to a subhuman, a painful and dangerous situation, wherein the mind is disconnected from its guidance system and proceeds to make judgments based upon information which may or may not be spiritually desirous, for it has lost its evaluative Spiritual Adjudicator.

This Awareness suggests that each and every human suffering, each and every explanation for the meaning and purpose of individual and unified human existence will unfold from this essential reconnection between aspects of entities, between mind, body and spirit, and without the action of infusing the self-understanding into humanity, into individuals so that the restrictions and misperceptions which allow the continuing frustration and negative behaviors to divide humanity within and amongst themselves; the mind and its creations will most certainly effect technological self-destruction.

This Awareness suggests that within the last several decades there has been an opening and receptivity to the types of energies sent forth to restore this disconnection between the mind, body and spirit of earthbound entities, and that as much as has been received has in turn further opened the receptive channels for more infusion of such understandings, so that it is no longer a necessity to allow the self-corrections of misguided a-spiritual choices to annihilate the species.

This Awareness suggests, however, that for this trend to continue to gather steam, it is essential to receive and embrace the self-unifying information, to gain the necessary enlightenment and to set it forth within each and every social structure within mass-consciousness as quickly and efficiently as possible, for profound technological dangers still exist.

This Awareness suggests that those scratching their heads wondering about these additional pages contained within their regular samplings of the *Revelations of Awareness*, can take this information and sift through the symbols and the words to find this reconciliation between body, mind and spirit, and go forth as quickly as possible and begin to make the necessary changes within mass-consciousness.

We have completion.

Children Who Witness Domestic Violence (How Do We Prevent Them From Repeating the Cycle?)

QUESTION:

A question from Rebecca Carley, MD., in Hicksville, New York. She asks "What is the best treatment for children who have witnessed domestic violence, to break the chain and prevent them from growing up, to carry on as mom and dad did?"

COSMIC AWARENESS:

This Awareness suggests that indeed, the Spirit is experiencing a tremendous amount of shock when finding itself embodied within such limitations as those that perpetuate such heinous violation upon one another. This Awareness suggests that each of the Universal Needs, imbued within the biology of the body contains the answers and the strategies for effecting change and eliminating the symptomatic problems of disconnection.

This Awareness suggests that since humanity remains in a deficit state of competitive self-preservationary reaction in self-survival mode due to the never-ending restrictions of thought and belief, the ideas set forth which vilify the human form, instilling such concepts as the 'evil' and 'sinful' nature born within the form that automatically justifies and explains heinous disconnected behavior, that entities can never fully embrace the concept of true human connection.

This Awareness suggests that the most important commodity an incoming entity can enjoy is the experience of connection, and love with the parents and caregivers to the degree that trust in the interactive, cooperative nature of the physical experience is attained. This Awareness suggests that this is experienced for many entities, but for far many more it is not yet the case.

This Awareness suggests that when entities experience violation and disconnection, they immediately learn fear, mistrust, and experience anger, for the spirit recognizes this is not the intended desirable condition, nor is this what is to be tolerated within the physical experience.

This Awareness suggests that without the self-understanding of the meaning of fear and anger, that entities will lash out in hardwired automatic animal survival responses which seek to change the limits without the mindful understanding that the changes must be made or why, and if such an entity is to proceed with the basic assumptions that the world is a dangerous, hurtful, evil place to be where every man is for himself, the belief systems will continue to build around these core assumptions, to the degree that violations will be perpetuated upon others, and even upon the offspring themselves, when that entity reproduces.

This Awareness suggests that as the doctor supposes, there is a great deal of resiliency within entities, but that the earlier the cooperative connection, and loving interactions can be restored, the better for the formations of brain structures and emotional experiences and emotional values more conducive to spirit.

This Awareness suggests that the cure begins with self understanding, begins with reconnection to the spiritual evaluation, so that entities can restore themselves along the purposeful path, and this is the essential answer, and from those understandings that will unfold, society will be altered in ways to ensure safeguard systems against alienation and isolation of incoming entities, wherein interventions like those already existing regarding child protection, enriched enlightened environments, alternatives, and institutions wherein turnabout experiences can be applied as quickly and efficiently as possible.

This Awareness suggests that social values which promote reproduction and parenting under enlightened responsible choices rather than facilitate ignorance, desperation, drug addiction, and unwanted pregnancies, so that a great source of such disconnected and abusive and abused situations will cease to originate.

This Awareness suggests that in the broadest sense, love is the answer, for there is indeed no separation between entities, between spirits, for as each spirit recognizes at its very core, each and every entity is an aspect of All That Is, and the illusory separation should be exposed for the illusion that it is. The fears and angers that are acted out in abusive situations are the very symptoms of the corrections necessary and will be far less prevalent once the corrections have been made. If we have completion we can continue.

THE CORD CUTTING MEDITATION

Channeled by Will Berlinghoff

Ed's note: This meditation appeared in a personal reading Will did for Vikki. When she did the meditation it was so effective that Vikki was a changed woman, literally dancing for joy she felt so good. She requested that the meditation be shared with others as we all have psychic bonds with many people, both dead and alive, entities who deliberately or inadvertently created violations, usually when the victim was young, and although not being significant at the time, it tied the victim and the victimizer together by the psychic cord for the rest of their lives and into past lives and into lives to come. Cruel statements by parents or relatives, bad or misguided advice that affects one's life, lack of affection by parents and loved ones, cruel and judgmental attitudes by certain entities as the child becomes a teenager, etc. Once this psychic cord is broken, these negative energies and feelings can no longer be felt by either party and as a result one's life becomes more balanced, less frustrating, buried feelings that somehow affect one's life on certain levels are instantly removed and life in the physical is immediately improved. In short, this meditation releases and ends karma that could take many lifetimes to resolve.

"Visualize yourself in a favorite place that you also associate as a very safe and healing place. It may be an actual place or an imaginary one but what is of utmost importance is that you see it as a safe place.

Once in your safe place see yourself surrounded by a ball of pure white light. This ball of spiritual energy will both protect you and energize your efforts at cutting the cords of attachments to those individuals you wish to cut from. When you are ready, call forth the individual that you wish to cut the negative cords of attachments from.

Once you visualize the individual standing in front of you, look down and see the cord that exits between you. The cord will be attached from navel to navel and is usually dark and thick although there can be variations on the theme. (It is important to realize that you are only cutting the cords of attachment that detract or cause conflict in the relationship, not the positive ties of love and respect that exist between the individuals involved).

Next, look the person in the eye and in a Voice of Power speak the unspeakable to the person that you are doing the cord cutting with. (This means that you say anything and everything that you need to say in order to clear the slate and release all pent-up energies and emotions that you have been holding inside but have been unable to express for one reason or another). It is important that you speak in a Voice of Power and Command even if you could never do so with the person in real life. Remember you are in a safe place and are protected by the Light of Spirit.

Once you have spoken the unspeakable and there is nothing more that you wish to say, you can choose to hear the response of the other person. However, this is your choice and if you choose not to hear the other person this is perfectly alright. If you do choose to be open to a response you will only receive the inner truth of that person/soul, not the responses that you might normally

expect from the person. Remember you are not dealing with the real person but their spirit representation. They will speak only the truth to you if you are willing and able to engage. Once this stage has been completed it is time to move on to the cord cutting itself.

For this, visualize a crystal knife available to you. Take it in which ever hand feels most comfortable. Speak your intent to cut the negative cord of attachment that exists between you and the individual. Holding the cord with your free hand, bring the crystal knife blade down to the cord. Hold the knife next to the body and when ready, cut down and through the cord. If you wish you can say: "I cut this cord of attachment with you".

Once you have cut the cord on your side you can offer the crystal knife to the other person so that they can cut the cord on their side. The individual may or may not choose to do so. If they do, watch the cord fall to the ground where it is transformed into hundreds of beautiful butterflies which flutter away. Once the cord has been cut, thank the individual and then send them on their way. If the individual does not choose to cut their side of the cord, wrap the cord around the individual and then banish them from your space. Again, use a Voice of Power to send them on their way.

You are now free to leave the space and end the meditation, or to repeat the procedure with someone else that you wish to cut cords with. You can do this exercise of release as often as you want with any individual you wish to clean up a relationship with. It is important to remember that this procedure only releases the negative attachments that drain, cripple and harm us in some way and not the positive, loving aspects of relationship. Also if you feel the need to re-cut any cords that have become re-attached for whatever reason, you can do so at your leisure.



Before performing a vasectomy, Dr. Credman always played the same song to help get himself psyched up.

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

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

MEMBERSHIPS AVAILABLE (Honor System)

INDIVIDUAL: \$42 per year or \$12 quarterly
 FAMILY: \$52 per year or \$20 quarterly
 CONTRIBUTING: \$77 per year or \$25 quarterly
 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 \$8.00 QUARTERLY