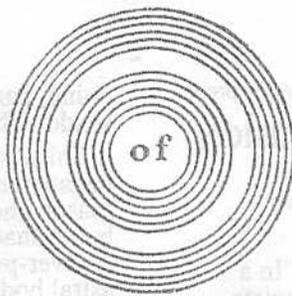


Revelations

The Cosmic Newsletter



Awareness

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SPIRIT POSSESSION: More Common Than You Suspect

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SPIRIT POSSESSION: MORE COMMON THAN YOU SUSPECT

(How Possessive Spirits "Shadow" Entities)

QUESTION:

A question from Chris Largent. He writes: "In a two-volume work for professional hypnotherapists, editor Winifred Blake Lucas (the work is called *Regression Therapy*) raises the most controversial issue that hypnotherapists have yet to encounter: possession --or what they call "shadowing."

"Apparently, while doing hypnosis, therapists have discovered possessing entities, usually dead, but sometimes living. Most possessors are blood relatives--as psychologists Edith Fiore also discovered in her book on the same subject called *The Unquiet Dead* .

"Of course, traditional healers have talked about possession for a long time--possession by otherworldly spirits or by human spirits, or by focused, highly energized human thought-forms. But for psychologists to bring this up is very telling. And they claim that both physical and mental changes may be caused by possessing entities.

"So, my questions are: (he lists 5 questions, and I'll ask one at a time): "How common is the phenomenon?"

COSMIC AWARENESS:

This Awareness indicates that this is much more common than entities realize. That in fact, many entities have shadows or possessive spirits shadowing them, and they are not even aware of such. This Awareness indicates that any entity who appears to have continuous bad luck may consider that this is one of the possibilities or causes of such bad luck.

QUESTION: IBID:

"Do the possessor and the possessed have to have something in common--some common feelings or mentalities?"

COSMIC AWARENESS:

This Awareness indicates it is not necessary for them originally to have common links in their emotions or thoughts, but it is common for them to grow familiar with each other's thoughts and emotions, so that the one being possessed may not even know the thoughts and feelings he or she is feeling, or he or she *thinks* are his or hers.

This Awareness indicates that the confusion for the entity comes in picking up on the feelings or thoughts of the one who is shadowing or influencing the live person. This Awareness indicates as suggested in the question, the possessive spirit normally belongs to a departed being, one who is no longer in physical form, but the spirit can also belong to one who is alive.

How A Mother's Spirit Can Control a Child

A possessive mother, for example, can have her own spirit follow her children when she worries too much about them or tries too hard to control them, and her efforts to control may send off a spirit body/astral body, to the child, wherever the child may be, and it can have a controlling effect or a protective effect on the child.

This Awareness indicates this is even while the mother is still alive in her body. Usually this kind of dual placement occurs for those entities when they are resting, asleep or non-active, or passively active, such as watching television or reading a book, or meditating, or simply inactive mentally. When this occurs, and they are overly concerned about someone else and what they are

doing, part of their spirit can follow the entity and shadow the entity's actions.

This Awareness suggests that this not always has a negative effect on the entity, if the concerned entity has reason and motivation to protect or assist the person being shadowed; but normally, the situation occurs from an over-protective or over-controlling associate, and the astral body of the protector-type person, or controlling person may not have a motive for the welfare of the person, but may simply want to control and influence the person.

This Awareness indicates that such types of controls are not healthy to the entity who is being shadowed or possessed by an astral body, even if the astral entity is still alive, even if the astral entity belongs to someone who is close to the entity in a physical sense.

This Awareness indicates that it is particularly hazardous to an entity when the spirit that is misplaced or out of the body, or no longer in a living body, begins to express his or her life energies through a living being through a kind of shadowing or possessive use of the being's body. When this occurs, the spirit in possession of another can become more and more in control of that entity's expressions, to the point where it interferes with the entity's natural characteristics and personality, whereby the entity begins to express a kind of split personality or dual personality, that which is their own and that which is the shadow of the spirit.

This can be very difficult with the entity, to share his or her body with a shadowing spirit. This Awareness indicates that it can cause emotional disruptions. It can cause entities to say things they would not normally say and do things they would not normally do, to behave in ways that are not necessarily to the benefit of the entity, and therefore, the possessive spirit can disrupt an entity's life and cause all kinds of problems for the entity, especially in regard to his or her relationships with others.

Be Well Protected If You Attempt to Exorcise a Spirit

This Awareness indicates it is possible for entities who have possessive spirits stalking or hounding them to rid themselves of the spirits. It is easier to have someone else do this, but an entity doing so, needs to be well-protected so that the spirit does not enter that person who is trying to exorcise the spirit from another.

This Awareness indicates if you do not wrap yourself with protective Light it is possible for the spirit to latch on to you, and leave the original host. This Awareness indicates therefore, to rid your friend of a spirit requires that you first protect yourself, then focus on friends and on the spirit that appears to be attached to the friend, and tell that spirit that the friend no longer wants to continue the relationship; the friend would like to break off the relationship, and for the spirit to go off and do things for itself; that it cannot find satisfaction through the possessiveness of the friend.

An Astral Body Will Readily Accept Your Suggestions

This Awareness indicates by continuing to discuss with the attached spirit different forms of persuasive action, commanding the entity to leave and explaining that it has other things that it should now do, explaining that it is now time for it to go; continually talking to that astral spirit, you can persuade the astral spirit to leave the entity alone, and thus free the entity of the attached spirit.

It is not that difficult for the astral body is not highly intelligent and will take suggestions more easily than most entities would. This Awareness indicates that a child will sometimes take suggestions, but the child will

also sometimes disobey or refuse to pay attention to what you say to it, but as astral shells tend to hear what is being said, and if the command is authoritative enough, the astral shells usually obey.

This Awareness suggests, however, that you need not be hostile toward the astral shell. Simply speak with authority telling the astral shell that it is now time for it to leave. You speak as if you know what you are talking about. You do not equivocate, you do not back down. You speak to the astral shell explaining it is time to leave this entity, to go on to other things: "Wherever you go you will find something that will help to lead you to your true destiny."

Just talk to it, and tell it to leave, and find its true destiny, and it will eventually follow your directions. This Awareness indicates if it should come back, just repeat your message that it should not be here now. It should go on to its other purposes. There are other things awaiting it, and it should simply leave and go looking for those things that await it; that it will find its new destiny and purpose after it detaches from and leaves this entity.

How Does One Let a Possessing Spirit In?

QUESTION:

I believe Awareness just answered the rest of Chris's questions, but I'll read them. He writes: "In fact, how does this happen? What causes a possessor to possess? And how does a possessed entity let the possessing spirit in?"

COSMIC AWARENESS:

This Awareness indicates that the entity can simply have a weak self-image or can have a confused or weak aura through the use of drugs or through poor self-image. It is most common among people who have used drugs. This does not necessarily mean illegal drugs. It can even happen when entities frequent the use of pharmaceutical drugs, particularly those that are noted for making entities drowsy, such as sleeping pills or certain types of cold medicines, the kind that state "Do not use this if you are operating machinery!"

This Awareness indicates that this type of pharmaceutical drug can also weaken your aura, but the aura can also be weakened simply through excessive battering or conflict against the aura, not only through drugs, but through hard living or difficult situations that create excessive stress. Such weakened auras allow the spirits to attach themselves to the entities.

Smoking And Drinking Allows Spirits to Attach

This Awareness indicates smoking can allow certain types of spirits to attach. Drinking is even stronger. It is a pure invitation for spirit attachment. Very few entities who drink much are free from spirit attachments, and these entities who drink excessively are generally controlled by spirits.

Their addiction is the result of spirits being attached and demanding the drink and living vicariously through the body of the host in order to get more drink or drugs. This Awareness indicates that insanity, emotional instability, mental instability also are situations that contribute to the detached spirit becoming attached to one's self.

Self-Discipline Will Break Spirit Attachment

This Awareness indicates that if you wish to break the attachment, that discussions such as previously mentioned can help to break the attachment, but the entity must also attempt to break free of the use of any drug, or get away from the confusion of mental or emotional

instability and become more harmonious, integrated and well-balanced.

Self-discipline is the key to getting oneself back into balance. By self-discipline this Awareness means self-awareness, wherein you look at yourself on a continuous basis to see that you are not simply thrashing around without awareness of what you are doing, throwing emotions or saying things without fully being aware of what you are saying.

If you are self-aware, looking at yourself at all times, seeing what you are doing, then you are also going to be self-disciplined. You are a disciple of yourself which means you are attentive to yourself and this is essentially self-discipline. You are in control of yourself, because you are aware of yourself.

This Awareness indicates that this can help to stabilize your mind, your emotions and your feelings to the point of being more in control of your life, so that the detached spirits are not able to come in to your aura and latch on to your mind, emotion or feelings.

The Difference In Being Possessed by a Non-Human Entity VS A Human Entity

QUESTION: IBID:

"Are their differences (Chris asks) between being possessed by a human entity and being possessed by a non-human entity?"

COSMIC AWARENESS:

This Awareness indicates that the question is somewhat vague in that the meaning of "human" or "non-human" is not fully explained. Assuming the entity is discussing possession by a human entity as being someone who is incarnated, along with the incarnated being who is possessed; this is one situation, and assuming the other entity referred to by the question is not a human; in other words is out of body, in spirit form; this is a totally different situation and of course the spirit possession functions in a totally different way than a physical possession, a being who possesses someone in a physical sense, both being of physical embodiment.

Being Possessed By Your Dog or Cat

This Awareness indicates that these of course are two different things. There is also the third possibility that the questioner may have been referring to a non-human possessor, as for example, an alien, or a beast that possesses a person. This Awareness indicates in the latter sense, if you have a monkey or a dog or even a cat that is so attached to you that it is filled with anxiety or panics when you are gone, then that dog, cat or monkey could be a non-human that is possessing you.

There are many little old ladies who have special pets, particularly those small dogs that have the high-pitched voices that are totally insecure, if their mistress is not present, and the mistress feels such a responsibility to take care of the little barkers with the high-pitched voices, that their lives can be possessed by the dog.

This Awareness indicates that they may not even recognize this until it becomes so strong that they can't even go visit someone for fear that their dog will be upset at being left, at being left in the care of someone else. Therefore, they may take the dog everywhere they go, or they may restrict themselves from going very far.

This Awareness indicates this is possession by the animal, just as if it was a spirit possessing the entity, or a relative that keeps you from leaving your apartment or your home, because the relative can't stand letting you out of your sight. This Awareness indicates that thus it is possible that an entity can be possessed either by a

person in a body, an embodied person, or by an animal, or by a astral body that is out of physical embodiment, so that the spirit of one possesses the body and emotions and mind of another who is in a physical form.

Yes, this is possible for all of these types of possessiveness. It is also possible for an alien being to have some possession of a normal incarnated person. This is rather rare, but it does occasionally happen. Therefore, the entity needs to find out what kind of force is possessing them; if it is a strong possession, if it is a permanent *type of possession*, if it is a *simply a momentary possession*, or if it is habitual such as the small dog that simply panics if left alone or away from his mistress.

Is It Always An Astral Shell That's Possessing?

FOLLOW-UP QUESTION:

In the past, when Awareness spoke of an entity being possessed by a discarnate entity, I didn't believe *It* was always referring to an astral shell. Is that correct?

COSMIC AWARENESS:

This Awareness indicates that most discarnate entities operate through the astral shell. It is very rare that a spirit that goes beyond the astral shell will come back and possess an entity. This Awareness indicates that it *does appear that this could be a possibility, but usually* when an entity in a higher body goes beyond the astral shell level, they continue moving toward the higher vibrations, toward the White Light or toward that which is called the tunnel, and these entities usually do not come back in the same direction they have already passed to possess a spirit or incarnated body.

An Astral Shell Can Also Host Demonic Spirits

This Awareness indicates that even those who are more demonic rarely possess an incarnated being without some element of the astral shell being involved in their possessiveness. In other words, a demonic spirit needs to have some of the astral energy, the emotional energy to help it possess a person, or to put it another way: when an astral shell possesses a person, it becomes possible for that astral shell to host demonic spirits as well.

This Awareness suggests thus the demonic spirit and the astral shell, working together, can possess an incarnated being. This Awareness indicates that an entity who sheds the body and sheds the astral shell to move on, generally cannot be possessed or captured by a negative being from the other side. In other words, they cannot be captured by a demonic spirit or negative spirit.

The entity who leaves the physical body, but retains the astral shell and does not give up the astral shell within a reasonable time, becomes susceptible to possession, so that even spirits can be possessed by demonic beings if they don't let go of their astral shells, which are essentially the attaching force that holds entities to earthbound things.

How The Astral Shell Can Drop Off

The desires that entities hold to cause them to become earthbound are expressed through the astral shell and make up the energies of the astral shell. When entities let go of these attachments, the astral shell drops off and they move on into higher frequencies where they are safe from those demonic spirits that reside on the far side.

This Awareness suggests you think of it as a castle with a moat around the castle, and in that moat are these demonic spirits trying to get anything that comes out of the castle, and these demonic spirits can only attach themselves to the energies of the spirit or soul of an

entity if the astral shell is there for them to grab onto. But if the entity drops the astral shell, which is the attachments, the entity will move beyond the moat and the entity will not be subject to capture by demonic spirits.

Why Can't Hypnotherapists Dislodge Spirits?

FOLLOW-UP QUESTION:

In the book *Thirty Years Among The Dead*, Dr. Wickland, a psychiatrist, discovered the same thing, as these entities mention in the book by Chris Largent. He would take these people who were possessed by demonic spirits and have his wife, who was a medium, have them come out of the body of the possessed entity into hers, and then he would explain to the obsessing spirit that it was violating the entity, and so forth.

My question is: Since these spirits or astral shells are suggestible, or subject to suggestion, as Awareness indicated, why cannot these psychologists and these hypnotherapists that are writing the books about this who have discovered these obsessing entities, why can't they explain to them while the subject is under hypnosis and create the same effect of getting them off of the entity?

COSMIC AWARENESS:

This Awareness indicates that this is essentially what this Awareness spoke of when *It* suggested that entities talk to the spirit, suggesting that it is time to go on to other things. This Awareness indicates that it would be a matter of whether the psychiatrist or psychologist or hypnotherapist wishes to get into a relationship with these spirits, or whether this would frighten the therapist.

This Awareness indicates *It* does not wish to tell anyone they should do this. If they are capable of helping and willing to help remove such a spirit from an entity, they will know that they can do it. This Awareness indicates that these therapists know their limits and know their abilities and they venture into helping to remove the spirits from their clients, but it is not the desire of this Awareness to tell them they should behave in a certain type of work ethic where they have been trained. It would be helpful if there was some kind of training program for these entities in helping them to remove these spirits as you have just described, as indicated in the book *Thirty Years Among The Dead*.

McMinnville Man Exorcises Spirits But They Then Attaches to Him

This Awareness indicates for example, a young man in McMinnville, who has been removing spirits from entities, but he has also had some difficulties from time to time because the spirits he removes from others, often begin stalking him, and they will not leave him alone, and he has come to the Interpreter seeking advice as to how to get rid of these spirits.

This Awareness indicates that therefore, because of such situations, this Awareness does not wish to tell entities they should begin exorcising spirits from entities unless these entities are stable and secure in their position and have confidence in their ability to exorcise spirits without potential danger to themselves.

In other words, it is not the karma of the therapist to be obligated to remove spirits from entities who have perhaps opened themselves through mental, emotional or drugs and insanity, to be possessed by spirits. It is not the obligation or responsibility of a therapist to remove these spirits. It is ultimately the responsibility of the entity who attracted the spirits to get rid of them.

If the therapist chooses to help, this then becomes a matter of the individual taking on the karma of the other, and if the entity accepts payment for this effort, then it

becomes a responsibility of the therapist to help remove the spirit or give back the payment. This Awareness indicates it is simple, and those who wish to contract with another to help remove a spirit and who pay the other for removing the spirit, have a situation wherein the obligations for removing the spirit are shared between the possessed entity and the one who is capable of removing the spirit from the entity.

This Awareness indicates that an entity who is not qualified or is inexperienced in removing a spirit from another, not only has no obligation, but should be very cautious in trying to dabble with these energies, because, as occurred with this young man in McMinnville, it could also happen to anyone, whereby the spirit is removed from the host, but then attaches to the entity who exorcised it.

Is Prozac Helpful in Dislodging Spirits?

FOLLOW-UP QUESTION:

Is the drug Prozac useful in some cases of dislodging an obsessing spirit?

COSMIC AWARENESS:

This Awareness indicates the drug Prozac is one of the drugs that is *causing* so much of the problem. This Awareness indicates the drug Prozac is creating havoc among entities in society; this drug being over-used, and causing so many entities to become possessed by disincarnated spirits, and by thought-forms from living spirits or living beings.

This Awareness indicates that this drug Prozac is one of the great problems in society today, in that it is destroying personalities, altering and bringing in new personalities, so that an entity undergoes complete change in personality from the use of the drug, particularly when it is used for long periods of time.

This Awareness indicates that psychiatry, psychology and the therapy practitioners are spreading this drug far and wide throughout the world. It is taking the place of counseling.

Rather than counsel, they simply give the drug that is supposed to help make people feel better, to feel less anxiety, to feel more relaxed and calm, but the drug alters the entity's sense of reality and alters the entity's concept of self, and the drug affects the personality, wiping out whole areas and creating a false personality, a new personality.

There is very little therapy any more. There is a considerable amount of prescribing of this drug for entities. It is gradually changing the masses, as they use this drug, and it is not to the good of entities.

This Awareness indicates that some entities who have a good emotional balance can take the drug for quite some time before problems begin to emerge, and therefore, most of the doctors who believe in the drug do not recognize the problems and potential problems the drug offers to those who use it for too long a period.

Some of the more unstable personalities in using the drug will have earlier problems and will express personality distortions within a short time after using the drug. But, for the most part, these personality distortions do not come about right away, but grow gradually, and the personality changes occur gradually over a period of time.

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!

Possessed By a Human Thought--Form

FOLLOW-UP QUESTION:

Awareness mentioned being possessed by a human thought-form. Could *It* discuss briefly how that works, and what is the lifespan of a thought-form?

COSMIC AWARENESS:

This Awareness indicates that if you have a roommate, mate or relative or possessive mother or father, and the entity fixates on you and becomes likened unto what has been called the petty tyrant, wherein the entity wishes to control you, the entity may very easily create a controlling pattern of thinking, and may focus on you, may have a kind of obsession about you, wanting to make sure that you do not do anything that the entity does not like, and that you are totally influenced and controlled by the entity.

When this occurs there will be a kind of emotional attachment by the entity in regard to yourself. This has been portrayed in stories and movies of the past. This Awareness indicates the *Fatal Attraction* movie for example, represents this kind of fixation or obsession that an entity might have toward another. Essentially it is an emotional attachment that does not allow the other freedom, but wishes to control the other.

A Thought-Form Is Created Out of An Emotion

The thought-form concept is created out of that emotion. It is not necessarily a thought. It is more of an emotion. But the emotion that an entity holds may create or develop or express as certain thoughts and the thoughts may express themselves in words toward or about the one who is the focus of such emotional attachment.

If you can think of emotion as a magnetic field, and if you can think of yourself as having this kind of magnetic energy locked up in emotional feelings, and if you can see this magnetic energy being directed toward a particular person to whom you are attracted or attached, you will see what the thought-form is. It is a field of energy that is created by emotion that attaches to yourself, and from yourself reaches out to attach to another.

It is essentially a way of magnetically controlling another on a psychic level. The other entity may not like the feeling and may even be able to tell when you are focused on her or him, and may feel very apprehensive or disturbed and it is important for entities to realize that this kind of emotional attachment is not uncommon with some people who want another person so badly they cannot let go of the fixation.

This Awareness indicates however, this energy that is created can become independent of the creator of the energy so that when the object of the attachment goes somewhere, the energy follows that becomes the thought-form that is possessing the entity, and the creator of the energy may even turn his or her attention elsewhere, but the thought-form continues to hang around and to follow the object of the attachment.

Thus, an entity may be off working, fishing or doing something else, but the thought-form that he or she created may be stalking the object of the affection or attachment. This Awareness indicates that the entity who creates the attachment may think that he or she is in love with this person, but true love does not possess. True love is concerned for the welfare and the desires of the object of love, not simply in having control of the object of love.

Therefore, one who is attached to another is not necessarily in love and the entity who has that kind of affec-

tion pushed at him or her is likely to become very apprehensive on a psychic level. They can usually feel the energy of the creator of the emotional energies that have been attached to them, and they resent the affection.

They resent it because they feel it and know who it is coming from, and become fearful or hostile toward the one who projects such energies. This Awareness indicates that these emotional fields of energy or thought-forms as they are sometimes called, dissipate very slowly. They only dissipate when they are not being fed more energy. In fact, they can hang around in a manner similar to astral body energies, which are made of the same stuff: emotional fields of energy.

A Thought-Form Can Stalk an Attachment for Years

This Awareness indicates that if you have had obsession attachments toward someone and you have not called back these energies, that entity may still be having some kind of experience or feel a stalking of those energies even several years after you have lost interest in the entity. In other words, a thought-form may exist for many years and continue to stalk the object of your affection or attachment.

Therefore, if this has occurred, and you are still feeding it, or if you have not withdrawn your energies from the thought-form that went out years ago, you may still be causing an entity to suffer difficulties because of some thought-form that continues to stalk that entity.

By pulling back your energies you will gain more vitality. By pulling back your emotions that you have projected toward someone, you will become stronger. These thought-forms need to come back to yourself, to be dissolved, whereby you can reuse the magnetic energy to strengthen your own aura, to strengthen your own health and to become stronger as an entity.

This will help restore your own vitality, your own vigor, your own strength, and it will also help to free the entity whom you once sent out attachments to which were never satisfied and which were wasted energies. It will help to free that entity so that the entity no longer has a karmic connection with you, so that you and the entity can go your separate ways and be free of each other and have your own strength and your own vitality.

Being possessive of another entity is very depleting to that entity, and also to your own energy levels, and it is important to release that possessiveness in order to get your own strength back, and in order for the other entity to start thinking of you without the negative feelings that would follow if there was a thought-form stalking the entity, for that entity can tell who is behind that thought-form and the entity can carry hostility for years if that thought-form continues to hound him or her.

This Awareness indicates you may ask: "Is there someone in my life from years ago that I still feel hostility towards?" and you may immediately recognize who fits that description, and also you may realize that the entity's thought-forms are probably still stalking you, still following you, still trying to possess you on behalf of that entity, who may have totally forgotten you by this time.

In this case, you may wish to suggest to the thought-form to "Forget your purpose! Go back to your master! Tell your master that you have done your best, but that there is no way to bring me back to your master, and no way for your master to possess me!" And as you speak to this thought-form, send it home and tell it to "Merge back with the energy of your master and bother me no more!"

This will help to diminish that thought-form and its energy and return it to the source from whence it came, and all will benefit from this action.

This Awareness indicates there are so many, many thought-forms roaming the earth that entities would be helped by diffusing these thought-forms. It especially wishes you to diffuse the ones which you have sent out which are no more value to you; those that have been sent out years ago and were ineffective in meeting your wishes.

This Awareness indicates that most possessive thought-forms do not work. They do not bring back the one you seek, and they simply stay out there causing mischief and they deplete your energy, and the more of them you send out, the more energy you lose from your life allotment of energy.

THE KARMA OF THOSE WHO SEND OUT THOUGHT-FORMS

(How Thought-Forms Affect the Ex-Wife or Husband)

FOLLOW-UP QUESTION:

Then that basically is the karma of the entity who sends out thought-forms?

COSMIC AWARENESS:

This is in the affirmative. This Awareness indicates there are entities in their Seventies who are still sending out hostile thought-forms toward their father or mother who have been dead for 30 or 40 years, yet these energies are still out there expressing hostility, and the entity who sent them out suffers a loss of energy because of it.

They are greatly weakened because their energies are still out there trying to do mischief to their parents or to someone else whom they have hostility for. This Awareness indicates likewise, there are many entities who have been divorced ten or fifteen years, who still hold hostility toward their ex, and this weakens them because their energies are going toward the frustration of the ex.

They send their thoughts, their curse, their anger, their hostility to the ex, rather than allow it to be used by them for constructive energy in their lives.

How To Recall And Destroy Old Thought-Forms

(A New Visualization Technique From Awareness)

FOLLOW-UP QUESTION (VIKKI):

In the case of possible old thought-forms sent out for either possessiveness or hostility that you may have lost interest yourself in consciously, is there a format or some expression that Awareness could give that we might do to help,--a blanket recall...a rephrasing, or some other method?

COSMIC AWARENESS:

This Awareness indicates just visualize yourself reaching for the strings that run from you to those entities of your past that carry the hostility, and pull those strings toward yourself, wind them up, and visualize those strings as electronic energies being wound up and brought back and placed in your aura or in areas of your body where there is a weakness or a tiredness or some kind of painful areas.

This Awareness indicates then visualize these electronic strings of energy that you have drawn back from your enemy; visualize this rolled up ball of string, this electronic energy, as becoming Light, becoming energy, and expanding as it glows brighter and brighter in that area of the body that seemed weak, so that you can experience the rebirth of energy in your system from the

energy you brought back to yourself, and allow this energy to grow and expand as positive energy to rebuild your health, vitality and well-being.

This Awareness indicates that you may also wish to bring back energy that has been wasted in the past, and pull these back as though they were strings of electronic energies or electromagnetic energy that you bring back and put within your chest, and see these energies spreading throughout your body to restore and rebuild your metabolism, to restore and rebuild your hormone system, to restore and rebuild your chakras, and all of the various organs in your system which may have grown weak or tired, or which may have slowed down considerably for lack of fuel, for lack of energy.

As you visualize this, you will find these energies feeding your organs, your metabolism, your glands, your hormone system, and visualize it feeding new energy to the blood, purifying the blood that circulates throughout your system.

This Awareness indicates that all of this kind of visualization will do much more good than simply some mantrum or phraseology; the visualization is what is important. Once you have completed your visualization, clap your hands and say, "It is done!"

This Awareness indicates that this will ground the visualization into material reality.

She Suddenly Weeps and Feels a Loss (When Buried Feelings Suddenly Emerge)

FOLLOW-UP QUESTION (VIKKI):

I had an odd experience December 10th at about 7:45 where I was suddenly taken over by a very deep sobbing, painful feeling of loss or death or something like that which is totally out of character. Was this a case of something coming to me from outside, or was this mine somehow?

COSMIC AWARENESS:

This Awareness indicates that it appears to have been something from deep within yourself that came to the surface. It has been blocked and locked deep within your emotions for many years. It appears to be related to the loss of your mother, and to the loss of others in your family, whereby as a child you felt a sense of being abandoned and you were not in a position at the time whereby you could grieve sufficiently from the loss, so instead, you blocked it, buried it in your subconscious and went about the activities that were available at the time which fulfilled expectations of others.

In other words, you were a good soldier. You did what you had to do in order to satisfy those in the situation in which you found yourself, but you did not have the opportunity to grieve and get the emotions out. It appears that a combination of various things recently occurred; one being the approach of Christmas; others being connected to communications with family members and friends which in combination paralleled or reflected certain feelings from your childhood experience, and caused an opportunity for these buried feelings to surface.

These buried feelings surfaced but were not given the time or chance to become well-defined. A clear definition of these feelings could have been of great help to you. This Awareness indicates that this message at this time has helped to define the feelings and further meditation on your part may define them even further so that the opening up of these feelings from the subconscious may allow for the conscious observation to become greater and more enhanced, so that the emotions can be totally released instead of being buried.

John Adams and the Pendragon Society (The Former Founding Father John Adams is Concerned)

QUESTION:

One last question; this one from Michael Schmidt, Randolph, Massachusetts. He writes: "In issue #94-15 of *Revelations of Awareness*, Awareness indicated that John Adams and his family were involved in the Pendragon clan. Awareness also mentioned it in an earlier issue some months ago. Around 1986, Awareness told me in a personal reading that I was John Adams in a previous life. This issue is really perplexing me and I would really appreciate it if you would ask Awareness what exactly were John Adams' motives centering around the Draco aliens? And also, which other family members were involved in this? Since this was mentioned in the newsletter twice, I almost feel like Awareness is waiting for me to ask this."

COSMIC AWARENESS:

This Awareness indicates that the Pendragon clan or society was not actually connected to the Dragon people, or Draconians. The Pendragon society came about because of the visitations of aliens during the early English period and the visitations of these aliens created a mythical legend of super-beings or superior beings which over periods of time were seen as some type of deities.

It was known that they came from elsewhere and it created legends and stories down through the ages and it resulted in entities focusing on the dragon as a symbol. These dragon symbols represented to the English people of the time, a type of Divine mystical or supernatural being that had been of a legendary nature. Thus, the formation of the Pendragon society had much to do with secrecy and super-strength and power in a symbolic sense.

This Awareness indicates that there was nothing in regard to the Pendragon society that was sinister. It was simply taking the symbol of the dragon, because the symbol of the dragon was associated with something very unusual and supernatural, something very special that had occurred in the area, according to legend.

This Awareness indicates that the Pendragon society focused more on freedom and on the rights of individuals whom they saw as being very special; that there was something very special about entities and that special quality was not always recognized by the governing powers, and the Pendragon society thought that there should be a better form of government that recognized the rights of individuals.

This Awareness indicates that the entity John Adams was very much concerned with the rights of individuals and the right of individuals to have a degree of comfort and security in the provisions of government and law for the people of a land. This Awareness indicates it is something that you as an individual can feel proud of and there is no reason to feel guilt or apprehension for having been associated with the Pendragon society.

The King Arthur era was also a part of the Pendragon order. King Arthur himself being a Pendragon representative.

This Awareness indicates that not all of the activities of the Dragon people were negative. These entities helped to create that which is known as the Cro-Magnon man. They also had help from Sirius. The term 'Draconian' came later when these entities came back and were of a more negative or sinister type of threat to the earth, for their purpose in creating humans was to use them as

slaves in the mines that they wanted to collect special minerals from.

Thus, Draconian methods are associated with slavery and domination over masses, but the concept of the dragon as promoted in early English history was not connected literally to the Draconians. It was simply derived from the legends of the dragons and the dragon holes of England, and these legends were favorably oriented around the concept of extraterrestrials, although that term was not used.

Entities of the time knew that these dragon people were of another world and saw them as friends at the time, and indeed, they were friendly toward earthlings in England at the time.

How History Gets Distorted

CLOSING MESSAGE:

This Awareness indicates that history often gets distorted by the way entities perceive events, so that something is recorded in a way that makes it appear to be great or wonderful, or makes it appear to be negative, depending on how entities perceived the event, and then as time passes, that perception gets modified and enhanced, retold, re-expressed, so that a totally new version of the event emerges.

This Awareness indicates gradually, this emergence of information gets enhanced and perhaps the first version gets lost, so that entities have something in the form of an historical record that may have no substance in reality, but may have come about only from misinformation, or a legend that resulted from distortion.

And yet, entities keep this record, while the earlier records are lost, as there was no writing at the time, or the writing is destroyed, and therefore, the new record which resulted from distortion is logged into history so that entities come to believe it to be fact, and down through the accumulation of more historical fact, it is placed within the row of other facts of history so that it appears to be part of the true history and reality of things.

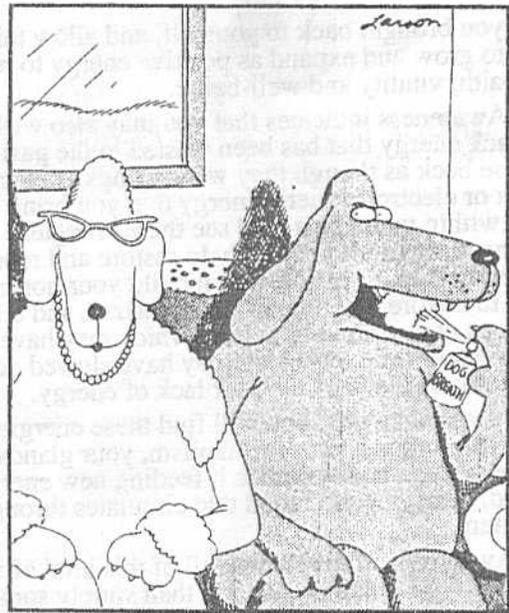
This Awareness indicates that it is very difficult for historians ever to separate myth and legend from reality, when these things are so far back in time and clear true accounts are not provided by history. This Awareness indicates that the Dragon society formed from legends, not from events, but from legends about the events. This Awareness indicates that the Dragon society itself was a very beneficial society, helping in the origins of the United States and its formation as a nation promoting freedom.

(The Law of Gratitude is given)

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

Much is happening here and new changes are an ongoing thing. We have combined our 2 sites with Dave Alexander's newest C.A.C. Home Page link. Just type in <http://www.CosmicAwareness.org> or <http://www.CosmicAwareness.com>

This site contains current information which is changed often. On this page you can click on our regular staff Home Site as well as a list of current books and resources, various topics in back-issues of the newsletter and Dave Alexander's terrific revitalized Cosmic Awareness site! Dave's site has a wealth of information on the Awareness Movement, the philosophy, the newsletters, readings on Christianity and many other subjects, plus the famous Dr. Beter transcriptions.



Rusty makes his move.

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WISDOM OF AWARENESS --- On Respect

This Awareness suggests you understand you are all gods and must learn in time to act toward each other as though you were addressing gods.

CAC General Reading 12-5-9-89 Paul Shockley Interpreter

WHAT IS THE PURPOSE OF HUMAN ENDEAVOR ON THIS PLANE?

(Why Develop Individuality if Only To Return to the Source?)

QUESTION (VIKKI):

In relation to the reading of last night. In relation to the last reading, in summation of Sharon Higgins' question of whether to be self-effacing or self glorifying, would it be correct to say that the self-glorification option is closer to correct in that since we're here, the best thing we can do is develop the best ego we can and have a well-developed soul to give back to God?"

COSMIC AWARENESS:

This Awareness indicates that this is in reference to the discussion as to what the purpose of human endeavor is on this plane. This Awareness reminds entities in regard to this entity's question that the entity was questioning whether the purpose of entities was to evolve from a lower life form toward a higher life form, or whether entities had fallen from a higher life form and were seeking somehow to get back to the state they previously enjoyed, and if they had fallen from a higher life form and were seeking to return, what purpose was there in this movement to develop any form of individuality only to give it up in order to return to the original state?

This Awareness indicates that essentially, the movement was described in the question and relates to the concept of leaving a harmonious state and moving into a polarized state of being. This Awareness indicates that part of that polarization creates an automatic state known as 'self' and the self which is based on a concept of separateness is that which closely links to the creation of individuality. The purpose of one pursuing self-interest is essentially to develop the individuality which is unique in its own way, different from all others in some peculiar distinctions.

This Awareness indicates that these differences may be very minute and not easily observable by others who are onlookers, but there are still individual characteristics and qualities that are given to entities as part of their own individual experiences, which make them unique from any other. This Awareness indicates that in regard as to which is better, to be attempting to develop one's ego and glorifying oneself, or attempting to put one's ego aside and to be humble and putting others above oneself; these are simply stages in the journey; that it doesn't matter which approach entities take. They will do what they will at the appropriate time in accordance with their own development.

Egotism: The Appearance of Humility

If this Awareness were to suggest that you not try to pump up your ego and be special, and you are still attempting to develop individuality, you will become egotistical over your humility: "My how humble I am! Just look at how humble I am!" This Awareness indicates that this then becomes a way of building up oneself through the appearance of humility. This Awareness indicates that an entity who is attempting to develop individuality will always pursue actions that make the entity feel more important and this will be a development for the ego.

It is not so much that you should or shouldn't do this or that; it is a question of where you are in your development. There comes a time when self-importance becomes less of a focus for your endeavors and you begin to realize that you're really not much more

important than anyone else, except perhaps to a few people and to yourself, and that there are others who are far more important to many other people than you are, and that by attempting to be and to appear more important than you really are, you are actually making yourself appear to be foolish, thus, you may brag and gloat and point to yourself, shine lights on yourself, you may even have a spotlight extending from your back above your head so that the spotlight is shining on you at all times, but this does not convince others that you're anything other than a person who wants to be noticed.

This Awareness indicates that it does not prove that you are more important than they. It simply shows them that you want attention. This Awareness suggests that likewise, the entity who seeks to glorify self is the same way: trying to shine the spotlight of attention on themselves at all times simply makes them appear to be foolish to others who are beyond that stage of ego development.

This Awareness does not wish to imply that there is something amiss about the ego and that entities should not have an ego. The ego has its proper place its proper place; its proper place is in the endeavors, in the world of action, but if an entity wishes to put the ego in the world of words so that the entity talks about his or her accomplishments rather than works on the accomplishments where the ego should be in terms of actions directed toward the accomplishments; if the entity wishes instead to talk about the accomplishments, generally what occurs is that the entity simply makes a fool of himself at one time or another.

People are not interested so much in talk. They want to see performance, and when the ego is in performance, that is where it works best, and there, entities can appreciate the other for having a strong ego to help them perform properly. Those who just talk about their performance, who reflect back on their performance and say: "Wasn't I good in that scene? Wasn't it neat to see how I put him down in that argument?"--this simply is a turn-off to most people.

To talk about and reflect upon is the misplacement of the ego. "Can I get mileage out of talking about the ego in the sense of approval? Approval mileage." You can get approval mileage, by putting ego into action. This Awareness indicates that this of course assumes that a person with a strong ego is attempting to get approval. If a person doesn't care what others think they can spend their entire lifetime or many of their hours and months and years gloating and bragging about their escapades and accomplishments, their conquests and their victories, and they can thoroughly enjoy themselves, but do not expect others to enjoy your stories as much as you do.

It is not so much a matter of spiritual right or wrong, it is a matter of social acceptance or rejection. If you truly want praise from others, put the ego into actions, not into reflection on an action of past or future accomplishments. Put the ego into action rather than into words about the action, of future or past accomplishments.

This Awareness indicates that the building of individuality does not rely so much on ego as it does on the action which the ego may stimulate. The action of the ego can stimulate an entity to pursue one endeavor or another, to gain or to lose, to win or to fail. Individuality follows those wins and losses, those gains and those failures, and your feelings about such. It is that conflict and that abrasion associated with a struggle, that develops your individuality, and it is your reaction to the winning or the loss that helps to mold and determine

character, which is part of your individuality, and that individuality is like a gradual, growing intensifying magnetic center which may be thought of as the soul. It is the centralized energy field that is unique to yourself.

When the Soul is Baptized in the Ultimate—the Christ Light

This Awareness indicates that souls have been created, but many souls are less evolved individually than others. Some are strongly individualistic and as entities develop these individualities within their souls there is a sense of completion, of wholeness that begins to come to them at a certain point wherein they know that regardless of how much they experience, they will never get enough, and that they really simply need to get back to the source of their being and in this way, by returning to the Deity, to their source, surrendering what they have achieved, accomplished or set out to gain through the journey in the Fall of Consciousness, through the material world, through that journey of the many lifetimes as Lucifer, as Rhyee; they return to the Godhead, surrendering themselves and then are baptized in the ultimate, the Christ Light.

These entities then become One with the Father, the Deity, the creative Mother/Father Spirit of the universe, and this then becomes the ultimate unification that allows the entities to feel complete and whole; that it matters not how long they may struggle for individuality or how long they struggle to promote self, they will never find satisfaction in the promotion of self, but only in the surrender of self to the Divine.

This Awareness indicates that in this sense the glorification of self or the pursuit of the glorification of self is simply one of the steps along the way that occurs. It cannot actually be seen as a proper approach. It is an approach that will happen to entities who are involved in the material realm and seeking to develop self-importance and individuality. It is neither proper nor improper. It is part of a natural process that occurs as entities begin that journey of separation from the Divine.

Do Other Life Forms Also Have an Ego?

FOLLOW-UP QUESTION:

Is the ego and its function unique to earth entities, or do other entities living in other spheres and dimensions and planets and other life forms also have an ego to contend with in the same situation?

COSMIC AWARENESS:

The ego is the product of the illusion of separateness. Wherein an entity does not see itself, no matter what its species; wherein an entity does not see itself as being separate from the surrounding universe, environment or world, then there is no ego. There is the integrated spirit. Wherein an entity feels itself to be separated from the surrounding environment, world or universe, then the entity experiences what may be termed the ego self, the self that is apart from the Greater Self of universality.

This Awareness indicates that this illusion of separateness creates the ego and in this sense, the ego may be considered the product of illusion. This Awareness indicates that in this sense, the concept of self is also illusion, unless the self includes communion with all that is.

SHE WANTS TO AVOID PHYSICAL DEATH

There's No Aging Process Built Into Universal Mind
So Why Doesn't Aging Leave Her Body?

QUESTION:

A question from Pauline Schuler, Evansville, Indiana. She writes: "First I would like to ask what Cosmic Awareness means by saying since we are in the New

Age we will not have to go through physical death, that is, if we do not want to. I would like to avoid physical death," she says. "Also, that aging is merely a projection of our mind. I keep telling myself I am ageless for there is no aging process built in Universal Mind, so why doesn't aging leave my body?"

COSMIC AWARENESS:

This Awareness indicates there are many levels of mind that need to be integrated in order for entities to overcome the aging process because there are many levels of one's consciousness that do not accept perpetual existence and therefore, on certain levels, perhaps the cellular level, or within organs, or even within the mind itself there are those aspects that continue to follow the direction of beliefs and concepts and programming that relate to the aging process.

This Awareness indicates that one portion of your consciousness may say, 'I don't believe in aging' or may say, 'I am ageless,' but there are still some several other areas of your consciousness which do not go along with that aspect of your consciousness. They need to be integrated so as to work harmoniously together. This Awareness indicates that this requires you to be able to know yourself even into those levels that are below your conscious level, so that you have influence over your subconscious thoughts as well and can promote the proper programming into these areas.

This Awareness indicates that this is not something which can be easily done. It requires opening up. It requires understanding the nature of the subconscious. It requires the nature of knowing how to communicate with the subconscious and it requires a kind of unified or integrated consciousness in which you enter into the subconscious realm in a manner that alters its programming. There are many different ways whereby entities have attempted to do this: through hypnosis, through subliminal suggestions, through various types of programming, even through physical stimulation. Some of these have certain beneficial effects, some are limited. Some are better than others, for some individuals, while other individuals respond to different approaches.

When Polarities Are Reconciled the Aging Process Will Cease

This Awareness indicates that as entities become more and more attuned to their own polarities, reconcile those polarities, move into the midpoint between polarities, they will find the extremes of matter and antimatter, or life and death, being reconciled and the aging process will subside. This will come about as a result of the diminishing of the various polarities within the psyche of individuals.

You Can Recharge Your Cells Through Meditation

This Awareness indicates that this is extremely complex for words; that entities can gain greater understanding through meditation on eternal life, and on the life force and on reconciliation of the life and death polarities. By reconciling during meditation, life and death polarities, entities bringing these two concepts together into a mid-point of meditation; entities can recharge and renew the cells in their bodies, to the degree that they are able to concentrate, focus and reconcile in the meditation.

This Awareness indicates that there are some entities upon this plane, who though quite elderly, still have features and bodies of quite young individuals, and much of this is due not only to clean healthy living, being free of toxins and environmental and physical abuse, but also to mental attitude, the mental attitude being such that the entity simply does not see age as part of its experience.

The More You Focus on Physical Problems the Worse they Get

This Awareness indicates that the more you focus on the problems, physical weaknesses, tiredness, aging and age associated problems, the stronger they become. The more you focus on activities, life experiences, the joys and pleasures of youthful activities, the more youthful you will become. There are of course some environmental and supplemental benefits that can be taken to also assist in maintaining the youthful vigor. It is especially important to keep oxidation out of your system by the use of antioxidants.

Aging Is Simply Rusting or Oxidizing

Essentially, age is, in a simple term, the act of rusting or oxidizing. This Awareness indicates that this is perhaps too simplistic, but for general purposes, entities can understand that aging and oxidizing are generally the same thing. There can be other mitigating actions that enhance, speed up, or slow down this process. There can be insults to the system, to the organs, through diet, through health, through environmental intake of pollutants, medicines or foods which influence the organs, cells, energy levels of the body toward weakness, and there can be the opposite, wherein diet and environmental influences and health, medicines and such, can be influential in helping to strengthen the physical and vital organs of one's being.

Mind plays a considerable key role, but is not the only factor. This Awareness does not always communicate with entities so that they all understand what is meant in the same way as each other. This Awareness indicates that occasionally, statements such as the New Age bringing in opportunities for entities to live beyond normal span of life, or to transcend physical death, many such statements as this are indicated as suggestions that entities have the potential for such. Some entities take this as being an option, which they may simply elect to have by ordering it, much as one would order from a Sears catalogue.

If You Want Magic You Must Pay the Price

It does not simply come from this Awareness because Awareness says there is such a potential. It is not something this Awareness can give you just because you sent your order form, or asked for it, it is something that can be achieved only by entities putting forth great effort to rise beyond physical limitations, surrendering to the spirit, being willing to give up much of one's claim to physical things. Too many entities want magic without the price it requires.

Magic does not simply come because you have a credit card or because you have money in the bank. You cannot buy some things. You have to work at it. You have to surrender certain aspects of self. You have to give up certain attachments. You have to let go of certain claims. This Awareness indicates that you may have to learn things where there are no teachers or find teachers who can show you the way. In many cases you may have to explore areas on your own to have some of these new frontier realities in your life.

What Do You Expect From Enlightenment?

This Awareness indicates *It* is sometimes amazed at the naiveté of individuals, as the entity who wrote and said: "I want complete ultimate Cosmic Enlightenment and I want it now! I want this without any hems and haws or double-talk! Here is my \$35 dollar donation." This Awareness indicates that it is not something that can be purchased for \$35 dollars and a demand note. Enlightenment does not pass from this Awareness to individuals on demand. Individuals must be opened to receive enlightenment and may need to work and surrender aspects of themselves, including their demand-

ing attitude and their expectations in order to have enlightenment, and even when they get the enlightenment they seek, what exactly do they expect from it?

Do they expect then to have knowledge as to how to invest their money into the stock market and gain great wealth? Many do. What do they mean by enlightenment? This Awareness is often amazed at entities' expectations.

The Midpoint of Life & Death—A Dream State?

FOLLOW-UP QUESTION (VIKKI):

In relation to the meditation of reconciling the concept of life and death, would the midpoint be something like a dream state?

COSMIC AWARENESS:

This Awareness indicates the midpoint would be somewhat like a dream state if you wish to put it in the context of your vision of life or your vision of death. You may also put it in the context of that of attachment. You may see death rather not as something to be feared, but as something that is part of your life already, which has always been with you; that you are always half dead and half alive, that you are essentially living in two universes simultaneously, and that in living simultaneously in two realms, the realm beyond this realm and the realm which you call reality, there is no place else to go.

You cannot die if you are already midpoint, except by moving off the midpoint into one dimension or another. This Awareness indicates that by walking that fine line between life and death every step, every moment, day in and day out, the only way you can slip is to cling more to one side or the other at the expense of one side or the other. If you fear death then you may cling to the world and all of its material things. If you fear that this action leads to death, which it does, you may then cling to the spiritual with all of its promises and claims, and in so doing, you begin to lose touch with the material and your body begins to deteriorate materially.

Think "Spiritual Being" And Live Forever!

In order to keep the proper balance, spirit and matter must be harmoniously reconciled as one who walks a tightrope. You are a spiritual being, holding together atoms of matter, which form the shape of a body. With that realization and attitude, you can live forever, but if you begin to think: "I am a material body and my spirit is growing weak," or "I must preserve my material body so my spirit will have a place to be," you are creating a separation of the spirit and the matter in your body.

This is occurring in your mind and is having its effect on your body, so that the body is one thing and the spirit is something else, and if you, in your daily pursuit of happiness, find something insulting to your body, causing you pain, causing you suffering, or something causing suffering to your spirit, and you wish to escape it by escaping the body, or you wish to escape the body by escaping from the spirit, you will find yourself throwing these elements out of balance. You are no longer in the middle, on the tightrope. As long as you see yourself as the spirit, holding the molecules of your body in perfect places in perfect harmony, you will continue to live without aging. The aging comes about when something assaults your body, assaults your mind, and you let it have influence and you feel yourself weakened or hurt or thrown out of balance by this influence, and when this occurs, damage and that which may be termed 'aging' will have its effect.

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

Some Ways to Reverse Aging

To some extent, much of this can be reversed by supplements and those foods and those meditations and those joys of life that bring the harmony back, either physically or spiritually or mentally and emotionally. In some respects, the damages may be prolonged or permanent. If you lose a tooth, it is not likely you will grow another. If you lose an arm, the scar is likely to remain. It is possible that new technologies will overcome these problems also in time, but this Awareness indicates that barring injuries either from toxins and poisons, pollutants mental and physical in nature, it is possible to keep a perfect balance of body and spirit, of life and death, death being nothing more than the polarization of body and spirit, wherein the physical and the spirit are separated by the extremes of polarity.

Life being that which is spirit, and life in the physical being that which is spirit holding matter in place. Again, the secret of life, holding matter in a consistent motion and maintenance as with the physical body, is to view yourself as a spirit, with the power to keep the molecules of the body in perfect harmony with the image you hold for that perfect body.

THE TAO OF SEXUALITY

("Sex is Vital to Mankind's Spiritual Elevation")
"Ejaculating Men Creates Widows"

QUESTION:

Along the same lines of longevity, Thomas Love sends in the following. He writes: "Here are 5 interesting quotes from Dr Stephen T Chang that might be of interest to CAC members. These come from a book called *The Tao of Sexology*, which Awareness might wish to comment upon. And he quotes the following:

"True Taoist teachings insist upon unification of the mind and body. Unification of the mind and body leads to health and longevity because it is the principle of God or life. Separation is the principle of Satan or death."

Another quote: "Like the breath of life, sex is vital to the continuation of the human being. Unknown to most people, sex is vital to mankind's spiritual elevation."

"*Su Nu Ching*, or *Classic of the White Madam*, is the basic book of Taoist Sexology. It contains secrets which help humanity enjoy life, love life, and benefit from life. Specifically, it provides methods which heighten, intensify, and prolong lovemaking to strengthen the bond of love between a couple, so that the nucleus of the family may be strengthened. Methods which intensify, and prolong lovemaking to strengthen the bond of love between a couple, so that the nucleus of the family may be strengthened. Methods which improve progeny, intelligence, beauty, wisdom, health, and morality, mental and spiritual aspects of the individual. In the past, many of these promises were fulfilled for those who used Taoist Sexology methods."

"Sex, a function that is generally unavoidable, must be made into a source of happiness not pain. Happiness is healing, joy, and longevity; correct sex yields infinite happiness. Pain is incurable disease, depression, and death; *incorrect sex yields infinite pain*. Correct sex spreads happiness among individuals, their progeny, and society. Incorrect sex — that is, sex used as a weapon against others, as a license for promiscuity, or as an immoral profit generator—causes social decay. The ultimate purpose of this book is to point out a pathway of righteousness."

"During the first forty years of life, according to actuarial figures, men and women die at about the same rates. This may be because men and women deplete

themselves at equivalent rates—that is, men lose energy through ejaculation and women lose energy through menstruation. The statistics change for those in their fifties; the death rate for women becomes 25% lower than that for men. It is also a fact that women in their fifties stop bleeding after passing through menopause. It is also a fact that men continue to ejaculate in their fifties. This figure doubles when women are in their sixties (almost all women stop bleeding, whereas men continue to ejaculate). The figure becomes even more dramatic for septuagenarians: the death rate for men become 75% higher than for women.

The fact that men continue to ejaculate throughout their lives may be a much overlooked reason why there are so many widows and so few widowers."

Thomas Love asks if Awareness would care to comment on those statements.

COSMIC AWARENESS:

This Awareness indicates that this is generally that which is accurate in its perception. This Awareness indicates that as entities, particularly males begin to age beyond certain levels, often they feel that it is a measure of their manhood to be able to ejaculate and because of this they make a special effort which is not part of their biological need or impetus to do so. This Awareness indicates that sex energy should be allowed, but not forced.

This Awareness indicates that this can occur according to its own natural flow and buildup, but should not be encouraged because of some mental assumption that one must do so in order to prove oneself to be masculine. This Awareness indicates that there is a tendency in nature for men to have a greater drop-off of sexual energy as they pass these certain age levels and that tendency is that which should be followed.

What About Prostate Cancer?

FOLLOW-UP QUESTION:

But by following that tendency, doesn't this create problems in elderly men, like prostate cancer and so forth?

COSMIC AWARENESS:

This Awareness indicates that there are certain theories in this regard. These do not appear to have much validity. This Awareness indicates that it could be hazardous for entities who attempt to suppress sexual energies over long periods of time in this regard. This Awareness is not suggesting that entities should attempt to suppress these energies. Rather, *It* is suggesting that they not attempt to conjure up these energies when they have no real inclination to do so, no natural physical inclination to do so.

How Come Men Can Father Children at 90?

FOLLOW-UP QUESTION:

Why, if this is natural, did nature design it in such a way that women, for example, lose their ability to have children after menopause and men, so I have read, can father children indefinitely, clear up into their 70s and 80s?

COSMIC AWARENESS:

This Awareness indicates this has nothing to do with the frequency or with the conjuring of sexual energies as opposed to the allowance of sexual energies to build naturally. This Awareness is not saying that entities' sexual activity should be prohibited after a certain age. This was not the question. This was not the answer. This was not the statement of this Awareness. *It* simply stated

that for entities who do not have this natural inclination, to force sexual activity can be hazardous in the sense of forcing themselves to deplete certain energies in the body, particularly zinc, and in forcing these energies to be released when there is no impetus, no natural physical impetus for such release, the entity is drawing on energies that are not available for that purpose and which should be used for other purposes of the physical needs, or the metabolism to function well.

This Awareness indicates *It* is discussing the *forcing* of sex as opposed to the allowance of sex, that the allowance of the energies as that which results from the natural work of the metabolism of the body doing what it is capable of doing properly in accordance with its own metabolism.

The forcing of sex is based on some ego belief of the mind as might develop when one seeks to relive a youthful endeavor or encounter or memory, or pretend to oneself that one is still capable by forcing sexual ejaculation, which is not required by the body at the time. This is what the book is referring to and this Awareness suggests this is accurate.

THE NEAR AFTER-DEATH EXPERIENCE

(Is It Just a Hallucination After All?)

QUESTION:

Ted Helinski sent in a little article from *Psychology Today*, it appears. I'd like to read this and ask Awareness to comment on this theory that is presented here. It concerns the After-death, the Near-After-death experience.

"It isn't surprising, claim the skeptics, that people report leaving the body and journeying through a tunnel to paradise, while clinically dead. Because of our cultural conditionings and religious heritage, that's just the experience one would expect them to hallucinate under the circumstances.

But what if children too young to conceptualize death provide identical reports? That's the issue recently raised by psychiatrist Raymond Moody, who launched the scientific study of the near-death experience (NDE) in 1975 with his book *Life After Life*. In his latest book, *The Light Beyond*, the psychiatrist-turned-philosopher writes on classic NDEs reported by kids. "Even at early ages, as early as six months, children report the same symptoms in their NDEs as do adults from all cultures," he says.

Moody's first such case was reported by a nine-year-old boy in Georgia, who nearly died from cardiac failure. When coaxed, the boy claimed that he had floated out of his body and watched the doctors pushing on his chest. Then he traveled down a dark tunnel where several angels, glowing with light, greeted him. A brilliant pastoral scene enveloped him, but the child was ordered back to his body despite his desire to stay.

"The near-death experiences of children give better evidence for a life after death than those that occur in older people," concludes the psychiatrist. "They haven't had time to be deeply influenced by the cultural material they are rapidly becoming surrounded by."

Some researchers, however, point to a flaw in Moody's thinking. Psychologist Susan Blackmore of the University of Bristol's Brain and Perception laboratory, for instance, believes the sensations associated with the near-death experience might be generated by the brain and if the experience results from physiological processes within the brain, she points out, then the specific

age of the witness might not be relevant." (end of the article)

There's been other accounts I've read that claim basically the same thing, that there's some hormone or something in the brain that automatically clicks on when a person is near death, and they're going to experience this phenomenon on a mental level, and it doesn't really occur.

COSMIC AWARENESS:

This Awareness suggests the question be asked.

QUESTIONER:

The question basically is, does the report of the children's near-death experience make this information we've read before by Moody valid, or is the theory put forth by psychologist Susan Blackmore and others, that it's created by the brain, valid?

COSMIC AWARENESS:

This Awareness indicates that the argument this entity has put forth as that which has answered the critics previously addressed in regard to the cultural influence having caused this experience or belief or hallucination. It put that question to rest, because obviously, the children did not have the cultural influence. The question the woman is now raising is that of whether it is a physical phenomena that is causing the near-death experience which so many have paralleled with each other and reported as being similar in nature.

It's a Spiritual Movement Not a Physical One

This Awareness indicates that if the question is whether this woman's theory that it is simply a physical condition is accurate, as a criticism to negate the assumption that these entities actually experienced some phenomena or whether their experience was simply part of a physiological alteration in the brain, this Awareness, if asked, would respond that the experience of the children and the adults as that which is associated with the psychological or mental movement of spiritual rather than some physiological change occurring in the body at the time.

This Awareness indicates that the woman's theory has not yet been disproved simply because this Awareness has indicated otherwise, at least not to the satisfaction of a scientific mind and there may be further efforts to prove one way or another whether the after-death or near-death experience is valid and representative of a reality, or simply from physiological results from a fluid change in the brain.

Many Questions Like Reincarnation Left Unanswered

This Awareness indicates that even this concept of a fluid change in the brain does not answer, even if it were so, it does not answer many questions relating to such things as reincarnation or those near death experiences where entities look and describe events that were occurring in or around the vicinity, when they were supposed to be locked into a body that is moving into the process of death.

This Awareness indicates that it does not answer questions in regard to entities who are born and who can remember details of their past life to the point wherein, for example, they can describe peoples' names, cities, places, streets in a foreign place where they have never yet been in that present life and wherein these places and people actually exist. There are many cases of this nature. This would tend to prove with greater accuracy that there is something carried over from one life to another which cannot be explained away by some fluid change in one's brain at the time of near-death.

How About Those Who Were Clinically Dead?

Likewise, how does this fluid change prove or show or explain how an entity can know what is occurring on the operating table, what instruments are being used, what doctors are present in the room and so forth, when the entity is unconscious and near-death or whose heart, for example may not be beating at all, yet there are those reports in which entities have clinically died and still are aware of what is being done to bring them back to life.

This Awareness indicates that the woman's argument is simply something to justify her own disbelief in life beyond death of the physical body.

SHE HAS A DREAM PARTNER AND WANTS TO HAVE MUTUAL DREAMS

QUESTION:

A question from Lenore Melillo of Scotch Plains, New Jersey. She writes: "I have a question in an area that I've been exploring for about 11 years now: dreams. Though I do dream a lot, I would like to branch out in this area. I have found a dream partner, and we are interested in having mutual dreams where both of us will be aware on the conscious level of what has transpired in the dream state.

There is so little information available on this, does Awareness have any suggestions, warnings, comments about embarking on such a venture? Thank you."

COSMIC AWARENESS:

This Awareness suggests that you may benefit by writing down certain things that you wish to dream about prior to going asleep; that it would be beneficial that these dreams have something in common for both of you in terms of an emotional concern, that you both share, so that you may both share equally similar dreams around the emotional event. This Awareness indicates that dreams tend to follow emotional concerns, and if you do not both have the same emotional concern, you cannot simply decide to have a dream about something and expect to follow it, for the dreams tend to follow emotional concerns.

Things that have happened during the day that strike you emotionally are often worked off in dreams and when, for example, you engage in dreaming, you will often find that the emotion that you felt during the day is portrayed in the story form, but is quite different from the situation of the emotion. For example, perhaps your privacy was invaded during the day to the point where you felt you did not have any chance to get something done.

You may, for example, during that night dream of going into a bathroom, needing to use the bathroom, and having begun using the bathroom, the door bursts open, and people come in and start having a party with you sitting there in front of them embarrassed and unable to do anything to hide yourself. This Awareness indicates that that this may seem to be a very stupid and weird dream, but it is simply a reflection of your own need for privacy which you felt earlier in the day in regard to getting your work done.

Often dreams take on the most base form of symbolism to work off the energies surrounding some emotion that you went through during that daytime prior to the dreaming period. It is very difficult for entities believing they can share the same dream, to actually share the same dream, unless they have somehow gone through much the same experience together during the day, because dreams are not tailored as movies, where you can go together and see the same movie. Dreams are

tailored for your private emotions, so that you can work off certain emotional blocks that have not been released during the daytime.

This Awareness sees no hazards in regard to your wishing and working on this project, or on your wishing to share equal dreams. *It does not see great success, though there can be some similarities in terms of symbolism which you might both share, even though having different dreams.*

For everything you ever wanted to know about dreams, please refer to "Revelations of Awareness" issues 82-03; 83-24; 83-15; 89-02; 81-16; 80-20; 93-02; 89-13; 92-07; 93-15; 94-06; 94-17; 95-03 \$3.00 each from CAC.

Growing Vegetables in Pyramid Nurseries (What Exactly is Pyramid energy?)

QUESTION:

Dave Goodell in Minnesota, who's into building pyramid nurseries for growing vegetables and stuff, writes: "There is a school of thought among pyramidologists that there is a "energy" associated with quadrangular based pyramids—(square based). If this "energy" does exist, could growing fruits and vegetables within the pyramid, and eating the produce "manifest" this energy? It has also been submitted that there is a 'focus point' within the pyramid, and that a crystal, properly sized and shaped for that particular pyramid, placed at the 'focus' would 'fine-tune' that pyramid's energy, much the same as a crystal in a radio. Is this valid, or of any benefit?" he asks.

COSMIC AWARENESS:

This Awareness indicates that this would be of benefit. This Awareness indicates that essentially, the pyramid energy is that which is associated with ionized energy, the ions tend to move toward corners and that is why cobwebs tend to form in corners. This Awareness indicates that the corners and the collection of ionized energy create certain types of fields of energy that then have their own particular reflection on things around.

Hang a Crystal at the Point of the Pyramid

This Awareness indicates that in the pyramid, there is that point below the point of the pyramid which would be appropriate for hanging a crystal; this as a point that would reflect down from the point of the pyramid as an opposite pole of the point. It would also be equidistant from the points of the four corners, thus, the four corners and the point in the top of the pyramid, sending certain energies, in terms of the ionized energy fields, to that central point equidistant from those corners, to a crystal at that point, would serve your purpose and create the energy fields which would be amplified by the crystal.

FOLLOW-UP QUESTION:

What effect would this have in a pyramid greenhouse of say, vegetables or sprouted seeds growing underneath the energy field?

COSMIC AWARENESS:

This would enhance the growing and strengthen the plants and give greater vitality to them.



TAKING A SHOWER: SOME THINGS YOU MIGHT NOT KNOW

QUESTION:

James Lee of Notre Dame, Indiana, asks: "What other purifying effects does 'taking a shower' have on a person besides the physical cleaning and relaxing? For example, does a shower or action of the streaming water and/or steam purify any part of the person's aura or vital body or any of the finer mental, emotional, etheric bodies that penetrate the physical body? And does the shower eliminate any negative energies absorbed from contacting other people's auras, personal atmospheres and feelings worlds?"

COSMIC AWARENESS:

This is absolutely so. This Awareness indicates that even a breeze can help to blow away negative energies within an entity's aura. This is one reason why entities often having experienced some frustration, feel a need to move. It is the movement, either running or riding something and creating a breeze that helps to blow away some of the negative energies that have collected on the aura. A shower is even more effective.

Why We Should Hug a Tree

This Awareness indicates also, the hugging of trees is effective. It takes the negative energies and puts them into the tree. The tree then converts these into positive energies for its own purposes.

Asthmatics With House Dust Allergies (Should They Use Sprays?)

QUESTION:

A question from Chris Locke, who's a teacher in Japan. He writes: "I'm a bit suspect of everything that comes in a spray can, but could Awareness comment on the benefits or otherwise of asthmatics with a house dust allergy using these sprays? Many asthmatics have house dust allergy, often only realized after getting tests done from a doctor, as in my case. Does Awareness see any more new developments along this line which will shortly come on to the market being beneficial to asthmatics? Any comments would be appreciated."

"I have asthma and a very high allergy to house dust. I was shocked to hear about 6 years ago. Apparently it's a very wide-spread allergy which results in numerous asthmatic attacks."

COSMIC AWARENESS:

This Awareness indicates that there are seen no serious side-effects in the use of these substances, particularly this refers to substances that do not contain ozone-damaging substances such as Freon and some of the propellants used for spray cans, but for those which use the pump method of spraying, this substance has no particularly serious or hazardous form of side-effect.

Healing Allergy With Acupuncture and Hypnosis

This Awareness indicates there does appear to be benefit available in dealing with the allergy through use of acupuncture and also through hypnosis. This Awareness indicates that there appears to be an event in your past, a traumatic event in which you were enclosed and confined in an area where there was some difficulty or stagnant air, or dusty air, which was experienced in conjunction with some other traumatic event on which your mind was focused, and that other traumatic event was so strong in your psyche and such an emotional problem that you were not fully aware of the environment in which you existed at the time, the confinement; but because of that event, the psychological effect has created a block and a kind of allergy related to dust in the air.

It is psychological in nature. Hypnosis can be helpful in unlocking this memory and freeing yourself from it; that you may also use self-hypnosis or meditation and perhaps recall the event.

This Awareness indicates the recollection of the event will help to alleviate the problem.

This Awareness suggests the Interpreter be brought from trance.

Thank you, (The law-of-Gratitude is given)

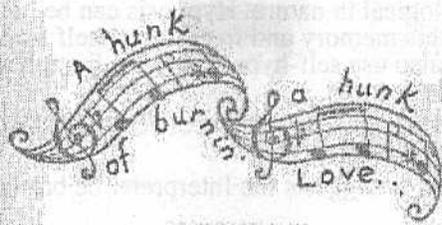


"So! Planning on roaming the neighborhood with some of your buddies today?"

WHAT IS COSMIC AWARENESS?

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

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CLONING ELVIS (Is He Going To Return From His Wart?)

QUESTION:

I clipped a small item from a recent tabloid that was sort of interesting. I'll read it. It's called "Clonesome Tonight." "Elvis is returning, warts and all. That's the claim of a weird group of fans called "Americans for Cloning Elvis" (ACE) who say scientists soon will be able to reproduce the King from a wart, surgically removed from his wrist in 1958.

"The blemish has been preserved all this time and an ACE spokesman woman declares "By the year 2020, we are confident an Elvis clone could be performing live in Las Vegas." Could Awareness comment on that?

COSMIC AWARENESS:

This Awareness takes delight in the focus and expression of humor of the editor, and enjoys a resonance with the spirit. This Awareness suggests that the issue of cloning, whether it be presented in a humoristic format such as this, or any other, is an important issue. This Awareness suggests that human technology has far outstripped the human capacity to understand their own nature, and that such incredible distance has been created between human technology and human self-understanding that Enlightenment must now be accelerated.

This Awareness suggests that the issue of cloning is a paradigm issue, illuminating this problem. This Awareness suggests that the technological manipulation of matter is the hard way, and that the mental manipulation of matter through the direction of Spirit is the intended way for humans to evolve.

What Constitutes a Human Being?

This Awareness suggests that the technological advancements are not yet such that an entity can be recreated from a wart, however, it is not beyond possibility, nor nearly so distant. In the future, such capability will be within the grasp of humanity. This Awareness suggests that this issue has already forced a conscious focus upon the parameters of humanity. What constitutes a human being? Is it a physical form? Is it a mind? Is it a spirit?

This Awareness indicates although humans can manipulate matter, they cannot manipulate Spirit against Its intention. They can frustrate it, but they cannot manipulate it. This Awareness suggests that the fears of genetically produced clones which mimic entities with

complete mental ranges, experiences, memories of the entity from which they were cloned, is a physiological and spiritual impossibility.

This Awareness suggests that there can be benefit in the harvesting of tissues and organs through such technology, but that the creation of literal entities, complete with minds and spirits is not to be. This Awareness suggests that cloning can produce forms not unlike in vitro fertilization, wherein entities beget a physical start in life in a technological, rather than a natural manner; however it is the experience, interaction, the choosing of the contents of the realm of mind which constitutes the personality and directs the experience and defines the human being.

A mind *cannot* be created. It is developed with experience. If the form is complete, then such development can take place regardless of the origin of the form, be it technological or natural. Spirits choosing to embody in the physical experience have the choice of form regardless of its origin, and certain entities might achieve great fulfillment in participating in such experimentation, to perpetuate changes within mass-consciousness which are ultimately liberating.

This Awareness suggests however, that fans need not hold their breath for the return of Elvis from his wart. If we have completion, we can continue.

COULD WE SEE THE REAL ELVIS IN LAS VEGAS IN 2020?

FOLLOW-UP QUESTION:

If indeed, the technology reaches a point where they *could* clone Elvis from a wart, or a lock of his hair, or whatever, is it not beyond the realm of possibility that the original Elvis spirit, wherever he might be, if he was so inclined, could inhabit that clone, and the fans in the year 2020 in Las Vegas might indeed hear him singing "Are You Lonesome Tonight?" or any of his other hits?

COSMIC AWARENESS:

This Awareness suggests that this is not outside the realm of possibility, that this is a *potential* Destiny Path, a potential probability among the limitless infinite probabilities which exist. This Awareness suggests, however, that the energies associated with this entity do not express any such desire to recreate conditions, in which the entity experienced tremendous frustration and misery, despite outward appearances, adoration, and a legacy of such proportion that entities are interested in cloning this individual for future entertainment value.

This Awareness suggests that this particular entity has multiple incarnations and has specifically directed experience into more anonymous and comparatively more narrow experiences, but which are vastly more fulfilling. If we have completion, we can continue.



CAC General Reading 64-11-11-99 Grace Interpreter

THE NATURE OF THE LESSONS OF ENLIGHTENMENT

OPENING MESSAGE:

This Awareness suggests that in answer to a collective cry of those who are puzzled regarding the nature of the *Lessons of Enlightenment*, that an essential and brief description of the purpose and function and structure of the *Lessons* is now offered.

This Awareness suggests that the recent shifts which have allowed a greater mobility and expansion of consciousness and flexibility within mass-consciousness, that an entire new conceptual realm of personal empowerment must now replace the hysterical concepts and constructs which place human destiny in hands and forces other than the immediate creative empowerment of the mind.

Most Entities Believe Events Spring From Outside Sources

This Awareness suggests that the assumption has been accepted tacitly and unquestioned, that the source of events that occur in each individual's daily experience spring from causal sources, universal sources, gods, demons and deities, politicians, leaders, educators, and that power is assumed to be scattered everywhere *but* in the hands and the minds of individual personalities.

This Awareness suggests that humanity has toed the line and accepted the force-fed information and instructions so diligently that it now nearly never occurs to individuals that *they* are in fact the best leaders and controllers and power-holders.

This Awareness suggests that information has been offered previously to assist entities in answer to the cry of what they should believe, what should be predicted and what should be done with one's life. This Awareness suggests that now it is of the utmost importance to recognize and take full accountable responsibility for the creative power of mind, rather than diverting energy through intermediary belief structures, leaders and concepts that serve to weaken the energy through neglecting the individual desires and impulses.

The Purpose of the Lessons is to Restore Personal Empowerment

This Awareness suggests that the essence of the *Lessons of Enlightenment* seeks to restore the concept of personal empowerment first and foremost, as well as the specific methodologies for awakening the inner regulatory functions that unite body, mind and spirit.

This Awareness suggests that entities embodied for the physical experience slip into vessels with all inherent cosmic wisdom and direct communicative pathways between the ego personality, the entity, and every other level of gestalt intelligence, and that such inner abilities and communicative pathways have remained dormant as entities filtered their experience through the controlling forces of others rather than aligning to the controlling forces within.

Time to Recognize an Ancient and Lost Sensory System

This Awareness suggests that as entities recognize an ancient and lost sensory system which operates at the level of body, the level of mind and the level of spirit, uniting the three through the feelings, that entities need never wonder what to think and what to believe and what to do, for there is *no limitation whatsoever* placed upon the content of the mind, the choices of belief and the choices of action.

This Awareness indicates instead, that the Divine Voice of Spirit, through feelings of pleasure and pain, guides individuals in the process of how to think, and how to act and how to respond, and that under the

direction of this Divine governance and guidance, there is a natural expansion of consciousness as the mind-scape is designed according to the dictates of Spirit rather than limited by the external dictates, controls and limitations of those who seek to teach the way.

This Awareness suggests that the concept of faith has become twisted and distorted and based upon the fearful proposition that empowerment, wisdom and freedom belongs only in the realm of the supernatural and in the hands of deities, when in fact, *every* individual is *both* natural and supernatural, both physical and deity.

Your Feelings Ultimately Expand the Mind

This Awareness suggests that there are indeed no right or wrong beliefs, thoughts or actions, simply purposeful or non-purposeful outcomes of thoughts and actions, and that through the Divine Guidance, the feelings following each outcome, point the individual in specific developmental directions which will result in the ultimate expansion of mind, the maximization of innate gifts and abilities, awakening and engorging inner pathways and abilities of further communication and consciousness expansion to the degree that individuals will become more and more consciously aware of their creativity and how each belief structure, good or bad, in its outcome production can be altered willfully, with a Divine Result: the expanded mindscape, the expanded sense of self, expanded perspectives couched in the highest emotional tones of compassion, love, faith, courage, and justice, so that the necessary freedoms of each individual dovetail and mesh in the cooperative connected whole of All That Is, for the most purposeful, the most conscious, the most evolved and the divinely desired platform for the physical experience.

This Awareness suggests that at this divine point, humanity can be restored to that state and condition which was the original intention of the physical experience, yet has become so distorted and limited due to the ignorance creations that continue to be perpetuated by simply taking on the pains and sufferings and limitations of external advisors rather than answering the Divine and inner guidance within.

If we have completion we can continue.

WHY ARE THE LESSONS OF ENLIGHTENMENT CONSIDERED TO BE "GUIDANCE"?

("Is it just me? I don't Understand This at all")

QUESTION:

While we're on this subject, a question from Bruce William Taylor, East Hampton, Connecticut. I think he's serious about this, although he writes it in sort of a humorous way. Awareness may have just answered the question he's asking, so anyway, I'll read this. He E-mailed:

"Why are the Lessons of Enlightenment considered the be "guidance?" I'm not sure I understand these lessons. My perception is that 1) You take some action. 2) Your "feelings" and "emotions" resulting from this action tell you whether or not your actions were in alignment with Divine Purpose. 3) So, where is the "beep"? What I mean is, if I do something stupid, I feel bad.

If I do well, I probably feel pretty good. This was true before I started reading these messages. If I understand correctly, then it's true *after* the Lessons. But so what! When does the guidance part happen? For example, if I decide to rob a bank, then afterwards my emotions will tell me that this was not a good idea. Since I read the Lessons, I'm now enlightened and I realize that my

emotions constitute spiritual guidance, that I made a mistake.

Of course I'm still in jail. My life is ruined. Maybe people died and I'll be executed after spending 15 years on death row, but at least I'm enlightened and receiving spiritual guidance. My idea of guidance is that I would get the negative emotions, or get warned or tipped off **before** I took the wrong action. In the case of robbing a bank, embarking on a career as a serial killer, or whatever, most people **would** have negative emotions. They would not be attracted to such a path in the first place and would be turned off at the very idea. But what about more ordinary subtle decisions that we all make in day to day life, like career changes or financial planning, which way to drive to work, or entering into relationships and so on?

According to the *Lessons*, we do whatever seems right at the moment, based on the information we have and the available time in which to make a decision, and then subsequently monitor our emotions to see whether or not we made the optimum choice. If we were wrong, then you go bankrupt, die in an accident, get a divorce, or maybe you get lucky and none of those things happen.

Then your positive emotions tell you that "You did well!" Right? So again I say: When does the Guidance happen? After you die and between lives you analyze things to see where you screwed up maybe? Is it just me? I don't understand this at all. Could someone state the concept of the *Enlightenment Lessons* in simple terms. I understand that Grace chooses or is led to not address certain issues, and I appreciate that, but the issues that she **does** address, I don't understand.

I'm wondering how many people really understand the message, because I definitely do not!" And then he asks Awareness for any comments.

COSMIC AWARENESS:

This Awareness suggests it is highly commendable that this individual is studying the lessons and asking the questions regarding exactly where the guidance comes in. This Awareness suggests that indeed, the actions played out in the physical arena can be purposeful or less purposeful due to the complete and utter free will of mind, and this entity is recognizing the implication that the emotional system provides the *only* evaluative orienting mechanism through which free will is guided.

This Awareness suggests also that what appears to escape this entity is the responsibility of designing a mindscape to the willful conscious specifications of the personality under the guidance of the Spirit. This Awareness suggests that whether this entity recognizes the fact or not that his entire mindscape *has* been designed through experience and willful intention.

This Awareness suggests that as most individuals, this entity's mindscape contains a collection of information that has been deposited by default and experiences occur and the emotional signal, when misunderstood, has remained attached to the outcome experience, thus filing away into the mindscape a memory which contains the emotional component which has been defined as a judgment.

This Awareness suggests that although positive judgments are far more beneficial than negative judgments, *all* judgments are limiting to the free will of mind. This Awareness suggests that the guidance of the spiritual signals fuse the individual in the moment as to the specific learning experience which *should* occur from this event, as opposed to the automatic conditioning

experience which will be deposited into the brain unless otherwise purposefully acknowledged.

A Dual Potential for Evolutionary Progress Exists

This Awareness suggests that there is a dual course of humanity, a dual potential of evolutionary progress wherein individuals are consciously attuned and in response correctively responding to the emotional signals which places humanity on the highest dual purpose, most cooperative path, **versus** where entities simply respond instinctively to the emotional signals which do seem to preserve the self and orient the individual away from negative directions and toward positive and purposeful directions. Yet without using the guidance to expand the conscious mind, to learn and design the mindscape to the specific evaluative specifications of the spirit, the mindscape becomes filled with conditioned memories, judgmental learnings, attitudes, both positive and negative which limit the choices of mind, become habitual behavioral strategies which create outcomes which further signal negative emotional signals.

This Awareness suggests that although in his tongue-in-cheek description of purposefully committing a known crime, that the knowledge that such behavior will predictively bring a negative outcome, shows that he has retained the guidance from previous emotional experiences.

This is the Guidance: The Dual Level Guidance

This Awareness suggests that the self-regulatory processes that unite mind, body and spirit seek to evolve the mind, evolve the consciousness in specific conscious learning processes. This is the guidance. This is the dual level guidance. If the mind remains unconscious to the evaluative messages *contained within emotion*, then the simple positive or negative hedonic tone becomes attached to the experience and retained in memory and it will invoke defensive responses which operate on a single purpose survival level, akin to animal instinct.

Therefore, the difference between the guidance of one who is indeed enlightened, is the difference between an animal and a human being with a learning evolving mind. This Awareness suggests that the misuse and misunderstanding of these inner systems have relegated many entities to a level even below that of animal instinct, where indeed a mind run amok is worse than no mind at all.

Conscious Minds Interfering With the Emotional Message is the Cause of All Pain, Suffering, Cruelty and Violence

This Awareness suggests that the pain and suffering and evil, cruelty and violence, *all* springs from conscious minds which have actively interfered with the emotional messages operating through false belief structures and values and external dictates which instill belief structures which violate the needs of body and the intentions of spirit, where the mind becomes the enemy, rather than the creative facilitator of the unified self.

This Awareness suggests that the guidance from one who steps from darkness into a commitment to enlightened living is in recognizing the contents of the mind and the creative power of *both* positive and negative contents. This Awareness suggests that the guidance can begin immediately to assist in cleansing the mindscape of existing judgments that have been imparted through well-intended, but *unenlightened* parenting practices, religious practices, educational practices, et cetera. Practices which have the positive judgments in the mind which prompt defensive responses which seek animal instinctive survival level experience only. In recognizing the corrective nature of the emotional signal, entities can identify immediately, even before acting out a

strategy or belief, by looking to attitudes which conjure negative emotions in and of themselves, for each will contain a judgment, a conflict, a piece of information which has been imparted into the mind which is creating negative outcomes by its very existence.

The Feeling System Seeks to Teach the Mind How to Expand

This Awareness suggests that at the most rudimentary level, the feeling system seeks to teach the mind how to consciously expand in purposeful directions. It is the Divine Unifier of spiritual and biological Predestiny, and complete and utter Free Will. It is the mechanism which can ensure that the beauty and elegance and unlimited nature of mind *never* works against the purposes of body and spirit, for each experience which conjures a negative emotion has indeed done just that.

If entities act correctively upon each emotional signal, to adapt the mind and adapt the world through expressive responses, this is indeed how humanity evolves individually and as a species.

It is in fact, the **only** Divine Guidance and orientation with which humanity has been endowed, so if one still asks "Where is the guidance?", the guidance lies in consciously attuning to the guiding forces and utilizing them with the utmost integrity and sincerity. If we have completion we can continue.

HE FEELS HE'S NOT ON TRACK OR ON PURPOSE AND IN THE WRONG PLACE

(He can't Distinguish What is Thought and What is Feeling)

QUESTION:

Awareness probably answered his related question, but I'll read it anyhow. He writes: "I feel bad All The Time. I feel like I'm in the wrong place, not doing what I should be doing, not on track, or on purpose. If I could figure out what I'm doing wrong, or what I should be doing right, then I would just "do it", so where's the guidance that Grace keeps talking about?"

COSMIC AWARENESS:

This Awareness suggests that this individual is having trouble distinguishing between a thought and a feeling. This Awareness suggests that these two fundamental processes have been so long misunderstood and so correlated and entangled, that entities know not the difference between a thought, a belief and a feeling and an emotion.

Awareness Defines a Thought

This Awareness suggests in clarification, that emotions affect *both* mind and body and therefore are intimately related to thoughts and beliefs, but that they are the Divine Evaluators which become attached, rather than being discharged. This Awareness suggests that a thought simply passes through the mind, a thought conjures other thoughts, a thought organizes and analyzes and orders, but it does not have a feeling experience within the body.

A thought does not create physical arousal to respond. A thought does not move someone to approach or avoid any given situation. A thought, in an of itself, is pure and pristine as thoughts should be, in order to have complete freedom of mobility, and is never entangled with emotions, unless they are judgments.

This Awareness suggests that as entities begin to recognize the difference between thoughts and feelings, they will be mortified and impressed with the amount of judgments filed away in the mind that they simply believe to be 'thoughts'.

This Awareness suggests another division and dis-

inction between thoughts and feelings relies upon the separation between the concept of mind and the concept of body. This Awareness suggests that these two components have been overlapped so significantly that there is no logical distinction between the clear processes of each.

The Limits of Mind Can Be Compared to Computer Hardware

This Awareness suggests that a simple definition of the limits of mind can be likened to computer software, whereas the mind is part and parcel of the unique personality experience. It begins at birth and develops through learning. The mind is the focal point of consciousness which also acts as conscious controller of the computer system.

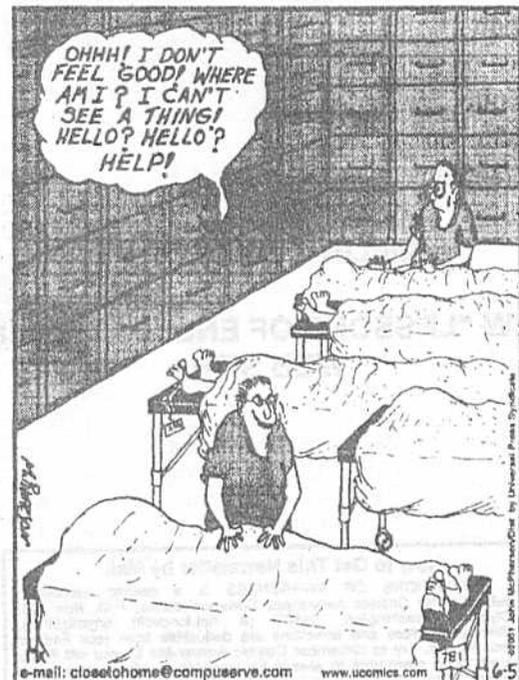
In contrast, the body would be the hardware; the computer equipment, the keyboard, and monitor, which comes hardwired with specific parameters and communicative pathways to facilitate the development of the mind with its holdings, its memories, its macro-habits and strategies.

The 3rd Component of Self: The Voice of Spirit

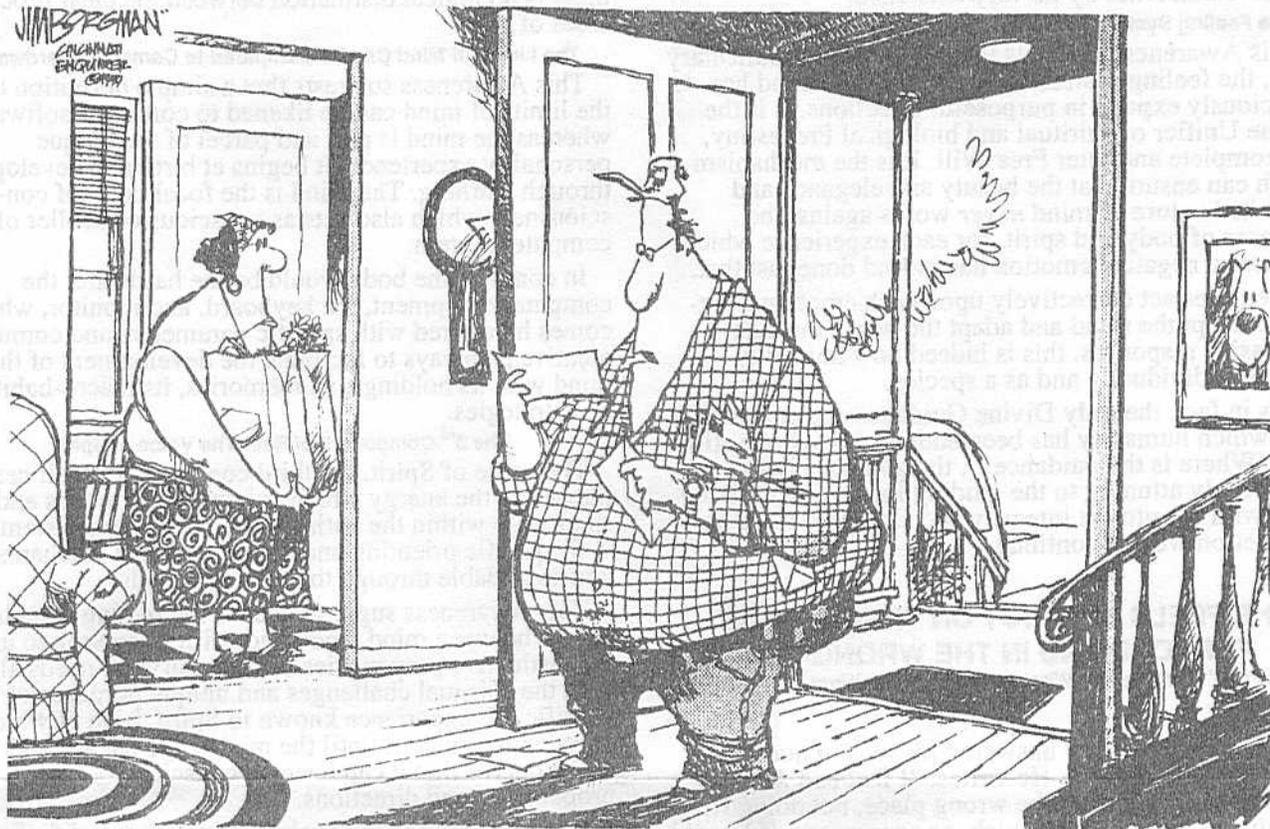
The voice of Spirit, the third component of self can be likened to the energy which animates and moves and sparks life within the entire human operating system, with specific orienting and communicative mechanisms, understandable through the feeling signals.

This Awareness suggests that as the feeling signals course between mind, body and spirit, they seek to unify the instinctive propensities of body survival needs along with the spiritual challenges and unique purposes of the specific life experience known to Spirit, both of which remain unconscious until the mindscape has expanded to the degree that it can become conscious of these propensities and directions.

It is only through the evaluative messages of feeling that the mind becomes conscious and oriented appropriately to these purposeful conditions. If we have completion, we can continue.



A talented amateur ventriloquist, Ray loved it whenever a new guy was assigned to the morgue.



"IT'S OUR TAX CUT CHECK FROM THE GOVERNMENT... LET'S STIMULATE THE ECONOMY BY PAYING OUR GAS BILL."

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