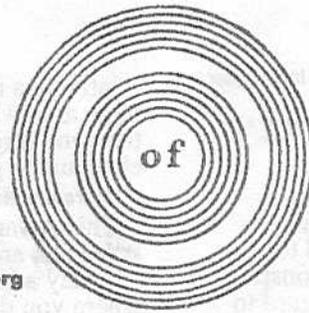


# Revelations

The Cosmic Newsletter



# Awareness

COSMIC AWARENESS COMMUNICATIONS  
P.O. Box 115, Olympia, Washington 98507  
Helping People Become Aware

E-mail: [CosmicComm@aol.com](mailto:CosmicComm@aol.com)  
INTERNET DOMAIN: [www.CosmicAwareness.org](http://www.CosmicAwareness.org)  
FAX: 360-352-6294

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## THE CONCEPT OF ANGER And how to deal with it

## The World Really Isn't "One Really Rotten Place"

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## WORLD REALLY ISN'T "ONE REALLY ROTTEN PLACE"

### OPENING MESSAGE:

This Awareness indicates with all the publicity regarding negative activity on the earth in regard to conflict areas in regard to crime, in regard to conspiracies between nations, between groups, or in regard to the drug cultures and the spread of drugs throughout the world, entities generally tend to view the earth as "one really rotten place."

This Awareness indicates *It* wishes to acknowledge that there are enormous problems, but just because the focus of attention is on the negative does not necessarily mean that the entire world has become worse than it was in the past. This Awareness indicates there are indeed many truly healthy and compassionate, loving and kind entities in all cultures, even in those cultures wherein there are those pockets of violence.

This Awareness indicates that of those violent communities, the percentage of good people far out exceeds the number of negative people, but the negative people get most of the attention. Seldom do people hear about all the good people who are doing things for one another, who are trying to help ease each other's lives.

It is not always necessarily great dramatic heroic activities. It may simply be taking care of someone's child to give them the chance to do something, or helping some neighbor who needs assistance in some chore or occupation or helping to find clothing or food for someone who can't find it for themselves.

This Awareness indicates that there are countless numbers of good people. This Awareness indicates that 90% of the earth's population would be classed as moderate, good, reasonably healthy people if you lived next door to them. Of this 90 percent, 60% would be exceedingly good and very compassionate and helpful to others.

This Awareness indicates perhaps 10, 15, even 20 percent would be classed as very negative people. You would not like them for your neighbors. Perhaps those of those 30% might be good neighbors but might have some quirks that are annoying to you. This Awareness indicates that in other words, perhaps 10% are really negative and you would be very upset at living next to such people.

This Awareness indicates as this number changes and you approach the area in which 60% are relatively decent people, the kind you already have for neighbors, you might find that some of these entities in the 30% level have certain habits or behavioral practices that are somewhat annoying. Perhaps you find some of these entities are dabblers in the use of alcohol or drugs, but their lives are still relatively calm, and they do not cause problems for others.

Therefore, this Awareness suggests that you not view the earth and view the people as all bad or all good in either extreme, but view them rather as being potentially good, mostly good, with some, perhaps 10%, being the kind of person who would cause you trouble if you lived with them or lived next door to them. This Awareness indicates if you live in an area in which you do not have this type of neighbor, you may be quite fortunate.

If you live in an area where you do have one in ten people who are quite negative, and you do not appreciate their being in your neighborhood, it may be a kind of average neighborhood in which you live. This Awareness suggests that you should view your world as being

relatively a nice place to live, if possible, and if you live in an area where there are greater pockets of negativity, then you might wish to consider moving somewhere else, just to get out of harm's way.

### There are Many Places Where People do not Lock their Doors

This Awareness indicates there is no real reason to stay in an area that is high in negativity when there are so many areas that are pleasant. There are still areas where you do not need to lock your door every time you enter or leave your home. This Awareness indicates that there are also some areas where you would need to lock your door every time you entered or left your home.

Entities who live in such negative areas may find it hard to imagine somewhere where you did not need to lock your door. This Awareness does not suggest that you cease locking your door. It is just good to know that if you somehow forgot to lock your door, the likelihood of your home being robbed is small or if you forgot to lock your door before going to bed, you are still likely to be safe through the night.

If you live in such a neighborhood, count yourself fortunate. If you do not live in such a neighborhood, you might wish to consider moving, if possible, to a better neighborhood. This Awareness indicates that a recent report by the FBI indicated that 50% of the people in the United States have a potential of being harmed by some type of violence during their lifetime because of the high crime rate.

This does not mean that 50% of the people *will* be harmed, but that they have a potential of being harmed. This Awareness indicates that of course, most of them will not be harmed, and 50% do not even have the potential of being harmed by some sort of violence. This is because they live in areas where there is little or no significant violence occurring.

## The Media Helping to Raise Paranoia

### FOLLOW-UP QUESTION:

Is the media the major reason why people are getting paranoid over all these criminal acts going on; that these things were probably going on 50 or 60 years ago, but not maybe quite so common. But the fact is that the media today picks up on such activities, and that's about all that they'll play up. Is that the reason?

### COSMIC AWARENESS:

This Awareness indicates that this is in the affirmative. This Awareness indicates there is also forces behind the media that wish to promote the perception that crime is rampant. This allows for the excuse to bring more police control and more laws onto books to keep the masses under greater control and to argue that guns should be taken from the masses.

### What Would Happen if the Guns were Taken from the Masses

This Awareness indicates that if guns were taken from the masses, then the masses who wish to create crime would simply switch to knives or some other weaponry, and the argument then would be that no one is allowed to carry a knife, or no one is allowed to have a certain number of knives in their homes, just enough for culinary practices.

This Awareness indicates that there would be the effort to remove all such things as bows and arrows, cross-bows and such. This Awareness indicates blow-guns would be outlawed if these people in power had their way in attempting to disarm the masses totally. This Awareness indicates that if you were planning to disarm a country you would have to first attempt to convince the people that those who own guns commit crimes and you would have to convince the masses that

the ownership of guns is the reason for so much crime in the nation.

The effort then would be a strong argument for taking guns away from the people. This Awareness indicates that this appears to be the agenda for the various things that happen, including the promotion of crime, by bringing drugs into the country.

#### Drugs Brought Into U.S. in Vietnam Vet's Corpses

This began actually in the time of the Nixon administration, wherein drugs were being brought in through the bodies of returning soldiers of Vietnam, coming from the Golden Triangle, in order to get drugs on the street, so that the government could bring in more law enforcement and greater police state activities to control the drugs and the crime that results from the increased drugs.

This Awareness indicates that this has been going on since, and that the crime promoted by drugs since that time has increased and brought about more concern for crime and concern regarding the need to have more police and to get criminal weapons away from the public. This Awareness indicates that the disarming of the majority of citizens who are not criminals is an action that does not sell well in the United States.

The people of the United States consider their guns as protection against crime, rather than willingly giving up their guns in order to diminish crime on the streets, and let the police take care of the criminals. It has not worked according to the plan. The plan being to frighten entities into giving up guns in order to get crime diminished throughout the United States, but the actuality being that the more crime is apparent, the more those whom own guns want to cling to their guns for protection, because they do not trust the police or the government to protect them.

The media has played its role in behalf of the scenario and efforts are also being viewed by the masses as being inaccurate, so that even as more crimes are reported, the media's promotion of gun control has not sold well with the masses. Every time a gun control bill passes, masses run out and purchase more guns.

There are more guns now owned by the masses than at the beginning of the effort to disarm the masses.

## ALL THAT NEGATIVITY AROUND—WHAT CAN WE DO ABOUT IT?

### QUESTION:

Tom K. in Santa Clara Calif. sent in a couple of questions, along with a letter which I feel is worth excerpting here and reading to Awareness. He writes: "You commented in issue # 94-15 that Awareness appreciated the questions asked, but that few questions of substance are being asked nowadays. It seems evident why this is. Perhaps the analogy is to the Sword of Damocles, the impending disasters in this country to which Awareness has alluded.

Emotionally, it is like the deer in the woods being shined with a powerful spotlight. It freezes. When one is told and sees the manifestation of this in society, of the prospect of violent disintegration of everyday life, there is little wonder that inquiries of a general nature are similarly frozen. Is there a certain dread of what will be revealed in the next newsletter?

"Many, including myself, are inclined to feel this. Yes nuclear disaster did not occur some fifteen years ago. Yes, the Reptoids who were to conquer us were destroyed recently. But through the media, we are very much aware of the efforts of conquest and subjugation

throughout the New World Order. These are real to us, emotionally. But will they happen?

"Will weapons be proscribed so that we are defenseless? Will devastating earthquakes occur? Will riots be provoked to extend martial law? Times of extreme tension draws one into oneself. The freedom of questioning is restricted. Personally, I feel like one who is involved with a kind of schizophrenic novel, in the reading of which one is waiting for the knock on the door, while living what has seemed to be a familiar life.

"The familiar life has a kind of hollowness in the waiting, but yet the novel cannot be put down, rejected, it has an eerie reality. If the recent elections are a witness, perhaps people at large have a sense of this, without knowing consciously the causes. There is also much tension in everyday people dealing with people. "Uptight" is certainly a descriptive word.

"Before, this was much less evident. Now it seems the cauldron is really beginning to boil on an individual and mass basis. Perhaps the answer is that we must sink into chaotic contention before the extent of enslavement is realized. Perhaps enough enlightenment is available that the tools of enslavement will be defused.

"Perhaps the dire possibilities of the present will pass unnoticed by the masses, as they have in the past. Today, I doubt it, but we must go on with our lives, even as we may be fearing that knock on the door."

Does Awareness have any comment to Tom's observation?

### COSMIC AWARENESS:

This Awareness suggests the observation is very clear, and essentially very accurate; that there are, of course, many ways wherein entities can view a situation that is extremely complex. This Awareness could totally ignore the negative that threaten entities, could ignore the potential for any negative action or negative experience, or situation that might be brewing and not tell the masses about this, and could simply give marshmallow-type readings about the wonders of the Light and this Awareness could focus only on the positive and ignore the negatives, but there are certain things in the negatives, that when entities become aware of them, the awareness tends to put a block in front of those negative forces.

It tends to hinder the progress of those negativities. It is likened unto highway signs down the journey of life in which you start to go around a curve, and a sign says "Danger ahead! Possible violence lurking!" and because the sign was there, entities driving around that curve become more cautious, more apprehensive.

Are you, by placing such a sign there, being negative and promoting negativity? Or, are you being helpful in warning the entity of dangers that need to be looked at with caution? This Awareness indicates that you do not hear people who drive along highways complain about the negativities of the people who have put signs up warning about the dangers on the highway, yet there are often entities who object heavily to this Awareness warning about potential negatives that might be threatening on the highway of life.

This Awareness indicates that nevertheless, it is necessary if entities *are* to be aware and to drive through the highway of life with any level of assurance or understanding that they will be warned in the event of some impending disaster or impending problem. This Awareness indicates that where there is a beautiful park, a beautiful experience upcoming and this Awareness gives a sign of such, often entities even object to that because they have seen so many negatives, they can't

believe there will be anything good happening on this highway of life.

This Awareness presumed *It* was giving good news to entities when *It* spoke of the Hildebrand and the Federal Reserve Bank suit and gave certain information on this, but there were many entities who consider it as some kind of fraudulent activity and became upset with this Awareness for giving the information.\*

\*Maybe they were right after all. Since then, Hildebrand and his cohorts are all behind bars in Federal prisons for the next 15 years, convicted on 41 counts of mail fraud, money laundering and conspiracy. They have been ordered to forfeit over 2 million dollars. Trial evidence alleged that 6,832 people from 50 states and two Canadian provinces were induced by the defendants to file "claims," charge a \$300 processing fee for a right to share in alleged damages. Contrary to what certain people have claimed, no one has yet to get their \$300 fee returned, although that was supposed to be the deal. (Ed).

The information on the photon belt in the view of this Awareness is that which is intense, can be problematic, but is actually positive information from the view of this Awareness, but this Awareness has been hesitant to talk about this information because *It* does not clearly feel the masses are willing or ready to receive the possibility of such change in their lives and will view it as negative information.

*It* has presented very small hints at the changes that are coming, and has spoken mostly of these changes far in the distance of 2012, and 2013. This Awareness indicates that in fact, these changes may begin as early as several months from now, but they will be gradual and hopefully entities will be willing to accept information on this, particularly this Awareness suggests the reading of the book *You Are Becoming a Galactic Human*, and in this manner, entities will not feel hostility toward the channel or the organization or this Awareness for promoting what they perceive as being negative information.\*

\*Awareness has since waffled on this subject, getting all of us riled up about the sinister "7 days of darkness" etc., then later calling it a mere "metaphor." Awareness has also cooled on Nidle's book since the "mass landings" and the other predicted events never occurred. Ed.

This Awareness sees it as positive information in which the earth undergoes a transmutation into a different dimension. This Awareness indicates that the purpose of this Awareness giving readings is not so much to make entities feel good so they renew their subscription; that is not the intent of this Awareness. *It* realizes this is important for the organization to keep functioning, because if they do not have sufficient numbers of subscriptions they will not be able to continue the work.

*It* realizes this is important, but this does not carry through as the purpose of this Awareness. This Awareness's purpose is to tell the truth as nearly as is possible through the means available, and the means available at this time is the Interpreter, who has a job of being as accurate an Interpreter as he can, and this Awareness attempts to give truth to this Interpreter in such a way that the masses can understand what this Awareness is saying in a language that the masses can comprehend in words, descriptions, images that are not incomprehensible to the masses, so that it applies to them, to their lives, and can be readily understood.

This Awareness indicates that if it is perceived as negative to the reader, it is then the job of the reader to determine whether he or she needs to apply the information or use the information as a guide or as something to ponder about in the pursuit and further journey of his or her life. This Awareness hopes that *It* gives sufficient information to allow entities to have a better understanding of the journey they take through life This

Awareness indicates that *It* cannot guarantee that everyone will be satisfied or will perceive the information as pertinent in their own personal life, but; *It* does wish to give information for mass consumption for those who are willing to look at different things that may occur and become aware of the potentials for good or ill that may loom on the horizon, and also look at the instructions or guidelines or suggestions as to how to deal with such.

#### One Big Problem: Everyone has Run out of Questions

This Awareness realizes that it is difficult for entities to ask questions when so much information for such a long period of time has already been given, and wherein so much that has not been given can often leave entities speechless and wondering: "What's going on here, anyway?" This Awareness indicates that the problem is not only that of the membership not being able to think of questions, but likewise the energizers have a similar problem of not being able to think of new questions that have not already been asked or which they feel will be suitable and satisfactory to the readers.

This Awareness indicates in some cases, questions do not seem to be of any great significance, or they may seem to be in a kind of bad taste, according to certain circumstances, and therefore, entities hesitate to ask certain questions. This Awareness indicates that also, other entities, having not been with the organization for many of its years, may wonder if the question has already been asked before, and therefore, they hesitate to write anything new, to ask new questions, because they might be redundant.

This Awareness indicates that often a question that has already been asked can be asked in a different way, from a different angle or a different viewpoint, and this Awareness usually attempts to answer these questions, even if they have been asked previously, in order to shed new light or a new way of looking at the question. Therefore, this Awareness suggests entities who are hesitant to ask questions because they fear the question may have already been asked at some time in the past, this Awareness suggests they not let that stand in their way, for you might get new insight, or new information on the subject of concern.

#### Has the Earth's Collective Consciousness Improved as Indicated Previously?

##### QUESTION:

A question from Tom K., Santa Clara, California. He writes: "Back in, roughly 1977, at the time of the "Passage Perilous," Awareness indicated that the negative energies of the earth's aura, perhaps the collective consciousness of entities were being channeled back to entities to be dissipated.

"At that time *It* suggested that aware entities could engage in a kind of psycho-drama, wherein they could experience and dissipate those energies without being overcome by them. In present times it seems that those energies have increased rather than being dissipated. Perhaps because of the agenda of the Dark Force and the secret governments, group is being pitted against group, men are being pitted against women and division is rampant in all factors of life.

"I would like to ask: Have the negative energies of the earth's aura, the collective consciousness of entities, been significantly reduced, or have they increased, as seems to be? Would Awareness suggest a return to the psycho-drama for aware entities to help dissipate these energies? There is so much negativism, contention and confusion today! What is the state of the collective consciousness, and what can we best do to help?"

**COSMIC AWARENESS:**

This Awareness indicates as mentioned in the opening message, the state of consciousness on the earth has improved considerably. This Awareness indicates that a great number of people are simply silently and quietly becoming more spiritual in their expression, but the cameras are focused on the negatives, the news media is focused on the negatives. These are the people who get the attention. These are the people who are noticed.

The negative behavior, as with any group or family, will get the attention when the masses, or others of the family are still, when they are quiet, when they are watching. Those who are observing these negative behaviors normally are observing from a harmonious, calm, compassionate point of view.

It is these entities who have progressed and grown to become more spiritually oriented, while those of the negative or dark expression in consciousness are out thrashing, making waves, creating trouble, causing panic, causing difficulties, making people's jaws drop as they cause some kind of negative blip on the road of life.

**People Much More Peaceful Today Than 20 Years Ago**

This Awareness indicates that these entities get plenty of attention, to the point where most entities do not see anything but this negativity and think that the situation has grown much worse, but if they stop and look around, they can see that in their own lives, in their own behavior, they are much more peaceful now than they were ten or twenty years ago. They are much more in harmony, much more integrated, and much more wholesome now than they were twenty years ago.

This Awareness indicates that in general, the mass-consciousness is becoming more balanced, more harmonious, and will accelerate in this harmonizing during the coming several years, to the point where the greater majority of humanity will put away polarized extremisms and become a more balanced and harmonious force.

**How Significant Has the CAC Readership Been in Helping to Change Consciousness?****QUESTION:**

Another question by this entity. He writes: "Awareness has given us much information about threats to our physical security, the encroachment of aliens, of the secret government upon our freedoms and the machinations of those elements of public government which threaten to enslave us.

"Many of the dire possibilities have not materialized. How significant has been the dissemination of this Awareness to CAC members, that in their reading and in their reactions, those collective minds have generated significant input into the collective consciousness, that this has had an effect to delay or dissipate the dire possibilities?

"How effective now are those individual "transmitters" and how effective are communications of members to others in preventing the possible disasters of the future?

**COSMIC AWARENESS:**

This Awareness indicates that these entities in reading this information over long periods of time, actually decades, have been effective in helping entities to become more aware and more perceptive, and many of these entities have spread information to others so that others become more aware and more perceptive, and the so-called dire predictions and negative information, much of it has been diminished or diffused because of the awareness that entities experience.

This Awareness indicates it is likened unto looking at a circular form on your ceiling, wherein the circle is almost complete, but a section is left off. You might ask "Why is that part of the circle totally missing?" And you may even feel that you should get up there and finish the circle, but someone says to you: "What's the point? Why bother? The rest is implied!" and you say, "Yes. It is implied. There's no need to finish the circle."

This Awareness indicates that you see also that wherein the masses are warned of impending problems to the point where they become aware of a potential, even if the problem does not ever culminate and entities deal with the potential, and the rest is only implied, it does not have to manifest, because the implication is enough to allow entities to deal with the situation, to learn from the situation and therefore not have to experience the total situation.

If you don't have to experience the total situation because you see the full trip in its implication, then you can go onto other things. This Awareness indicates that many entities have bypassed some of the more horrendous circumstances or situations because they saw the full trip ahead of time and chose not to let the trip take them for a ride. They could see that "I don't have to ride this trip! I can go on to something different!"

**The Mistake in the Concept of Positive Thinking**

This Awareness indicates that there is a mistake pertaining to the concept of positive thinking, wherein some entities believe that you should never allow anything negative to cross your mind. You should only perceive that which is beautiful, and that which is perfect to ever enter your life or your mind. It is likened unto the argument that you only allow the best of all possible worlds to exist in your life.

This Awareness indicates that anyone who attempts this can only artificially experience the best of all possible worlds by ignoring the negativities that occur in their life so that if someone is riding a bicycle through their world of parks and butterflies, blue skies and sunshine and the smell of wonderful flowers, and the bicycle falls over and the entity is lying with a bruised knee, this person who only has the best of all possible worlds cannot acknowledge that this entity has a bruised knee from the bicycle spill.

Therefore, they have to ignore this negativity in their world, and they do not stop to help. Because they do not stop to help, the entity on the bicycle suffers greatly or suffers more than is necessary, but the entity who is a positive thinker, the one who ignores negatives in a state of denial, also does not recognize the existence of the person suffering and therefore, contributes to the suffering in the world of reality.

The entity who is living in the pseudo-world of perfection creates a false illusion, but in his or her own mind, it seems real to them as long as they deceive themselves properly into ignoring the negative experience of the bicyclist. When these things begin to mount, and begin to occur all about them, wherein bicycles are falling everywhere or someone has a cold or something happens to a friend, the negative becomes more and more difficult to totally ignore, especially if the bicycle runs into them while they are walking on the sidewalk, smelling flowers, watching butterflies, enjoying the sunshine and the blue skies.

They cannot always keep up the self-deception of the idea of the best of all possible worlds when these negatives begin to multiply, and if entities do not contribute to the society and help entities to avoid falling off their bicycles, avoiding the scratch on the knees or other problems, if they do not help to give the

entity something for the cold, the problems begin to build up in their "best of all possible worlds" until they finally just cannot ignore it any further and they realize they are not truly living in the best of all possible worlds and there needs to be something done to help improve the world.

#### It's Not the Best Possible World If Others are Suffering

Thus, they take on that which is called "responsibility." They become responsive according to their abilities and attempt to help those who are suffering, and in their attempt to help those who suffer, they respond to the needs of others. They cannot say that it is the best of all possible worlds until others' suffering has also ended. They cannot get the suffering entity to ignore the fact of suffering, and therefore, they have to help heal the problem.

It becomes a world of reality, facing *what is*, not what one hopes to be, or what one wants in his or her life and the denial of all reality. This Awareness indicates therefore, *It* tells it like it is, even if entities don't particularly like what they hear. *It* asks entities to become aware, not that they simply become comfortable.

#### Why Awareness Gives These Readings

This Awareness does not give these readings for the purpose of entertaining entities although many readers want that to be the focus of their purpose in getting these readings. Many entities would like this Awareness to simply entertain them, give them feelings of self-importance, and give them information that they can share with others that makes them sound important or seem important, like the really good messenger.

This Awareness indicates that this is not the purpose of these readings. The purpose of these readings is to help entities to discover *What Is*, even if it disturbs them.

### Previous Programming and Its Influence in the Ability to Resist the Dark Force Encroachment

#### QUESTION:

Another question from Tom K.. "Awareness has indicated that "free will" is primarily supplemented by soul desires and experiential conditioning and programming in the physical environment. To what extent does this conditioning enter in to limit our ability to overcome our encroachment of the Dark Force in today's times? Are we truly able to overcome this influence which has been a significant force to establish its programming in our parents, and therefore in the endeavors we have lived through this time in our lives?"

#### COSMIC AWARENESS:

This Awareness indicates that in order to overcome anything in your life that has an influence on you, you must first become aware of that and all its ramifications and effects upon you, and once you become aware, you then can begin to make more conscious decisions relating to that which you perceive. If you are not yet aware of the influence on you, you are not likely to make conscious decisions. You are more likely to follow the emotional conditioning deep within your psyche.

This Awareness indicates that even in being aware, you may still have certain conditionings that you are not fully aware of. You may have certain emotions or certain feelings or certain concepts that you have not become totally aware of, and these may influence your thinking, your decision-making regarding some incident or choice or concept, but as you become more and more aware of your feelings, your thoughts and as you become more attentive to self-examining, you ap-

proach, to a greater degree, that which is called "free will" because you can then make choices based on your enhanced levels of awareness.

This Awareness indicates that at some point you may even change attitudes, and the change of attitude about something may be the only free choice you have. You may choose, for example, to change your attitude about some aspect of yourself, and thus overcome a conditioning and also start a new experience with a new perception, to develop a different conditioning for your response to a situation.

This Awareness indicates essentially, the first step in gaining a degree of self-will or free will, is to become consciously aware of your own feelings, emotions, beliefs, so that you can look at something afresh without the influence of belief, emotion, or feeling that is predetermined by conditionings of the past.

### Will People Wake Up Before it's too Late?

(People Don't Want Their Comfort Zone Disturbed)

#### QUESTION:

One other question from Tom. "Must "comfort," physical and emotional, in personal lives, be destroyed, so that greater awareness can enter? What will it take to wake us up? Will we wake up before this destruction takes place?" he asks.

#### COSMIC AWARENESS:

This Awareness indicates that comfort need not be destroyed, particularly if you feel comfortable in discovery. If you are afraid of change, comfort may be destroyed by the new discoveries. It is important to be willing to make yourself vulnerable to discovery, to changes, to new realizations, even if it disturbs your comfort, but it is not comfort that is the problem, unless you are protecting your comfort at the expense of becoming aware.

If you do not wish to learn to discover, to become more aware, because it disturbs your comfort, then indeed, comfort can become a hindrance, but as long as your focus is on becoming more aware, even at the expense of comfort, you will be progressing properly.

This Awareness indicates that as entities move into new discoveries, into new territory, into new areas of consciousness, into new realms of experience, there is the feeling of risk, there is the feeling of change, and these things can contribute to apprehension and discomfort.

This Awareness suggests as long as your real dedication is toward the improvement, toward the discovery of truth toward the discovery of what is proper, what is right, your focus will carry you without much regard for personal comfort. This Awareness indicates, of course, personal comfort is important. Extreme discomfort can be a real barrier to entities who wish to explore new realms.

#### Minimize Discomfort and Pursue Truth

This Awareness suggests therefore, a balance, wherein discomfort is minimized and pursuit of truth is maximized; this will be of great value to entities. You do not have to suffer great discomfort in order to maximize your pursuit of higher levels of awareness, but your pursuit of higher levels of awareness may result in some discomfort as some things will be lost while others are gained.

#### (FOLLOW-UP STATEMENT: VIKKI):

The one thing that comfort seems to minimize is motivation.

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<http://lessons.netfirms.com>

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**COSMIC AWARENESS:**

This is correct. Entities who are uncomfortable generally are motivated to ease the comfort. This is often the reason entities get up in the morning. It is also a reason why entities go to bed at night. They are in a situation where it is uncomfortable; they become sleepy, they want to become comfortable where they can go to sleep in peace and in greater comfort.

### The Role of Humor in Spiritual Development ( Nothing Really Funny About Negative Scenarios )

**QUESTION:**

A question from Wes P., in Parksville, British Columbia. He asks: "What role does humor play in our individual, and collective spiritual development? Does this change when the future on this physical plane is painted with so many negative scenarios? Are these negative scenarios, with regard to our physical world, a necessary step to trigger or hasten our spiritual development?"

**COSMIC AWARENESS:**

This Awareness indicates that humor is a way whereby entities can rise above something that is unpleasantly serious or unpleasantly difficult. It is likened unto taking an elevator up to a higher level, a lighter level. The grave heavy energy of some situation, when coupled with a humorous approach, can be lightened considerably by that humor.

The concept of humor is that which sees two things at once; you see the seriousness of something or the one meaning of something, and adjacent to it, you see something else that shows a different meaning and a lighter level of perception. Thus, the humorous joke about death, wherein you see the seriousness of death along with some adjacent image that lightens the whole situation, causes entities to laugh.

**Incongruity the Main Reason People Laugh**

They laugh at the situation because death is so serious, and the adjacent concept next to death is so light that it causes the entity to laugh at the situation. Laughter goes from the serious to the lighter. This Awareness indicates that it's the incongruency of two things pushed together that do not belong together that make entities laugh.

This occurs even in puns, wherein a word has two meanings. The one meaning has a certain standard of interpretation, but it is incongruently linked with another meaning that has some totally different value, and thus you have the double meaning of a word, which causes entities to laugh at the pun.

This Awareness indicates in situation comedy it is similar. The entity is in a certain situation and another situation is incongruently placed against it, so that one person sees the circumstances in a certain way, and the other sees the same circumstances from a totally different point of view, and the onlooker, the audience, sees them both incongruently relating to each other in such a way that the audience finds it humorous, whereas each of the entities involved with their incongruent view of the situation can be very serious about what is happening.

Thus, for example, someone is speaking about a bird that has died, and someone else knows a person who had the same name as the bird, and believes that they are speaking of this person and begins to cry or carry on overly heavy in a dramatic sense. The third party, the audience, seeing both and knowing both sides of the story, will see the humor in the one who is carrying on heavily about the loss of this person, while being told of this bird that died, but not knowing the entity is speak-

ing of a bird, and the entity speaking of the bird may wonder "Why is he crying? Why is he so upset? He hardly knew my Fifi!" or "my Jennifer," or whatever the bird's name might have been.

This Awareness indicates that humor allows entities to not only laugh at incongruencies they see out there, but they can also learn to laugh at incongruencies within themselves. Their own values, for example, may in some circumstances come up to the forefront of their consciousness, and they may see the seriousness of what they are valuing, only to have it made ludicrous by some new circumstance that is put together with it in an incongruent manner.

This Awareness indicates when this happens, entities can learn things about themselves that they might not otherwise learn, and in this manner they may learn to laugh at themselves and their values somewhat. Humor is a way whereby entities can move from one level of grave or heavy emotion into another that is much lighter or more spiritual and enjoy the change that takes place.

**The Warped Sense of Humor**

This Awareness indicates, however, there are some situations in which entities develop a kind of warped type of humor wherein they cannot laugh at themselves, but they find it funny when someone is hurt. When someone else suffers, they will laugh at the entity suffering, and if anyone says: "Why did you laugh at that man falling down?" they could say without any qualms, "What? Don't you have a sense of humor? I thought it was funny! It was hilarious!"

This Awareness indicates that some entities see the suffering of others as humorous, as funny. It is usually because they themselves are embarrassed for the person who has hurt themselves, and they don't know what to do, and they don't want to get involved, so instead they detach themselves from the experience. They pull back and laugh in order to detach any emotion to the misfortune of the other.

It is not necessarily intended as being callused or hard or hostile to the one who was hurt. It is more of a detaching mechanism. Detaching from the person who suffers is often used by such entities and the tool is through laughter.

## DOES COSMIC AWARENESS HAVE A SENSE OF HUMOR?

**QUESTION:**

While we're on this subject, John S., of Pacifica, California, asks: "Does Cosmic Awareness have a sense of humor? If affirmative, what kind of things does *It* find funny?"

**COSMIC AWARENESS:**

Questions such as this are humorous to this Awareness because this Awareness has been asked this question so many times and because there are numerous examples of humor throughout these readings, numerous examples of humorous questions as well as humorous answers.

This Awareness indicates *It* is not a comedian in the sense of many of your stand-up comedians that keep you roaring with laughter, but *It* does see incongruencies in many things, including religion, including politics, including the value systems that many entities hold, including things that entities perceive as clever or as serious.

This Awareness indicates that *It* sees many of these expressions in words as humorous because so much cannot be relayed through words, but can be perceived in energies, and if entities could telepathically speak

with images and energies to one another, a greater truth would be expressed and understood by all, but when these energies and images are translated into words and retranslated from the receiver into images and energies the information often gets distorted in a way that is quite humorous to this Awareness.

It can also be quite humorous when someone takes the information that has thus been distorted through words, and begins to question, because of the wording, what the message was, or how the message could be presented.

In other words, if a message that this Awareness gives as an energy or as an image passes through the receptors of the Interpreter's consciousness and is put into words which he feels are close to the conveyance of the information, and someone takes that worded message and perceives it in a way that distorts what this Awareness attempted to convey, but which could easily be distorted, because of the words used by the Interpreter, and then the entity, in distorting the meaning, becomes irate and feels the information is totally wrong; this, to this Awareness is humorous; not because it indicates a flaw in the message or in the reception, but because it has passed through filters that changed its meaning to be something totally different from what was intended.

This is not uncommon with some of the messages. This Awareness indicates that it is rather funny, especially when it is difficult to find any other way of presenting the message, and when the message is then repeated. It comes out the same again.

This Awareness indicates that you keep in mind the term "incongruent," in other words, that which doesn't fit, wherein two things that don't fit together are jammed together. This is humor, wherein one thing lies incongruently against another. This is humor.

## IS LIFE REALLY JUST A "COSMIC JOKE?"

### FOLLOW-UP QUESTION:

I've heard references in the past, I don't recall where, poets perhaps, that all of our reality is really a cosmic joke, and that the Creator must be chuckling over it. Is there anything to that?

### COSMIC AWARENESS:

This Awareness indicates that it is a way of summarizing the circumstances of existence that is focused through the concept of a joke. It can be said to be a joke, if an entity is involved in comedy. If a clown says "Life is a big joke!" there is truth in that. If a poet says, "No! Life is extremely serious!" there is truth in that. If a judge said "Life is a test!" there is truth in that. Or, if a prosecutor said, "Life is a sentence we all must serve!" there is truth in that. They all are true, even if they are opposite to each other, at least to some degree, depending on how you look at life.

### Those Six Blind Men and the Elephant Again

There are many truths. Many truths conflict with each other over how life is viewed. It is much like the fabled elephant in which the six blind men, feeling a different part, describe the elephant differently from each other and yet all are right. One having hold of a leg, another having hold of an ear, another of the trunk, another of the tail, and one feeling the body; they all feel and describe something different. Is there truth in their descriptions, even though they are not describing the elephant in the same way?

This Awareness indicates you can say, "Life is a joke!" but it is not exclusively a joke. It is many other things as well. It is an experience. It is a marriage. It is a cauldron of energies cooking. It is a seething mass of activity. It is a volcano in which all of these energies

bubble up and come forth to the surface as experience and expression.

This Awareness indicates there are countless ways of describing life.

## Does Laughing Build a Big Bust in Women?

### QUESTION:

In regard to laughter, the October 25th *Weekly World News* states that new studies show that women who laugh at least 5 times a day are less likely to be flat-chested than women who rarely laugh. Researchers say laughing increases oxygen flow to the chest, which leads to a healthy and beautiful bust line. Does Awareness see any truth to that?

### COSMIC AWARENESS:

This Awareness indicates essentially, it is suggesting that oxygen or deeper breathing makes the body healthier. This appears to be correct. This Awareness indicates that the healthier body will be found with the entities who receive a good amount of oxygen. Thus, by deeper breathing or by laughter, which helps in the increase of oxygen, could be beneficial in this regard.

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

The CAC Bulletin Board has come alive since the WTC tragedy. We invite you to post your comments and observations. Let us know how you feel. These are very trying times. Also, please check in to the CAC "Chat Room" and communicate live with other entities familiar with the Cosmic Awareness readings. Much is happening and this website is constantly being updated. Go to:

[www.CosmicAwareness.org](http://www.CosmicAwareness.org)

## "Holy Laughter" for Healing Purposes

### FOLLOW-UP STATEMENT (VIKKI):

There was just a segment on the news recently about "Holy Laughter" for healing purposes.

### COSMIC AWARENESS:

This is correct too. This Awareness indicates that it has been shown that laughter helps increase entities attitude toward life, the improvement of their health, and the improvement of their relationships with one another. This Awareness indicates it also helps entities to feel a greater connection with Divinity.

#### The Church That Was Built on Laughter

This Awareness indicates there was a church that was built on laughter in which entities would arrive at the church and the preacher would begin to read passages from the Bible, and the audience would begin to chuckle here and there, and the laughter became contagious so that more of the audience began to laugh as the preacher continued to read from the Bible.

Finally, the contagion was so great that the entire audience would be laughing hilariously while the preacher was reading the Bible. At such services, there were reports that entities who attended the church, who had not laughed in years, actually began to laugh and in many cases, were healed from the diseases that had plagued them prior to attending the church.

#### Guffawing your Cancer Away

People were cured of such diseases as cancer simply by laughing and by having the parishioners laughing with them. Thus, the enhancement of humor and the laughter relieving the heavy psychological blocks and angers and feelings and frustrations within a body, allowed the diseases caused by those emotions to lighten up and to heal.

This Awareness indicates that this has generally been established as a viable way whereby many entities can be healed, because of the work of the church and its laughter program.

### FOLLOW-UP QUESTION: VIKKI:

The elements that seem to be at play in this would be intent, purpose, the block physically broken by the laughter, increasing the oxygen in your body, and the group mind in operation. Is that the complete package there, or is there something else too?

### COSMIC AWARENESS:

This Awareness indicates that there is always something heavy or serious and something lighter, wherein these two are incongruent but are jammed together, which help enhance the movement from the heavy to the light.

#### Levity and Gravity Together Is Something to Laugh About

Keep in mind the word "levity," which is closely related to laughter and to humor, and "gravity," which is closely related to the word grave. The serious and the light, the gravity and the levity. Jam them together and you have something to laugh about.

This Awareness indicates the laughter brings entities away from the heaviness and the grave, toward levity and the more lighter situation.

### Where is there Humor in the Bible?

#### FOLLOW-UP QUESTION:

Well, the passages that the preacher must have been pointing out were probably the obvious inconsistencies in the Bible rather than humor, was it not? I fail to have seen any humor in the Bible.

### COSMIC AWARENESS:

This Awareness indicates that because it is such a serious book, and because entities were laughing, the

incongruity between laughter and seriousness caused others to laugh and gradually it led to the entire audience laughing. To visualize a preacher reading the Bible and the entire audience laughing is an incongruent concept, which is essentially funny, if you do not get too serious and think it is sacrilegious.

It is perhaps funny because it does appear to be sacrilegious, yet at the same time, it is approved behavior in that church. Therefore, you have an incongruity there too: the heaviness and the light, the seriousness and the levity. This Awareness indicates that the preacher may have also tuned in to certain Scripture that was extra heavy or that was accidentally filled with puns or something of a double meaning.

#### Preacher Jokes: Gladly the Cross-Eyed Bear

This Awareness indicates that there is that common action in which preachers deliberately get the audience to laugh by quoting Scripture, such as the preacher who tells of the child where the mother asks the child "What did your preacher talk about in school?" and the child said, "He told about a cross-eyed bear!" and the mother says: "About a cross-eyed bear?" and the child explains, "Yes! His name was Gladly. Gladly the cross-eyed bear." This is a common joke that preachers often tell in churches.

There are also other similar jokes about children who misunderstand the message, such as "Many are cold, but few are frozen." This Awareness indicates that there are ways in which entities can extract jokes from the Bible, or read the Bible in such a way as to make it seem humorous. This Awareness does not see that this was necessarily the technique used in this church, but there may have been some efforts to make the audience laugh while the preacher was reading the Bible.

The point is, however, that the audience knew the protocol, and the protocol called for them to laugh. Even if the Bible-reading was not funny they would start laughing, and when everyone is laughing except yourself, you feel out of place and you may find yourself laughing, even if you normally wouldn't laugh, and once you start laughing, things lighten, things break apart in your system, in your emotional system, to the point wherein levity takes over.

Levity is also related to the word "levitation" or lifting, the rising of your spirit follows levity and laughter. Comedians in a society give a service of lifting spirits of people, making it easier for them to endure hardships because they have moments of laughter.

### What to do with Property on Abaco Island?

(Want to Own a Piece of Atlantis?)

#### QUESTION:

One last question from Paul W., Orlando, Florida. It's sort of personal. "I was rereading newsletter 92-17, (he writes). My question is about the Atlantis part, and sort of about the Awareness family. About 30 years ago I bought one-half acre of property on little Abaco Island in the Bahamas, sight unseen. I don't have much of an idea what the motivation was at the time. Maybe it was just neat to maybe live on an island.

"I still have never seen this property. Over the years I got interested in Edgar Cayce and his readings about Atlantis, and where the northern-most, or highest point was. I now believe that this property was part of Atlantis. My question has a few facets and I will try to be clear. Is it possible that back thirty years ago the motivation to have this was subconscious, or an old-life memory?"

### COSMIC AWARENESS:

This is in the affirmative.

**QUESTION CONTINUES:**

"I don't get vibes about being in Atlantis. This property is just sitting there doing no one any good. Being a Capricorn, I believe in using things. What good is this, of having this, if it can't be shared with somebody? If it had something to do with Atlantis, why have things I've tried to do been blocked? May I be grandiose to think maybe it could be a safe place for others in this Awareness's family. Perhaps somebody reading this?"

"The surveyor I wrote to down there discouraged me from doing anything, saying it was too remote. Does Awareness see this land as a way to serve, or just a hunk of real estate best forgotten about and left for heirs to fight over?"

**COSMIC AWARENESS:**

This Awareness indicates that it appears that it was part of Atlantis; that it could have some value to entities if they have sufficient proper transportation to travel there. It would be burdensome to most entities, but some entities would enjoy the remoteness of such a place.

This Awareness does not see you as having ever owned this before in a different lifetime, but *It* does see that it has had a unique effect on your consciousness, just realizing that you own a piece of Atlantis, and it has an effect of tying you to Atlantean consciousness, which has to do with structuring. It enhances your ability to structure, organize and focus on organizing and structuring activities.

This Awareness indicates that it appears that there will become an opportunity to rid yourself of this real estate within the century but probably within five years. This Awareness indicates that it appears the usefulness in terms of your psyche and emotions in owning this property is almost completed. That there has been some emotional and psychological benefits in owning the property, even if it is sight unseen.

Ed's Note: Anyone interested in checking out this property, let me know and I will forward your inquiry to this entity. He has indicated it is not worth very much due to its remoteness.

**Laughter and Spiritual Evolution****CLOSING MESSAGE:**

This Awareness indicates that the importance of laughter has been discussed. This Awareness suggests also that while laughter occurs in a matter of seconds, there is a different kind of levity that occurs which is related to laughter, and that happens with entities over long periods of time. It may take years for entities to rise to a higher level or frequency, to lighten up, and when they reach a certain new plateau, they again, over a period of weeks, months or years, they again find themselves lightening up, so that over long periods of time it is likened unto climbing the stairs to higher frequencies or higher vibrations over a great long period of time.

This is called spiritual growth, or spiritual evolution. This Awareness indicates that laughter is but a mini-echo of spiritual evolution, and if entities learn to laugh and enjoy laughing, it can enhance their ability to lighten up in other ways. This Awareness indicates, however, it is also important for entities to learn how to get heavy, get serious and to become very grave in certain circumstances that require energy and focus of one's determination and purpose.

You cannot laugh at everything and never get serious, or you fail to have much purpose or meaning in your life. To become a butterfly does not necessarily benefit everyone totally. The butterfly is flitting along with nothing but humor and lightness, and it may be beautiful, but you cannot get the butterfly to dig a ditch, to

work on the plumbing, to clean your floor, or to do other things that are necessary for comfortable survival.

This Awareness indicates that in the pursuit of tasks which have to occur in life, you may wish to get heavy, get real, get down to earth, and become very serious; after which you can lighten up, when the job is finished, experience levity, get unreal, and enjoy flitting around like a butterfly.

(The Law of Gratitude is given)

**How to Deal With Terrorism****QUESTION:**

A question from R.B., Phoenix, Arizona. "Could Awareness please specify appropriate and necessary means of aware-dealing with terrorists. Might tourists and overseas travelers in general surround themselves and all in their surroundings with White Light as an initial step? But what else physically, emotionally, spiritually needs be done? In the event an aware individual becomes directly or potentially victimized by terrorists, what can be done by those entities to best help reconcile the energies?"

**COSMIC AWARENESS:**

This could be best effected by meditations from within, by group meditations. If it were that one consciousness could be gained by all in flight, in bus route, on trains, that all might come together of one mind and one spirit, within the deep meditational recesses, that they might release the energies positive, the influencing vibrational trends which would make it almost impossible for the negative vibratory forces from the lower astral planes to project, to receive the terrorist actions.

Peace from within is more important than peace without. And yes, one individual may travel and surround himself, herself or others with the protection of the Divine Self, and yet that protection is not as great as would be manifested if the whole group together could come together in one accord and one mind for meditational relaxation, for the one can protect himself, several, maybe all if he is so attuned. But few are so attuned; but in a group situation, many are so attuned that it might be so, for they come together in one consciousness and one mind, and though they not be highly attuned, they are able to magnify that which is within to that which is without, and thus protect the whole group.

Ed's Note: Wherever you are, please join the worldwide meditation for world peace every Friday at 9:pm (your time). Details on the CAC Internet Domain: [www.CosmicAwareness.Org](http://www.CosmicAwareness.Org)



Living together in peace (continued):

## THE CONCEPT OF ANGER: (PART 1)

10/8/89

### OPENING MESSAGE:

This Awareness indicates that the concept of anger be that which is looked at/at this time.

This Awareness suggests that when entities express themselves in a form of anger, that this activity is that which is associated with fear, as well as the feeling of concern in regard to another.

This Awareness indicates that either the entity is concerned about what the other thinks, is concerned about what the other does, or is concerned about the opinion of the other, in some way, related to some incident or third party.

This Awareness indicates that the fear is that which is generally associated with a concern that the entity will not approach the situation in the manner that one who is expressing the anger would like to see the approach to be.

This Awareness indicates that often, the expression or experience of anger is that which, because of the extreme emotion involved, prevents communication from being complete and thorough; so that the two parties involved can communicate in a way that resolves the issue or helps to express clearly each other's point of view. Either one does not allow the other to express, or the one feels that he must express with greater volume or greater emotional amplitude, in order to get his or her point across, and this emotional expression in a higher amplitude or voltage is that which causes the phenomenon known as anger.

This Awareness indicates that the difficulty with anger is that when one ups the volume of emotion, the other feels like it is necessary also to up the volume of emotion; and this then, leads to an increase in the adrenaline and in the confrontation, and the amplitude of energies being hurled back and forth.

This Awareness indicates that this can lead to an escalation that loses control, or wherein one loses control of reasonableness, and it can escalate into situations that can have tragic repercussions.

### The Dangers of Anger in a Relationship

This Awareness indicates that there are, for example, experiences in which an entity might, through anger, harm another over some argument about something that normally means little or nothing to either; but because it has worked itself into some kind of confrontation with great amplitude involved, the entities feel it is more of a life-and-death struggle to win this confrontation.

This Awareness indicates that wherein entities understand the danger of anger in a relationship, some are unable to relate without the use of anger, or without having anger as a shielded sword ready to be brought out if there is any threat to the entity's position; and therefore such an entity can intimidate others, coercing them, even without becoming angry, just by having the threat of anger shielded behind his or her behavior.

This Awareness indicates that anger, in general, is a tool that can be used by those who are skillful in psychodrama. It is, however, dangerous, and is seldom really that necessary. It is much better that entities resolve their differences through clear communication.

The only time anger should be used as a tool for psychodrama is when one entity is continually using anger to coerce others. In such an instance, there may be situations in which someone can mirror back that

entity's anger to demonstrate the effect, or demonstrate the psychodrama, so that the other sees what he or she is doing.

This Awareness indicates even this can be dangerous, because if one is angry already and another gets angry in return, then it comes to a question of who has the most power behind their anger as to who will give in or who won't give in.

This Awareness indicates that in the instance of one using it for psychodrama purposes, the entity must maintain an actuality, a reality of not being angry beneath, but simply pretending the anger for demonstrative purposes, to demonstrate a point. This has been done effectively in certain self-help therapy sessions, or group therapy sessions, or sessions wherein one is assisting others in understanding their own behavior.

### Anger Accomplishes Little of Value for Anyone

But this Awareness indicates that the value of such is very limited, and that it is much better that entities understand, in general, that anger accomplishes very little of great value for anyone, other than to serve as an expression of disturbance; and that it is better that the expression be limited and not extended to its full fury.

This Awareness suggests that in order to communicate clearly, if one wishes to avoid the extremes of anger which could lead to violent reactions, one needs to be willing and able and cognizant enough of the situation to have a pre-arranged agreement with the other that says, "If I start to get angry, I would like to have the right to terminate our communication, take a break, and come back to it when I feel more composed." And then, once this agreement is reached between the two parties, it then becomes part of their way of communicating thereafter.

So that as time passes, and communications lead to points of disagreement in which the entity begins to become angry, the entity can simply say, "I call for a time out. I can't handle this. I've got to have a break. We'll have to discuss this later when I feel more composed." And then, the entity can walk away, think about things, calm down, collect his or her thoughts, so that the threat of losing the argument is not so exaggerated or is not so great. And the entity can readjust the thinking, readjust his ideas, and readjust his presentation, so that when he or she comes back to the conversation, it is with a new composure, a new calm approach, and the communications can then continue on a more rational level.

This Awareness indicates this avoids the problem that often is caused by things getting out of the rational level and into the bicameral portion of the brain, which essentially has to do with survival, wherein anger is generally triggered. That when one feels that he or she is threatened some way, the more base, animalistic survival instincts kick in, and this increases the emotional energies, the adrenaline and so forth, and the entity becomes ready to fight.

This Awareness indicates that most issues do not need this kind of survival technique or energy, and in fact, such can be most harmful to a relationship.

This Awareness suggests therefore, that the willingness and the prearranged agreement between entities to allow each other--either party, to take 'time out' from a discussion if either feels he or she is losing some kind of rational balance--this kind of arrangement is that which can help alleviate many of the problems with anger that disrupt so many relationships which entities have. And which can, in turn, cause tribulation and suffering for those who endure the anger of others, or of one's own

self. For often those who exhibit such anger also suffer consequences from their own actions and expressions.

#### **The Action and Benefits of Taking "Time Out"**

This Awareness indicates the action of taking 'time out' as that which is quite simple, and yet most effective in helping to allow a calming period of time, so that a rearrangement of energies for more clear communication can then be implemented and rescheduled.

This Awareness indicates that another approach is to have someone present to monitor or witness, which generally keeps entities from becoming quite so emotional. Except in some instances, the monitor or third party becomes likened unto an audience, which draws out greater performance levels of anger and expression, for those who enjoy seeing themselves perform in such manner.

This Awareness indicates that the third party as one who should be of the type that would want to reconcile, rather than get kicks out of seeing conflict.

#### **Often a Counselor or Third Party Can Assist**

This Awareness indicates there are those who get excited over watching entities fight, and there are those who get disturbed over watching entities fight; and those who get disturbed, would like to see the problems worked out. And it is this type of third-party involvement that might assist entities in communicating in areas which are somewhat difficult for them. It is therefore suggested that when there are areas in which two parties have difficulty communicating without becoming angry, that a counselor be present, one who is trained or in some way experienced in helping to counsel the parties through their difficult communications.

#### **Tape Record Your Discussions for Later Reference**

This Awareness indicates that it is also of some value for entities to record, such as with a cassette tape, their discussions which might have certain disturbing communications, so that they can then reflect back on the tape and see where they each contributed to the resolving of the issue, or where each may have caused an exaggeration of the problem. And in this manner, by listening to the argument or discussion at a later time when they are more calm, they may be able to reflect more clearly on their own communication skills or mishaps.

This Awareness suggests, however, the simplest approach is to call for "time out" when there is that moment in which one feels oneself becoming highly disturbed and unable to communicate without expressing anger.

This Awareness indicates that in such communication, the party who is experiencing anger is not necessarily the one who will call for 'time out. It is also suggested that the other party who witnesses the anger may wish to say something such as, "Well, let's talk about this later, when we are more relaxed."

It is important that this person not say, "You're getting angry, you're losing control. I don't want to talk to you." For this will only exaggerate the anger in many cases; and it may not calm the entity enough, or stop the discussion at that point, but may simply trigger further anger or violence.

#### **Carefully Avoid Judgmental Statements When Angry**

It is very important that entities focus more on their own feelings, what they are experiencing, rather than talking about the other person--giving "you" messages. Rather than saying, "You're this, you're that," it is better to say, "I feel concerned," "I feel frustrated," "I feel intimidated," "I feel threatened by what you say." And

in this manner, the entity who expresses these messages has a legitimate right to feel or say what he or she is experiencing. But to accuse another of being this or being that, being angry or being outlandish or being wrong, these are judgmental statements about the other person, and they are expressions of one's opinion about the other person, and can very easily trigger a defensive reaction, or an offensive reaction in the other person.

The difference between saying, "I feel frustrated when you accuse me of such things," or in saying, "You have no right to accuse me of such things when you, yourself, do this and this and that," there is a big difference in the way these two statements come across. For the one is an accusation against the other, and the other is expressing the effects that one feels. And no one can take so much issue with what you feel, but will take issue when one is accused of something.

This Awareness indicates that there are little ways in which entities can communicate with each other more effectively, so that the communication can continue without riling the other person, and these are certain helpful and simple techniques that can be used effectively to prolong more beneficial communications.

#### **Find Out What the Entity Really Wants From the Discussion**

This Awareness indicates also, that in such communication, it is important to find out what each party is truly desiring from the relationship under discussion. For you cannot really resolve anything if you do not know what each other wants, for often what one says does not reflect what one wants. One can start pointing out another's faults, or pointing out the errors of another, but unless you know *what* that person really wants out of the discussion, you cannot know why the entity is pointing out these faults and errors.

And if you start relating to the faults and errors the entity is pointing to, and going over things of the past that were alleged to be mistakes, or threats of the present and future, you find yourself bogged down in issues that really aren't related to the real cause and real purpose of the entity's attacks on you.

#### **Somewhere You Should Ask: "What Would You Like me to do?"**

So, it is important that somewhere in the communication, you ask the entity, "What would you like me to do?" and then, you discuss whether or not you can do it or want to do it, or why you should or should not do it. This Awareness indicates that you may also discuss whether it is reasonable to expect you to do it.

This Awareness indicates this is getting more to the issue, to the heart of the matter, than to discuss one's faults or one's way of behaving and so forth.

This Awareness indicates also, that it is important to realize that often entities will complain to another about things that are bothering them, and the one entity may feel that because this person complains, "I am responsible to fix whatever is wrong."

This Awareness indicates that this is not necessarily so. The complaining entity may simply be wanting to share frustration that is felt and it is not necessarily an obligation of yours to fix everything that frustrates the other, but it is an obligation to listen to the other's frustration. Therefore, you may listen to what frustrates the other, without feeling the threat that you have to fix it.

This Awareness indicates that this can help entities in their relationship, so that they do not need to become upset, disturbed, frustrated themselves because of someone else's frustration.

## CAN ONE BE BORN WITH A SHORT FUSE?

( Road Rage, Recklessness and Foolishness When Angry )

### FOLLOW-UP QUESTION:

Is anger always acquired, or is it possible some people might be born with what you might call a short fuse? I was thinking of people you see on the freeway that seem angry if they get behind a car and they can't pass it or something, and they'll suddenly do something very reckless, or I've seen people that when they get a flat tire or their car breaks down, instead of dealing with it, they'll start cursing the car and kicking the fender and so on, and this type of thing doesn't seem to be related to a relationship, unless it's a carryover from one.

### COSMIC AWARENESS:

This Awareness indicates that the qualities that often express themselves as anger are generally inherent in one's own makeup, and some entities never seem to become angry, while others seem to be angry quite frequently.

#### Frequent Anger May Indicate Health Problems

This Awareness indicates that this also is one way of determining the tendencies that entities may have toward certain health problems; for entities who have the tendencies toward anger generally have tendencies toward circulatory problems, heart problems, or high blood pressure.

This Awareness indicates that this is because the adrenaline is constantly being called upon, and the adrenaline pumping its toxin through the body, has its effect on the blood stream, and helps to cause the coagulation of certain cholesterol and other elements within the blood stream throughout the body, so that the veins and arteries begin to collect things on the wall. This is partly the result of adrenaline in the system in excess.

This Awareness indicates that anger also helps to trigger more headaches for entities, and the general tendency of people who are easily angered, or hold onto anger, (even when suppressed) is that they have greater circulatory problems than others who seldom become angry. Those who seldom become angry may, however, develop other problems related to such things as, because they do not assert themselves heavily, they may accept rejection, and they may not like the rejection, and feel themselves to be inferior or feel themselves to be unacceptable, and this can cause certain kinds of other health problems, including such tendencies as cancer or suicide or depression, or those more recessive types of illnesses.

This Awareness indicates that the entity who asserts in excess the adrenaline-type energies, such as through anger or physical violence and activities such as described in kicking the car or driving erratically -- such an entity may, in part, have developed this kind of tendency through environmental or through watching others as role models; but generally, it will show up somewhere in the entity's horoscope as being a characteristic of the entity himself or herself.

#### The Short Fused Entity is Revealed in Horoscope

This Awareness indicates that certain signs, for example, are more assertive and aggressive than others; certain planetary relationships and aspects in one's chart will show the short fuse. This Awareness indicates that Mars and Uranus in square often will show up in a chart indicating the entity has a quick temper.

This Awareness indicates there are other aspects that can indicate this also, but this being a predominate aspect, the square of Mars and Uranus, or the conjunction of Mars and Uranus, even the opposition of Mars

and Uranus, can indicate a quick temper, wherein an entity suddenly explodes and becomes very angry.

This Awareness indicates that the relationship of these planetary aspects to each other in an entity's chart, as well as those environmental influences that have been part of the upbringing of the entity, may contribute to some entities being more inclined toward anger than others. And in this sense, it isn't necessarily acquired, except as environmentally caused; it can also be genetically and astrologically infused in an entity. Generally, if an entity is the offspring of one who has had an aggressive nature, the entity may be inclined to aggressive expression also, if taking after that particular parent.

But these things can be modified by awareness, wherein one becomes self-aware, aware of the circumstances that trigger reactions, so that the entity is not a victim of reactions, but learns to understand his or her own weaknesses, and where and when the entity might be, thus, triggered by some event to react in a sudden and extreme violent way.

This Awareness indicates that if entities sincerely work on themselves to improve their own behavior over a period of time, there can be major changes. And the entity who, as a youth has a terrible temper, may over time, learn to control or pacify that tendency to react violently too quickly. Such pacification may be seen as mellowing out with age; but in fact, it is mellowing out from the entity discovering or learning how to cope with situations in a different manner.

This Awareness indicates, however; that age does help to mellow entities. For it takes energy to fight, and most people as they begin to age, don't have the same amount of fighting energy that they had when younger, and therefore, they find themselves too tired to fight over some little issue that twenty years before could have been a tremendous issue for marital argument.

## Red Headed Entities Have a Quick Temper? ( Truth or Myth? )

### FOLLOW-UP QUESTION:

Is it myth, or is there some truth to it that red-headed entities have a quicker temper than most people?

### COSMIC AWARENESS:

This Awareness indicates that this is actually a greater sensitivity. The red-headed entities tend to be more sensitive and read the sensitivities or more subtle feelings involved in expressions, and they will react to those feelings more readily because they sense things that others don't tend to sense as quickly or as completely. And in the event or case of some negative experience or event occurring in their proximity, they may react in a more dramatic way quicker than would others who are not so sensitive, and therefore they have gained the reputation of being more hot-tempered. But it does not apply only to temper, it applies also in other areas. They are simply more sensitive to the innuendoes, nuances and more subtle energies that come up in communication.

This Awareness indicates their tendency to be more sensitive relates to the skin tone, in the sense that because of the pigmentation of the skin, their nerves and feeling is more sensitive than for most entities. These entities are also more likely to get skin cancer than would be an entity who has more pigmentation in the skin.

#### Changing Ozone Layer Causing More Skin Cancer

This Awareness indicates that, in fact, the increase in recent times regarding skin cancer,--in the past thirty years, it having increased tenfold--is the result of the

changing in the ozone protection so that more and more entities are being faced with the prospect of skin cancer.

This Awareness indicates that the people having a more northern climate, especially the Swedes, Norwegians and those in northern Europe, northern Canada, the Scottish and Irish, are the ones who are most inclined to the skin cancer.

This Awareness indicates the fair-haired, light-skinned entities are most susceptible to skin cancer at this time, because the skin does not have the protective pigmentation that is given to others. This Awareness indicates that not only the redheads, also the blonde types.

This Awareness indicates that those who have lived in the lower climates, such as in the United States, in areas wherein the sun is more predominate than in northern climates for several generations, have developed some immunity or pigmentation that helps to protect them from the skin cancer tendency, so that they are not as susceptible, even though they may be of Norwegian, Swedish, Danish or Irish and Scottish descent. This Awareness indicates this including also Finland.

This Awareness indicates that the Eskimos tend to have pigmentation that protects them, even if they are living in southern, sunny climates.

This Awareness indicates in regard to the concept of the temper, the temperament of individuals also is part of cultural tendencies. There are, for example, often more tendency to temperamental behavior through the Mediterranean people than through some of the more relaxed and docile types of people in other cultures, such as the East Indian or Chinese or Japanese people, because these entities' cultures do not promote the driving ambition that is often promoted in the more industrialized and demanding countries of Western Europe, and in certain cultures that require performance and promote, for example, some of the more emotional qualities.

This Awareness indicates that there are cultural tendencies that promote emotional and passionate aspects of human activity in some cultures, whereas in other cultures, the mental order is promoted as being more important, such as in the Germanic countries.

This Awareness indicates that those cultural qualities can also have an influence on the promotion of anger, love, passion, and the more emotional side of an entity's expression.

This Awareness indicates you seldom hear of East Indian people who are overly jealous or overly passionate, to the point of having a hot temper. The same with other Oriental types.

This Awareness indicates, however, there are exceptions even to this. For individuals from different astrological charts will have their uniqueness, with some having charts that indicate a very hair-trigger type of temperament; others having a more docile and relaxed type of behavior.

Wisdom of Awareness...

### On Watching Television

This Awareness wishes to look deeply into the eyes of those who watch these television sets, and to assure all entities upon this plane that indeed they are loved, that they are not forgotten, that they are not alone, and that each and every one of you has access to this Awareness; wherein you move deep enough within yourself, laying aside judgment, hostility, frustration and move into yourself to find that pool of consciousness which emanates peace, tranquility, and love for all living things.

## ANGER AND VULNERABILITY TO THE ALIEN FORCE

### QUESTION:

I believe Awareness has previously indicated that the alien force can access an entity through the aura at moments of anger. Is this confined to those entities who seem to be perpetually angry, and have that type of attitude that they explode more often, or is this also a possibility with entities that don't get angry very often but maybe just have one or two explosions?

### COSMIC AWARENESS:

This Awareness indicates that it appears that you may use the analogy again of a starship, in which the starship must let down its shields in order to fire.

This Awareness indicates that when an entity expresses anger, they are essentially firing their emotional charge at another; and to do so, the shields must be lowered during that time.

This Awareness indicates that, if one is continually angry at others, the shields are constantly in a lowered position, and they are susceptible to receiving shots of anger toward themselves.

This Awareness indicates that an entity, upon launching torpedoes of anger, may find it valuable to move into a quiet stage and repair the shields through meditation and calming action, calming oneself and rebuilding one's poise and sense of harmony.

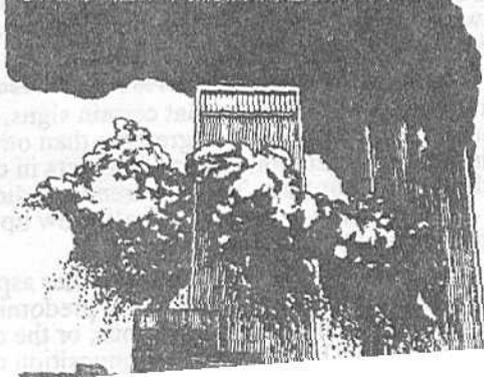
Generally, when such occurs, the entity will also seek to repair the damage from the interchange of the relationship with the other craft, or other individual, and reconciliation can then occur, wherein the other craft that may have been damaged by the fired anger or torpedoes will then repair as these entities or ships communicate with each other.

This Awareness indicates that the analogies of ships, spaceships and human individuals--wherein one fires pellets and torpedoes of anger, the other fires photon torpedoes is very close, and for the sake of understanding can be used interchangeably for visualization purposes.

This Awareness indicates the entity who is angry and fires a charge of anger or torpedoes of anger, may find those striking another shield, if that entity refuses to be responsive to the other's anger.

For example, the entity who says, "You are too angry to speak to me now. I am not going to participate; you just want to fight. I'll talk with you more on this when you are more calm. I don't want to fight with you. I want us to be friends, and until we can talk in a more calm manner, I think we'd better just relax." This kind of response is one which allows the entity being fired upon by anger to remain unscuttled or undisturbed. It is likened unto having one's shields up so that the anger does not penetrate.

SEPTEMBER 11, 2001 - A DATE WHICH WILL LIVE IN INFAMY...



## THE CONCEPT OF ANGER

### ( Part 2: Anger as an Addiction )

#### OPENING MESSAGE:

This Awareness indicates that *It* recently spoke of the concept of anger, and that this Awareness would like, at this time, to add further information in regard to this concept.

#### The Shot of Adrenaline That Comes With Anger

This Awareness suggests that this applies not in every case, but to many situations for many entities, in that in many instances for many entities anger is an addiction. This Awareness indicates that it is as much an addiction as any drug, for entities can find a certain amount of energy and self-importance in regard to receiving the shot of adrenaline that comes with anger.

This Awareness indicates that it gives their life a sense of high value and priority for a few moments when one is angry; it can lead an entity into feeling that one has immense power just as do some drugs which entities become addicted to.

This Awareness indicates that in the cases where it becomes addictive to an entity, anger can be triggered for the entity by various instances that are sometimes almost insignificant in terms of most people's lives; but whereby this addictive type of anger can be triggered for the individual looking for that moment, that high, that special adrenaline rush, the entity can find some excuse in a situation whereby the entity then becomes angry.

This Awareness indicates this anger then is expressed, and the entity feels himself/herself to be noticed, to be recognized, to be important for that particular moment during that time.

This Awareness indicates it is likened unto stealing the scene in a situation, taking all of the attention and power from others and being special. This Awareness indicates that it is in this manner that some entities will artificially create situations in which anger can be an expression, so that they then have the opportunity for that special position in the situation.

This Awareness indicates that often, entities in a situation with one who enjoys expressing anger will give in quickly in order to pacify the entity so that the disturbance does not go any further than is necessary; for these are also entities who just as equally enjoy peace and harmony as the particular entity may enjoy the excitement of expressing anger.

This Awareness indicates in this sense, there are those relationships that are created wherein some entities are constantly on guard to pacify an entity's temper, and the other is constantly looking for an excuse or looking for the moment whereby the temper can be expressed in terms of flying off the handle and expressing one's anger.

#### Clinging to Old Past Memories so Anger Can be Triggered

This Awareness indicates that for these entities who are addicted to anger, they often refuse to let go of past memories or past events that they see as having been violations to themselves. They hold these memories carefully, as though they were some kind of special addictive drug or herb which they can draw on at any time to get that special fix that they need. And often, such entities will then draw on those memories and become angry over some incident of the distant past, bringing it up again, again, as time passes, as a reason for expressing further anger, even though perhaps the event is long past, and present events are not even related to that old event that triggers anger.

This Awareness indicates that many entities holding onto anger from the past, hold onto these negative events in such a manner as to be almost like cherished memories of some entities whereby the cherished memory is part of the entity's entire being. Whereas, in the case of the angry person, these cherished memories of anger are part of the entity's entire being, without which there might be little else the entity could express, since the entity values those angry feelings so greatly.

This Awareness indicates that in order to overcome such an addiction, the entity may need to treat it as an addiction and may need to be aware of the situation in the same way that one overcoming alcoholism or drug use would have to deal with the problem, whereby the entity goes one day at a time, one situation at a time. And wherein something might normally call forth for the entity to be angry, the entity might say, "I will wait till I get far enough away from this. I deserve the right to be angry here, but I will wait for awhile, at least for so many minutes, and then I may reconsider and express anger at that time." Or the entity may say to himself or herself, "Yes, I have a right to be angry here and I cannot control myself. I will be angry for at least five minutes. Then I will cease to be angry." Whereby the entity then gives certain time limits for the anger so that it doesn't continue in a chronic way to be felt without end.

This Awareness indicates that both approaches allow the entity to have some personal control and allow the entity to determine how he or she wishes to deal with the issue that can be used for an expression of anger, so that you are not depriving yourself of your right to expression of anger, but you are, in fact, dealing with that right in a manner that you feel is suitable to your own capacity and ability.

This Awareness indicates that by either putting off the moment at which you express your anger until you are in a more suitable environment in which no one else will be harmed, or whereby you express the anger in a way that is not so harmful, or in the expression of anger in such a duration that is not so harmful; that any of these approaches can begin to modify the effects and ways by which you express anger, and it has its effect on your life and the lives of others.

#### Taking Your Anger Out on Your Wife or Your Dog

This Awareness indicates that also it is important to realize that one's own personal anger toward something should not be misaddressed to someone who is innocent and not the cause of the anger. There are many entities who, angry at the boss, will take it out on their dog or their children or their wives, or spouses. This Awareness indicates that they may also take it out on others-- friends, relatives, even their mother.

This Awareness indicates that these expressions of anger toward the innocent in regard to refusal to express the anger toward the one who is responsible for the anger, is a form of evasion and cowardice, wherein you are not quite courageous enough to confront your boss or the one who is causing the anger, yet you are courageous enough to dump all of your anger on your child or your dog or cat or other victim that cares about you.

This Awareness indicates that these things need to be looked at and carefully understood, so that you become either better in control of yourself, so as to change the anger from that explosive-type energy altogether, or put it where it belongs, rather than on the innocent bystander.

#### Dealing With Anger Caused by Your Boss

This Awareness indicates if you are, for example, afraid to confront your boss, rather than dumping your

anger on the innocent bystander, it might be better for you to discuss things with your boss--not in an angry manner, but in some other way.

This Awareness indicates that you can always, instead of being angry, you can always ask questions in a manner that is being receptive to discover the thinking of your boss, or the one who has caused the anger.

This Awareness indicates that this does not always work, of course, because your boss may simply hold you in absolute contempt, and not feel that your questions are worth answering. And this, of course could cause you to feel even more anger. The other option is that if you have such a boss, perhaps you should consider changing your job to that which is more suitable, and getting your revenge on your boss by depriving your boss of your services.

#### **Dumping Your Anger on Innocent Bystanders**

This Awareness indicates that there are, of course entities who, rather than confronting the boss, or rather than dumping their energies of their anger on innocent bystanders, will take it out on the boss by sabotaging his product, or whatever it is the boss does, in a manner that is clandestine and secretive, such as putting out inferior quality material under the boss's name.

This Awareness indicates that in this way, there is often shoddy workmanship being produced in the country or in various companies and corporations wherein poor service or poor workmanship and poor quality products are being created, simply because a worker does not like the boss, and is afraid to confront the boss, and does not want to dump his hostility on an innocent bystander, and therefore dumps it on to the product, which eventually works its way into the marketplace, causing the consumer, (who is also innocent) to reap the product of the angry person's hostility.

This Awareness indicates this is another form of dumping your anger on innocent bystander; but in this case the bystander is also a stranger. This Awareness indicates that in such, it can reflect on the boss and his product.

This Awareness indicates that in many cases, however, it does not even touch the boss, for the boss is maybe just a cog in the wheel of a greater organization, and it reflects on the total organization rather than on the boss, and so your vengeance is still misplaced.

This Awareness indicates that the proper solution, essentially, is that number one, an entity should either confront the boss or the boss's superior, and talk to those involved in regard to the poor treatment that the boss has given which has caused you to feel angry, if that is possible. In some cases, the higher superior will discipline the boss, if indeed, he or she receives enough complaints from the workers indicating the boss is treating them unfairly. In other cases, they may transfer the entity from that department to another, or may transfer the boss from one department to another, with instructions to change his or her way of management.

#### **Sometimes a Conversation with the Boss Is Helpful**

This Awareness indicates that also, the approach of getting co-workers to collectively complain against the boss's treatment can be effective. If it is such that the co-workers like the boss and you are the only one having such trouble, then perhaps there is a problem that is in connection with yourself and the boss only, and perhaps there is something you can do that will change this situation. Perhaps a conversation asking the boss why it is that he or she is offended with you, or takes offense with you so regularly, and what it is that can be done to

make conditions better. Perhaps this kind of conversation would be helpful.

This Awareness indicates, of course, this is in reference not only to those who are bosses in terms of the workplace, it is also a problem often with entities in regard to their personal relationships with others on a social level, wherein an entity is continually being angry with someone on a social level, to whom he or she attributes a special power or position, and the entity is afraid either to confront the entity or is afraid to remark and discuss the problems with that entity.

Often such fear is the result of the entity having some kind of special control over the entity. For example, if the entity is considering leaving this person in his or her will, then this person may not wish to confront the entity about the way he or she is being treated, and may simply be angry, along with the feeling of trying to keep the entity from knowing he or she is angry, because he or she does not want to be cut out of the will.

There are these dual motivations that occur in relationships. This Awareness indicates that often these things can promote anger and can promote hidden angers for entities.

#### **Don't Allow Others to Push Your Buttons**

This Awareness indicates the important thing, of course, is that, as much as possible, you must not let others push buttons, push your emotional buttons, to cause you to react with anger, to feel anger, or to express anger so that you are out of control of your normal self, simply because they are manipulative, using some power they have over you to manipulate you.

This Awareness indicates that if you can ride out the situation for the time necessary to extract yourself from the domination and manipulative controls of another, or if you can confront the entity and inform the other you are no longer interested in what they have to offer, or if you feel that what they have to offer is worth going through purgatory for, for a certain duration, but you wish to make it less painful on yourself, and therefore, you are not going to be reacting in a stressful manner to their aberration, and you can keep your poise and harmony even in spite of their unfounded and incorrect demands on you,-- then these are ways whereby life can be made easier for you.

#### **Anger as an Adrenaline Rush**

This Awareness indicates the important thing here is that you do not simply get off on being angry at someone for some reason, so that the adrenaline becomes a fix for you, much like a drug.

This Awareness indicates that you must realize that if there were a drug that could stimulate your adrenaline, if there were a drug on the market that could cause the anger rush, the adrenaline rush, there would be many entities seeking to get that drug just for the sake of the adrenaline rush, because it would give them the sense of greater power.

Adrenaline is a very powerful hormone that affects entities and can cause entities to feel very powerful. It can also cause entities to feel great fright. The fight and fright syndrome of the adrenaline is that which many entities enjoy and desire, enough so that they may look for situations or look for reasons to drug themselves up with the adrenaline through anger or through fear. Just as entities go to frightening movies, the horror films, in order to receive the adrenaline rushes from such scenes, also entities can seek that adrenaline rush through anger and through hostilities, such as may occur in driving, or in social situations, wherein the entity seeks those

situations that can cause him or her to express great anger.

#### **Counting to 10 to Suppress Anger can Salvage a Relationship**

This Awareness suggests that the idea of counting to ten as a way of holding back the anger is a kind of humorous approach, but it is based on a concept that is meaningful, in that if one can hold off the expression for a short period of time, and put one's attention in a different direction, take a few deep breaths, relax, and start over with what you wish to say or convey; you can often salvage a relationship that would otherwise end up in a stormy feud and possible violent confrontation. This Awareness indicates that cool heads can often prevail.

There are times when anger as a dramatic technique can be expressed for certain value in order to convey to another entity that what they are doing is not getting the results they want. For example, someone throws a pie in your face, laughs, and others laugh. If this is at a party, perhaps it is best to laugh and join in the fun of throwing pies in each other's faces. If this is in a business situation, and you feel you have been highly insulted and have lost your position as a leader, or have lost the respect of others around you, it is best not to lose any more respect by doing something that would even degrade you further.

This Awareness indicates that in such a case, you may wish to simply walk away,--put someone else in charge, walk away and clean your face, then come back and call that entity into your office or something of this kind.

This Awareness indicates if this entity originally, who threw the pie in your face, was but a mischievous child, then you might be able to get by expressing your anger at the moment the pie was thrown, which in turn, would just inform the child that this is not the right place for this kind of behavior, and the likelihood is, that you could get by expressing anger, and the child would have a better realization by having an immediate input that this was out of place.

#### **Expressing Anger for Dramatic Effect**

This Awareness indicates that often one can express anger as a form of dramatizing that something is not suitable. But even here, where an entity is expressing anger for the dramatic effect, one must be most careful, and actually must be rather cool inside in order to do it objectively. For if one is truly angry, then the anger may color one's motivations and objectivity, so that the entity is simply being subjective and reactionary, rather than using it for best dramatic effect.

This Awareness indicates that in other words, one can pretend one is angry, if one is cool enough to know that the expression will have this or that effect, and the entity then may get a certain desired result. But if one expresses anger at something someone does, and that entity discovers, "every time I do this, he gets angry," then the entity who knows what to do to cause the anger has control over you.

The entity can simply do something and cause this person to jump, the face to become red, the voice to become loud, and the entity to become wild. There's a lot of power in being able to push a button, an emotional button, to make someone else angry and many entities manipulate others in this manner.

The angry person may think that because he is shouting and is more forceful, that he has control; but often the one who is pretending to be the victim, who is simply sitting back and taking all of the anger from the other, is the one who actually has control. And those around may see this better than the one who is expressing the great anger.

This Awareness indicates that volume is not necessarily control.

This Awareness suggests that the child who causes the parent to start raving, may actually have more control over the situation than does the parent. The child could even perhaps theoretically tell a neighbor child, "Let's go make Mom angry," and they could go in and the child could simply say the right words that make Mom shout and become furious. Then the children could go out and laugh, and say, "Well, what next?"

This Awareness indicates that you must become aware of these things that are your emotional buttons that trigger off your anger, and ask yourself if you really want these things to be so easily pushed, and if your reactions are truly to be manipulated with such ease.

This Awareness indicates that this is not to say that entities should never react when someone expresses something that is a pressure to them, an accusation or something; but rather that entities should be cautious that they are not being manipulated into anger, or that they should be cautious that they are not finding an excuse and looking for reasons to express anger, simply because they 'get off' and are motivated with greater excitement when they feel anger.

#### **One of the Best Ways to Express Anger**

This Awareness indicates that one of the best ways to express your anger is to start off with a statement, "That makes me feel angry," and in stating so, then you can continue on and say what you want to say, but you are then addressing your statement from a position that you feel angry, and the entities reading the material will then -- reading or hearing your statement -- will then realize it is being given from a position of anger.

#### **Expressing Your Anger to a Child**

This Awareness indicates that you may also say to the effect that, "That causes me to feel angry, and I may feel angry for..." a certain duration. For example, to a child who has done something that has offended or harmed you, you may express your sense of anger and say, "I probably will be angry with you for at least an hour, so don't come around until the clock is at 4:15."

This Awareness indicates that this allows the child to start thinking about what he or she has done, and then when the child speaks to you and you snap back at him, he will understand: "Oh, this is because he was angry at me, and it's not 4:15 yet."

This Awareness indicates that this way the child does not confuse your sharp response or angry response to him with your normal behavior, thinking that you do not like him. He will associate it with the action that he or she has already triggered, which caused you to feel angry. For many children can create the situation that would make another angry, and within five minutes, they have totally forgotten that they did that.

While the parent remains angry for some time, the child has forgotten, and then when the parent expresses some kind of anger at the child, the child is mystified as to why the parent will not give them that particular thing they want, and they do not associate the parent's behavior with the actions of their own, which triggered the parent to become angry toward the child, unless this is pointed out to the child.

This Awareness indicates that in this manner, the child then develops confusing feelings about the parent in terms of their responses. And if this continues and persists throughout one's childhood, the child simply begins to associate those responses as though the parents, were illogical and there was no consistency of

behavior, no meaning, no order; and the child may feel that there is no personal control or responsibility.

This Awareness indicates whereas if the parent informs the child that, "I am angry at you, and I will be angry for a certain length of time, so don't expect any favors from me," then the child not receiving favors, remembers that, "Oh, I caused that. That's my fault." Then the child has a sense of control over his or her life, and is aware that he or she is the cause of things that occur to him.

This Awareness indicates that when children feel that they are at cause in certain situations regarding their life, they do not feel so helpless, nor do their lives feel so chaotic, but rather, they begin to watch more carefully their actions, so that their actions are to result in things they truly want to have.

This Awareness indicates that the expression of emotions, especially anger and conflict between individuals, is a major part of relationships, and all relationships will suffer and have these expressions. It is important that entities be able to, not only be aware of how others are manipulating their emotions, knowingly or subconsciously --how others knowingly or subconsciously are manipulating their own emotions, or how their emotions, knowingly or subconsciously are being manipulated by others; but also, how they personally can manipulate, knowingly or unknowingly, the emotions of others.

This Awareness indicates that in being more aware of this aspect of one's interpersonal relationships, entities can have more open, more clear, more honest and responsive relationships that are more pleasant for both parties.

This Awareness indicates that also, being aware that your emotions are, in fact, your own, and are under your control, and cannot be manipulated without your complacency or compliance--this is an important lesson that many entities never learn. For example, in stating that, "You made me angry," (as in some of the examples previously used) the implication is that the other person controls you and can make you angry.

But it should, in fact, be recognized that, "I let you make me angry." For in fact, entities cannot be made angry unless they allow it and once entities realize that they cannot be forced into an emotional corner or into an emotional reaction without complying with the behavior of others, they are then in charge of their own emotions. But if you think that others can force you to become angry, force you to be sad, force you to be healthy, happy, or enthusiastic, then you are simply the victim of others.

This Awareness indicates that if others' compliments toward you can make you feel good, then you are a subject of that other person. If others' insults to you can make you feel bad, then you are subjected to the others' whims. This Awareness indicates likewise, if others can make you angry, then you are subordinate to the others' expressions.

This Awareness suggests that you recognize yourself as being the one who is responsive and yet in charge of your emotions, so that you can allow yourself to become angry in response to the other person's behavior, or you can refuse to become angry in response to the other person's behavior, depending on which choice you wish to make in that particular situation.

This Awareness indicates, for example, if the other entity expresses behavior, and you recognize that that entity is simply trying to make you angry, you may decide, "I'm not going to let that person manipulate me.

I will not become angry just because that person is trying to make me angry." On the other hand, if the other person is conducting a behavior or expression toward you and does not seem to realize that this would make you angry, or could make you angry, but you want the other person to realize that it is being perceived in a way that is an insult to you, then you may wish to express anger at what the other entity is doing, so that the other entity may be shocked to find out that you're angry about it. Maybe that's what the other entity needs to know.

This Awareness indicates, for example, the child who stays out after midnight, who then comes home and wants to act like nothing is wrong. Perhaps there is the opportunity and the necessity to express your anger, and express to the child, "What was I to think? How do you think this makes me feel? I didn't know what might have happened to you. Didn't you care for me enough to call, or to let me know what was happening?" And further on, express your frustration or anger that the child thought so little of you as to let you worry all that time without calling or informing you as to why he or she was out late.

This Awareness indicates that in other words, there are times when it is beneficial to the education of others that they see you as angry, and there are times to the benefit and education of others, that they see you have not been angered, and that they see you as handling the situation with calm and cool logic.

This Awareness indicates that as long as you weigh and balance and understand these things and the ramifications of your reaction or responses to others from a viewpoint that is to the benefit of the others, as well as to the benefit of yourself, so that all are best benefited by your response, this is the appropriate behavior, whether you are expressing anger or cool, calm deliberation. Neither is wrong or right, except as the situation may demand.

Everything has its time and proper place. There are times and places where anger is important and the expression of anger can be valuable. There are times and places where anger should be curtailed, and its expression can be highly damaging and dangerous.

It is for entities to learn to discern when, how, and whether anger should be expressed or curtailed, or whether some other emotion is more suitable. There are times when no emotion at all is the most powerful expression of one's dignity and one's control of a situation and in some cases, that control of a situation through the mannerisms one portrays, is the solution, or an integral part of the solution to the problem.

This Awareness does not mean that entities should always be in control; it is not necessary to always be in control. There are times when entities should give the control to others, but there are also times when entities need to take control, depending on the situation.

## **BEING MANIPULATED BY OTHERS OR SIMPLY BURYING YOUR ANGER**

### **FOLLOW-UP QUESTION (VIKKI):**

In relation to curtailing anger, what is the difference between not letting others manipulate you through anger, and so forth, and the unhealthy burying of negative emotions?

### **COSMIC AWARENESS:**

This Awareness indicates that the curtailing of anger is actually a decision that you make in regard to, "I will not be angry over this, because that is what this entity is trying to do," or "because anger at this time would be

more disruptive than helpful. The burying of anger, which is often frowned upon, generally relates to feelings of being angry, but not wanting to express it for fear that someone will cause you greater harm for having expressed it, and therefore, you hide the anger that you feel.

#### Health Problems Caused by Blocked Anger

The first situation is one in which you do not allow yourself to become angry. The second situation is where you are angered, allow yourself to become angry, but you do not show it. You grit your teeth and bear it, as some kind of martyr.

This can have negative effects on your blood pressure and health, particularly if it becomes a pattern. And there are many entities who are addicted to feeling anger and hiding the anger, and this gives them a certain amount of power and energy. But that power and energy from living a life of blocked anger, also causes circulatory problems, if persisting over long periods of time.

There are many entities who, for example, are still holding anger from things that occurred ten, twenty, or thirty years or more prior in their lifetime. And these pockets of prolonged, held energies, angers, are affecting their circulatory system, affecting the adrenaline, affecting the circulation, and causing certain responsive problems, ranging from arthritis to high blood pressure to coronary problems and headaches and rigidity in the muscles and shoulders and neck. It can also affect the vision.

#### "Blind Anger" Often Affects the Vision

Locked-up anger for long periods of time can hurt the vision. This Awareness indicates it is from such subconscious realization that "blinding mad" or "blind anger" - terms of this nature -- come from this realization that when one is raging mad at something, they are almost blinded by that anger. It does affect the vision, also, in some instances.

#### Why Hitler Chewed the Rug in Anger

##### FOLLOW-UP QUESTION:

There have been some accounts that the entity Hitler, in anger and wrath, would sometimes fling himself to the floor and snarl and chew the rug. Is this an example of a madman or an example of a showman manipulating those entities who witnessed such a spectacle?

##### COSMIC AWARENESS:

This Awareness indicates that this as a combination; that the entity first did these things for the effect of intimidating others, but that this Awareness suggests he did not actually go that far, that this is which gradually evolved by...was an evolutionary process by the entity wherein he found that by screaming and going into a rage, entities became more concerned and responsive to his wishes, but the entity also discovered that once they became used to his ravings, they began to take him more lightly, so his ravings had to become more frenzied in order to get the same effects that he would get earlier. Thus, he eventually went into the act of falling on the floor and carrying on like a madman.

This Awareness indicates that this, once established as a kind of behavioral pattern, more or less took him over to the point where he would just let it happen, and who can then separate whether one is consciously doing something or when one is doing it as a pattern of behavior, whether it is actually part of one's madness or part of one's technique?

This Awareness indicates it is quite common that the gimmick takes over the individual who uses the gimmick. This Awareness indicates that in this case the

entity's beginnings were control mechanisms, and later they began to control the entity.

#### Righteous Indignation: Is This Anger?

##### QUESTION:

Is the occasional expressing of what one might call righteous indignation, is this a modified form of anger?

##### COSMIC AWARENESS:

This Awareness indicates it is hardly modified; it is generally a form of anger, that one may feel one is right. Most angry people feel they are right, and that their rightness is either being ignored or violated.

This Awareness indicates that there are very few entities who become angry when they feel they are wrong. That often, however, there will be entities who know they are in the wrong, but they will pretend to others they are right and pretend that they are in the right by becoming angry and putting on a show of having been violated when they know, in fact, that they are the ones who perpetrated the violation. And this show is that which often takes over the entity's behavior, causing the entity to appear to be righteous, appear to be expressing a kind of righteous indignation.

##### Extreme Behavior is Generally a Bluff

This Awareness indicates that anything that is expressed in extreme, is generally bluff. It is perhaps that extreme behavior should be perceived as dramatic expression to persuade others, that all extreme behavior should be perceived in that manner, that the more extreme the behavior, the more the entity does not believe it as valid, and the entity then attempting to persuade others by extreme expression to cover something that is less presentable to the entity.

This Awareness indicates in other words, if an entity does not feel that he or she is of much value to the other, the entity may insist and present all kinds of demonstrations in terms of emotional demands and so forth, as to how important he or she is to the other person.

This Awareness indicates that the same can be said for entities' beliefs, that an entity who has some reservations about a certain belief may be attached or identified with that belief in terms of their own personal self-image. For example, the entity who propounds a certain belief and feels that it is because of this belief that I am meaningful, and this belief makes me meaningful, and I believe in this, and therefore as a carrier of this belief, I have purpose and meaning. This is the general thinking of many entities who become fanatical in terms of religious beliefs. And such an entity then may propound that belief to others in such a heavy and insistent and demanding way to get others to accept that belief, with the knowledge that if they accept that belief, it makes them, personally, more important to those others.

This Awareness indicates that this is not at all uncommon, and serves as a way of thinking for many entities who are operating from the self-righteous mode.

##### Self-Righteousness Common Among Priests and Actors

This Awareness indicates you will see this especially among those who are in the evangelical movement, but it is not limited only to those who ride on the emotional levels of the charismatic and evangelical movements. It is also found in other areas more dignified--within, for example, some of the priests or some of the other representatives of various religions.

This Awareness indicates that nor is it found only in religions. It is also found especially among actors and actresses, who are generally people of strong ego who want self-importance recognized; and therefore they will often present concepts or beliefs or pet ideas and philosophies for others, so that as they are recognized,

they, too, become recognized. It is more common that this principle is used in the presenting of beliefs.

The presentation and showmanship of actors and actresses is of a slightly different concept, wherein their self-importance is usually portrayed through the belief in the character that they are portraying in a certain play, drama, or scene; and they pour themselves into that character in order that they become acceptable to the audience. Many times, actors and actresses, themselves, do not feel themselves to be fully acceptable and complete as human beings, and they seek to be accepted vicariously through their fictional characters.

This Awareness indicates that in the situation of evangelical and religious leaders, often these entities do not feel themselves to be complete or acceptable, but because they believe in certain concepts, and those concepts are seen as valuable, they see themselves as being acceptable then, and as purveyors of the concept, and therefore they present the religious concept and, as it is accepted, they go with the territory. So that, for example, they present Jesus or Mohammed or some other master teacher, and as that master teacher is accepted, that makes them acceptable also. This may be seen in a kind of futility, but very clearly exemplified at present time in the Benjamin Creme efforts to portray Maitreya.

This Awareness indicates that this, of course, is not limited to religious or spiritual concepts. It also is a principle found in political areas, wherein those who promote others find self-importance in their action--and this making them more important to their peers and fellow citizens when their candidate is elected.

### THOUGHT-FORMS OF ANGER

(Do they Affect the Astral and Etheric Levels?)

#### QUESTION:

There's a book out called Thought Forms, I believe by Leadbeater, and in that book they have psychic paintings of thought forms which I suppose they receive psychically. And the thought form for anger is a really ugly looking thing. It's all red and jagged, and pointed edges and so forth. I'd like to ask Awareness first, are the illustrations in that book representative of various thought forms, and two, would it discuss the ramifications of anger, or the thought form as a result of anger on the astral or etheric beings of an entity? Is this a temporary thing, or are there long-range repercussions?

#### COSMIC AWARENESS:

This Awareness indicates that the color is correct and the concept of jagged energies as that which is correct.

This Awareness indicates that the expression of anger in terms of its psychic energy as that which is seen as being projected in terms of sharp rays aimed at the target of the anger, and these rays of red energy can have a temporary effect. It appears there are dark flakes in these rays also.

This Awareness indicates the temporary effect is that which does not fade quickly without the conscious effort of the one receiving, or of the one sending the rays. For example, when one is angry at another, the other will receive that energy, and unless the entity takes some kind of precaution to throw off the anger of another, it will have some effect. But the other entity can also then, at some later time, forgive the first entity with whom he or she was angry, and this will take off that energy of the anger. It is possible for anger to be sent to another to such a strong degree that the other feels it for a considerable length of time. All of this will depend on the strength of the one receiving the anger. For example, one who has a weak aura receiving anger from another,

will suffer greater reaction from that anger than one who has a strong aura. A strong aura is generally associated with those entities who have a good self-image, who feel good about themselves, who feel comfortable with themselves; and generally such entities have well-rounded social lives, well-rounded activities, and are busy in their pursuit of life and its various avenues of expression.

Most entities who are relatively active in life, without heavy guilt or low self-esteem, are not greatly affected by the anger of others. But those who become obsessed and concerned when someone is angry at them, or who themselves have low self-image and feel turned inward at themselves, these are most susceptible to the anger of others. For example, an entity who is already angry at himself will receive a greater negative effect from another's anger than will the entity who feels satisfied with himself. This Awareness indicates that those who feel satisfaction with themselves generally have strong enough auras to cause a shielding.

#### Like in Star Trek, Entities Have a Cloaking Device

This Awareness indicates you may think of this in the manner of the Star Trek ship that has the cloaking device and the shields that protect it. Entities are much the same way. When they are charged with a good self-image, it is likened unto having their shields up. When they feel good about themselves, their shields are up and they are not easily harmed by the missiles of anger or hostility emanating from others.

This Awareness indicates that they cannot feel good about themselves if they have violated others and are in some way disturbed by their own behavior. These may be thought of as injuries to the shields, or depletions to the shields. Also, entities who partake of drugs and alcohol weaken their shields, or the aura of protective energy around themselves.

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COSMIC AWARENESS is the Force that expressed itself through Jesus of Nazareth, the Buddha, Krishna, Mohammed, Edgar Cayce and other great avatars who served as 'Channels' for the 'Heavenly Father' and who speak 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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INDIVIDUAL: \$42 per year or \$12 quarterly  
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 SPONSORING: \$144 per year or \$40 per quarter  
 BENEFACITOR: \$500 per year or \$150 per quarter  
 PATRON: \$1000 per year or \$250 per quarter  
 ANGEL: \$5000 per year or \$1500 per quarter  
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