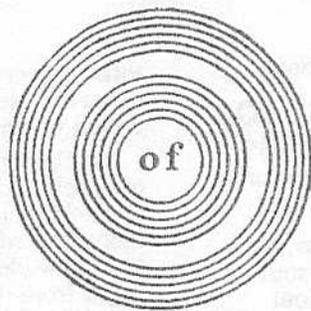


Revelations

The Cosmic Newsletter

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Awareness

COSMIC AWARENESS COMMUNICATIONS
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Helping People Become Aware

Celebrating our 30th year!

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Excerpt CAC Reading 7-6-17-91 Paul Shockley Interpreter

WHY WOULD AN ENTITY CHOOSE TO UNDERGO HORRIBLE SUFFERINGS?

(Choosing All Reincarnation Lives Doesn't Make Sense)

QUESTION:

A question from Doug Cirignano, of Bayview, New York. He writes: "Awareness has taught that a soul knows what its experience will be before that soul reincarnates again onto the earth. This is hard to accept, because many entities experience horrible sufferings. For instance, an entity might fall into the hands of some evil uncivilized people and have to experience awful agonizing tortures. But according to Awareness, this entity *chose* to have this experience before the entity incarnated onto the earth.

"This doesn't make sense. Why would an entity choose to undergo horrible sufferings?" he asks.

COSMIC AWARENESS:

This Awareness indicates that this could occur if an entity had in fact been involved in inflicting such sufferings in a previous lifetime and knowing that in order to progress beyond the guilt and shame, needed to experience that *same* suffering for himself in order to balance out the Law Of Karma. This Awareness indicates that sometimes, entities subject themselves to punishment in order to feel they are cleansed of some actions they have committed. It is the same thing for the soul.

This Awareness indicates in fact, often an entity causing a problem for someone else will bring about subconsciously a punishment or accident or situation whereby they suffer intense pain or problems to help themselves feel they have paid for their error.

Do Light Beings Take Our Memory When We Pass Over? Should We Visit the Dark Void? (Why Touching the Light Makes Better Survivors Next Time)

QUESTION:

A question from Johanna Cashman. Awareness has gone into this, but this is sort of a little different approach in her question. She writes: "Is it true that Light Beings take our memory from us when we pass over? When an entity's whole life speeds past their consciousness when dying, is this the Light Being's act of harvesting the experiential treasures of the human experience?"

"To avoid the loss at the time of death, is it advisable to go to the dark void versus the light plane, while en route to the other side of physical life?"

There's several questions here.

COSMIC AWARENESS:

This Awareness indicates that it appears that the movement toward the Light as that which is a voluntary action of delivering oneself along with one's memory to the Light, whereas going towards the dark is an attempt to carry one's limited Light into that darkness. It may feed or satisfy the darkness and give it some life that it did not have, but it does not benefit the soul of the individual. In fact, it helps to weaken that soul and cause it to become captured and used.

There are many dark forces beyond the veil that would seek to capture an entity's soul to feed on the Light of the entity because they themselves have so little Light of their own. This Awareness indicates that whereas if you deliver yourself as Light to the Light Being at the end of the tunnel, you then bask in that Light which is all-knowing. You merge with it and you see yourself

totally, every detail, every small factor of your being is observed, devoured and understood from the Light which you have merged with.

You become that Light and absorb the being of your own self and then you are free to move on as an emanation of that Light to be something else. You have incorporated all of the Light of your previous lifetime in your new cleansed soul. You have also accumulated Light from the Divine Being which will carry you into a new life and give you new expressions, whichever direction you may wish to go.

How to Get Reborn Demented or Handicapped

Those who reincarnate will generally have considerable physical health, spiritual power and energy and mental energies and will in essence be well-rounded and healthy individuals in terms of physical, mental, emotional and spiritual beings. Those who turn themselves toward the darkness to feed the darkness with what little Light they carry will become weakened souls and upon returning to the physical world are likely to be demented or handicapped or otherwise weak: physically, mentally, spiritually and emotionally.

This Awareness does not advise entities to merge with the darkness upon their death. If the entity who merges with the Light decides not to return to the physical form, he or she may move on to other dimensions and other realms, whereby this Light vibration and frequency allows them to open doors into those higher realms, and they may not need to reincarnate in their next life experience.

It can take on a form in a totally different realm. It is a matter then of their own personal choice, but those weak forces that move toward the darkness, who lose their Light to the darkness, have little choice but to wait until enough Light force builds up within them, and it may take decades for this to occur in your time, to build up enough Light energy to even reincarnate in a physical sense, thus becoming a very weak baby of a physical body that is not strong.

Thus you find many children who are born unhealthy with little chance of survival. This Awareness indicates that those babies which are born with considerable inner Light, which have strong Light and life force, have touched the Clear Light at the moment of death and are capable of returning to their next life with greater health and greater vitality and sense of purpose, for they may have a sense of mission which they may work toward throughout their life.

This Awareness indicates these entities often develop health problems during the early years. They are not usually born with health problems, or if they do have health problems at birth, they quickly overcome them, but these entities are generally healthy and then find themselves becoming weakened by the environment around them which is just too dense and dark for their vibration and light and they become weakened somewhat as children on the earth plane because their own vitality and Light is so bright and the frequency of vibration so high that mixing with the earth vibrations serves almost as a poison to them, and it takes some time before they can overcome and adjust to that poisonous frequency of the earth.

This Awareness indicates that if the earth's environment for them happens to be a higher frequency or vibration, if they are born into a family that treats them with respect and love, and in a country or setting where they are not hit with negative forces; these entities may grow from healthy children to healthy adults with little interference or problem.

This Awareness indicates that in general, however, whatever the case may be, these children who have been in touch and visited the Light will be better at surviving in their next life than if they have avoided contact with the Light.

CAN WE STILL ASSIST AN ENTITY WHO PASSED OVER BEYOND 10 HOURS?

(Suppose You Heard About the Death Weeks Later?)

QUESTION:

A question from David LeVasseur, Fair Oaks, California. "My question has two parts to it. First, this is regarding the passing over; what, if anything, can be done to assist an entity who has passed over well beyond the ten hour threshold that Awareness gives as being pertinent to healthy entities' transition?"

"Say you learn of one's passing over a day, week or weeks after the fact. Can that entity benefit from an incarnate going through the motions of trying to assist their transition, which by this time should be completed or at least a course of action is being followed through?"

COSMIC AWARENESS:

This Awareness indicates that this can still be quite beneficial. That it is more powerful if you are present at the time of the passing over and assist the entity at that time; however, if no such help is made possible, then 72 hours later, or a week later, or even a month later can still be helpful for that entity.

You must understand that the entity by that time may have adjusted to many of the frequencies on the other side and may not be as easily influenced by your psychic connection, but by tuning in to the entity, your mind will touch into this entity's frequency and will help to direct the entity toward those higher realms to which the entity should go.

If, by chance, the entity has already been moved in those directions, your work will be more inclined to help him or her in those already higher states that entity experiences. It is not wasted energy. This Awareness indicates that if the entity has passed over and you find out much later, and the entity in the meantime has become lost or has meandered into areas and made attachments on the other side where the entity is not being moved toward higher frequencies and vibrations, then your contact with the entity may be enough to help send the entity into those higher frequencies. It might be very necessary.

You Can Mentally Help Move Entities Into New Directions

This Awareness indicates that sometimes, entities pass over and don't leave an area and just linger in that area for months or years, whereby one who knows them and who tunes in to their frequency and vibration and visualizes them and gives them mental direction, mentally directing them to move into higher brighter fields of Light on the other side, this can get them in motion away from their earthly attachments to allow them to find a new direction and purpose and pass through the realms of confusion on the other side into areas of clarity and new direction.

Does Grieving Over a Dead Entity Hold Back That Entity In the Afterlife?

FOLLOW-UP QUESTION:

The second part of his question: "Other than educating a grieved person who has lost a loved one, even years later the suffering and grief will not abate or heal, that death is but a transition and not an end; that this person occasionally senses the presence of this person at their

favorite chair in the living room or some other location, that to them this apparition is somehow comforting them.

"Can their grief and refusal to let go of this entity that has passed over tend to keep this entity's energy, the astral body from leaving earth, and if so, can one help release this energy and return it to its source?"

COSMIC AWARENESS:

This Awareness indicates that this is so; that it is important not to hold entities back from their passing over, not to pull them back. It may be comforting to those who have lost loved ones, but it is not healthy for either party. This Awareness indicates that it is important for entities to let go of those who have passed on.

It is important that those who have passed on can feel free to go where they need to go for their own soul growth without worrying about those who remain on earth. This Awareness indicates that if an entity in passing over feels an attachment and a need to stay and help entities on earth, they have that right and they have that ability and can, from their new dimension, effect things for that person.

This Awareness indicates, however, it is not healthy for an entity who is remaining on earth to pull on or emotionally attach themselves to someone who has passed over and not to let that entity go. It is neither healthy for the remainder, nor for the one who has passed over.

This Awareness indicates it is much like locking up an entity who wants to leave and go somewhere. This Awareness indicates that it is also like taking a newborn baby and shutting them away in a closet, trying to emulate the womb because you don't want them to be born yet.

This entity has passed on into another realm and you are trying to pull them back into the womb of your life. This life which you live, as physical beings, to them, is a dead world. They are in the spirit world, and if you try to pull them back into the physical world, they see it as trying to kill them from their spiritual domain and put them into the grave, which they have left.

The Tibetan Book Of The Dead refers to the physical world as the realm of the dead. To a spiritual person, one who is out of body, being in the body is visualized as being dead. One who is in physical body when viewed by those who have passed on is seen as being confined in the realm of the dead.

The physical body is a coffin to the soul of these entities. You are stopping them from being born on the other side when you pull them back toward the physical.

Ed's Note: CAC permanently stocks the Awareness manual: "*Instructions For The Passing Over*"--\$3.00.

WHO'S SITTING IN THAT CHAIR?

FOLLOW-UP QUESTION:

In this example in the question that David sent in, that the entity can occasionally sense the presence of a demised person sitting in a favorite chair in the living room or some other location; he uses the term *apparition*, as somehow comforting them. Isn't it true that when a phenomenon like this occurs, that this is the astral shell sitting in the chair, rather than the spirit of the real person?

COSMIC AWARENESS:

This is usually so. This Awareness indicates if that spirit or astral shell voluntarily comes back to comfort, that is one thing. If the entity *calls* on that psychically or emotionally, to pull that entity back for comfort, then it

is putting a bond or bondage on the soul or astral shell of the entity which hinders the entity's freedom on the other side to go and do and be what is necessary for his or her soul growth and continued expression.

WHAT CAN WE DO TO HELP THE ENTITY?

FOLLOW-UP QUESTION:

Did Awareness cover the final part of the question, where he asked: "What can one do to help release this energy and return it to its source?"

COSMIC AWARENESS:

This Awareness suggests that you can simply mentally give permission or give your blessings to the entity; that if the entity wishes to move on to his or her new purposes, that he or she is free to go, that you are strong enough to let go, and for the spirit not to worry about you further and that if, at some later time there is an opportunity, you will look forward to meeting the entity again in this or another life, wherever that meeting will occur.

This Awareness indicates with such communication, the entity then has a sense of freedom to either come or go according to his or her own wishes and needs.

JUST BEFORE A PAINFUL DEATH CAN ONE'S SOUL LEAVE THE BODY?

(Does the Entity Have to Experience the Pain and Shock?)

QUESTION:

A question from Anita Clark, Ventura, California. She writes: "My question for Awareness is this. If sudden death is inevitable, such as a car wreck, a huge tidal wave, an axis tilt, a plane crash or any other disasters, can the soul leave the body voluntarily just before the fatal happening? Just before the pain and shock, et cetera, could one leave the body voluntarily while conscious or just before the physical pain and shock strikes?"

COSMIC AWARENESS:

This Awareness indicates this is in the affirmative and it does occasionally happen, but in most cases, entities experience the puncture or wound that leads to the death prior to the death. This Awareness indicates, however, that this is often so sudden and so quick that entities do not feel it anyway.

This Awareness indicates for example, a bullet wound is seldom felt until after some time has passed. The entities will feel something that appears much like a fist punching them. It may knock them out of their balance, but they will not recognize that they have been shot immediately.

The Release of Endorphins is A Potent Pain Killer

This Awareness indicates that likewise, with puncture wounds or stab wounds, or accidents that leave entities maimed or decapitated, they usually are not immediately aware of the severity of their wounds and do not usually feel the pain that one would expect until after the endorphins, which are released at the moment of injury, begin to subside.

This Awareness indicates that the endorphins are much more potent than drugs in killing pain and many times entities experience an immediate release of endorphins at the time of injury so that even in the dying process they do not feel the pain. This Awareness indicates that many lesser wounds are more painful than fatal wounds.

VISIT THE TEMPLE OF LIGHT IN YOUR DAILY MEDITATIONS

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

CANDIDA PROBLEMS OUT OF CONTROL

QUESTION:

In a more mundane area, Vicki got a letter from Deborah S. of Tucson, Arizona, who had previously sent in a question on this which we haven't gotten around to ask. I'll read her letter. "Dear Vicki, I wrote to you last month asking you to double check with Awareness about the EQ02 with Candidiasis. I want to thank you for your response, your personal concern and your generosity in offering to lend me the Matsen book.

"In fact, I purchased that book several years ago and followed the diet faithfully for a year. I did lose a lot of weight, but the symptoms that I had been trying to cure, that I'd been trying everything imaginable to cure, continued to get worse. I didn't know it at the time, but those symptoms, which I've been dealing with all my life and which were reaching the point of being acute, were from Candidiasis.

"I didn't discover the source of the problem until 6 months ago when it came to me in a dream. I dreamed I was looking at my innards and it was covered with "mold". At that point I was desperately ill. I was constantly in a daze, unable to think clearly; so weak I couldn't lift my 25 lb. Baby; seeing spots before my eyes; had the shakes in my left arm and severe edema in my left foot; was chronically nauseous and vomited often; fungus infections of the skin everywhere; broken out in hives; etc. the list goes on and on. I couldn't find a doctor in Tucson to treat me and then I got your issue which mentioned the EQ0Q and Dr. Shahbaz. By this time I had purchased Dr. Crook's book, *The Yeast Connection*, and knew for sure what the problem was. I contacted Dr. Shahbaz immediately and he diagnosed me as having "severe polysystemic chronic candidiasis." We began treatment.

"I am going in to all this detail because I want you to understand that there is a light-year of difference between mild to moderate candidiasis and the severe cases. Dr. Shahbaz explained to me that by the time the symptoms get severe, what has happened is that the yeast has assumed a totally different form inside the body, and there is no dietary change, no amount of caprillic acid, that can possibly get rid of this advanced form of the yeast. Even he prescribes pharmaceuticals at this point.

"I have incorporated Dr. Matsen's food combining technique with the diet recommended for candidiasis. My current diet differs from Madsen's in that I eat no fruit, no sourdough rye bread, no spices or seasonings, no soy sauce, no raw vegetables (salads), and both my lunch and dinner are protein meals. I do not eat whole grain for breakfast, but that is the only carbohydrate I have all day. Thanks to this diet and 6 months (so far) of Nystatin, I am feeling much better. These days I merely feel lousy, which, believe me, is a vast improvement. I can expect, given the severity of my symptoms, to be on Nystatin for at least another year.

"I have been in treatment for about 4 months when I took the EQ02. When it brought back the nausea I stopped immediately. However, it is possible that this was a cleansing reaction and not a regrowth of the Candida. Until I find out which it was, I cannot risk taking more EQ02. And I want to take it if I possibly can. The edema in my foot has not improved at all, with the dietary changes and Nystatin. It went away immediately with EQ02 and has not returned.

"I don't mean to harass you about this, and I won't again after this letter. But I am going to ask one more time. I request that you please ask Awareness about the

effects of EQ02 in persons with severe Candidiasis, in which the yeast has assumed a different form inside the body. Thank you once again for your concern. It's good work you're doing."

COSMIC AWARENESS:

This Awareness indicates that the EQ02 puts oxygen into the system and oxygen is that which helps to destroy the yeast and fungus. This Awareness indicates that it does appear to have benefits in this regard. However, this Awareness suggests there is seen a further somewhat different product which the Goodship has been investigating and intends to carry: **Citricidial**.

This is made from the grapefruit seed and comes in spray or in drops which can be put into water or in capsules. It is especially designed to kill athlete's foot, poison ivy, fungus and similar type problems. This Awareness suggests that it appears this in capsule form would be good for your particular system and problems at this time, especially in the capsule forms, taking two capsules three times daily.

This Awareness indicates that you may also use the Citricidial in drops, in glasses of water or juice. It is especially good in fruit juices.

FOLLOW-UP QUESTION (VIKKI):

Was the nausea she experienced a cleansing experience then, or what?

COSMIC AWARENESS:

It appears that in the killing off of yeast, the cleansing action allows the dead yeast to go through the digestive system, and it appears that this created a nausea.

How You Can Control Candida Problems

(Some Doctors Say It's No Problem—You Need Psychotherapy)

QUESTION:

A question from Pam Knudsen, Pacific Grove, California, on the same subject. "I'll read her statement and if what Awareness just gave on this Candida applies, will be satisfactory. She writes:" I notice that you brought up the subject of Candida in your recent memo. This is a health problem that troubles many, many people, with symptoms that can sometimes bring a complete halt to a person's ability to function in life, depending upon the organs targeted by the infection.

"It also is very resistant to treatment. I work in an alternative medical office. Many people find their way here after being told by the orthodox people that nothing is wrong with them or that they need psychotherapy. It seems that even after the most informed alternative treatment, a person's Candida can still be very high. The test this office uses is from a lab in San Leandro, California, which gives numbers for three types of antibodies the body is making to the infection.

"If these are high, that means Candida is high, or maybe just that the body is putting up a good fight. I guess they could come out low and it might not mean that one had no Candida problem. It might mean that the immune system was not strong enough to fight.

"From what I've learned, testing results are hard to interpret. A person's recovery is often terribly up-hill. After conscientious attempts to take supplements, cleanse and so forth, no progress may be noted. What I'm about to ask is, do you think the topic of Candida could be brought up for Awareness to deal with in respect to best ways to treat it for the ordinary people? It might benefit many!"

Wisdom of Awareness: On Imagination

"...There is nothing more real than the imagination." (Issue #80-22)

COSMIC AWARENESS:

This Awareness has given much information on this; that Nystatin appears to be one of the best shotgun techniques. Candistat appears to be a more focused type of medicine, but the Candistat also tends to create stomach problems. If the yeast is killed, the Candistat then turns on the stomach itself and begins to eat away at the stomach. Therefore, one needs to be cautious and to know when to stop using Candistat. This Awareness indicates that there are other brands offered also, but they are much the same in terms of value. This Awareness indicates in terms of diet, it has been established that acidophilus does not stop Candida, but after Candida has been generally wiped out with Nystatin, acidophilus is necessary because Nystatin also wipes out many of the important good bacteria in the digestive system.

This Awareness indicates that an approach that is used by a number of doctors that has been successful is to use Nystatin for some period of time; the purpose of using Nystatin is to get rid of all of the yeast quickly, and then to switch to Candistat which works strictly on the yeast as a focused target. The Nystatin kills other bacteria also, some of which is needed in the body.

Therefore, you do not want to use Nystatin regularly over long periods of time. The Candistat kills more slowly and would take much longer to rid the body of yeast, therefore, it is suggested that Nystatin or something similar such as Monostat (sp) be used prior to Candistat in order rid the body of most of the yeast more quickly. Once this has occurred, as in the use of Nystatin for one or two months, then turn to Candistat, which may be focused on the Candida alone for some period of time.

This may take somewhat longer, even up to 6 months, but at some point, the Candistat will kill off all of the yeast that remains and you will begin to experience stomach pains, similar to the feeling of ulcers. That means the Candistat is beginning to burn on the stomach. That is the time when you should stop using Candistat and control yourself with diet alone.

Things to Avoid Which Feed Candida Yeast

This Awareness indicates that how long you use the Candistat may also depend on the severity and the diet used; that the things which feed yeast are sugar, fungi such as mushrooms and alcohol and fermented foods such as vinegar and even acidophilus culture. Those need to be avoided, except that acidophilus culture can be used after the Nystatin treatment and during the Candistat treatment of the condition.

The acidophilus culture will put back into the system the friendly bacteria that is necessary for proper digestion and the Candistat does not destroy these bacteria at that time. This Awareness indicates that the EQ02 helps to destroy the different types of viruses, fungus and also yeast and staph that may be in the body.

By destroying these things, it is allowing the body to develop a great vitality and strengthening the immune system. This Awareness indicates that also, the Citricidial is especially good for zeroing in and killing these diseases of staph, athlete's foot, fungus and yeast. The effects from the Citricidial are often felt more dramatically and more quickly, within days or weeks. Especially depending on the particular type of ailment and the severity, it would be suggested that this be a very important part of your treatment.

The athlete's foot would best be treated with the spray and drops or capsules could be used for internal purposes. The drops mixed with juices or the caplets be taken with water.

FOLLOW-UP QUESTION (VIKKI):

If you didn't have any symptoms but thought it might be a good idea just generally speaking, would there be any contra-indications in trying this Citricidial?

COSMIC AWARENESS:

This Awareness indicates there is seen no harm in using the Citricidial at any time. It is safe as grapefruit seeds. The substances in capsule form or in droplet form can only help to rid the body of viruses and staph and fungus or yeast and generally help to bring a quick relief from throat problems caused by these things, or from excessive phlegm. The Citricidial is a kind of antiseptic and natural antibiotic.

Why Is Information Just Now Coming Out? (Coated Tongues and Anus-Itch)

FOLLOW-UP QUESTION (VIKKI):

Is it just the American diet, or why is it that so much information is coming out about Candida all of a sudden?

COSMIC AWARENESS:

This Awareness indicates that Candida, over the past 30 years has become a major problem because it has been gradually growing, due to antibiotics. The antibiotics create a fertile ground for Candida to grow. As the various bacteria of the body, including those of a friendly nature are destroyed, the immune system of individuals also is weakened, and thus, the yeast grows, partly because of the weakened immune system caused by too much use of antibiotics and partly because the American diet has included more and more sugar, more and more alcohol, more mushrooms and fungus, more pollution in the air, et cetera, which are all conducive to the environment and feeding of yeast.

As the yeast grows individuals, it spreads from one to the other through saliva and through cooking and also through sexual contact. This Awareness indicates that once entities have it in their system, they incline to treat it as a cold or not to be aware of it until it has taken a strong control in their body, and it may take quite some time before they become aware of it.

Many doctors until recently have not even begun to consider yeast as a diagnosis for problems that entities may suffer and when they finally do, it may be so strong in the system that they cannot easily get rid of it. The treatment of it has been poor until recently, and they have not known quite how to treat it. For some time it was recommended that hydrogen peroxide would help get rid of yeast when in fact it only made the problem worse.

Also it was recommended for some time that vinegar be used and this made the problem worse. Then acidophilus was the recommendation, and this made the problem worse. This Awareness indicates it has recently been discovered that the use of Nystatin for one or two months followed by Candistat allows a quick program for bringing it under control.

If You Have a Yeast Problem Your Tongue is Coated

This Awareness indicates the Citricidial as that which appears to be quite effective also as part of the treatment. This Awareness indicates that if you question or wonder whether you have a yeast problem, look at your tongue in the mirror. If it is coated with white color in the mornings or most of the time, especially in the back of the tongue, you problem have a yeast problem.

If you have skin rashes, they are very possibly related to yeast problems. If your ears or anus itch, this could be related to yeast problems.

Ed's Note: Today, the Goodship is shipwrecked and out of business and I could find no evidence that Citricidial or EQO2 is available anymore anywhere. However, Vikki informs me that Dr. Shahbaz (whose specialty is treating Candida patients) has all the latest information and stuff to treat Candida and has the latest equivalent of Citricidial. You can e-mail, phone, FAX or write Dr. George Shahbaz at Oregon City Wholistic Health Clinic, 216-6th St., Oregon City, OR, 97045. Phone: (503) 657-4043 or FAX (503) 657-8610 or e-mail drg.ocwhc@juno.com

Astounding Results From Ear Candles (Her Nurse Said What Was Happening Was Impossible!)

QUESTION:

One last question on this also in this area from Deborah Shenk. She writes: "I assume you are familiar with the concept of ear-candling, since Sam Biser devoted a recent issue of his newsletter to the topic. Well, it was news to me. I ordered some candles, since he talked about how it removes Candida. It was an incredible experience.

"There seemed to be an endless supply of yeast in my ear. We stopped after 8 candles in one ear. Not because the Candida output showed any sign of abetting, but because my outer auditory canal was getting sore. My sister did the candling. She has an MS in speech and hearing so is very knowledgeable about the ear.

"She went from skeptical to astounded. She said what was happening was impossible. My question for Awareness is this: Where in the ear or head does this yeast reside? What other conditions does it cause and is garlic oil a good treatment? Are there any preventive measures specific to the ear, meaning aside from the usual recommendations for Candidiasis?"

COSMIC AWARENESS:

This Awareness indicates that *It* does not see a great benefit from the use of garlic oil. The Candida resides anywhere in the ear that there is moisture and warmth. It appears the candle program is the most effective treatment in clearing out the ear canals. This Awareness indicates that this treatment should be made more public; that the source of this information or the publication of the technique could be beneficial to many.

This Awareness suggests that it might be better for the Cosmic Awareness Communications editor to provide the address to the members to order the information from Sam Biser rather than printing up a summary of the treatment because if anything did not go well for entities, CAC might be held responsible. This Awareness suggests that you give them the address, letting them order the information as presented by Sam Biser.

It is a very unusual process and also Sam Biser can help entities to find the types of candles necessary.

Ed's Note: As of Jan. 2000, Sam Biser's new address is PO Box 8122, Van Nuys, CA 91409. Phone: (818) 503-5980.

We have published information on ear candles before and there is more which is yet unpublished. Two years ago the FDA tried to jerk ear candles off the market, probably because they work so well (but can be dangerous because you are using fire). However, the Internet has many places where these candles can be obtained as well as how to safely do the ear-candling technique which removes built-up wax and Candida from the ear canals. Ear candles are soothing and can warm and dry out the ear as well as suck up impacted wax. Each candle is spirally wrapped to help draw the smoke into the ear, with a cone-shaped tip for comfort and ease of use. In Vikki's latest Puritan's Pride HealthWatchers catalog of Vitamins and Minerals, they have Ear Candles listed. Ask for Product No. 60450 (a 2 pack sells for \$4.50). Ask for their free catalog, too. Healthwatchers, PO Box 9003, Oakdale, NY 11769. Phone: 1-800-321-6917.

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What Awareness Sees For May 9, 1993

CLOSING MESSAGE:

This Awareness indicates that it appears the date of May 9th, 1993 as being the time when most of the health supplies, including vitamins and supplements of all kinds will be taken from the market. This Awareness indicates that it may be impossible thereafter, even for many years to purchase these things on the open market without a prescription, which would mean that you may be paying for a doctor's office call of perhaps \$50.00 just to get a prescription for Vitamin C, or some other supplement.

This Awareness indicates therefore, you may wish to think about ordering sufficient amounts of supplements now to help assure your general health in the future. This Awareness indicates that also, if the activities stated by Michael Younger of the Con 12 group (sp?) do take place, the chances of the Aquarian church or Goodship having to shut down are almost 100%. This Awareness indicates that this would likely occur if the riots occur in the various cities and certainly by the time UN troops are called in.

Therefore, the products available through the Aquarian church would no longer likely be possible. Health food stores would likely remain open until later in the Spring of '93. The purpose for removing these products is to generally weaken the masses. There will also be shortage of food.

This Awareness suggests that entities need to learn not only what vitamins and minerals are good for them, but because of the changes that might come, they need to learn what foods are helpful in dealing with different illnesses, for the foods will not likely be controlled, or removed from the market.

Bananas, for example, can be helpful in reducing cholesterol, and many of the different foods have different medicinal properties. There are books available on these topics and entities should buy these books before they too are taken off the market.

This Awareness indicates that if the entity Michael Younger's predictions are correct, this country will go into a totalitarian state wherein entities become weakened, sick and find little help from officials. It is the desire that this occur so that the people cannot rally and make trouble for those in charge.

You have heard of certain cults such as the Reverend Moon cult and how they were fed only starchy foods, which made everyone weak, which made them obedient and incapable of challenging authority. This Awareness indicates that these cults were investigated and used for research into crowd and people control and principles from them will be reapplied if this becomes a totalitarian country.

This Awareness indicates therefore, entities need to learn as much as is possible about herbs and plants in healing themselves and where to find these herbs and plants in their own locale for they may not be on the market place, and entities need to learn the value of pure water as a healing source or substance, for water can be very powerful in flushing out various toxins from the body to allow the body to heal itself.

This Awareness indicates that indeed, if the Hot August Night scenario does follow, entities may no longer have access to these readings from this Awareness through this Interpreter, for unspecified or unknown amount of time. It is likely that the Interpreter will be removed from the society, being seen as a threat to the New World order and that the organization CAC and the

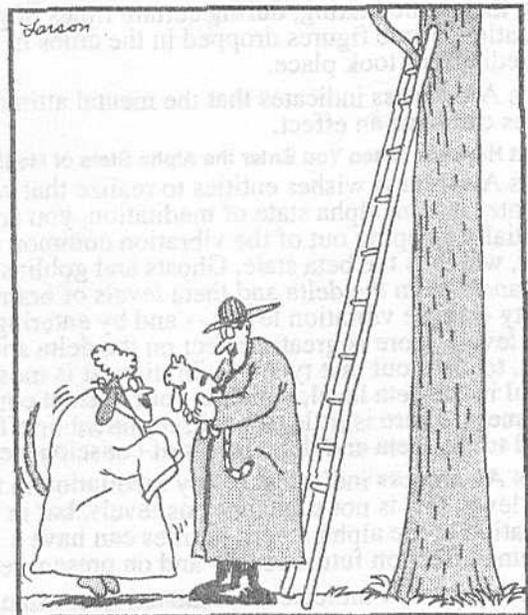
people working with it and the people working with the Aquarian church, especially in the vicinity of the Interpreter, will be removed from society because this organization and the Aquarian church have released information as long ago as the *Gathering Storm* material which will be seen as a threat to the New World Order.

This Awareness indicates that therefore, you need to learn from what has been given over these years, be active quietly, be cool and not to do anything radical, especially openly, and hope that there are forces in this country that can rally or survive the purges that are scheduled, so that some day, this nation can be returned to this earth for the greatness and promise it has given in these 200 years of its existence.

This Awareness indicates that as individuals you need to look out for your own family and your own personal welfare, carry the messages this Awareness has given in your hearts for use as you see fit, and remember the *Law Of Change*: that this too will pass.

Thank you. (the Law Of Gratitude is given)

Ed's Note: Nine years later, we all know that Michael Younger's Hot August Night scenario did not occur, Executive Orders did not suspend our Constitution and the New World Order troops did not occupy America. Awareness later explained that all of this was just a hairsbreadth from occurring but because so many people were now aware of this sinister plot, the conspirators backed off, postponing it for a later time. So far that time has not occurred and it probably won't because now millions and millions of entities are aware, thanks mainly to the Internet. The FDA did not shut down all the sources for Vitamins and Minerals, but it tried and is still trying by closing certain selected sources and proscribing certain natural substances, such as L-tryptophan, which worked too well and was not under the control of the AMA. One reason This editor is publishing this reading at this time is because of its historic significance and to share with the membership some of the paranoia we were forced to lived with during those heavy times. Michael Younger was one of Dr. Beter's more reliable sources out of the FBI and was releasing dynamite information at the time which concerned the Nazis movement behind the scene here in America which was about to launch "Operation Hot August Night." You newer members, if interested, can find this information in our special Hot-Line edition of "Revelations of Awareness" No. 92-12 (Operation Hot August Night); \$3.00 from CAC.



"Now calm down there, ma'am. ... Your cat's gonna be fine ... just fine."

NEGATIVE ENERGIES IN SOME CITIES

(Similar to Haunted Houses Full of Unhappy Souls?)

QUESTION:

A question from Judy Prouty, Galveston, Texas. She writes: "Approximately eighteen months ago, my husband and I relocated to a different area, Galveston, on the coast of Texas, and were surprised to experience a negativity that is so pervasive that it is noticed by everyone. Galveston has a history of much tragedy and plagues, along with having been the home base for the pirate Jean Lafitte. It was also known as the Wall Street of the Southwest during its heyday before the great flood of 1900, and has a heritage of beautiful, unique homes and buildings from that period. A number of people have been trying to counter the negativity with positive attitude groups, etc. My question to Awareness relates to all communities. Are there places that are low and negative in energy, just as there are high energy places? What causes a community to either be positive or negative, and is it similar to a haunted house that holds the spirits of unhappy souls? Are people drawn to negative areas because they need to face their own negativity, and what can be done to change the energy?"

COSMIC AWARENESS:

This Awareness indicates that regarding the questions asked, that this is in the affirmative in regard to all observations this entity has made.

What Can Be Done to Turn Out the Darkness?

This Awareness indicates that what can be done has much to do with the ability of entities to mentally visualize, meditate, and energize light -- turn out the darkness that resides in the area, not only within the buildings, but around the streets and the city, through the action of meditating and visualization, as well as more practical actions. It can also be beneficial to, from a practical standpoint, to make sure that the city is clean, in terms of the streets and well landscaped or well-maintained, such as having nice streets with plenty of trees, parks, and well-kept homes. All of these things will do much for the attitude of visitors, which in turn will affect the consciousness that affects the aura of the city.

This Awareness indicates that what you need is to alter the aura of the city.

This Awareness suggests that you may recall some time back that the Transcendental Meditation groups found that in meditating, during certain times of group meditation, crime figures dropped in the cities in which the meditations took place.

This Awareness indicates that the mental attitudes of entities can have an effect.

What Happens When You Enter the Alpha State of Meditation

This Awareness wishes entities to realize that when you enter into an alpha state of meditation, you are essentially stepping out of the vibration common to the world, which is the beta state. Ghosts and goblins tend to emanate from the delta and theta levels of brainwave activity -- those vibration levels -- and by entering into alpha levels, there is greater effect on the delta and theta levels, to clear out that type of vibration. It is most helpful in the beta level, which is your normal consciousness. There is little or no discernment or effect in regard to the theta and delta levels of consciousness.

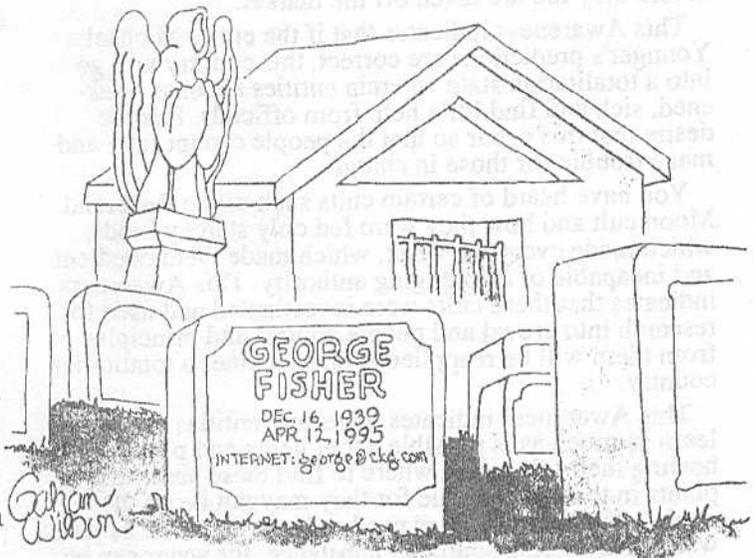
This Awareness indicates that by meditation in the alpha level, this is not subconscious levels, but in meditation in the alpha levels, entities can have a profound effect on future reality and on present reality.

This Awareness indicates that the universe which you witness in the beta reality is affected and altered by stepping into the alpha reality level, and visualizing a positive view that you may wish to create in your beta reality.



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 1983 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.



Wisdom of Awareness: On the Constitution of the United States
"This Awareness indicates that the Constitution of the United States is perhaps the greatest document ever written for nations upon this plane...this Constitution as that which has given entities great freedom, has given entities great opportunities, unsurpassed upon this earth plane." (Issue 84-4).

HOW CITIES GET NEGATIVE VIBRATIONS

FOLLOW-UP QUESTION:

In her statement then, that communities, either positive or negative, is it similar to a haunted house that holds the spirits of unhappy souls; is this what Awareness is basically saying is true?

COSMIC AWARENESS:

This Awareness indicates that it is a subsystem, just as are planets and galaxies subsystems of the Universal Mind, and just as a city is a subsystem of something above it, so are also the inhabitants of that city.

This Awareness gives, for example, the concept of a parallel wherein you consider the human being as having some negativities, and one human may be more negative than another, and one may ask why is one human more negative than another? And if you look, you will see that the one human may have a history, a more dark and negative history than the other. Experiences have occurred that have left dark marks on the history and the psyche of the human, giving the entity negativity to carry with and work with, even though these experiences have long passed. Compare that with cities. The cities are simply another micro-organism, or information processing device or organism, just as is the human. The human is processing information that has been gathered through its history, and one is positive and one is negative, in comparison to the other. And the city that has a heavy negative background will have a heavy negative degree of information to process as its karma, and carries this energy with it and processes this energy, and will alter in its nature when new energy comes in. Thus, when a new group of people come in, who start energizing positive visions for the city, that city will respond and process that new information along with the old.

Entities Can Alter Cities and Nations With Positivity

If the new information is extremely weak, it may make a slight dent on the nature of the city. If the new information is very strong, and overpowers the ancient memories of negativity, that city can become a very positive, thriving place, just as the individual who is extremely negative because of past experiences, may meet with someone who brings very positive and strong energies into the person's life, which the person then needs to process along with the old negativity, and if that new energy is strong enough to overpower the old negativity, that entity may simply change and become a positive being rather than a negative being.

Thus, the city, the person, the galaxy, the planet, whatever information system is being processed, whether it be a country, a culture, a team, a group, a church, anything, if it is infused with new life, new vitality, new joy, new light, new uplifting energies, it will change to become more of that. Likewise a very positive entity or energy or system, can be struck by heavy negative force, and it will reflect the change from that new information and process that new information, and may become very negative in its future expression.

Thus, it is important for entities to realize the power they have in altering their own and others' lives for good or ill. Entities can even alter cities, or alter nations. Most great changes begin with individuals, not with masses. The individuals first make the move, and the masses then follow and add energies to that individual's movement.

Prayer for Balance

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

I AM ONE WITH ALL THAT IS!

Thank you God

BLOOD-STAINED GROUNDS IN EUROPE DUE TO WARS: CAN THEY BE HEALED?

FOLLOW-UP QUESTION:

This would apply probably to those countries like certain places in Europe, that for centuries have had blood-stained ground due to wars, like World War I, the Napoleonic Wars, and so on, where literally millions have been slaughtered. Do areas like this carry the same type of karma and can they be healed by the same method just outlined?

COSMIC AWARENESS:

This Awareness indicates this is in the affirmative. This Awareness indicates that you must remember also, however, that many of these areas which suffered so heavily were also areas which rejoiced greatly when the suffering ended, and depending on whether there was great rejoicing, or whether there was anyone left to rejoice, may also affect the area. Thus, if a battle took place in a certain area, and everyone there left, and there was no future activity in that area, the area will generally carry negative karma from that last episode of activity.

Entities Can Do a Ritual to Free Entrapped Energies

This Awareness indicates that an entity can go to such a place and conduct a ritual, rituals being those which relate in part to beta consciousness and in part tap into the delta consciousness, and in so doing can relieve much of the negativity of the area, if the ritual is designed to free those who have been entrapped in the negative energies of the area.

This Awareness indicates essentially this has to do with the shells, the astral shells, that the actual entities who suffered there, these entities have long departed, but there are certain emotional and astral energies that remain, even though the etheric bodies and physical bodies have gone on.

ARE SOME DELIBERATELY DRAWN TO NEGATIVE AREAS?

FOLLOW-UP QUESTION:

In Judy's question, "Are people drawn to negative areas because they need to face their own negativity?" Is this valid, and if so how common is it?

COSMIC AWARENESS:

This Awareness indicates that this can be one reason. It can also be that they are drawn there because of some opportunity which they envision, or because of an association with someone who lives there or who is moving there with them, or it can be that they have been subconsciously drawn there because they have something to contribute to the energy, and in so doing can uplift and serve to benefit the community.

This Awareness indicates it is not necessarily that they have karma to fulfill or a need to see negativity because they themselves are negative. That can be a factor, but it's not necessarily a factor, nor is it common as a factor.

Some Entities Drawn to Areas They Lived In Previous Lifetimes

This Awareness indicates there is also a common factor that draws entities to certain areas, because of having lived there, or having lived in a similar climate or similar atmosphere in previous lifetimes, and the area giving a certain kind of familiarity and comfort to them.

For example, an entity who lived in a small town in Europe might, in being born in the United States, select a small town which is reminiscent in terms of feeling, and therefore comfortable to the entity, even though the entity may not consciously recall the past life. In some cases, of course, the entity will be drawn back to the same town and location of a previous lifetime, just as entities are sometimes drawn back into the same lineage of family as in previous times.

Wisdom of Awareness: On the Eyes of Awareness:

"This Awareness indicates that every eye shall see this Awareness, for every eye is the eye of this Awareness, and every hand is the hand of this Awareness. This Awareness indicates that each of you is a representative, a channel and a Divine Being, sent to this place by this Awareness to mingle together, to get acquainted with each other, to discover *Who, in Fact You Really Are.*" (Issue #80-05)

IS NEW YORK CITY AN INSANE ASYLUM?**QUESTION:**

One of our members, Judith Jones, who lives in midtown Manhattan, and claims to be very psychic and sensitive -- psychically sensitive -- says, with deep conviction, that she is convinced that 85%, 95% of the people in New York are insane. I thought this was a little extreme, but is there any validity to her feeling about it? I don't think she means insane on the level that people are confined to institutions, but from her frame of reference, that people were attracted ... evidently were attracted to this city, and add to the insanity and can't get out of the city.

COSMIC AWARENESS:

This Awareness indicates that the term *insane* as that which implies there is a state of sanity, which would suggest that there is a perfection of mental balance.

This Awareness indicates that *It* has not witnessed such a state. It is that there are degrees of sanity/insanity flux, and that to say they are 95% insane, or there are 95% who are insane, is to imply that 5% are sane. On careful examination, you would find that even this 5% have certain peculiarities, blind spots in the psychic sense, or who are not in perfect balance and harmony mentally, emotionally and physically, and therefore they too would not qualify as being sane.

The question is not whether there are 95% insane, it is more a question of how sane are the majority, how insane are the majority? What is the general balance of sanity in comparison to other places, because all entities have some area of blindness, psychologically blind, some area of distortion in their consciousness, and this would qualify them as having that certain amount of insanity.

This Awareness indicates that therefore the entity's statement can be seen as correct or can be seen as incorrect, depending on how one wishes to classify words such as sane and insane, which have no limits in terms of their precision.

This Awareness indicates, however, that those entities who live in excessively crowded areas such as New York, do tend to have greater stress placed upon them, and many influences in such stressful places will tend to distort or emphasize certain areas of their consciousness, while allowing for retardation of other areas, just as the entity who lives out in isolation in the mountains of Colorado, for example, or any other place, could also be classed as insane because they would not have the ability to cope well in the city. You take an entity out of his familiar comfort zone and ask him or her to cope in something unfamiliar, you would think the entity was lacking in capacity. If, on the other hand, the entity copes well with his or her environment, you would see the entity fits and adjusts to that environment.

Those Who Meditate Could be Called Misfits

This Awareness indicates that one entity might, for example, be in an environment in which working on aircraft, the entity decides to meditate during the lunch hour. Other entities in that plant might look at the entity and say, "This guy's really nuts. He must be crazy. He meditates every lunch hour." The same entity or similar

entity might be thrown into a prison, and in the prison, sit down and meditate for an hour a day, and the entity would be seen as one who does not fit.

This Awareness indicates in fact there have been such instances wherein entities meditating in prisons were told by the psychiatrists, "Frankly, you just don't fit here," as though they were being rejected.

This Awareness indicates that again, a simple act of meditation, being in the wrong place, can class an entity as being insane, or not fitting properly, yet if the entity were in an ashram or at home, the act of meditation would be perfectly in place. Likewise, an entity in prison who cracks up and begins pounding on his bars and screaming, would not necessarily be seen as that far out of the norm, particularly if that kind of action occurred frequently in the prison, but if the entity were to do this in an ashram, or in a restaurant, then of course there would be some question as to the sanity of the entity. So much has to do with: "Are you coping in the way in which others cope, in the situation in which you find yourself?" In other words, conformity. Are 95% of the people in New York conforming to what is expected of them?

This Awareness indicates that any psychiatrist checking this out would presume that there should be a number of people who talk to themselves in a city like New York. There should be a number of people who sit around on the streets, like they do in New York. There should be a certain number of people who hustle and bustle in their little tight suits, running in and out of buildings, carrying briefcases, and there should be a number of people who window-shop and who sell things, and who drive and who yell, and do all the things New Yorkers do, and that everything is as normal as it was last year or the year before, when considering the relative changes that may be occurring from day to day. And no psychiatrist would really think that anything was out of the ordinary. However, that does not necessarily prove they are sane, anymore than it shows they are insane if they don't conform to one person's concept of sanity.

SHE HAS THREE GRAND TRINES IN HER HOROSCOPE: WHAT DOES THIS MEAN?**QUESTION:**

This same entity, Judith, in New York mentioned that she has three grand trines in her horoscope, and wanted to ask Awareness the significance of that.

COSMIC AWARENESS:

This Awareness indicates that with three grand trines, life is generally about as easy as an entity can expect. If there are any problems whatsoever, it will depend on where those grand trines are in relation to each other, for if they are not directly overlapping each other, then they are likely also to create other aspects which may be squares or oppositions, and this can add some interest and excitement to one's life. Otherwise, the entity would have very little struggle in life, and have almost everything made so easy that there would be little opportunity for real personal growth and development that comes out of the need to overcome obstacles. When entities have obstacles or struggles, their lives have a sense of drama and there is growth and development in this drama and struggle, or at least there is the opportunity for such.

This Awareness indicates that it appears this entity's life does offer a degree of struggle, that these trines are not directly on top of each other, and it appears that the entity is quite fortunate to have these trines assisting in

the purpose, direction and meaning for which this entity entered into this plane in this lifetime. There is much which this entity is capable of doing, and there is much that this entity enjoys doing, and much that this entity will yet do for the good of others. The entity having been blessed, also *can* bless, and *will* bless others.

QUESTIONER:

It was no accident that the three trines occur in her horoscope; that before she came to this plane, this entity designed the trip, using that as a means to --

COSMIC AWARENESS:

Essentially, this was the entity's karma for this sojourn on earth, this being grace for things well done in the past.

This Awareness indicates this entity as having been close to sainthood in the past.

Ed's Note: This reading was given in 1990. Since then this entity has been one of CAC's strongest supporters. In fact, in one reading Awareness indicated her activities in the Awareness Movement was programmed before she came to this plane. She has tended to business very well, submitting literally thousands of well thought-out questions over the years that has produced some of the best and most important messages from Awareness ever printed in the CAC newsletter. Her questions have not gone unnoticed by you readers; she has a virtual fan club of admirers who send us letters, thanking her for her perceptive questions which prompted Awareness to give such in-depth and important readings. Over the years she has gone by numerous names, but you know her best as "JD in New York," and more recently as "JD in Vermont." But to those who really know and love this entity, as does the staff of CAC, she is known as "JD Rabbit" to whom we offer our greatest respect and heartfelt thanks.

THE STELLE GROUP CASTS ASPERSIONS ON THE BOOK: A DWELLER ON TWO PLANETS

QUESTION:

Speaking of insanity, I have a question from Paul LeBreton he sent in some time back. He says he received a letter from the Stelle Group (the new Lemurians) and he says, "Richard Kieninger says that the book *A Dweller On Two Planets* by Phylos isn't healthy. And he quotes this man: "Phylos, the Tibetan, mentally induced an insane youth, confined to an asylum, to act as emanuensis for automatic writing. Phylos is known to my teachers as a nether entity who mentally tortured Frederick Spencer Oliver with voices, repeatedly telling him how evil he had been in the past. All my teachers have reiterated that no brother or higher being may at any time take control of an incarnate person's brain for the purpose of mediumship or automatic writing."

Paul adds: "P.S. I still think reading with discernment that the book does help understand Atlantis, etc. I don't think that the Sons of the Solitude are evil. There is another book on them by the way, *Secrets from Mt. Shasta* by Earlyne Chaney." And he adds, "Awareness once said that Jehovah's Witnesses once claimed to be the chosen 144,000. Now the Stelle Group does. Any comment?"

COSMIC AWARENESS:

This Awareness indicates there will always be those who make claims in regard to their own in order to help or promote their product.

This Awareness indicates that, however even so, there can be much value in the product, and that you not worry too much whether the advertisement is absolutely truthful, for most advertisement is exaggerated greatly. But you may examine the product for what value it may have in accordance with your needs, and take and use the product if it appears to satisfy a need.

This Awareness suggests that there are always groups who promote themselves, cautioning against others.

Some groups, some individuals being competitive, will chop off the heads of others in order to be taller. In some cases, their criticisms are justified and legitimate, and the warnings may be important to assist entities in avoiding pitfalls or traps.

This Awareness suggests that it is good for entities to keep their minds open and not always accept everything given by a group or individual as being the right way to do things. Just because someone says that you can't do it that way doesn't mean you can't look at it and see if there is something valid there. Just because someone says don't study anything but our literature doesn't mean you have to obey them. You only have to obey them if you want to please them at the expense of excluding others, and there will always be those groups who will have that stipulation: "You cannot study any other philosophy but mine."

This Awareness indicates that when a philosophy or group tells you, "We have the exclusive answer, and you are not to look elsewhere," or when they tell you that, "They don't do it right; they don't get their information in the right way; they don't teach it right; they don't interpret it right" -- what is this telling you about the one who is delivering that message? It tells you that they are making a judgment or expressing an opinion. It does not tell you that you have to obey them and accept their opinion without question, or assume that they have the right to make that judgment, and that you have no right to judge for yourself. And if they *do* tell you this, that "You cannot judge for yourself, let us do your thinking, you cannot have an opinion unless it comes from us," and if you go along with that, then what does that make you?

This Awareness indicates that you simply listen to what they say, evaluate not only what they say about someone else, but what it tells you about them, or maybe they are delivering a proper warning about the other, or maybe they are simply trying to keep you in their fold, so that you do not explore this area over here, which could give you better answers than they have to give. Think about it for yourself. In the final analysis, even if someone tells you, "You cannot believe anything other than what I teach you," even if you are taught that by another, you are not relieved of the karma that you yourself will endure if that entity's teaching is false.

Those Who Sell Their Soul to Joe

This Awareness indicates there are many entities who will follow a false teacher, simply because that teacher is willing to take on the responsibility for that entity's soul, and entities think, "I don't have to worry about my soul anymore, Joe's got it, and Joe knows everything; he's real close to God." Therefore the entity has sold his soul to Joe, or to Jim Jones, or to Jim Bakker or to whomever, and the entity no longer feels a responsibility as long as he remains a follower of his chosen master or mentor or guru or teacher or master teacher or lord or whatever. That is not the way it works. Regardless of whether your master, teacher or whatever makes claim to having a perfect insight, it does not relieve you of your own responsibility to your soul.

All That Is Necessary is to Know the Divine is Everywhere

This Awareness indicates that all that is necessary for entities is to know that the Divine is everywhere present. It is also within you. You may, if you wish, ride on the coattails of some master or teacher or group, which claims to have special standing with the Divine, or you may simply accept the Divine as part of your life, as being one with yourself by surrendering your whole being to the Divine that permeates and expresses Itself to all nature, and in that action, you become one attuned

to the Divine, and from that Divinity State, you are then free to study all of the religions, all of the philosophies, any cult group information, whatever it is you desire to study, with the knowledge that you are One with God and cannot be seduced or misled by some false teacher, even if you study the false teacher's teachings, because you know you are One with God. For God is everywhere and is in you, and you have surrendered to that Universal Divinity. You don't need the false teacher's teaching for your salvation, but you want to study it just to see what they are doing, what they are doing to the minds of others, what they are promoting, or you may study a teaching to get a better understanding of certain principles, but the bottom line of your being is that you are *already* One with the Divine. You surrender yourself totally, absolutely, to the Universal Being that is everywhere present, and is within you. And you dedicate yourself to the highest and best expression of self in order to serve and reflect that Divinity to whom you have given yourself.

This Awareness indicates that is all there is to it. From then on you can explore anything, study anything, with the absolute knowledge that it can't harm you, it can't affect you. It can give you information, and from your position of being One with God, you can discern and evaluate that information for yourself, to know what is true and what isn't, and you can see, you can search, you can discover, you can explore anything in consciousness, with the confidence and assurance that it cannot entrap you. It cannot seduce you. It cannot control you. It cannot take you away from your absolute vantage point and marriage to the Divine, to which you have surrendered yourself totally.

WHAT CAUSED THE DEATH OF TUTANKHAMEN? AND HOW WAS HIS TOMB LEFT UNDISTURBED?

QUESTION:

A question by James Walters in California. He asks: "What were the circumstances leading to the death of Tutankhamen, and how did his tomb escape the fate of robbery and vandalism?"

COSMIC AWARENESS:

This Awareness indicates that it appears this entity died from a kind of illness that was not inflicted, but which came or developed over a period of time, the entity being aware of the illness and its nature as being fatal, and was prepared well in advance for death. The nature of the illness is not seen clearly.

This Awareness indicates that the tomb escaped early detection because of carefully placed signs and markers to point away from the tomb, leading explorers and grave robbers in other directions, that they would search elsewhere. There were also astral shells which stood guard over the tomb to influence entities into other directions. This Awareness indicates that it appears the disease as being that which was similar to or associated with or perhaps a form of leukemia.

Ed's Note: for more information on King Tut and astral shells that guard the mummies tombs, please refer to 'Revelations of Awareness' No. 79-12: \$2.00 from CAC.

WERE PLEIADIANS PRESENT DURING THE BLOODY AZTEC CIVILIZATION?

QUESTION:

One final question in reference to the question the other night of Richard Joseph, who asked Awareness, "Who was Topiltzin, the white man with the brown, flowing beard in Mexico a long time ago?" Awareness

indicated that during the Aztec civilization that the Pleiadians were connected with them somehow. It was my understanding the Aztecs used human sacrifice, and my question is: why were the Pleiadians there, when blood sacrifice was being used? I understood they didn't do this; that they were more or less the "good guys."

COSMIC AWARENESS:

This Awareness indicates that the energies of the time of that reading as not being strong.

This Awareness indicates that there appears to have been an influence of others at the time. It appears that this entity as having been a -- what may be termed a crossbreed. This means the human gods or humans who were left in charge of the natives of the tribe, these entities, having had a lineage in human form, who were Pleiadian of origin, and that there was this war between the Pleiadians and the Greys which occurred approximately 6000 B.C. and existed for several thousand years off and on in the struggle for control of this planet. It resulted in some mixtures in terms of a diffused blood line, and also resulted in many of the human-type descendants of the Pleiadians being abandoned and left on earth to continue intermingling and mixing with earthlings under the domination of the Greys or those who are termed the Orion types. And this entity was one of these mixtures, being of greater Pleiadian descendency but having some human qualities mixed in, and being under the domination of the Orion Greys. That the latter history of those in the South American continent was dominated partially by the influence of these Greys, the earlier part being dominated largely by the influence of the Pleiadians; that the Greys generally asserted influence over human-type rulers.

Many of these human-type rulers were descendents of the Pleiadian ancestors.

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Excerpt CAC Reading 9-8-11-93 Paul Shockley Interpreter

An Alien Computer Under Stonehenge?

QUESTION:

Jack Katchmar sent in a tabloid article which looks suspiciously like a hoax to me, but I'll read his question. "Cosmic Awareness, the tabloid *Sun*, September 7th, 1993 says that shocked archaeologists and CIA investigators found an alien computer in a shiny smooth metal container, 100 feet long and 75 feet wide, under the center of the circle under Stonehenge.

"They believe the computer was in place before the stones of Stonehenge were erected over it. They say "It's obvious this computer was placed at the historical site of Stonehenge by visitors from another planet." Please tell us who put this computer ten feet beneath the ancient circle of rocks known as Stonehenge, England, and what planet were they from? When did they bury their computer underneath Stonehenge and what is its purpose?"

COSMIC AWARENESS:

This Awareness indicates that this appears to be as the energizer suggests; this appears to be nothing more than a hoax. It does not appear to have any substance in reality; therefore, it would be furthering the hoax to give any information on it as having any validity.

Is the Noetic Sciences Organization as Sinister as Dr. Coleman Believes?

(More On Tavistock, the CIA and Mind Control)

QUESTION:

A question from Pat Larson, Omaha, Nebraska. She writes: "Willis Harmon is president of Noetic Sciences in Stanford, California. It researches and investigates and reports on New Age thoughts and concepts. Dr. Coleman, in the book, *The Committee of 300* mentions him as a supporter and promoter of the Tavistock ideology. The question is: Is this man as sinister as this implies, and if so, does this implicate the whole organization?"

"Is Tavistock behind Noetic Sciences, and is this where they get their funding?"

COSMIC AWARENESS:

This Awareness indicates that Tavistock as an organization that works closely with branches of the CIA and other intelligence groups. It appears to have a British origin, stemming from the Rothschild influence. Its major purpose being that of mind control experiments and research and much of its activity being to create concepts that can be used to influence the masses, and also concepts that can be used to influence individuals into a certain way of behavior, or way of thinking.

This Awareness indicates that this does not promote free thinking or help entities to better understand their world. Rather, it directs thinking and molds the minds of entities along certain lines for certain purposes of the controllers of this organization. In other words, if agents want an entity to have a certain kind of mind-set, they can, through the research and developed programs, find ways to alter the entity's mind-set to fit their purposes.

This Awareness indicates that the Noetic Sciences appears to be involved as a kind of branch, testing and spreading concepts and methods developed from the Tavistock Institute in order to create certain effects that can be studied among those who are influenced by this or to examine reactions of entities to the methodologies used in order to gain certain insight into how these concepts can be spread or used.

This Awareness indicates that it is a kind of sinister expression being promoted through these organizations. The information from these expressions and methodologies is gathering information that can be used to manipulate, influence, persuade or confuse entities en masse or in individuals.

The process of learning how to manipulate people through these methods is not intended as something that can be for the benefit of humanity or the individuals involved, but more for the benefit of those wishing to control and influence masses and individuals.

HER FATHER IS DIRECTING LIES AND STORIES TOWARD HER

(Is it the Alcohol, Mind Control or Alzheimer's Disease?)

QUESTION:

A question from Layne M., in Oregon. She writes: "My father has recently acted bizarrely. In a previous reading Awareness indicated that the government used mind control techniques on my father and perhaps drugs as well. My father worked as a space aeronautics engineer for JPL for about 30 years." (There's several questions in this so I'll read the whole statement and the questions.)

"Dad is 74 and has been an alcoholic throughout his life. He still drinks on and off. He has always been "spacy" but always kind and loving to me, never gross or inappropriate. He recently told my siblings that I: 1) got pregnant and took a pill to abort it, 2) charged \$3000 on his credit card, 3) called and told him that I wanted to "Cut his cock off!" None of that is true!

"I have told him, but he believes I did that stuff. I would like to know: 1) Is this distorted behavior due to alcoholism or the government mind games, or Alzheimer's disease or all of the above? 2) How can I help him? 3) Do people get possessed by demons when they drink too much too often? 4) Did Dad work with aliens, or only on weaponry? 5) Why is my father directing his stories at me? I have two sisters and a brother. I do not want them hurt! Thank you."

COSMIC AWARENESS:

This Awareness indicates it appears that the entity is beginning to suffer from some delusions that come about through both the Alzheimer's disease and from the excessive use of alcohol over the years and brain damage that has resulted, along with the stress and certain frustrations that he has experienced in his lifetime, particularly relating to his work.

This Awareness indicates you need to face the fact that your father could very easily be losing touch with reality and could very easily be moving toward a form of dementia or mental problems. This Awareness indicates *It* does not wish to use the term "insane" because it has not progressed to that extreme. *It* wishes rather that you recognize when an entity's mind begins to lose track of reality, it behaves in a way that loses logic and sensibilities and you cannot expect the mind to be normal, even if it once was.

This Awareness indicates that what is necessary is for you to keep your reputation clear with your siblings so that they do not begin to believe these things. It is important that you recognize your father's problems and make sure that your siblings also understand this. This Awareness indicates that there may come a time when his behavior will become much more bizarre than it is now and you will need to have their support in seeking counseling for him or psychiatric evaluation to determine what to do and how to help take care of him.

This Awareness indicates that one thing that can be helpful is making sure that he has a good healthy diet. This Awareness indicates that a healthy diet can be beneficial in supplying him with the nutrients that he needs so that his problem is not compounded by deficiencies. This Awareness indicates that the entity's health could be monitored carefully in the sense that blood tests evaluating his general condition, hair analysis to determine if he has certain deficiencies; these are ways to help monitor the entity's physical balance and harmony.

Excessive Aluminum In Body Often Causes Alzheimer's

This Awareness indicates that Alzheimer's disease is often caused by an excess of aluminum in the body. If the entity has had a history of heavy deodorant use, many of these deodorants are made using an aluminum base and the body absorbs the aluminum, or if the entity's diet has had a history of cooking with aluminum pans, this could be contributing to the Alzheimer's disease.

This Awareness indicates if indeed he is shown to be high in aluminum, which can show up in the hair analysis, or other toxic heavy metals, then the use of chelation can help remove these heavy metals. There are also some ways of removing the heavy metals through diet, but this is much more slow. This Awareness suggests the use of chelation as being quite rapid. This Awareness suggests that you call Dr. George Shahbaz for information on chelation in your area, or where to find a doctor that performs chelation, if it comes to this, after the other tests have been conducted.

This Awareness indicates that your father may not of course cooperate with you, and you may find it impossible to work with him, if he for some reason begins to further compete with you and create illusions about your intent. It may be that you simply will have to let nature take its course or let someone else take care of the man.

Is "Cardenio" a Lost Play of Shakespeare?

QUESTION:

There was an article in *Newsweek* the other day, which I'll read and ask Awareness if this is valid. "Has some sleuthing worthy of Sherlock Holmes unearthed a lost play by William Shakespeare? The bard co-wrote a drama called "Cardenio" in 1612, but the work was never published and was presumed lost. Now, a New York document expert claims he has found it, using hand-writing analysis.

"Charles Hamilton compared the penmanship in Shakespeare's will to that in the manuscript of an untitled, unsigned 1612 play in the British Museum library. Literary scholars have long insisted the drama isn't quite Shakespeare quality, and have assumed that Will's will was penned by a legal clerk. But Hamilton, who makes his case in a book due next year from Glenbridge publishing, says the lettering is the same.

"Penmanship is as unique as fingerprints, he argues, and legal clerks wouldn't copy out plays. Hence, the unsigned drama must be Cardenio." Says Hamilton: "I wouldn't have any trouble proving in court that this is Shakespeare's hand-writing!"

Does Awareness agree with this entity, that this is indeed a lost play of Shakespeare's?

COSMIC AWARENESS:

This Awareness indicates that it appears the information given is valid. This Awareness indicates that it appears the play was not quite as high of quality as some of his earlier plays, but some of the earlier plays were assisted by groups of writers who worked with Shake-

spere's material, to add greater depth and dimension to some of his information.

Team Writing in Shakespeare's Day

This Awareness indicates that in those days it was common for a writer to hire many assistants in the same way that a television play is seldom today written by a single person. They are usually written by several different writers, each of whom may contribute a particular aspect to that play or drama.

This Awareness indicates that for example, one might have a good grasp of phrasing and dialogue. Another may have a good grasp of imagery. Another may have a good understanding of plot. Another might have a good understanding of character. And they take a script, work it over, each doing his or her thing to it and gradually it begins to take on a quality that is better than any one of the entities could have created alone.

This Awareness indicates that this was the way playwrights worked during that era. Ben Johnson, for example, used a dozen writers in his plays to work with him, and this entity, hiring these writers to work with him also helped in teaching them, and the combination was such that many of his plays were performed before the Queen.

This Awareness indicates that after the Ben Johnson School of Writers had shown this to be a successful approach, there were many others who also took up this form of team writing. This Awareness indicates that it appears this latter play was written almost exclusively by William Shakespeare, this play that is the topic of the question, and therefore, did not have some of the added help that the earlier plays benefited from.

This Awareness indicates the entity wrote a good solid story and play. Some of the coloration did not get in as might have been found had others been involved with him on this writing.

Ed's Note: For more on Shakespeare, please refer to "Revelations of Awareness" No. 95-6 (The Conspiracy of Silence: William Shakespeare: Who Is This Man?); \$3.00 from CAC.

One Man's Food Is Someone Else's Poison (No One But A-Blood Types Should Be Vegetarians)

QUESTION:

A question from George Lawall, in Germany. His writing is rather difficult to follow, but I'll give it a try. "In 1981 I met a Naturopathic doctor in Toronto, whose advice was like a positive bomb in my life. Besides all the advice that Awareness keeps giving, he came up with another surprising therapy which he and I, after I experienced it, believe has something.

"His name is Dr. James D' Adamo, and he has published a book called *One's Man's Food Is Someone Else's Poison* (Institute For The Advancement Of Natural Therapies, 186 Saint George Street, Toronto). Phone: (416) 968-0496. He proved that different blood types react different on the same foods and are connected with personality types and so forth.

"A -Type are the creative-mind people, the only one's who can really live as vegetarians. (Dairy is producing mucous in their bodies). The B-Type are medium between A and O who are the physical oriented ones who should eat meat because their nerves need animal protein.

"I cannot go into too many details, but if you live it, (which I did) and observe it on others, it makes sense, Especially in a time when endless attacks are launched on our nature, we should learn every possible lesson to strengthen ourselves and nature.

"As I have observed in very many cases, the most fanatic vegetarians are O Blood types (the pale looking ones). It seems for them it is hardest, and so they sometimes are forcing themselves and often are weakening their systems and so forth, not living according to the conditions of their nature. Could Awareness comment?" he asks.

COSMIC AWARENESS:

This Awareness indicates that this is in the affirmative: that which has been given in this question. That this Awareness has also previously mentioned some of this information regarding the fact that the A Blood Type is best suited for the vegetarian diet. This Awareness indicates that it would be very beneficial for entities to study this man's work, because it can help entities to form their diet around their own personality and blood type and then feel more compatible because of the food they are eating and their necessary nutrition.

This Awareness suggests that if CAC can find copies of this book and make it available to the entities of the membership who want this, it would be beneficial or perhaps entities could simply write for the book either to CAC and have it ordered, or if the address is made available, directly to the entity selling the book.

This Awareness indicates that it does appear to be a valid system for improving one's health. Of course it does not mean it will help everyone in regard to all their health needs, but it will help them to find a compatible diet for their particular type.

Ed's Note: I have searched the Internet and this book has been long out of print and unavailable. The entity, however, travels around and lectures on this subject and his revolutionary research is being taken very seriously today by those in the health field. Since we all fall under one of the following blood groups, a brief summary of your group may prove enlightening. Here is an excerpt from Fran Foster's Nutrition and Natural Living Site discussing Blood Groups and Diet:

"One hundred people attended a 1998 lecture in Dover, New Hampshire, by Dr. James D'Adamo, from the Institute for the Advancement of Natural Therapies in Portsmouth, delivered a fascinating account of his now world-famous discoveries in natural healing. In the space of two hours, Dr. D'Adamo attempted to share the results of 42 years of private practice with tens of thousands of patients, a formidable task, and one which "just touching on the subject," said Dr. D'Adamo, "is quite incredible."

Dr. D'Adamo's first point of reference is the blood group. A person's blood group tells how their body should function if it were perfectly healthy. It explains the kinds of foods to eat, including the proper ratio of vegetarian and flesh foods in the diet. In addition, the blood group reveals the form, intensity and frequency of exercise a person needs in order to attain their highest mental and physical ability.

Type O Blood Group

Type O is the oldest blood group on the planet and represents over half of all humans. Descended from the original hunter-gatherers, Type O's have very physical bodies that stay healthy on a diet that includes animal foods such as chicken, turkey, beef, fish and some dairy along with fresh vegetables, fruits and some grains. Type O's thrive on vigorous physical activity on a daily basis and, indeed, require it to successfully metabolize animal foods. Without 30 minutes of aerobic exercise daily, the animal protein O's must consume to stay healthy becomes poison in their system. Exercise enables people with Type O blood to attain peak mental and creative ability and it is the only way they can deal effectively with stress and tension.

Type A Blood Group

Type A blood group is the next largest group. Type A's do best when they lean strongly toward a vegetarian diet. Heavy meats such as beef or pork are not foods that a Type A person handles well. Type A's tend to lack sufficient hydrochloric acid and are therefore often unable to get 100% value from food and nutrients they consume. Type A's also tend to suffer from mucus conditions, meaning that dairy products and whole wheat products are not the best for them.

The real strength of a Type A person is in their intellect. Unlike the Type O, a Type A person does not benefit from strenuous aerobic exercise, and, indeed, too much heavy exercise can harm the Type A person. A Type A should do calming, centering exercise such as yoga, hatha yoga, and tai chi. Because the most sensitive part of a Type A person is the nervous system, their decision-making ability is at its peak when they are calm and peaceful. When they are exposed to stress they begin to flounder. If the Type A is upset or nervous and faced with a problem, it is best if they delay making a decision until the next day, when their calmness has returned.

Type B Blood Group

People in Type B blood Group represent a very small percentage of humans. This group was the next to the last to appear (after Type A) and constitute about 8% of humans. Type Bs are the kind of people who like to have order in their lives. Everything should have its place in the Type B life. Type B's also excel in interpersonal communication, and, as a result, people are attracted to them and have a tendency to relate their problems to them, as well as seek and accept their advice.

When Type B's are healthy, their bodies require the best of both animal and plant foods. Therefore, Type B's need to spend some days as vegetarians and some days as flesh eaters in order to stay perfectly healthy. As for exercise, an hour of aerobics is tiring for the Type B, and a less lengthy exercise period of 30 to 35 minutes a day are more optimal for this blood group.

Type AB Blood Group

Type AB's are quite rare, represent the most recent blood group to appear on earth, and have food and exercise requirements that combine the Type A and Type B recommendations.

Working with blood groups allows Dr. D'Adamo to see the individual within each person and explain why certain illnesses have occurred. Then positive steps are taken to improve the person's health. Diets are carefully tailored to help the person with symptoms they are currently experiencing, and modified as progress is made.

As a result of Dr. D'Adamo's work, many people around the world are now doing research on blood groups, and more and more information is becoming available every day.



Excerpt CAC Reading 1-12-4-81 Paul Shockley Interpreter

RELATIONSHIP AND DISTINCTION BETWEEN THE CHRIST LIGHT AND COSMIC AWARENESS

QUESTION:

Randy Kaufman asks: "Would Awareness comment upon the relationship and distinction between the Christ level of consciousness, or the Christ Light, and that which calls itself Cosmic Awareness?"

COSMIC AWARENESS:

This Awareness indicates that within the universe, if an entity can visualize a universe wherein the observer sits just outside of this universe which is floating as a kind of cell or cellular energies, filled with various nebulae, galaxies and solar system and planets; if an entity can visualize looking at such, and can imagine that this object being observed, called a universe, has a consciousness of its own.

This Awareness suggests that you imagine yourself sitting in a chair looking at a cloud of plasma which is a miniature universe, a model of this universe in which you live, and this cloud of plasma is floating there opposite you in a chair, or just above a chair, and you are observing this. This Awareness suggests that you may visualize now that this is alive; this universe being observed, or this model, is a living being, having a mind of its own, its parts in movement; electricities and energies shooting throughout this cloud or plasma. This Awareness indicates that energy which permeates throughout this plasma is that which may be equated to the Universal Mind or that which can be called Cosmic Consciousness.

This Awareness indicates that the various parts or particles of material, substances which are particles or molecular structures within this cloud, may be equated to planets or matter, and the atomic parts or particles may be equated to the entities upon those molecular patterns or particles; these becoming smaller and smaller, or coming together to form larger droplets or particles.

The Five Basic Elements Which Make Up The Universe

This Awareness indicates that within each of these particles, and throughout this universal model, all of the parts and the total are made up of four basic elements: Radiance or Fire, Magnetism or Water, Relationship or Vibration or Air, and Stability or Duration or Earth; this Fire, Air, Earth and Water, or Magnetism, Radiance, Vibration and Stability, are all held within that which is Akasha, or the Life Force. This Awareness indicates the Life Force as being that which is the Cosmic Consciousness or Universal Consciousness-- this is the 5th element: Akasha, the Spirit.

The Hebrew Spelling of Jesus and Jehovah

This Awareness indicates that these five elements make up that which has been called YOD HE SHIN VAU HEH; the YOD HE VA HEH as the creative forces, and the SHIN as the breath of life, the Akasha. This Awareness indicates that this YOD HE SHIN VAU HEH as the Hebrew spelling of the name Jesus; the YOD HE VAU HEH as the Hebrew spelling for the name Jehovah or Yahweh. This Awareness indicates that these five elements making up the creative and life force of the universe are found also in each of the particles; so that the planets, sun, or the galaxies --all of these are permeated with these same five qualities. This Awareness indicates that likewise, each of the atoms is composed of these five qualities: Radiance, Magnetism, Vibration, Stability, and the Life Force --Akasha or Spirit.

This Awareness indicates that similarly, the individuals or particles of this model which represent the individual human being as that which also has these five parts as its creation: the Radiance, the Magnetism, the Vibration, the Physical and the Breath of Life. This Awareness indicates that even rocks and those things which appear to be dead have some degree of spirit or life force within them; this may be quite diminished, but there is some amount of Akasha within everything in the universe. This Awareness indicates that it is this Akasha which is the Breath of Life; the Holy Spirit. This Awareness indicates that the Radiance is that which is the energy of the individual and it is the Magnetism which holds the individual together; it is the Vibration which allows the interaction of these energies so that movement can occur, so that mind can occur, so that relationship can occur between the atoms and parts which form the whole; and it is Stability which allows the parts to remain in tact.

The Five Bodies: Physical, Emotional, Feeling, Mental & Spirit

This Awareness indicates there is the physical body, -- this physical body being that which corresponds to Earth or the Stability. There is the emotional body which is the Magnetic energy. There is the Feeling body, which is the Radiant or Fire energy, and there is the Mental body which is the Air or that which is the Vibration body; and there is the Spirit body, or that which is ethereal, and the Akasha.

This Awareness indicates that the Christ Consciousness is that which is composed of the Radiant which is Fire, the Ethereal which is Akasha, and to a lesser degree, the Water or Emotion; and the physical body of the Christ Consciousness is not of this world, but rather is of a vibration which exists on the octave of Light. The more physical parts of this Christ Consciousness exist on the 49th octave. This Awareness indicates that the physical body of the Earth-being exists on much lower octave levels; the vibrations moving into more dense levels.

This Awareness indicates that the Cosmic Consciousness level is that which is predominantly Akasha, but encompasses all of these other levels; and *Its* identification, or that which may be called the Magnetism, encompasses all of the various parts of the Universe, whereas the Christ Consciousness encompasses mostly those areas of a specific part; the emotions of the Christ Consciousness being more identified with those individuals or those of a specific type, rather than with the total. This Awareness indicates therefore, the Christ as being the offspring of the Universal Deity; the Universal Deity as being what appears to be somewhat more impersonal in one sense.-- pantheistic in a sense identified with the totality of consciousness within the universe; whereas the Christ Consciousness *Itself* is identified more with specific parts of the creation, such as humanity.

The Involution Movement of Spirit Into Matter

This Awareness indicates in a similar manner, the offspring of the Christ as being that which is the man, or that which is Mind, and Mind itself as that which represents the Middle Self in the Huna philosophy, as opposed to the High Self or Christ Self; and the more primitive or emotional aspects, which is still the child of Mind, as that which represents in the Huna philosophy the low self. This Awareness indicates that this as the subconscious or physical appetites, desires and emotions. This Awareness indicates that therefore, each is likened unto the offspring of the other, in a manner of energies being stepped down,--as if by electrical transformers, these energies are brought down into lower vibratory rates.

The Evolution of Matter Into Spirit

This Awareness indicates that this is the involution movement from Spirit into matter; that the evolution from matter into Spirit moves in the opposite direction, whereby the low self eventually climbs to become a middle self; the emotions become more refined so that they are capable of reasoning and thinking. The middle self becomes more discerning so that it becomes capable of feeling and attunement and intuitive realities of the High Self. The High Self itself, as that which becomes more refined and comprehending so that *It attunes Itself to the Universal and becomes One with the Father.*

This Awareness indicates that at all times, these energies of involution and evolution are in motion; energies are moving from the Divine or that which is the Akasha, into that which is the physical or Earth levels, and energies are evolving as evolution from the physical material, moving upward into that which is the Akasha or Spirit. These energies in motion: the energies moving into matter move in a counterclockwise direction. Energies moving from matter toward Spirit move in clockwise motion. This Awareness indicates that these energies create a vortex whereby the passing of the magnetisms and radiances, --energies crossing each other create a field which, in turn, creates the polarities and energy forces which give the breath of life to those forces which are evolving into matter or evolving out of matter, according to the level of such evolution or involution.

This Awareness indicates that as entities evolve higher toward spiritual levels, the breath of life becomes more of an energy that supports the spiritual bodies, and as entities move more into the involution toward matter, the breath of life diminishes and the physical becomes more gross and dense, until when entities can no longer receive enough life energy, they simply turn into that which is dust.

This Awareness indicates that in understanding these movements, entities can understand the movement toward the Christ Consciousness and the identification with the universal forces. This Awareness indicates that in all of these levels, it is a matter of proportion. What do you place first,--the gross matter of physical concerns, or the more refined energies of the etheric and spiritual realities?

This Awareness indicates that the spiritual realities as that which is the everlasting sea of consciousness; the physical realities as that which is likened unto the shore which is washed into the sea, and which offers only the appearance of stability. This Awareness indicates that the sea continues forever; and those who identify with the sea of consciousness, the Akasha, the Spirit which permeates the universe, --those entities in identifying with this have attached themselves to the eternal truth and the eternal permanence. Those entities who attach themselves to the physical realm attach themselves to that which must fade, must decay, and must fall and dissolve into that sea of permanence.

Attachment and Desire Hooks Entities Into Maya

This Awareness indicates therefore, the emotions, or that which is the Magnetism, is that which needs to be watched; for as entities desire, so their Magnetism attaches. The attachment and desire is that which hooks entities into material realms, or that which in the Hindu philosophy is known as maya, the grand illusion of material values; and as entities attach themselves to this material reality through their emotional or magnetic energies, they can find themselves clinging to that which is dissolving: the house built upon sand. This Awareness indicates that as entities attach themselves to

that Rock of Ages, which is in fact the Being of the Universe, the Akasha, the Spirit of God; then entities find their Realm of permanence.

SHE FINDS HER ASTRAL SPIRIT BEING FORCED FROM HER BODY

(And Her Electric Fingers Light Up the Bed Covers)

QUESTION:

This is a personal question from Norma Cox, of Marshall Arkansas, but I had a feeling it relates to other information Awareness has given. She writes: "Perhaps you can tell me something about a most strange experience I've had for some 5 years now. Many times, usually around 2 or 3 o'clock in the morning, I awake to find my astral spirit being forced from my body. Often resisting, I can stop it. At first it seemed my actual body was being levitated, but soon I knew that this couldn't be. Over and over this has occurred. Often I'd make notes. Also, I seem to have an overabundance of electricity in my body. Sometimes at night my fingers light up the bed covers. A flashlight is almost useless as the batteries soon go dead. Lights have been knocked out, and TV, too, for no reason at all. Often my movements affect the volume on TV and radio. It's crazy! Including a terrible and strange accident which killed my husband and made a cripple of me in 1976. These are just a few of the weird things that have happened to me during the past 6 years."

I wonder if Awareness could comment on that lady?

COSMIC AWARENESS:

This Awareness indicates that there are forces within astral levels which can have powerful effects on entities. This Awareness indicates the astral plane as that which is associated with the emotional level, and it has its various sub-levels, so that in lower astral realms, there are energies which can be possessive in nature, and can attach themselves to entities according to their vibration rapport,-- the rapport which these entities may have toward certain vibrations in that sub-astral plane. This Awareness indicates that it appears in your particular situation, you did not draw in the more gross or sub-astral vibrations, but there are identifications with certain astral forces and energies which you have allowed.

This Awareness indicates that this in part is due to your emotions involved: in part relating to fear, in part relating to fascination, and in part relating to attachment and desire for significance in relation to the strange and unusual. This Awareness suggests that in your particular case, it would be beneficial for you to either gain a greater understanding of the astral planes, so that you become an adept in moving in these areas, or that you avoid these areas altogether. This Awareness indicates that the avoidance of these areas may occur by developing a stronger aura, avoiding stimulating foods, avoiding any forms of ... This Awareness indicates this in reference to *any* entity;--not just yourself;--to any entity to whom such message might apply. Avoiding such things as psychedelics, sleeping pills, hallucinogens and excessive imagination.

This Awareness indicates that by avoiding these areas, you can strengthen your aura. This Awareness suggests it also would be beneficial to receive more physical exercise and to strengthen your eating habits so that your emotions become stabilized, avoiding sugars and white flour products, and avoiding caffeine. This Awareness suggests that calcium as that which can be beneficial in strengthening the emotions and physical energies. This Awareness suggests that also, besides strengthening your emotional body and the aura, this Awareness suggests that you also strengthen the etheric

body and mental body by using the rational mind more, getting involved in sciences or teachings which require intense concentration, memorization and reasoning.

Avoid Rock Music to Strengthen the Etheric Body

This Awareness indicates that you may also strengthen the etheric body by attuning to that which is highest and best at all times. This Awareness suggests that music of a high quality in the sense of harmony and the lack of the intense low rhythms, such as rock music; classical music, semi-classical music; these are inductive of the etheric level, whereas certain rock music of a strong driving primitive beat as that which draws astral and emotional energies. This Awareness suggests you avoid those areas, and strengthen the areas of the etheric level through music of a more refined nature.

Explore the Ancient System of Sant Mat

This Awareness suggests that in the event that you wish to pursue your exploration of the astral world, it would be advisable for you to study that which is known as Sant Mat, the path of the saints; this being from India and an ancient system which has some valuable information. This Awareness indicates particularly the book *Liberation of the Soul* as that which could be of much value to you, this dealing with the activity of attuning yourself to the sound current which leads to the Divine. This Awareness indicates that Eckankar as that which is a splinter or tributary from this Sant Mat path of the Saints, whereby Paul Twitchell received an initiation in this order and brought the teaching in part to the United States through his Eckankar organization. This Awareness indicates that this Path of the Saints and following the sound current as that which can be of benefit in moving through the astral planes and other planes with greater understanding. This Awareness indicates that also, there are other systems of a parallel nature, whereby entities may benefit somewhat in exploring the astral planes. This Awareness suggests that it appears in your particular case it is necessary for you to have good guidance in such explorations, and that you not pursue these explorations on your own.

This Awareness suggests that some entities can move through the astral planes without such guidance, being that they are strong in their rational minds and capable of discerning energies and realizing that they do not have to be victimized by any energy in consciousness, but rather are masters over their own thought processes, and that which is created by those thought processes. This Awareness indicates that entities such as Aleister Crowley can move through these areas without being caught in the energy field. This Awareness indicates that others, in moving through such energies would become absorbed by the energies, manipulated by the energies, and could feel themselves victimized by these energies. This Awareness indicates therefore, it is not something for entities to play around with, unless they understand what they are doing, or unless they are being guided by those who do.

ABOUT THAT OVERABUNDANCE OF ELECTRICITY IN HER BODY?

FOLLOW-UP QUESTION:

Would Awareness comment on the part of her statement where she said, "Also, I seem to have an overabundance of electricity in my body. Sometimes at night my fingers light up the bed covers."

COSMIC AWARENESS:

This Awareness indicates that this as a strong aura; the energies of the entity's aura being such that they become highly intensified through her fingers. This Awareness indicates this entity as capable of developing this into a force for healing. This Awareness suggests

that wherein the entity can study the healing methods, particularly the charismatic healing, this entity could become an excellent healer through laying on of the hands.

QUESTIONER:

Would this also explain that part of her statement where she says, "A flashlight is almost useless, as the batteries soon go dead, and lights have been knocked out and TV, too, for no reason at all, and often my movements affect the volume on the TV and radio"?

COSMIC AWARENESS:

This Awareness indicates that in the Scorpio readings on Magic and alchemy, it was discussed as to how entities can build mana in their system, the aura being strengthened through the use of food substances, whereby oxygen and the blood-sugar work together to create an energy field around the body known as the aura. This Awareness indicates that essentially, this entity has a very powerful and strong aura, which can be strengthened more by her own awareness of this and holding these energies for certain purposes. This Awareness indicates that the entity also as being capable of allowing this auric energy, or the mana to be used by forces of the astral level, particularly wherein the entity expresses emotions such as fear, or emotions relating to fascination, or identification with strange and unusual concepts. This Awareness suggests wherein the entity allows her imagination to be tapped by other entities, whereby she is free and giving of the energy without discerning as to who or what is taking that energy, that this entity becomes more discerning and holds the aura or mana for only that which is of the highest and best, such as for healing or for work on self or for other purposes, this energy then is not stolen or taken by those astral entities and used by those entities for purposes of their own.

This Awareness indicates that wherein this entity can take her energy, direct the energy with her conscious will and use this for purposes of good, to serve others, and to serve the Higher Forces of the universe, then this energy can be of great benefit to her and to others, and the astral energies which attempt to siphon and use this will be blocked.

This Awareness indicates that essentially, she is gifted with great psychic powers and is allowing these energies to be wasted by allowing astral thieves to take these energies from her. This Awareness suggests that the entity in dedicating herself to using these energies for purposes of healing self and giving attention and service to others,--whether this is done consciously in ways whereby others are aware of receiving a healing treatment, or whether this is done quietly and unobtrusively, whereby others are being given loving attention without realizing that the attention carries a healing vibration. Whatever the situation that this energy is given, if it is given with discernment, so that its purposes are for the good of self and others, then the energies are directed properly.

This Awareness suggests that in terms of the flashlight and the television reaction to these energies; this as an indication of the strength of this entity's mana or aura.

THE SIGNIFICANCE OF THE CRIPPLING ACCIDENT

FOLLOW-UP QUESTION:

One final thing. She mentioned an accident which killed her husband and made a cripple of her. Did this have anything at all to do with these astral energies that she is involved with?

COSMIC AWARENESS:

This Awareness indicates that this does not appear to be related. This appears to have been associated with certain other energies which were channeled in part through her husband, not of an astral nature but whereby this entity, subconsciously, allowed himself to be open to this accident. This Awareness indicates that it appears there was a purpose for his leaving this plane, as a prior agreement or commitment before entering this plane; that the entity had business elsewhere which had to be attended in order to fulfill a previous commitment which he subconsciously knew about, but consciously was not aware of.

This Awareness indicates that the effect of the accident crippling this entity as that which was in part associated with certain energies and forces which have been responsible for bringing this entity into a particular state of consciousness, to allow her to focus with greater awareness on areas which she needs to develop in her own consciousness and lifestyles, and which in time, will fulfill her purposes for being on this plane.

This Awareness indicates that occasionally, there is the necessity for a strong grounding of energies in order to bring oneself back to reality of their true nature and purpose. This entity's subconscious was such as to force this entity into such a position as would allow her to become capable of discovering certain abilities within herself which would have remained latent and undeveloped except for the urgencies and the conditions which presently exist as a result of that accident. This Awareness indicates that as these energies are further developed, healing appears to be following in parallel degree.

This Awareness suggests the Interpreter be brought from trance.

Ed's Note: For many years Norma Cox put out the mimeographed publication *Secrets*, which contained far out and bizarre information on subjects like Middle Earth, astral entities, deros, Bigfoot etc. Later information concerned the Illuminati, the Thule cult which assisted Adolf Hitler. Her information was so revealing that when she tried to advertise her publication, no magazines or newspapers would accept her ads, including Liberty Lobby's *Spotlight*. Much of what she put together was confirmed by Awareness. In 1986 this editor read some of her information to Awareness which concerned Rudolph Hess and Hitler's connection with extraterrestrial and underground forces. Her information was confirmed and was published in *Revelations of Awareness* No. 86-17 (Rudolph Hess and the "Secret of Secrets"); \$3.00 from CAC.

HOW TO DEAL WITH A CAT WHO TANGLES WITH FIBERGLASS

QUESTION:

One last question from Helen W., in Buffalo, New York. She writes: "My cat Pinky got into the Fiberglass insulation in the cellar while trying to ferret out a mouse, and got herself into a mess of trouble. The vet bills are getting expensive. Her face and head were a mess. It looked like she got the bad end of a cat fight. The problem is, I don't know how long she's been getting the insulation. She's lost a lot of fur and weight." And she wonders if Awareness had any suggestions that she might use.

COSMIC AWARENESS:

This Awareness suggests the first thing is to have the insulation blocked off so that she cannot continue to get into the area, as this can be extremely dangerous to her, perhaps even damaging. Insulation of this type could get into her eyes or could get into her bloodstream and cause extreme problems. It could also get into her lungs and the damage could be fatal.

This Awareness indicates that usually, the body will find a way of getting rid of foreign matter such as this, but if it gets into the lungs too far, the body may not be

able to expel it. This Awareness indicates that the only thing you can do at this stage is make sure it doesn't happen again, and continue to treat her problems as best you can.

FOLLOW-UP QUESTION:

Does It see putting anything at all into the drinking water that might help?

COSMIC AWARENESS:

This Awareness does not see any substance that can help Fiberglass or asbestos, which is what the two major substances are that are used in insulation. The asbestos can be dangerous in that it can get into the lungs and cause cancer. Fiberglass is such that in the lungs it can cause a build-up around the Fiberglass particles which can protect the lungs from the Fiberglass, so that even with damage, the body can still function and survive relatively well, although it might cause some diminished breathing capacity.

This Awareness indicates that you cannot put a substance in water that would dissolve Fiberglass without danger to the tissues of the cat, and you cannot put a substance in the water that would rid it of asbestos. This Awareness indicates that there could be possible benefits from the use of chelation, but this does not appear to be a very strong benefit, nor is there seen a real guarantee of any benefit whatsoever.

It is just that there is some minor possibility, but the chelation is something that would be most difficult to do for a cat, and it is unlikely that any vet would attempt such or even be able to administer it on the cat without restraints being put upon the cat. It does not appear to be a reasonable approach. This Awareness indicates that it appears that there is little to do but keep the cat out of the insulation.

FOLLOW-UP QUESTION:

Would grinding up an oral chelation pill, such as Cardioguard, and putting it in the cat water be of any assistance?

COSMIC AWARENESS:

This Awareness indicates that this does not appear to be of great benefit. The benefit of Cardioguard or chelation would be to help clean the bloodstream so that arteries and veins are more open. The blood then could circulate better. But it does not appear that even this would be of great benefit to the lungs, wherein these fibers are embedded as Fiberglass or asbestos in the lungs.

Some slight benefit over long periods of time might result as blood perhaps could help to dislodge some of the Fiberglass particles or asbestos particles that might be caught in the lungs, but it is just too much contact, and the Fiberglass embeds itself, and the blood-flow increase from chelation would be so minimal that it is very unlikely to be of benefit, even if the cat had chelation treatments weekly for months, which could be extremely expensive.

This Awareness indicates the Interpreter himself helped to put Fiberglass around pipes under buildings some 25 years ago, and recently having had his lungs checked for TB, found that his lungs had massed certain types of markings which indicated a build-up of substance to protect against some kind of forces or substances in the lungs, and it was suggested that this may have been from the Fiberglass installation from some 25 years before.

The Interpreter as having received much chelation over many years on a weekly basis and this has not had any effect on the lungs on clearing up this residue on the lungs, so to do so on a cat would not be very promising and the expense would be enormous.

Praying for the Cat May Save It

CLOSING MESSAGE:

This Awareness indicates that as entities learn more and more to move into higher frequencies and those higher frequencies become part of their psyche, it becomes easier for such entities to affect matter with their consciousness, with their minds. Thus, entities may find that prayer becomes an effective healing force. Entities should never forget the power of prayer, and also imagery. |

This Awareness indicates that you can pray for your cat, and image the invading forces of the insulation being removed from the cat, and it can have an effect. It may be easier than trying to levitate some object. You may also ask the Divine to help cure the problem of the cat, so that you are not working alone on this. This Awareness indicates that this can also be done for other entities besides the cat.

Excerpt from CAC Reading 8/14/2000 Grace Interpreter

SHE'S IN TUNE WITH THE VIBRATIONS OF ABUNDANCE AND REAPING REWARDS

A question from Patricia Goodchild. This lady was blind for a long time, and I believe she had an operation, which gave her back her eyesight. She doesn't mention that in this letter. She writes "For the past years I have been reaping rewards for what I choose to call "attunement with the vibration of abundance."

It appears, that like Cinderella, I have a fairy godmother who waves the magic wand and fulfills my every need or wish. This does not mean that I ever reap frivolous things, just unexpected small windfalls when they are badly needed. I don't even have to ask most of the time. They just happen, in sudden and mysterious and unexpected ways, to assist me in my needs.

I even receive gifts, not urgent, or absolutely necessary for my welfare." And she goes on to give some examples. But she says "I am enclosing a question for Awareness regarding the phenomenon I have been experiencing regarding to my attunement to the vibrations of abundance. Other members may be experiencing similar situations and be interested.

It's almost unbelievable how every wish, thought and need I have manifests itself so miraculously. One very important thing: I never wish or ask for anything other than a need for my welfare. If I need say, \$450.00 to pay a deposit to rent, I don't request five or six hundred instead. I think that is an important part of the success.

COSMIC AWARENESS:

This Awareness suggests that each and every individual does indeed have just such a fairy godmother and a magic wand. However, such individuals as this should credit *themselves* perhaps far more for the manifestation, for it is *their* attunement and reception of the information within the energy of abundance that is allowing them to attune their Will Energy to receive the abundance that is the birth right of each and every human being.

This Awareness suggests that rather than the specifically stated explanation regarding an absence of greed which is an admirable quality and in fact does influence the manifestation of abundance due to the specific beliefs of this individual, that it is instead the absence of fear which allows the more fluid interchange between a fairy godmother and recipient, or better stated, between entity and personality.

This Awareness suggests that each and every belief structure that is devoid of fear and is instead infused with faith and trust that the universe and the creative potential will provide, does indeed add energy toward the creation of abundance. We have completion.

More on Mental Masturbation...

THAT BOTTOMLESS HOLE IN OREGON (Human Screams From Hole Force Army to Block Off Area)

QUESTION:

A question from Chris P. It came over the Internet. He writes: "Dear Awareness, I was wondering if you had any information about the mysterious bottomless hole that was found in Oregon. I heard a few seconds talk about it on Art Bell a few months ago, and it was one of the most interesting things I have ever heard. Supposedly, high tech lasers were beamed to the bottom to test its depth, but the laser's beam never returned.

What's more amazing is that human screams are supposedly being heard from inside the hole. Of course the area was quickly blocked off to the press as soon as it was deemed a matter of importance. "Does Awareness have any comment about that hole?"

COSMIC AWARENESS:

This Awareness suggests that this is an idealization rather than a physiological manifestation, and one that has been generated by Will Energy diverted through fear. This Awareness suggests that until entities physically encounter such an event, that they need not concern themselves with how to spontaneously respond. If we have completion, we can continue.

FOLLOW-UP QUESTION:

Well, Barbara Halpin has a question along this line. She writes: "Dear Awareness, there is a deep hole with no end to it, called Mel's Hole, in Tacoma, Washington, or near there. If this is true, can you tell us something about this hole? I believe the military took it over and won't let anyone in."

Now this was in our local paper a few years ago, but there wasn't any follow-ups that I know of.

COSMIC AWARENESS:

This Awareness suggests that entities continue to concern themselves with the events that they themselves create in their lives by a utilization of their Will Energy and the belief structures chosen within the mindscape. This Awareness suggests that individuals need not concern themselves with events that they do not personally experience, particularly if there is a perceived negative outcome and a negative emotional signal attached, for such is a signal from the entity to the personality, that mental masturbation is occurring.

If we have completion we can continue.

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

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