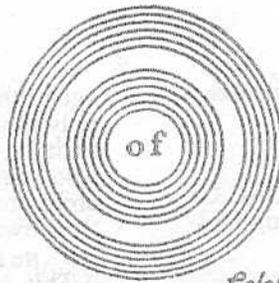


Revelations

The Cosmic Newsletter

E-mail: CosmicComm@aol.com
INTERNET DOMAIN: www.CosmicAwareness.org
FAX: 360-352-6294



Awareness

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

Celebrating our 30th year!

The Law of Mercy

2001-11
ISSUE NO. 545
\$3.00

*The Law of Mercy
is that Law which
allows one to forgive all error;
to forgive equally those
who err against you
as you err against them.
This is to be merciful.*

*To be merciful
is akin to the Law of Love
and if one obeys the Law of Mercy
there can be no error
in the world.*

Cosmic Awareness

INDEX IS ON PAGE 8

HIDING THE AGONY...

--- The World Trade Center Tragedy: Who Is Really Responsible?

HIDING THE AGONY

QUESTION:

Awareness, we're here to begin a series of CAC General readings. Does Awareness have an opening message?

COSMIC AWARENESS:

This Awareness suggests that this be titled *Hiding the Agony*. This Awareness indicates that *It* wishes to address that which is the agony within each individual. This Awareness indicates that most entities do not recognize the agony that each other carries with them at all times. It does vary in intensity with an individual and from entity to entity. Some entities have more agony than others.

Some have agony at a certain intensity for a certain length of time and then it fluctuates and becomes more bearable and less intense. This Awareness indicates it should be understood by all entities that everyone carries a degree of agony at all times. At times this agony is diminished by moments of joy, but in general, there is always some degree of agony, even behind the joy that entities experience.

Showing Your Agony is Like Showing Your Private Parts

This Awareness indicates it is important to understand this because entities do not show their agony. If they show their agony, it is usually frowned upon in society. It is in fact condemned in the same way that showing one's private parts would be condemned in society. This Awareness indicates that occasionally, an entity will flash their agony, but only long enough to shock someone and they generally cover it up quickly, and the entity who was flashed is generally quite disturbed by the action, for entities do not really care to see another's agony.

This Awareness indicates that there are many entities whose agony becomes almost unbearable and yet, they will go for days or weeks or months, carrying that agony and pretending to be all right. If anyone asks them: "How are you?", they will always answer: "Fine! How are you?", and both entities are satisfied that neither showed their agony.

If one were to answer truthfully, and express their agony, the other would be very distraught and feel violated by the entity's expression. This Awareness indicates therefore, because it is such a taboo for entities to express their agony, they generally refuse to do so, or avoid it in any direct and meaningful way. They may complain about something, but they do not express it clearly or directly to another.

This Awareness indicates therefore, if an entity is experiencing a degree of agony that is to that entity unbearable, most entities do not recognize it, do not sense it. It is the rare person, the very sensitive person who can actually tell the agony that another may carry. This Awareness indicates it is well hidden from the majority of associates and friends, and therefore, entities tend to pass over, ignore the agony that one may carry.

This Awareness suggests that because of this, sometimes entities are pushed beyond endurance. This Awareness indicates that if one can realize the intensity of each other's agonies; that these agonies may not show themselves but may be there nonetheless; then an entity may be a little more careful, a little more watchful, and a little more sensitive to the needs of each other.

To the Aware Agonies May be Momentarily Glimpsed

This Awareness indicates that of course, each entity has his or her own agonies to deal with, but there are also those moments wherein someone else carries an

agony that barely shows through that may be glimpsed only momentarily and this Awareness suggests that if an entity is made aware that others are carrying agonies also, they can develop a sensitivity whereby their own ability to help one another becomes equally important to their own need to be helped by others.

No Entity Can Survive Without Feedback From Others

This Awareness indicates that no entity can survive without the feedback from others. No entity can survive without some kind of human contact and expression or relationship with others. Entities who have no contact with other humans generally die very quickly or very soon after all contact is shut off.

This Awareness indicates that it also tends to affect the mentalities of entities when they have little contact with others. This Awareness indicates this is one reason why the world, in developing radio and television, has been helping many entities who would otherwise have died from loneliness for there are many entities who do not have contact with other living beings except through their television or their radio, and this can be helpful in breaking down the effects of living alone or being alone for extended times.

This Awareness indicates the very act of being alone with your own thoughts will bring out the negative side of one's being; that one cannot be alone without his or her worst thoughts coming to the surface, but entities who are able to have contact with outside stimulus with other entities, with other living beings (even animals can be helpful in this regard), such entities can find within their own consciousness resources to help heal themselves, to help find things of interest to bring the mind back into stability and away from those negatives that would otherwise surface in total isolation.

This Awareness indicates that as long as there are people in communication, and of course the greater the communication that is available to entities, wherein the communication is of a soothing nature; as long as this is available for an entity, the entity's agony can be diminished considerably, but when an entity receives only negative communication, hostile communication or total isolation without any communication whatsoever, the entity's agony increases proportionately.

This Awareness asks entities to be aware, that even if you cannot see the agony of another that there is indeed a degree of agony that each entity carries with him or herself and that you help to alleviate some of this agony by communicating gently, carefully, lovingly, to all entities, even if they appear to be negative in their response to you.

This Awareness indicates of course, there will be times when you will feel that you cannot give any more because your own agony is too great, yet, at the same time, while preserving what you need for yourself, there is always room to give an encouragement, to give some kind of statement or encouragement an action that can help another.

This Awareness indicates that these things can be of great value and that it becomes more urgent and understandable in the coming years, wherein entities begin to realize more and more that you are your brother's keeper. You are your sister's keeper. You are your friend's keeper, and your influence can be great in how your associates feel about themselves.

To tear another down, or to ignore them when they are in need of help can be a great loss and cause great harm to them. This Awareness suggests therefore, understanding that agony carried by entities is nearly always hidden, may help you to recognize the need to go that

extra mile, to be helpful and understanding and encouraging to your associate.

PEOPLE WHO DISTORT THE MESSAGES OF AWARENESS

(He Says He's Cosmic Awareness Yet Violates Others)

This Awareness wishes to discuss another matter. This is a matter that concerns this Awareness quite deeply. This Awareness indicates this has to do with teachings that this Awareness has given to entities who manage somehow to distort the messages from this Awareness in a way that allows them to seek egotistical power from the messages of this Awareness.

This Awareness indicates that this is a very rare action, but it has occurred in at least some instances, wherein entities who have read messages from this Awareness and have taken the messages, distorted them in such a way that they have been able to move into a kind of megalomaniac-mentality, using messages from this Awareness to justify their megalomania, and in effect, justify what this Awareness would consider to be diabolical behavior or attitude.

This Awareness indicates that *It* will explain this more completely. This Awareness has indicated the nature of reality as being that which experiences all things in the universe as a totality; that there is no separation in this reality. This Awareness indicates that this of course is a reference to Cosmic or Universal Reality. This Awareness indicates that *It* has also indicated that *It* experiences all pain, all suffering all experiences within the universes.

This Awareness indicates that this is the way by which this Awareness experiences Universal Consciousness. This Awareness has also indicated that entities cannot experience Universal Consciousness on a continuous level or duration without burning themselves out from the physical existence.

This Awareness indicates, however, there have been some entities who misunderstand this message and have remarked that they are interpreting Awareness messages from a universal sense and in merging with Cosmic Awareness, they see themselves as a Universal Being capable of suffering All That Is, and feeling All That Is and experiencing All That Is throughout the universe, and these entities claim to be One with Awareness, and at the same time, they justify personal behavior that allows them to be negligent in their affairs with others, to neglect or abandon responsibilities, to cause another to feel hurt emotionally or physically, and they justify that behavior by saying, "I am all pain, therefore, his or her pain is my pain! Therefore, there is no karma, because I suffer the pain that I led to!"

And when you speak to them of harming others and indicate that Awareness does not advocate harming others, they argue: "There is no other! There is only the full spectrum of the universe, and I am such!", and thus, they claim to be universally aware, experiencing the full spectrum of the universe, and therefore not having any other to suffer. They do not recognize the suffering of another as a result of their behavior.

This Awareness indicates it is an argument that is based on a presumption that they are Cosmic Awareness, simply because they have grasped some of the concepts that have been presented by this Awareness in regard to the Ultimate Reality, and when you speak to them and disagree with them, they will argue that you are not able to see the reality they see because you are

caught in the forest and can't see the entire forest because of the many details and the trees involved.

This Awareness indicates that this kind of thinking would allow an entity to violate another and say, "It doesn't matter because all is myself anyway! I am the Universal Being! And everything in the universe is part of the extension of myself!" This Awareness indicates that the argument is based on a fallacy, and the entity does not understand this confusion or fallacy. It is simply an artificial attempt to merge two different frames of reference in order to justify one of the frames of reference in its violation of others.

An entity, as this Awareness has previously pointed out, cannot be self and at the same time be Universal. You cannot be an "I" and also be All That Is. This Awareness indicates there is no self in Universal Consciousness; therefore, if an entity says, "I cannot hurt this person because there is no other than myself!", the entity is claiming to be a deity, a Universal Being, but also claiming to be a self, and these are incompatible.

This Awareness indicates that as soon as an entity hurts another, and claims to be a Divine Being, a Universal Consciousness Being, that entity has created a dilemma and conflict in terms of reality, because you cannot jump from one frame of reference to another. You cannot jump from the frame of reference as "myself" and then explain yourself as being a Universal Being, or Universal Consciousness, for Universal Consciousness has no self.

This Awareness indicates therefore, the entity who says, "I can leave this person, abandon this person, leave this responsibility, abandon this responsibility because I am a Universal Being!", is acting in a conflict of terminology. The "I" cannot do anything as a Universal Being. The "I" can only do something as a Self, and it cannot jump to the second frame of reference saying, "I am a Universal Being or Universal Consciousness! I experience all pain, even that which I create! It cannot be both: "I" and universality.

This Awareness indicates that this misunderstanding has caused a few entities to bring tragedy to the lives of others because they have distorted and misunderstood reality as given by this Awareness. Each frame of reference carries its own reality, but you cannot have Ultimate Reality and personal reality at the same time, except through illusion.

This Awareness indicates that if you claim personal reality and you see your behavior as a personal reality and claim yourself to be Ultimate Reality, or to experience Ultimate Reality, you are simply conflicting opposite realities and trying to mix them together, which is a misunderstanding or misrepresentation.

This Awareness indicates that in other words, you cannot personally do things that hurt others and excuse it by saying "It doesn't matter! Everything is illusion and the only reality is Universality, the Cosmic Awareness. And therefore, what I did to this person is not even real! It is part of the illusion. Therefore I have no karma. Karma doesn't touch me because I am identified with the Universal Consciousness."

This Awareness wishes to suggest to entities that you reach Universal Consciousness only by surrender of "I", surrender of self, surrender of your own identification. You "die" to the aspect or concept of God. You don't claim to be God. You don't pull God to self and parade yourself as God.

This Awareness indicates that this as a conclusion of the topics this Awareness wished to discuss in the

opening message. That if there are any questions, or if there is something further to discuss in this regard,, that these may be asked,, or if there are further questions, that these may be asked at this time.

This is in reference to question on any other topic.

Isn't Agony Just Another Emotion?

(More On Ultimate Insecurity)

FOLLOW-UP QUESTION:

Isn't it true, that if a person has found inner peace, knowing essentially who he is, that agony like ecstasy, manifests simply as another emotion or feeling?

COSMIC AWARENESS:

This Awareness indicates that this is in the affirmative. This Awareness indicates it is much like the concept of security. You never find security. Entities always seek for ultimate security, but you never find ultimate security and therefore, rather than seeking and concerning yourself for ultimate security, it is best to recognize it is not going to be there and instead to accept ultimate insecurity as part of your being.

Then, you can work around your ultimate insecurity and carry on your life without great concern for the ultimate insecurity you may feel. This Awareness indicates that likewise, knowing that you are always going to have some degree of agony in your life, you don't have to focus on it, you don't have to energize it, you don't have to exaggerate it or build it up. You can simply accept it as: "Oh, this is my pain. This is my leg. This is my arm. This is my head. This is my neck. This is my wish. This is my dream. This is my agony. This is my frustration!" and identify yourself as having all these many things, and "These are my tools with which I must work to do what I am here to do."

This Awareness indicates that once you accept these things as part of yourself, without lamenting and bemoaning the fact that you have all of these things in your bag of self, then you can continue using these tools, these aspects of self to do what you are here to do.

You can let the agony have a place in your life, as a reminder of the agony of others so that you can have compassion for others as well as for yourself. If you never experienced any agony of your own, how could you have compassion for others? If you forgot the experience of agony, how could you remember the agony of others?

Thus, accept your agony as part of yourself as being a reminder of the agony of others. This Awareness indicates also that sometimes, the more irritable or frustrating associate, the one whom you have the hardest time relating to, may be the one who has the most unbearable degree of agony, and it behooves entities to consider this when weighing and balancing the needs of that entity.

It is not always that an entity needs to be taught a lesson because they are totally obnoxious. They may also need to have some kind of encouragement, affection, assistance in building their own self-esteem so that their agony diminishes somewhat, or they may simply need to have a better understanding of their agony and the place of their agony in their life.

Therefore, if you can share this information with them, it may be helpful. If you can allow them to share their agony without becoming shocked and angry at them, it may be helpful. This Awareness suggests, however, that you not violate another by prying out their agony, by digging out their agony, by forcing them to uncover their agony, for you to examine, for if they do not wish to reveal their agony to you, if you tear their agony from them or rip the covering from their agony, it

is much like a kind of spiritual or mental rape, and you do not wish to do this to these entities, for it can damage their self-esteem if they do not wish to reveal this willingly.

Agony Is Like The Dark Night of the Soul

FOLLOW-UP QUESTION:

That was the part that was sort of bothering me in the rap on agony. Isn't something like that such a deeply personal thing with an entity that it's like the Dark Night of the Soul, it's something he or she has to reckon with and deal with internally by themselves rather than from an external point of view?

COSMIC AWARENESS:

This is in the affirmative. It is very much like the entity not wishing to expose his or her private physical parts publicly. Some entities can do so with no qualms. Others would feel extremely violated to have their clothes ripped from them, and an entity might justify such actions saying: "You shouldn't be so shy! You should be an exhibitionist like I am!" and may feel that they have the right to tear off the clothes of another and expose them publicly, because they are more healthy if they are not afraid to be openly exposed.

This Awareness indicates it may not be so for that individual. That individual may feel extremely violated, extremely humiliated by such actions, and it is the same with an entity's personal agonies. Many entities do not want others to know their personal agonies and they will cover these agonies in various ways, shield over shield perhaps.

This Awareness indicates that other entities will parade their agonies as though they were the greatest thing on earth, as though they were the hottest commodity available and as though everyone would be thrilled to hear about their latest agonies. You all know such people.

This Awareness indicates that it depends on the entity. That if an entity is intimately close to another and the closeness allows the entity to reveal some of his or her personal agonies to some degree, that can be helpful to the entity, but even there, the intimately close entity should not go too far. It is sometimes healthy for an entity to encourage another to come out with their feelings.

There is a fine line between encouraging another to open up and share their feelings, and the entity who begins to pull and tear off the coverings to force an entity to reveal his or her feelings. If you went to a psychologist or psychiatrist and the psychiatrist began to demand that you tell your secret feelings, you would feel very violated. You would not feel comfortable in doing so.

Coercing to Reveal Agony is Like Emotional Rape

It is the same with friends. You only encourage, you do not compel an entity to reveal his secret agonies. You do not coerce an entity in such action. It is a form of emotional rape to do so. It is much like tearing the clothes off an entity who does not want to have his or her clothes removed. The clothes being the coverings of the body; the emotions being the coverings of the agonies that an entity may hold secret.

This Awareness indicates therefore, seeing the parallel, one can readily assess the morality involved in reaching into another's agony or respecting another's privacy. It is much the same morality as in dealing with one's basic right to privacy in terms of physical covering.

In using the word "morality," this Awareness is not speaking simply in terms of religiously right or relig-

iously wrong, *It* is speaking in terms of sensitivity and courtesy toward others. It is a social morality. The word "morality" coming from the word "mores". The mores and behaviors of a culture are its moralities.

This Awareness indicates that they are based on mutual respect and sensitivity of one person to another in a society, and these mores become traditions or ways of doing things and in doing things certain ways, entities develop patterns of behavior, and these patterns of behavior become the traditions or morality of that culture.

This Awareness indicates that in this sense, the morality has to do with what is proper in terms of respect toward each other, in terms of feelings between entities, so that none feels violated.

Is There Karma in Not Recognizing An Agony?

FOLLOW-UP QUESTION (CHRIS LOCKE):

Awareness, I'd like to ask, is there any karma involved with not realizing another's agony? For example, if a potential suicide who had told one that they were thinking of killing themselves in an emotional moment and the listener didn't believe that, would there be any karma involved for that person if then the previous entity went out and took their lives and killed themselves?

COSMIC AWARENESS:

This Awareness indicates that there would be some degree of karma involved in that, and it would have to do with the entity's insensitivity, and generally from that experience, the entity would learn to be more sensitive and to be more open and available to the plea of another. This Awareness indicates that often, entities will say, after a suicide: "I never had any idea that he was so troubled!"

This Awareness indicates that other times, an entity will say: "He must have done this, or he must have done that, because of his agony and troubles, but I was not sensitive enough to understand!" and this entity is on the way of overcoming the karma by learning from the lesson, from the event. This Awareness indicates that any time you lose a loved one, that in itself is part of your karma.

Signs of Potential Suicide to Recognize

This Awareness indicates that the entities who commit suicide usually give some kind of hidden message prior to the event, and entities often fail to recognize from those messages. The entity may, for example, give away things that are truly important to them, or the entity may present information that is truly important that he wants others to share before his departure.

This Awareness indicates that these are not always recognized, particularly if the entity does not recognize the agony, and some entities do not show their agony. They feel too shy, too conservative to show their agony. This Awareness indicates there are other entities of course, whose agony is flying everywhere, and they may talk about suicide continuously and seek sympathy from others and use the flaunting of agony and suicide talk as a manipulative attempt to get others to do things for them.

This Awareness indicates it is very difficult sometimes for entities to deal with such people, because they do not know whether to take them seriously, or whether they are simply being used and manipulated by these cries of agony.

This Awareness indicates that there is no one who suffers greater karma than the entity who takes his or her own life, but the problem with suicide is that everyone who knows the entity or who knew the entity

feels a degree of responsibility for the suicide, either because they did not do something, did not understand something, did not recognize the agony of the other, or because they failed to follow through on something, where they may have owed the entity something or could have given the entity something in terms of hope, in terms of answers to his or her problem.

With A Suicide Everyone Feels Some Responsibility

Everyone feels a degree of responsibility when an entity commits suicide, everyone who knows the entity. And the more intimately they know the entity, the more they will feel that sense of responsibility. This Awareness indicates also, there is the initial reaction of anger toward the entity and many times entities who feel some sense of guilt will turn their anger against the entity rather than accept the feeling of guilt.

Rather than accept the feeling of responsibility, they will turn their anger to that entity and begin what may be called "suicide bashing" whereby they bash the suicide person, blaming him or her, getting angry at him or her. "He was a coward!" or "She was a coward!" "She was cruel to do this to us." This Awareness reminds you that this suicide bashing does no good. It does not really alleviate yourself from any responsibility you may feel, and the entity has already bashed himself or herself in the ultimate sense. What more can be done with your suicide bashing?

It is a waste of energy and time and you will always come back to recognizing your own potential involvement and have to ask yourself: "What could I have done? What have I learned from this? What must I look for in future situations? How can I appreciate more those people who are still in my life and make sure this never happens to them?"

This Awareness indicates that this is all that you can do. It is too late to get any substance or benefit by bashing the suicide person, the victim, or by finding some way to excuse yourself and put the blame on someone else. None of these things really benefit, but it is perfectly natural for entities to do this after a suicide of a close associate, friend or family member, so you should not energize guilt for this kind of reaction.

This Awareness simply asks that you get beyond it and learn what you can from the experience so that the next time something of this nature comes up you are more sensitive and more willing to help the person who has been helped too much already, if you feel you can and if you feel the entity is truly filled with agony.

Signs to Watch For With Potential Suicide

This Awareness indicates signs of an option to commit suicide can be made available for those who are sensitive. Watch for the entity who has suffered some major loss in his or her life. The entity whose personal achievement level appears to be at a standstill or loss, where it does not appear to have any particular hope or great opportunity, whereby the entity's interests are in certain things that were interesting prior, are no longer of much interest and whereby the entity gives away much of his or her things, or goods, her priceless valuable books, objects, trinkets or things of interest, whereby the entity begin to give away secrets and information that have been held closely for years.

These are signs the entity may be reaching a point, either consciously or subconsciously of suicide. This Awareness indicates that such entities need to be brought closely into a comforting situation whereby they have some new stimulus, some new hope, some new activity that keeps them occupied while they move through the transitions that are giving them that hopeless and pointless existence.

Once they get beyond feeling useless and hopeless, whereby they are taking a new interest in something, then they can be left more unguarded, so that you do not have to be too overly concerned. Once they have something they are focusing on, working on, interested in, intrigued by, excited by, then you know you are in a greater level of safety, for the entity is not likely to kill self when self has something of interest to fascinate it.

This Awareness indicates that these are things to be aware of. This Awareness indicates of course there are also entities whose agonies are obvious, those who suffer from some great illness or injury and these entities may need special attention, and may need encouragement. They may need special treatment and help, and of course they may need to develop something in the future as a goal to give them hope and greater reason for living. As long as entities have strong hope in the future they are not likely to commit suicide.

This Awareness indicates that when they have no hope in the future, when all they have is the past, and when they have very little connection in the present to anything of great value to them, what is there to live for? Such entities may be very close to suicide, and if you are sensitive enough and aware enough of such entities' plight, you may be able to befriend them and to help encourage them into some interest or some research or some activity that lets them have a new sense of purpose, a sense of importance to the world.

When entities feel they have no more importance to the world, they feel out of place and disconnected, and generally, from this feeling, they can easily be brought to a point of total despair, unless something changes in a beneficial way, and usually, beneficial opportunities do not occur for such people who have little or no hope in the future unless it is presented to them by some outside force, someone who cares enough for them to encourage them to go forth and do something for themselves and perhaps helps them to get started.

This Awareness indicates of course everyone has certain limitations in terms of how much they can do for another, but it is amazing how much more you can do for others than you would actually realize. And it is amazing how great the suffering when a loved one commits suicide and you feel that you could have done more to help the entity.

THE AGONY OF DON CARLOS

(Agony When An Attachment is Broken or Incomplete)

FOLLOW-UP QUESTION:

In regard to the subject of agony, Vicki and I saw an opera the other night called Don Carlos, which is based supposedly on historical figures in the court of King Phillip of Spain, I believe it was. Anyway, Don Carlos is the son of the king and the king sets up a marriage between him and a French lady named Elizabeth to marry and this would stop a war, but at the last minute, after Don Carlos falls in love with Elizabeth, the king himself decides he will marry Elizabeth instead, so Don Carlos finds himself in this very interesting position of being crazily in love with his own mother or step-mother.

The point is, that during most of the opera he goes through agonizing over his situation, the frustration of having his love taken away, and he literally is in such agony according to the libretto, that he collapses on the stage and says he is dying of agony. At the time that I was watching this and thinking: "This has got to be really some ego at work here!", and of course opera is exaggerated and all that, but everyone was concerned with Don Carlos' agonizing over this thing and they did

what they could, which was very little and when it looked like he was literally dying on the stage, he was helped and brought back to life.

My question basically is: How much of this agony that people experience is simply frustrated or deflated egos at work? I have read somewhere that the only true agony, the only true pain that entities actually find within themselves is when they are convinced that they are separated from the Divine Creator.

COSMIC AWARENESS:

This Awareness indicates that any time an entity feels attached to something and that attachment is incomplete or broken, the entity will feel agony. If it is another person, if it is a particular goal the entity has in mind, if it is something the entity desires so greatly, the greater the desire to attach, to find attachment, to link up, and the greater the chasm between such linkage, the greater the agony.

The Agony of Being Separated From the Divine

This Awareness indicates that entities can feel agony over any kind of broken or incomplete attachment, but the only spiritually justified agony that entities have and the only one that truly satisfies when completed is that agony that entities experience when separated from the Divine. This Awareness indicates it is the only experience of attachment that satisfies an entity, when the entity feels reunited with the Divine.

This Awareness indicates that when an entity feels united with the Divine Force of the Universe, the entity may have lesser and less important agonies in regard to things, but the entity will indeed have the basic attachment in tact, and the agony will be totally bearable because it will not be an agony of separation from the Divine. It will only be an agony of not having some temporal or physical and emotional desire fulfilled.

This Awareness indicates that when an entity is truly attached to the Divine by surrendering self to that Divine Force, the entity's level of agony is greatly diminished and the entity can bear all the slings and arrows and great difficulties without feeling hopeless or helpless. This Awareness indicates that this is the first level of attaining freedom, to surrender yourself to that which you consider the highest and most Divine Force of the universe.

After this, all other things will fall into place, and your joys become far greater than your pain and lead you to an ever-increasing world of freedom and happiness, regardless of the situations you find yourself experiencing.

Agony and the War Between the Selves

FOLLOW-UP QUESTION:

There's been a number of questions over the years, by people who write in about the intense pain and suffering they experience which is strictly a mental, rather than a physical thing, and Awareness, in some instances indicated that this is created by a war going on between their selves, between the subconscious and the middle self.

Could It give a little more information on that in relation to possible causes of entity's agony?

COSMIC AWARENESS:

This Awareness indicates that this is as varied as there are people. The subconscious may carry guilt, may carry hostility, may carry memories, may carry trauma that is in conflict with the middle self, the conscious self, and there can be all kinds of conflict within an entity. This Awareness indicates that to discuss all these things could take forever, each being a different case, a

HOW TO RECOGNIZE THE NEW ENERGIES

(That Shift in the Megahertz Level That Are Preparing Entities)

different situation, much likened unto the cases in psychiatric offices around the world.

This Awareness would rather focus on the essence of clarifying the problem, which comes from complete and total surrender of self to the Divine Self.

Wherein there is the hold-out of self, the part that will not give itself away, the part that will not allow itself to be surrendered, the part of an entity that wants to control the world about itself, that feels a need to be in control of everything in its environs; that part of self that cannot surrender to trust the Divine to guide it, to direct it, or to influence it; that part of self that holds out and says: "I am self, I am individual, I am separate, and I will not give in to the Divine Forces of the universe! I will keep my own counsel, my own existence!"; the part that will not give up "me" or "I", but wants to remain separate; that part will always have reason to suffer, for the very action of separateness creates in Universal Consciousness a self that is not whole, is not complete, is not total.

When this self has had enough, when it says "I am no longer able to control everything in my world as I would like to do! I have tried all of my life to be in control, but Life controls me!" and when this entity sees this reality and says: "I would be just as well off or better off to give up all control and let the Divine Energies of Life guide me, influence me and lead my life!"; when this occurs, the entity will find peace within.

The entity can then let go and Let God, or in other terminology: Let go and let the Tao, the spirit of God, move the entity from moment to moment. Or in other terminology, the entity can surrender self to Cosmic or Universal Consciousness and in so doing, be directed by those forces that lie beyond mind, emotion, and feeling, that lie beyond thought, attachment or reaction.

This Awareness indicates that when entities keep their consciousness focused on the Divine Energy and wait receptively for that Divine Energy to direct them, they get directed by Divine Energy. This does not mean you cannot carry on your normal moment to moment life; feeding yourself, attending your biological needs, but it means that you remain open for Divine Guidance so that when there is some event that occurs and you have been sensitive to Divine Guidance, you will be able to sense, to feel, to understand that this is a Divine Influence acting upon you, and you will be receptive and responsive to that influence and you will move according to the influence that compels you, because you are not focused on self and self-control of things that are happening.

You Do Not Try to Control the Divine Energies

You do not say: "I am in control of whatever is happening to me!" Instead, you say: "Something is urging me to move into this action, or into this place," and you move, to find out why, to find out what is happening. You let the Divine Energies guide you. You do not try to control the Divine Energies. You do not say: "God? I want you to give me this, this and this, so I can go on my camping trip without any further effort!" Instead, you ask: "God? Where do you want me to go? What do you want me to do?"

This Awareness indicates that surrendering to the Divine Force is the simplest and easiest thing for entities to do, but entities make it the hardest and most difficult action of their lives, because they are terrified of the idea of losing control of that which they do not control anyway.

QUESTION:

A question from Ralph Atkins, Bremerton, Washington. He writes: "A lot has been written lately about new energies coming to our universe that will lead to the ascension in consciousness of humanity. Could you ask Awareness to bring us up to date on these energies and tell us how to take advantage of them in preparation for an ascension in consciousness or awareness?"

COSMIC AWARENESS:

This Awareness indicates that in regard to the changes that this Awareness spoke of in reference to the change in megahertz, (This Awareness indicates that this incidentally being the question sent in by Michael Beckley also) that this is already being experienced by entities and that many of the recent experiences that most entities have in regard to a kind of diffusion of their focus during the past several months wherein they find it difficult to stay focused; this is because of that shift in the megahertz level.

It is shifting so that the conscious mind is not as dominant in the consciousness of entities, and the super-conscious of entities is becoming more dominant, thus, entities begin to function in a kind of automatic mode because the super-conscious is directing them in their movements and activities without the need of conscious focus, and the focus, the conscious focus, is not as strong, is not as necessary when superconscious is active.

Entities may find themselves doing things, behaving in such a way that they do it without thought, without mental direction. It simply happens and they function in this manner in a kind of automatic behavior. This Awareness indicates that for those entities whose vibrations are not attuned to the higher frequencies, these entities may not benefit from their superconscious levels, and instead, may find that their focus has been diffused and their work, the experiences, their lives have become more disconnected or disoriented or diffused, so that the glue that has held them together, the psychic or mental or emotional glues that have held things together for them begins to unravel.

They forget to cover-up things they needed to hide. They forget to do things that were urgent in some scheme they worked on, and something falls apart, or something is mis-timed. They are experiencing problems with some of their schemes and plans. This Awareness indicates that whereas they once had conscious order and communication in a structured way under their command, they now find they forget things or they word things, say things in ways that get misinterpreted.

Things go wrong for very small or unclear reasons. This Awareness indicates that they just can't seem to make things work quite right, because the megahertz of the earth's vibrations has changed. Their minds and the megahertz are not in harmony. This Awareness indicates that in this sense, the negative forces begin to lose it, while the more spiritual forces begin to gain greater sense of empowerment, completion and order, not because individuals are empowered, but because the Higher consciousness begins to create, for those who are receptive to the Higher Consciousness, a kind of network of energies and a mass -communication that allows these energies to follow the higher frequencies in

"There exists a shadowy Government with its own Air Force, its own Navy, its own fundraising mechanism, and the ability to pursue its own ideas of national interest, free from all checks and balances, and free from the law itself."

Senator Daniel K. Inouye

consciousness that direct mass-consciousness in its movement.

Thus, the superconscious minds of individuals become more synchronized, working together in a kind of cosmic network. This will strengthen and grow as time progresses, while the separative negative minds of individuals whose frequencies are not adjusted to the higher frequencies find their network coming unraveled, falling apart, first individually, and then collectively.

FOLLOW-UP QUESTION:

So, in order to take advantage or prepare for, or take advantage of this shift, entities just essentially go with the flow, is that correct?

COSMIC AWARENESS:

This is correct. Just simply surrender to the higher frequencies and be part of the Divine Movement.

Negative Forces Did Not Anticipate Higher Frequencies to occur on this Plane

CLOSING MESSAGE:

This Awareness indicates that there will be many entities during this time, who, on the threshold of the new energies, may find themselves confused and may need help. They may need encouragement and gentle guidance. This Awareness indicates that for some of those entities on the wire, they could go one way or the other. It is good for those who have strong spiritual links and ties to be sensitive and open to helping those who are confused, who are not sure of what is happening, or where they are in regard to the scheme of things.

It is good that entities can encourage those who are in confusion to surrender or recognize and surrender to the higher frequencies of the Divine Force, for this can save many entities from having to go back and start over again on a lower plane of existence.

This Awareness wishes also to point out that these higher frequencies can wreck havoc with those forces that would bring dark energies to the earth's plane so that what entities may have feared in the future may be far from fearful, when the time and energies reach their convergence in those plans that will suffer from these higher energies and their influence.

This Awareness indicates in other words, negative forces have not taken into account the potential for higher frequencies operating on this plane to disrupt those negative plans of these forces.

Thank you.(The Law of Gratitude is given)



Editor's Note on the terrorism reading in this issue

This editor has no quarrel with the cosmic overview given in this issue and understands why Awareness does not point fingers. In the long run this 'Armageddon', this "Dark night of the Soul" our country, and everyone in it is experiencing will prove to be a positive event which accelerates the spiritual advancement of all. However, having published and researched for years the dark agenda laid upon humanity by the Anunnaki eons ago who manifest today as human reptilian hybrids who control the money systems, the media, the corporations, the governments of the world, etc., I still feel impelled to seek out information for those like myself which will provide more pieces of the puzzle. We are not helpless and entities telling other entities about what is occurring, is the only way to raise consciousness on what is happening. The controlled media won't tell us the truth, only lies and deceptions. What it is doing is manipulating entities into a frenzy to accept what essentially is World War III, a crucial maneuver in the Alien Agenda that assures our children and grandchildren will be obedient grist for the mills of slaughter in the endless Holy War to come. It has also succeeded in aborting our constitution and our God given rights under that sacred document. But the truth is out there—on the Internet—and they can not control that flow of information, no matter how hard they try. Awareness has indicated that the Internet will frustrate the Beast agenda and may even prevent its New World Order from being established. I believe this. Every day there are literally hundreds of pieces of information circling the world, many are perceptive analyses of current events that ask questions the media is not allowed to address. Such material is being e-mailed by thousands to lists of friends and relatives who are waking up, becoming aware of the sinister manipulation and hoodwinking of Americans by their government and the media. Every day the stench grows stronger and more and more perceptive entities report and analyze what is causing this stench which is now so present it is almost laughable when you hear it discussed by the TV network's commentators. Grace recently asked me why I continue to include controversial material with our CAC mailings, such as the recent David Icke analysis of the World Trade Center tragedy: "It only adds to the paranoia" she said. I told her such material from the Internet adds to their awareness of the big picture, that the real paranoia is pouring out of CNN, Peter Jennings, Tom Brokaw and all those other media whores who are paid mouthpieces of the Beast. To those of you who have written me asking to continue sending certain material from the Internet with our mailings, rest assured I will try to do this as long as we remain in business. For those of you who whine about such "negative, disempowering" material being included, my advice is to throw it in your trash can. You don't have to read it and you're not paying for it anyway. If the material raises questions, write letters to the editor of your local papers, write and send e-mail to the TV talk shows etc. Ask them why those questions are never addressed. If you smell a rat, as I do, in the information the mass media is feeding you, help smoke it out and this in turn will get others to asking questions. And hopefully, World War III can be avoided in this manner as an aroused and aware public screams, "Enough is enough!" In the meantime, shut off your TV, as I do, lean back, relax, and turn on some Mozart. (Avaton)

IN THIS ISSUE

Hiding the Agony	2
People Who Distort the Messages of Awareness	3
Agony as an Emotion, Like the Dark Night of the Soul	4
Is There Karma in Not Recognizing Agony?	5
The Agony of Don Carlos	6
Agony and the War Between the Selves	6
How to Recognize the New Energies	7
Negative Forces Did Not Anticipate Higher Frequencies	8
Editor's Note on the Terrorism Reading in this Issue	8
Preparing for the New Diseases	9
On the Law of Mercy When Dealing With Enemies	11
Cosmic Awareness on Security and Freedom	11
On Walking the Path	12
What Really is Patriotism?	12
How to Deal with Long-Term Depression	13
Astrological Influence and Depression	14
Is Intelligence Genetic?	17
The Light That Failed	18
Terrorist Attack on the World Trade Center	19

The Wisdom of Awareness: On Belief –

This Awareness asks entities not to believe anything, but to look carefully at everything, and to discern carefully what appears to be, yet to make up their minds about nothing, but to continue to search, to remain open to discovery, to remain in that state of "I don't know" for in that state, you cannot be closed to further learning, and you will remain open to discovery without prejudging anything. (Issue 78-16)

PREPARING FOR THE NEW DISEASES

NING MESSAGE:

(10/26/95)

This Awareness indicates that there have been discussions recently in the news regarding various new diseases and how these are beginning to increase in different areas of the world. This Awareness indicates good news recently expressed was that the Ebola virus or disease now has been the target of a cure found by the Russian scientific community so that there is the potential of a hundred percent cure rate from using that medicine.

This Awareness indicates that there was an Ebola outbreak last winter, and this now, according to your news broadcast, has resulted in the development of a cure in Russia for Ebola. This Awareness indicates, however, there are other diseases wherein there has not yet been found a cure, and these are increasing in certain areas, particularly in South America and in some of the Third World countries, where the medicines being used are often ten years behind and ineffective in dealing with these diseases.

This Awareness indicates that this could very easily and very quickly spread as entities travel from one country to another quite frequently, and there could be some sudden and serious spread of these diseases that are of a higher or more deadly quality, and entities need to be not only aware of the potential for the spread of sudden diseases, but also have some idea of what they can do to be prepared in the event of an outbreak.

Third World Diseases Can be Spread to U.S. by Airlines

This Awareness indicates that it is not likely that these diseases will remain only in Third World countries. It is quite possible that they could take hold in the more advanced nations because of travel on the airlines, so that within a matter of hours, someone could be in an area in a Third World country where disease is being spread and suddenly be in a crowded area in the more advanced country, spreading the disease without even knowing it.

Viruses Can Not Thrive in a High Oxygen Environment

This Awareness indicates that it is therefore important for entities to have some concept of things that can be done in such an event, where they suddenly hear that a disease has come to their area. This Awareness indicates that it wishes to remind entities that viruses cannot thrive in an environment high in oxygen, and there are certain substances that help to increase the oxygen within the human body.

This Awareness indicates that the more common substance which has been used in many cases, is the substance known as hydrogen peroxide. There is danger involved in using hydrogen peroxide, particularly if it is used in excess, but there are also ways whereby it can be used carefully to be a protection against viral diseases.

This Awareness indicates it wishes entities to know that there are two types of diseases and contagions; the virus and the bacteria, and that the oxygen can counter the virus, but is not nearly as effective on bacteria, and antibiotics can help in some cases, to counter bacteria, but have no effect on viruses.

The Overuse of Antibiotics Makes Immune System Vulnerable

This Awareness indicates that many people have misused antibiotics by taking them for viral diseases; for colds, for example, and have weakened their system so that antibiotics are no longer effective for many of the diseases that they once helped to cure. The overuse of antibiotics has made them much less effective as a miracle cure.

some new types of antibiotics in reserve just in case something happens, but there will be a time when whatever is held in reserve is brought out, and will also become ineffective with further excessive use. Therefore, entities may find that the bacteria can mutate and grow stronger to make antibiotics ineffective.

This Awareness indicates that this will be a different problem for entities to face at such time, and they may need to use other alternative type medicines for such situations. This Awareness wishes to focus at this time on the importance of recognizing viruses as being treated with oxygen therapies, because these oxygen therapies can make the environment for a virus unhealthy to the virus and healthy for the individual.

Products that Mimic the Benefits of Hydrogen Peroxide

This Awareness indicates that there have been a number of products created that mimic the benefits of H₂O₂, hydrogen peroxide, without the hazards of hydrogen peroxide. Until recently, the Good ship was able to carry EQ02, which is an oxygen-creating substance similar to hydrogen peroxide made from salt, and it had no major side-effect as did hydrogen peroxide if used improperly, however, the source or supply for EQ02 has notified the distributors that they can no longer get certain substances needed for the production of EQ02, and that it may be some time before this is again available.

This Awareness indicates that this could be an intentional withdrawal of certain substances so that this can not be manufactured, but it does not appear to be the case. It appears that it is simply a situation where certain substances are not found easily and the producers will have to look to other suppliers until they find the ingredients needed.

This Awareness indicates that meanwhile, the suppliers and distributors, including the Goodship,* will be looking for other brands of oxygen-creating substances that can take the place of EQ02, if it becomes necessary, but for entities who may not receive this in time, and they have a special need for oxygen-creating substances, you can still find hydrogen peroxide almost everywhere, and it can be used, with caution, if it is necessary for life-saving purposes.

It is recommended that the so-called food-grade, 35% hydrogen peroxide can be used for this purpose, however, it is extremely strong. Most hydrogen peroxide purchased at drug stores is 3.5%, one-tenth the strength of the 35% food-grade hydrogen peroxide, and that is considered to be a product that entities should be cautious in using.

This Awareness indicates that if using hydrogen peroxide for the purpose of countering a killer virus, it will need to be diluted considerably, in amounts such as several drops put into water so that perhaps 5 drops of hydrogen peroxide, morning and evening, would be the maximum amount for an entity to begin with.

This Awareness indicates that entities in the past have found sources where hydrogen peroxide can be purchased for this purpose. Some have used this in the attempt to cure AIDS or cancer or other fatal type diseases, and with the hydrogen peroxide, generally there is information accompanying to give the use and percentage and amounts of the doses.

This Awareness indicates that it is very hazardous for this Awareness to give any kind of prescription or what could be considered dosage-amounts, because it is illegal in many states. Even to recommend that someone drink water and go to bed has resulted in some entities being jailed. This Awareness indicates therefore, it is not attempting to tell you how to use these products,

the amounts and percentages and numbers of drops of certain percentages or potencies.

This Awareness indicates that you use this with extreme caution, and consult a physician, who will probably recommend you avoid it totally, but consult people who are well aware of the use of the substance in the event of an outbreak of some viral disease so that you do not overuse the substance.

In a Crisis Situation Hydrogen Peroxide Can be used

This Awareness indicates that in a real emergency, where your life is threatened by a viral disease, you may find it critical to take a chance on something of this nature. This Awareness suggests however, that *It* is not recommending the use of hydrogen peroxide. *It* is simply reminding you that it has been used for crisis purposes in dealing with viruses, and if a crisis occurs, that it can be something you may consider turning to, with great caution.

This Awareness indicates that you may also keep your eyes open for other substances. The entity Ed McCabe** has written books on oxygen therapy, and there are certain products that he has written about in his book and given addresses for the purpose of locating certain of these oxygen-therapies that can be beneficial.

This Awareness indicates that it is suggested you put out your antenna and start watching for sources of oxygen-therapy substances that can help in the event of some viral outbreak. This Awareness indicates the Interpreter is pursuing a product called Engard, which is another type of oxygen-creating substance which he wishes to locate so as to provide through the Goodship. If anyone has any information on where this can be obtained or a similar product, the Interpreter would appreciate hearing from you.

This Awareness indicates that there are many different producers of similar products to that EQ02 and other types, but this Awareness suggests that some of these are of lesser quality, some are of better quality, and it is good to shop around to find what is available in the market-place, to prepare.

This Awareness wishes entities to consider these things because *It* foresees considerable danger in these viruses that are now causing tens of thousands of entities in South America to become ridden by these diseases. There is much suffering involved and a great amount of death following the wake of the outbreak of these diseases.

There are Half a Dozen New Diseases that are Fatal

This Awareness indicates there are approximately a half-dozen of these diseases of extreme potency in which there is very little that can be done to help the entities once they have acquired the disease.

*As of May, 1997, the Goodship is temporarily out of business until further notice.

**Ed McCabe's book, "Oxygen Therapies" is available from CAC. Please refer to Book Price List.

THE GERM THEORY OF DISEASE

(Can Bacteria Change Into Viruses and Vice Versa?)

QUESTION:

A question from JD in New York. She asks: "Would Awareness please address the germ theory of disease, and Royal Rife's contention that bacteria can change into viruses and viruses can change form?"

COSMIC AWARENESS:

This Awareness indicates that it appears there can be mutations that occur under certain circumstances; these circumstances having to do with the immediate environment of a bacteria in a circumstance or situation so that the concept, although quite seldom, happens. The

concept of bacteria changing to viruses can be a fact. Much of this has to do with the fact that bacteria strains are becoming stronger from the misuse of antibiotics and also from the pollutants and environmental effects on the bacteria.

This Awareness indicates that it is a relatively rare event, but it is becoming more common than say, ten years ago. This Awareness indicates that it has to do with the mutation factor, wherein certain changes occur, much like evolution being changed by chemical or genetic engineering techniques. The viral and antibiotic fusion and confusion can help to create mutating strains.

The Mule an Artificial Creation by Man

For example, when bacteria fuse or mutate with certain viral energies, it is possible for a kind of merging to occur. This Awareness indicates that for thousands of years there was no such thing as a mule. There was the donkey and there was the horse. The mule was a mutation, a cross-breed between donkey and mule, artificially created by man.

The same thing can happen where certain bacteria and certain viruses can be mutated to become mutant and carry on as a virus, or have certain bacteriological properties. It is likened unto the creation of new types of miniscule germs that can be of great danger, great threat to humans. This Awareness indicates as of yet, however, this is still quite a rare phenomenon.

What About Inhaling Oxygen From Tanks?

(Ozone and Meditation Also Work)

QUESTION(VIKKI):

Would inhaling straight oxygen from tanks as are available in health catalogues be effective in warding off viruses by raising the body's oxygen level that way?

COSMIC AWARENESS:

This Awareness indicates that this can be beneficial, putting the oxygen into the breath, and from the breath and lungs, into the blood. This can be beneficial in helping to raise the oxygen level in the blood. It also can be beneficial for entities to breathe deeply in a kind of meditative state or just make sure they breathe deeply, if they have clean air to breathe, so that their body does have plenty of oxygen in the blood.

This Awareness indicates there are also benefits from certain use of ozone, although it too can become hazardous if misused. This Awareness indicates there are some entities who do use ozone to help in the treatment of AIDS and other viral diseases, but entities need to know what they're doing if indulging in these unusual forms of oxygen therapy.

Why Does One Sneeze When Seeing the Sun?

QUESTION:

John S. asks: "When bright light from the sun hits me in the eyes, I often sneeze. What causes this effect?"

COSMIC AWARENESS:

This Awareness indicates that the optic nerve runs behind, out and behind the nasal area, to the brain, and often the energies of the bright light spill out in a kind of vibratory action outside of the optic nerve into the cranial cavity, causing a kind of vibratory radiance. The nasal area being filled with nerves and having a certain amount of sensitivity, picks up on this radiance and feels the radiance from the light, and the nerves are stimulated, thus causing the vibration in the nasal area and effecting the sneeze.

It appears that the sneeze helps to neutralize the polarity of that vibratory effect as it spills out from the optic nerve. It helps to bring about a balance of the energies behind the eyebrows, behind the nose, in the

area of the forehead. In other words it is simply a kind of vibratory tickle that is pacified by the sneeze.

Wisdom of Awareness:

ON THE LAW OF MERCY WHEN DEALING WITH ENEMIES

This Awareness asks that you look deeply into the eyes of one another; that you address the spirit, the Divine Being behind those masks, behind those robes, behind those energy patterns. This Awareness asks that you address the Divine Being within each other, that you look and discuss the experiences you feel, that you share yourself with others, that you open yourself to allow them to share with you. This Awareness indicates that communication is the key to bringing about the Kingdom of Heaven on Earth.

This Awareness indicates that the Kingdom of Heaven is within each of you. That this can be manifested without; that which is within can be brought about by placing this without; and that it *can* come about upon this plane wherein entities begin to communicate clearly. For each entity does have within himself, within herself, the same basic needs, the same basic desires, and the same basic willingness: the willingness to assist one another, that all may be happy and joyful in their living experiences. This Awareness indicates that love in communication, that these two are the vital factors of bringing about the New Age and the consciousness that unites all entities together.

This Awareness suggests also that you remember the *Law of Mercy*, and that you use this Law to relate with your enemies. This Awareness suggests that wherein one sets himself up to be your enemy, that you bring forth the *Law of Mercy* and deal with this entity accordingly.

This Awareness asks that you Judge Not one another; that you Judge Not yourself. That you look and discern clearly *Who, in Fact You Are, what in fact is happening, and what in fact the other is doing*; that you share your discernment without condemnation or judgment; that in this manner communication can be allowed and can be a vehicle whereby entities begin to understand each other and where each other comes from in each meeting.



COSMIC AWARENESS ON SECURITY AND FREEDOM

This Awareness indicates there are many who may think that that this Awareness is opposed to the government of the United States. This Awareness indicates that this is not so; that the government of the United States as being the possible source of delivery from that which the Beast has in store.

This Awareness indicates that the concern of this Awareness is that the Beast has entered into the chambers of the government, into the minds of some of the elected officials, and that many of these are being controlled by the Beast.

This Awareness indicates that this is not limited to government, but as being international in scope; and this also being seen in terms of individuals, wherein the Beast enters into the affairs of each individual and attempts to manipulate the individual into competitive actions, dominating others at their expense, and promoting one's own greed, lust, and desire for power at the expense of others.

This Awareness indicates this is seen not only in government levels, but also in terms of business, corporations, and all the bureaucracies in between; that the Beast is likened unto a dark shadow that covers this plane, and the tongue of the Beast attempts to lull entities into believing in him and into falling asleep and giving up all rights to individual freedoms. This Awareness indicates its strongest argument is its promise to give security.

This Awareness wishes to remind entities; maximum security is found in the most unpleasant places in prison control systems.

This Awareness suggests that you consider security and freedom at odds with each other, and that a balance is necessary. The freedom to express, the security to have that foundation from which to express oneself. That wherein entities sacrifice too much freedom for security, they are imprisoned. And wherein entities sacrifice too much security in order to be free, they have no place to land, no nest to rest within, no place to lay their heads.

This Awareness suggests the Greeks had a term, *The Golden Mean*, which was the path between the opposites, and believed this path between the opposites, the mediator, as being the proper way:

This Awareness indicates this as the way. This as the path. This as the razor's edge, the tightrope on which entities may balance their lives between the 'yes' and 'no', between vanity and humility. Between life and death, between freedom and security, between hope and despair.

Wisdom of Awareness...

On Walking the Path

This Awareness wishes to inform those who are beginning on the path, that you have been on this path many times; that all entities have walked in various states of consciousness; that often entities awaken in one life only to fall asleep in another. This Awareness indicates that entities often walk the path of the Hindu; that in a following life these same entities may walk the path of the Christian; that the same entity then may walk the path of the Muslim; that there are many paths and many lifetimes and many mansions and many states of consciousness; that none is to be considered higher than any other because of the path on which an entity walks, for those who are on the higher planes in one level of consciousness may find that it is necessary for their own growth and understanding, or for a purpose they have chosen, to move into lower states of consciousness, to give their energies to those actions which appear to be degrading to their dignity. This Awareness indicates that none can judge the other, for each has his own path and each has that *which is*, to contend with.

With all the flag waving going on...
WHAT REALLY IS PATRIOTISM?

This Awareness wishes entities to make this clear distinction and to have a clearer understanding of what patriotism is. This Awareness indicates that patriotism is *not* loyalty to the leaders. Unless the leaders are loyal to the *principles* of a nation, this can be treason to be loyal to the leaders. This Awareness indicates that true patriotism is loyalty to the principles on which the nation was built and on which the people have agreed to support, regardless of its various directions and paths. So long as the principles are supported and one supports those principles, one is patriotic.

This Awareness indicates that wherein one begins to support a leader that is claiming to be patriotic, waving the flag and leading the people away from the principles on which the nation was built, this type of patriotism is not toward the nation, but rather is loyalty toward the deceiving leader,--the one who would be treasonous toward the nation's principles. This Awareness indicates that many entities become confused about this concept of patriotism, and when they see the nation being led into wrong directions by leaders who are acting with disregard of the principles on which the nation was built, they believe themselves not to be patriotic to the nation anymore.

This Awareness indicates there are many entities who are embarrassed to salute the flag because the flag has been used for purposes that are anti-American, for purposes that are against the principles on which this country was built, namely the freeing of humanity. This Awareness indicates that wherein the flag is carried into battle to slaughter and maim entities from another country in order to build up a greater financial economic base for some corporation in order for that corporation to rake over and use the resources of that country for its own profit and gain, using the United States' flag and the concept of democracy as an excuse for such invasion and intrusion into another's affairs, entities become embarrassed to be recognized as Americans.

This Awareness indicates that this is *exactly* what these entities wish to happen, whereby the true American begins to feel himself dislocated, begins to feel himself traitorous, begins to feel himself as not having a country or not being truly patriotic to his country. This Awareness wishes entities to not fall for this confusing manipulation of the mind and loyalties, but rather to look at this with clearer direction and understanding.

This Awareness indicates that the Constitution of this United States is perhaps the greatest document ever written for nations upon this plane, whereby these people of the nations could have a model on which to build a society. This Awareness indicates that this Constitution as that which has given entities great freedom, has given entities great opportunities, unsurpassed upon this earth plane.

This Awareness indicates that the problem is not the patriotism to the Constitution, the problem is the *distortion* of what patriotism *is*, and whereby entities come in charge through manipulation of the elections, through funding through vested interests, and through the controls and organized election campaign systems whereby entities can purchase their offices, and whereby entities have control of each other through their offices, whereby they can manipulate the course of government, not by following the law, but by *bending* the law in order to make the law work for their vested interest, and then whereby these leaders who are nothing but puppets

of the corporations, raise the flag, salute the flag, hold the flag and speak as though they were humanitarians representing the great freedoms which the Founding Fathers and which the ancestors of many in this nation gave their lives to support; whereby these entities claim to be the leaders and representatives of freedom, but in fact are nothing but puppets and representatives of the corporations' vested interests in acquiring control over some little nation here, or some resource over there, and in their shouting and patriotic stance, they draw in the mindless masses to support them in these efforts: This Awareness indicates that *this* is where the treason lies, and not in the entity who is standing on the street corner, holding a placard calling for peace in South America or the Middle East, or calling for investigation of some violation, or calling for some type of reconciliation between forces.

This Awareness indicates that these entities who march for peace should carry American flags, should carry signs of patriotism, should speak out for the Constitution. These entities should let themselves be known as true Americans, for America is not that nation which is being represented by those vested interests and those corporate powers. This Awareness indicates that the *true America* is that which is being lost in the shuffle, and if the Peace Movement, and if the masses do not recognize that *they* represent the True America, then indeed the Constitution and all that is viable in this nation in reference to freedom, in reference to democracy, in reference to the right to speak out: these will be lost.

Excerpt from Revelations of Awareness 84-4 (It's Time to Recapture Our Flag); \$3.00 from CAC. Paul Shockley Interpreter.

Wisdom of Awareness...

On Walking the Path

This Awareness wishes to inform those who are beginning on the path, that you have been on this path many times; that *all* entities have walked in various states of consciousness; that often entities awaken in one life only to fall asleep in another. This Awareness indicates that entities often walk the path of the Hindu; that in a following life these same entities may walk the path of the Christian; that the same entity then may walk the path of the Muslim; that there are many paths and many lifetimes and many mansions and many states of consciousness; that none is to be considered higher than any other because of the path on which an entity walks, for those who are on the higher planes in one level of consciousness may find that it is necessary for their own growth and understanding, or for a purpose they have chosen, to move into lower states of consciousness, to give their energies to those actions which appear to be degrading to their dignity. This Awareness indicates that none can judge the other, for each has his own path and each has that *which is*, to contend with.

RHYMES WITH ORANGE By Hillary Price



HOW TO DEAL WITH LONG-TERM DEPRESSION

QUESTION:

A question from Charles H., Attorney at Law, Richmond, California. He writes: "I remember that Awareness has done readings on depression before, but I have some questions which may shed further light on this subject. Of course, if they are redundant, or if the topics have already been covered, don't use them.

"I have had long-termed depression, characterized by, among other things, periods where seemingly, for no reason, I would feel a sudden onslaught of negative emotions, including sadness, and general negativity. These feelings were never far away. Winston Churchill referred to depression as a "black dog nipping at one's heels."

"For some sufferers, like myself, the cause seems to be related to a dysfunctional family. For example, unsupportive parents, tragedy, such as death of a parent. It appears that one cause of depression is circumstances which prevent development of a strong sense of self-worth. For example, without supportive parents, one feels insecure and lacks a sense of inner strength.

"For other people I know there does not seem to be any specific life circumstance cause. One person I know first felt depressed at 7 years old. For such persons, depression appears to have an organic cause. Some person theorized that depression is caused by chemical deficiencies in the brain. On the other hand, negative thoughts and emotions can suppress normal brain functioning, so we seem to have a "which comes first" problem.

"My specific question is:" (Well, actually he's got three, so I'll read them altogether) "What are the causes of and cures for depression? How can a person suffering from deep long-term depression due to life causes, control these powerful negative emotions? And for severe sufferers of both types, anti-depressive drugs are attractive to try to finally get some relief from the constant bad feelings. Many people still feel severe depression after years of various types of therapy.

So, are there ways to conquer depression without drugs?" So, there's about four questions in that question.

COSMIC AWARENESS:

This Awareness indicates there are quite a number of causes of depression.

This Awareness indicates there is an astrological cause in some instances and as you mentioned, there is the dysfunctional family background cause which leads some entities into a feeling of depression because of their family support system being very weak or lacking entirely.

There is also the amino acid or chemical imbalance of the brain. That these three and also an element of the function of light in terms of the brain and its chemical balance or imbalance, depending on the amount of light an entity receives is also, for some entities, a cause for depression.

Not Enough Sunlight Can Cause Depression

This Awareness indicates the light element is most applicable to entities who do not receive enough sunlight, such as those who live in cloudy or overcast areas or work inside where there is no sunlight and only artificial light, or those who work in shadows or darkness, or who do not receive quite enough actual sunlight.

This Awareness indicates that for such entities, bright colors and more sunlight can be more helpful. This Awareness indicates for the entities who are imbalanced because of a chemical or hormonal imbalance in the brain, the use of certain amino acids can be helpful, particularly L-Dopamine, as a benefit to the brain. Tyrosine can be beneficial, and Tryptophane also can be somewhat beneficial in this regard.

This Awareness indicates that Tryptophane can be found in the white meat of turkey, and this may be a good source, since over-the-counter Tryptophane has been banned from the market in many areas, in most areas, especially in the United States.

This Awareness indicates that there is also something about honey that is beneficial in countering depression. There is also something in chocolate that helps to counter depression and elevate one's mood. This Awareness indicates the use of Rejuvigor in very small amounts can be helpful in mood elevation to counter depression. This Awareness indicates in such a case you would take perhaps one to two capsules of Rejuvigor daily. This Awareness indicates, however, the purpose of Rejuvigor was intended to create more energy for an entity so that the entity could feel more energy without the same effects as caffeine. It is a secondary purpose or use in countering depression. This Awareness indicates that also, for an entity to exercise for at least 20 minutes each day can be very helpful because the endorphins in the brain are released after approximately 15 minutes of exercise. These endorphins are the body's natural painkillers.

Candida Yeast a Major Cause of Depression

The endorphins also affect the feeling of an entity to give them a sense of well-being and to help an entity feel better, and this endorphin effect or endorphin release in the body counters depression. This Awareness indicates that perhaps the major cause of depression, or one of the major causes of depression, has to do with Candida yeast.

The Candida Albican develops in many entities because of the over-use of antibiotics and sugar and sweets in the diet, and causes an entity to become depressed without really knowing why. In which case, an entity will need to counter the Candida yeast, at least to the degree that it is diminished greatly, if not eradicated totally from the body.

This Awareness indicates that at the moment, Nystatin is the drug of choice for countering Candida. This Awareness indicates that there are other ways that can be useful in countering Candida besides diet and Nystatin. These will be discussed later when they are more easily accessible on the market. There is no point in describing something that is not yet available.

Hypoglycemia the Blood-Sugar Problem and Depression

This Awareness indicates that good health is also a counter for depression. If the body feels healthy, it generally does not experience depression. This Awareness indicates that coupled with, and closely linked with Candida is the problem of hypoglycemia, or low blood sugar. When an entity has hypoglycemia, which is possible even if the entity has yeast from eating too much sugar, the body's cells are not receiving sufficient amounts of digested sugar complex.

The digestion of the sugar in the blood-stream through more complex forms, such as carbohydrates in the form of complex carbohydrates can be helpful in giving the body a more balanced blood-sugar level, and this can prevent depression for those who have hypoglycemic difficulties.

This Awareness indicates essentially what happens with the hypoglycemic is that they will eat a candy-bar or something full of sugar and get a good feeling for a few minutes, but then the sugar rush is over, and they feel depressed. The action is likened unto throwing paper onto a fire and getting a big flame of energy, but the paper burns quickly. Likewise, the simple sugars burn quickly, and leave the entity with low blood sugar following.

The paper burning quickly then goes out and the fire burns low. The same happens with the metabolism. The blood sugar builds up in a way that gives a feeling of well-being, but then simple sugars burn quickly and the energy is depleted and the entity then feels let down and often depressed. This is a major cause for many entities of the symptom of depression.

This Awareness indicates that you may look at these different types of depression causes and perhaps recognize something in your own life that may indicate one or another of these conditions as being a general cause of your depression and begin working on this, or you may wish to seek some expert advice through some health care assistant to help you determine which of these different situations may be your own particular circumstance.

More Exercise and Tyrosine Helps Overcome Depression

This Awareness suggests that one thing that can help is getting more exercise, and using Tyrosine, the amino acid that specifically helps to overcome depression. It is not a drug. It is simply a component of protein. That is what amino acids are, they are various components of protein, and the use of Tyrosine is essentially part of the protein molecule and therefore, a relatively harmless form of medication for the depression.

It is not to be confused with anti-depressant drugs which can have harmful side-effects. This Awareness indicates that if you are relatively healthy and not overweight and if you do not have the problem of *Candida Albican* in your system, the use of an occasional chocolate bar may be helpful in combating the more serious experiences of depression.

This Awareness indicates, however, to depend on candy or sugar or chocolate to counter depression could actually lead to greater problems if your problem is caused by excessive use of sugar or if you have hypoglycemia or if you are plagued with a yeast infection.

ASTROLOGICAL INFLUENCES AND DEPRESSION

Some CAC Members Are Feeling Depressed

QUESTION:

In letters we get from the members who write for one reason or another, some are putting in lines like, for example, Vicki Giles, of Covington, Georgia. She writes: "Thanks for this last Awareness reading. Throughout the years the readings have seemed to come when I need them the most. I haven't read it yet, but just glancing through it makes me know it's what I need.

"It's as though I'm going through Menopause or something. I just don't feel happy much. It's like a spark has gone."

I was wondering, if in cases like this, would the information just given by Awareness on depression help, or does the density change *It* indicated we were starting to go through have anything to do with this?

COSMIC AWARENESS:

This Awareness indicates that often these situations are astrological. Entities who cannot accept astrological

causes are missing much of the reality of life. This Awareness indicates that for example, the planet Neptune affecting an entity's First House; in other words, when the planet Neptune goes over one's sun sign, it generally has the effect of creating mood swings, whereby the entity experiences confusion, emotional confusion and mood swings throughout the period of that Neptune influence on one's First House.

The Influence of Neptune and the Fourth House

This Awareness indicates that the First House relates to personality, and character and therefore, with Neptune, which relates to confusion, uncertainty and strange or nebulous feelings, which affect the moods and emotions of an entity, the entity will have this kind of circumstance.

If, on the other hand, it is in a different house, such as the Second House which relates to possessions and money, or properties, then the confusion and uncertainties and energies of Neptune which have to do also with deception and unclarity may have an effect on one's finances or one's ownership of property, and one would need to be very cautious during this time of being cheated or having things stolen.

This Awareness indicates that if the influence of Neptune were found on say the Fourth House, it would mean there is some kind of nebulous effect in regard to your domestic setting, your home in general, and those things that are ruled by the Fourth House. Fourth House includes the parent of the same sex. Thus, if you are a man, the parent of the same sex would be your father, and Neptune in the Fourth House could cause an experience in which your father is under, or is experiencing, or has a relationship with you that is somehow confusing or uncertain or there is something nebulous about this.

This Awareness does not wish to go into all of the various Houses. It would take too long. However, *It* wishes to point out that Neptune, especially when in one's Sun Sign or Rising Sign can be a trigger and cause of depression. It can also occur when Neptune is in square or opposed to that particular Sun Sign or Natal House, the First House of the natal chart, so that there are several times in the movement of Neptune that an entity might experience a depression for a period in one's life.

The problem with Neptune also is that it takes a number of years to pass through a sign. If it is in one of these signs or aspects to the sign where it triggers depression, it might be a lasting time before it clears. This Awareness indicates it is generally around 14 to 16 years in a sign. If it is 16 years, over your Sun or over your First House, that entire 16 years may include moments or times or periods of time wherein you experience depression.

Once this energy leaves your Natal House, First House or Sun Sign, you will feel as though a rock has been lifted and you are free to go out into the world. During that period of time you will very likely feel some kind of energy that is smothering to you, that is holding you down, an energy that depresses you.

This Awareness indicates that the depression lifts when you get away from that Neptune influence. Unfortunately, it is not something that you have a choice in; however, fortunately, knowing about it, you can avoid the worst of Neptune's depressive energies by appealing to the higher values of Neptune which include romanticism, escape in fantasy and appreciation of beauty.

Thus, if you turn your attention during these times of depression to something romantic such as a movie or to meeting with someone, taking walks with entities, or going places that are pleasant and inspiring or if you read a good uplifting book, these activities can help to overcome the depression that would otherwise be from the influence of Neptune on your psyche.

This Awareness indicates that if entities understand astrological energies they can many times overcome the negative part of those energies by appealing to the higher qualities exhibited by those planetary and astrological energies. Thus you learn to work with the astrological forces rather than have them or allow them to impose upon your life in a negative sense.

Things To Do On a Cloudy Day

This Awareness indicates the Neptune influence might be similar to a cloudy day, compared to a sunny day, but if you know it's going to be a cloudy day, rather than being depressed or in a bad mood because it is a cloudy day, you simply plan to do something pleasant and plan your experience in spite of the clouds so you may wish to go to a place where there is enjoyment, excitement, such as perhaps a museum, a play, a movie or some indoor activity, perhaps swimming indoors. Knowing that you cannot enjoy the cloudy-day swim in an outside pool, you go to a pool inside and enjoy a good swim.

This Awareness indicates that in other words, you compensate for the negative or cloudy or poor weather by doing something in a way that is not affected by that poor weather. This Awareness indicates you may think of astrological influences much as entities think of the weather. You don't plan for a delightful sunny picnic when the weather forecast indicates rain, and you don't plan for a delightful enjoyable experience of the kind that is not promised when an astrological energy forecasts something of a more subdued level.

You do not plan to have an exciting and enjoyable life or experience on a day when astrology suggests you take it easy and assume a more subdued time on that particular day. You may find that by staying home or by doing less, you will have a better day than trying to buck the weather, the astrological weather and scheduling something that is not in your favor for that day.

This Awareness indicates of course this is especially difficult in some occupations. For example, an attorney might not be able to astrologically plan his court appearances in a case, but wherein it is possible to do so, the attorney might have better fortune in those trials or court appearances.

This Awareness indicates that sometimes you have to just make the best of it, and when all of the energies are negative, and indications suggest you should stay at home and you have a lot of depression, there are times when you have to overcome those energies because you have no choice, and you have to go anyway, in which case you must put on the happy face and hope that the action of smiling and looking alert and bright will help to trigger the feeling of alertness and clarity in your presentation.

This Awareness indicates in other words, astrology has its influence, but it can't compel you. You can still do something about the influence without feeling totally compelled by it. This Awareness indicates that you think of it as weather. If you have to work in the rain, and you take on an attitude of negativity, grumbling and feeling really resentful about the rain, it only adds to the problem.

If you must work in the rain, then you might as well laugh and smile about it and really let the rain come down and think of yourself as a person who is taking a shower and really loves it, and you will probably enjoy your work-day better than the one who resents it and resists it throughout the work-day.

An Exercise For Really Getting Into Your Depression: Wallow In the Agony of Your Unhappy Life for 15 Minutes Only

This Awareness indicates there is another action an entity could take toward the concept of depression, and this is a way by which through your own mentality you can deal with depression. This Awareness suggests that there is that concept of getting negative really fast, going into it completely, and doing so with the intent of getting through it as fast as possible.

This Awareness suggests, for example, you may put on the saddest music you can imagine and feel really sorry for yourself, feel really depressed for a limited time, such as giving yourself 15 minutes where no one will interrupt, to let yourself become extremely depressed, and at the end of 15 minutes you know that you must then stop being depressed and get on with your life.

You go into the depression knowing that it will only be allowed 15 minutes of time, and you get really, really negative, really depressed, thinking of the worst things possible in terms of your life, in terms of your happiness, and feel really sorry for yourself for all the troubles, for all the people you love who might be suffering.

Wallow in the agony of your unhappy life as deeply as possible so that you can get totally engrossed in the depression for 15 minutes. Once you have done so, trying to be depressed, you will find that it is extremely tiresome and extremely hard to indulge in those emotions for more than 15 minutes, and you will be so happy to find the 15 minutes pass and to be able to get back into a more positive and restful state of consciousness that you will no longer feel depressed for quite some time to come.

Then you can glow and enjoy the positive aspects of your life. The problem with most entities is that they never get deep enough into their depression to get bored with it, to get sick of it. They just skim around on the surface levels, dabbling in depression, and prolong it for hours or for days or weeks or months until it becomes a lifestyle for them.

This Awareness suggests you get really depressed, totally, in extreme, so that you can then begin to glow more positively, and enjoy a more relaxed state. This Awareness does not advise you to try to become super-positive, for that would be an action of developing a manic/depressive personality, wherein you go from one extreme to another.

This Awareness suggests you not go too high in your mood swing toward the elation of happiness, but you come up to a level which is comfortable and sustain that level until you can no longer hold it. Then let yourself get negative again quickly and get it over with. And then come back to your normal sense of well-being.

Develop a Sense of Humor to Overcome Depression

This Awareness suggests also, it is very important for entities to develop a sense of humor. A sense of humor is that which comes about when entities place two images side by side which are incongruent. They do not fit together. In other words you have something that is negative, and you lay against that something, something which is more positive.

The one image contrasts the other in such a way that you see the incongruency and it appears humorous to you. This Awareness indicates you see your life in shambles. It is not what your mother envisioned for you, and you think about the life your mother envisioned for you, and you find yourself laughing at the difference.

This Awareness indicates by being able to laugh at the difficulties of life, it elevates something. You may think of each chuckle as going up one floor in an elevator to lift your spirits and move you away from the deeper lower levels. This Awareness indicates that as entities learn to laugh at their own egos especially, wherein their ego thinks of themselves as being so high and mighty they should never have to endure this particular state of consciousness, this particular lifestyle, you may find it helpful to laugh at yourself, at your ego for having such a high opinion of yourself, and you may enjoy seeing how fragile your ego is and how false your ego's opinion of yourself really is.

The Reaction of Your Ego Can Help or Complicate Matters

You may actually find it beneficial to laugh at yourself, at your egotistical attitude. This Awareness indicates that most of the time when entities suffer, there is something related to the ego that is involved, and the ego does not want to be looked at in a way that is unfulfilling to its view of itself. Thus, an entity can become depressed when the entity is not fulfilling its expectations of itself, when the ego sees itself as something really great or wants to prove itself to be much greater than it really is, perhaps because a parent or a friend looked down on it, and it has this determination to prove to the parent or the friend that it can be great or do something really significant.

If this is a situation for an ego and things aren't going well in its effort to show itself its greatness, an entity can become depressed and wonder: "Why can't I succeed to the status I deserve?" This Awareness indicates that these are times to just become human and honest with yourself and laugh at your ego for trying so hard to prove something that is unnecessary, and you may develop these two qualities, being careful of course not to create two personalities: one which is highly egotistical and ambitious, and the other which is more honest and realistic which is self accepting.

You do not want to develop a strong dichotomy of the two extreme personalities, but to be able to look at yourself from two points of view can be of great value, because it helps to defuse that egocentric quality of yourself just enough to let your true self relax and realize that perhaps you weren't made to be greater than anyone else. Perhaps it isn't the time for your greatness to express itself. Perhaps your ambition was out of character for your true self, and perhaps it is simply time to enjoy life for a period rather than trying to conquer life.

This Awareness indicates that these can be mental processes by which you may succeed in breaking down some of the causes of depression if these are part of the thinking process or emotional process or characteristics within yourself. This Awareness indicates that of course, again, there may be other causes such as previously mentioned: sugar balance, for example or its false impression of itself.

See Your Parents in Perspective Now You are Grown Up

It is important to look at all of these possibilities and to see which of the possibilities may be worth closer examination and application to your own personal situation. This Awareness indicates that for anyone to be happy, they must be able to accept themselves as they are, without counting on others, especially people of the

past, to accept them. They have to recognize their own worth, even if their parents were too wrapped up in their own lives to be of any support, to be of any comfort to them.

They must recognize that their parents probably had their own problems and that their parent's problems may have been much worse than they themselves face in their own lives, and perhaps forgive their parents knowing that they were weak and struggling and doing the best they could with what little understanding they had.

Perhaps the parent just didn't know what effect he or she had on the child, didn't have the time to do anything more than struggle for survival and support of the child in the way he or she could. Perhaps the parent thought only in terms of helping the child to have food, shelter and clothing, is not in any way connected with the ego and didn't even comprehend the need for emotional nurturing, because perhaps the parent didn't have much emotional nurturing or couldn't find the time, or recognize the value of emotional nurturing.

This Awareness indicates there are always problems between parents and children, but parents seldom will live up to the needs of the child and it is important for the child upon reaching childhood to appreciate what little the parent did, forgive them for their inadequacies and recognize that they themselves now are the adult, and need to take care of their own needs and once capable of attending their own personal needs, they too may be able to attend the needs of others, and hopefully, to do a better job than their parents did for them.

This Awareness indicates that in focusing on what one can do for oneself and for others, the entities generally will stop thinking about what the parents did or didn't do for them, other than to remember things for whatever value those memories may contribute to present experiences.

IS A VIBRATIONAL CHANGE CAUSING DEPRESSION?

(The Neptune/Uranus Conjunction)

FOLLOW-UP QUESTION (VIKKI)

Recently it seems the topic of depression has been popping up all over the place. A friend just reported she has started on an anti-depressant drug that she's so happy with, she plans to take it for the rest of her life. Some close relatives, not any I was raised with, have been, and still may be on the antidepressant drug they talked on TV a few months ago, and letters from the members recount a general sense of depression.

I feel like I am a pretty positive person, but like Vicki just wrote, I've been feeling sort of off, tired, and I guess, depressed. Dr. George gave me an amino acid, Tyrosine, and I have been able to sleep better and felt a lift. So I was wondering if there was a mass-effect hitting many people, maybe from the change in vibrations or some chemical imbalance we're all getting somehow. Would Awareness comment?

COSMIC AWARENESS:

This Awareness indicates that within the coming two or three months, Neptune and Uranus enter into a conjunction. This is a very rare occurrence. It occurs decades apart. It occurred at the beginning of the Industrial age, and it creates a total change in a society over a long period of time. Its influence in the coming decades, well into the next century will effect a change, probably in the effects of electronics.

There will also be a greater awareness of the psyche and its influence and there will probably be much more

exploration in the field of telepathy and further exploration into the mind itself. Wherein in the past, psychology began exploring the mind, the influence in the next century in regard to Neptune and Uranus, the focus will shift from the primitive or basic psychology into developing higher mental faculties such as telepathy, clairvoyance and so forth.

This Awareness indicates that the present effect of Neptune conjuncting Uranus falls in the House of Capricorn in the sign of Capricorn, and entities who have Capricorn in their chart in a placement that is significant to their mental and emotional impulses, are quite likely to experience this as a kind of journey in the emotions or mental levels that can cause disruption. The quality of Neptune and the quality of Uranus being together, mixed with Capricorn is not an uplifting and joyous combination, but a serious and depressive combination of energies and it will have an effect on entities with the conjunction in those areas of their chart so that if they are affected by that area in any mental or emotional way, they will feel it, mentally and emotionally.

This Awareness indicates that others who have it in some other aspect of their chart may feel it as a totally different kind of experience. For example, the entity who has this in Capricorn, say, in the 6th House, may experience some kind of health problem. It is not likely that it would be an emotional or mental health problem, but a physical health problem, since the 6th House rules physical health. This Awareness indicates that the 6th House also rules one's job and co-workers and therefore, the entity, if it were in his or her 6th House, might have this conjunction affecting his or her job and also his or her health and diet, since it also rules diet.

This Awareness indicates that another entity may have this occurring on his or her Second House, House of money and properties, and things of ownership, and the Neptune/ Uranus conjunction could affect these areas. This Awareness indicates the point is, many of these people who are experiencing this depression may be actually experiencing an astrological influence and the influence will continue throughout the Winter and Spring to some degree.

It will not necessarily mean that every day will be a depressive day; there will be times when the entity hardly feels the influence. There will be other times when the energy will be felt strongly. The reason for this is that other planets are moving also, and other planets are having influences on this influence and may brighten or depress or strengthen, or weaken the energy of this influence.

This Awareness indicates that this conjunction is very slow moving. The planets are moving extremely slow. It will take months for these energies to move even one degree and their orb of influence is approximately degrees so that it will require approximately three degrees of movement before this conjunction changes enough to disperse the influence of the conjunction.

IS INTELLIGENCE GENETIC?

(Or An Attribute Of the Soul Incarnating?)

QUESTION:

JD in New York asks: "Is intelligence genetic? Or is it an attribute of the soul incarnating?"

COSMIC AWARENESS:

This Awareness indicates that it can be both. It can also be taught, if properly presented. This Awareness indicates that a good example of being able to teach intelligence lies in the use of phonics as tool for helping

entities to read. In approximately 1963 the teaching system that had been based on phonics, the sound of letters and helping children to learn to read words by sounding out the letters, was discarded from the schools as they shifted to See And Say, wherein children would see a word, memorize the word and say the word from memory whenever they saw those letters together.

The "See And Say Method" Teaches Very Few to Read

Over the years, the See And Say method has created schools that do not teach many of the children to read well. Some learn to read that way, but many of those who read with the See And Say method have been coached by parents who learned from the phonics lesson, and in coaching the children, they have taught them to sound out letters.

Thus, the See And Say children who graduate from school may not have learned as much as the schools would like to think from their new teaching methods, and may have instead learned more from the old phonics system that was discarded because of the student's parents. This Awareness indicates here is an example of teaching un-intelligence by shifting to a system that does not teach intelligence.

This Awareness indicates those children today who are shifting back to studying phonics in order to learn to read, are learning to read better, sooner and in the process of being able to read at a young age, their intelligence is likely to give them an advantage over a longer period of schooling than the children who were not taught and who were expected to read by sight without being able to sound out the words.

This Awareness indicates that likewise, if entities learning one field of information can be encouraged to learn something of another field at a fairly young age, the entities then have tools of understanding which may be applied to still another field, and gradually, the more an entity learns from one field to another, the easier future learning can be. If an entity learns another language, it becomes easier yet to learn a third language because much of the learning of a language has to do with recognizing similarities between the other language and your own.

If you know two languages, you have more to draw from in learning the third language and if you know three languages, it becomes still easier to learn the fourth. This Awareness indicates that in other words, tools help entities to learn and learning the tools to learn enhances and develops intelligence at a faster rate. This Awareness indicates that of course, genetics plays a role.

If an entity is intelligent naturally, or has the potential for learning, then perhaps the entity in being able to recognize differences and similarities more quickly than someone else will be able to grasp concepts and ideas, patterns and shapes quicker than anyone else, and in so doing, express the greater intelligence inherent in their own being.

How The Soul Can Influence Intelligence

This Awareness suggests that this is how the genetic influence may work. This Awareness indicates that in terms of a soul influence, if the soul is one of general contentment which comes into embodiment, the entity may have a greater ability to focus on something than the soul that is agitated and fearful or filled with anxiety, for the soul that is filled with anxiety may not be able to focus well, or to appreciate something that is placed before it, and if it is notable to focus on these things, it cannot appreciate and enjoy and grasp the essence of that which is placed before it.

THE LIGHT THAT FAILED

How Children Learn With Shapes and a Ball of String

Thus, a child may learn to play with shapes at an early age because he or she is able to understand these shapes, take the time to focus on them and to look at them, while the next soul, which is agitated and fearful spends his or her time crying or thrashing about or wanting out of his or her confinement and cannot appreciate the shape that is placed before them. This Awareness indicates in this sense, the soul carries some potential either for quicker learning and enhanced intelligence to follow or for the potential of being a slow learner.

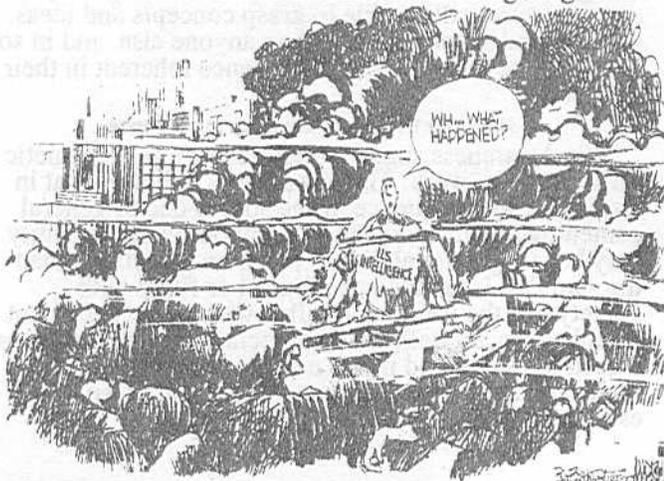
This Awareness indicates in other words, the soul carries some qualities that make up or lead to intelligence as does the genes of an entity, the genetics of an entity, which may carry from a parent to a child, the qualities that allow it to recognize patterns or shapes or designs and appreciate music or sounds more quickly than another genetic influence on a different child.

This Awareness indicates likewise the tools that are given to the child in his or her environment at an early age may be those tools that have no learning value, or no teaching value or may be tools that help a child to learn something.

The child who is given a ball of string can learn a certain amount of information from unraveling and getting entangled in the string, but it may not be information that is conducive to future learning, while the child who is given a set of geometric shapes to play with may begin to recognize the difference between the shapes and recognize patterns, and thus, have certain tools that lead to further learning in regard to shapes, eventually shapes of letters, combinations of letters into words and words into concepts, so that the entity gradually moves from one tool to another because of the environmental assistance that leads to increased intelligence.

The entity with the ball of string learns that his fingers are hurting because he is tangled up in the string, that he has gotten the string tangled around his neck, and that string can hurt, and the entity may find from other energies that are not conducive to learning that these things are good or harmful. The entity may find later that wire can be a problem. The entity may find that cap-guns and plastic toys are breakable or can cut you when you bite them, but these are not tools to enhance learning in the sense of greater intelligence.

These are simply tools or objects that teach the child: this cuts, this hurts, this ties, and this bothers me, and survival problems may become the main thing the entity learns about; rather than enhanced intelligence the entity is learning what causes pain and what alleviates the pain. Is this indeed intelligence or is it more like the survival instincts of an animal that is being taught?



QUESTION:

One last question. It's from James Hartman of Barnes, Wisconsin. "When I would go to bed at night and close my eyes, soon there would be a light that would begin to shine. It would be a little above my head and a little to the right. Sometimes it would shine so bright that I would open my eyes to see where the light was coming from.

"Then, several months ago I spoke of the light to another person and from the day I spoke of it, it has been gone and has never come back. I would like to know what the light was, why it left never to return. I miss it and would like it to come back. Thank you," he says.

COSMIC AWARENESS:

This Awareness indicates that this appears to be a light within your own consciousness. It appears that it was something not of a physical nature, but of a mental nature, being to the right and slightly behind or near or above your head, would suggest the light was slightly out of place. Normally the light is directly above your head, neither to the right nor to the left.

How To See The Light of Your 8th Chakra

Normally the light is the 8th chakra, and entities can see that light by psychically looking straight above their head. This looking from the straight line of the spine up through the head, approximately 6 to 8 inches above the head. This Awareness indicates that this 8th chakra shines as a light when the other chakras are open.

This Awareness indicates that it may be that your other chakras were open, but that somehow the movement of those chakras, the opening of those chakras was such that it was not quite time for the complete opening of the chakras and thus led to the light being slightly out of line with the rest of the body. There may have been some distortion in one of the chakras, one of the 7 chakras.

This Awareness indicates that having spoken to someone about this light may have triggered something psychically or internally to cause a chakra to close, and the light to dim or go out. This Awareness indicates it is somewhat difficult to describe exactly what happened, because there are so many variables that could have caused this phenomenon, and because each individual has a different psyche and different moods and changes that go on within his or her system at different times, particularly in regard to chakras that are opening and closing.

This Awareness indicates that normally the 7 chakras do not open for individual without some kind of assistance. Yours may have been a rare or unusual occurrence. It could have been quite accidental or nearly so. A certain combination of energies and attitudes may have resulted in the opening of your 7 chakras. This Awareness indicates that if you have an opportunity any time in the near future to sign up for the Development Classes given by this Awareness, it will help you to open all 7 chakras in a permanent sense, and this may be desirable to you.

Join the worldwide meditation

For World Peace

Every Friday at 9:PM

Details On The C.A.C. Internet Domain:

<http://www.CosmicAwareness.Org>

October 21, 2001, Grace Interpreter

TERRORIST ATTACK ON THE WORLD TRADE CENTER: THE SIGNIFICANCE

QUESTION:

On Sept. 11th 2001, there was a terrorist attack on the World Trade Center. Now that the dust has settled a bit, what can Awareness tell us about the significance of this event?

COSMIC AWARENESS:

This Awareness suggests that first and foremost entities need not become entangled in a frenzied search for the specific causes of this mass event nor in concluding that any sort of evil force is at work. This is indeed a mass event that has been co-created by the species in its entirety, and as such, the emotions and action tendencies that are occurring provide a mirror-image of the most salient and durable beliefs of the species and its progress toward spiritual development. Such an event shows exactly the sum of all will energy invested in beliefs that reflect either the lesser conscious vibrations of fear or of love and compassion.

Who is Responsible for This Act?

This Awareness indicates that in many ways this event is a test of the spiritual turpitude of the citizens of planet Earth. This event asks the central question of every Earth citizen: **Who is responsible for this act?** There will be as many answers to this question as there are levels of human consciousness at this time in human history---there will be an equal amount of conflicting accounts of who is responsible, what sinister plots might be involved, what ought to be done in retaliation, and what predictable changes will occur upon the planet and to the species as a result. There will be many judgments rendered and as many moral implications as there are cultures and religions. There will also be party line "mass explanations" that will emerge given the overall mass consciousness of the planet---some of which will emerge through, and indeed, be designed by the media. But all of which will reflect the spiritual understandings of the species by the given emotions that they elicit

The Event Presents a Chance for Spiritual Growth

This Awareness indicates that the best way to understand and respond to this event is to examine and understand the personal and public feelings that arise within this context. As the *Lessons* suggest, the spirit delivers awareness to the mind of its limiting---yet creative, beliefs through the *feelings*, but if the mind misses the spiritual message, the body responds to the feelings with protective defenses that will allow the entity to survive the event, although spiritual growth opportunity has been squandered. This Awareness suggests then that every human will have an opportunity for spiritual growth from this---and *any* event, but that there will be predictable feelings and actions that will reflect the unity between the body, mind and spirit of any given entity. In order to assist this enlightenment process, this Awareness will now offer the various feelings and action urges which will emerge, and how they are to be interpreted.

Terror is Only Effective If You Vibrate Fear

This Awareness suggests that terror is only effective in those who vibrate with the energy of *fear*. These vibrations are based simply upon the beliefs energized by any given individual which in turn create that vibrational reality. The beliefs that underlie the vibration of fear are those that presume "victim-hood" which is

the simple lack of understanding of one's creative power and accountability to that power. This Awareness suggests that there are no accidents, no innocent victims, and no evil perpetrators to be blamed for *any* painful event. There is no entity, no force, no power in the universe that exerts control over the unfolding of personal life events other than that entity who experiences them. This Awareness suggests that entities that do not understand this universal truth will answer the question in one way, in a way that reflects the victim belief: *Others are responsible for this act*. They might be identified, or they might remain nameless and faceless, but others will be assigned blame and given controlling authority over this event. The belief in victim-hood transfers the will power directly to the person at blame.

This Awareness suggests, however, that the spirit will not take this misuse of mind power lying down. The spirit will ask for the entity to protect the divine destiny by correcting this faulty belief---and it will ask through the very signal of *fear*. Fear is the message from the spirit that personal power is not yet understood and is being scattered to the winds through ignorant blame. It is also a message that this human is unaware of the meaningful interconnectedness of all people and of all events. If the message within the fear is misunderstood, the protective reactions to the fear itself will attempt to defend one's self against this disempowering evil perpetrator. The actions and choices might be to run and hide, to stockpile resources, to cease creative endeavors, abandon dreams, in order to isolate one's self and family from the evils of the world. Such actions break down the public *trust* and weaken *faith* in human goodness and creative empowerment that have fueled the evolution of cooperation, freedom, justice, and has united the citizens of the globe. The economic patterns offer accurate reflections of the power of fear, yet these destabilizing outcomes are exactly what any power-mongering perpetrator would desire. The terrorists are then in control of the thoughts and actions of the ignorant ones. They have effectively manipulated their fear, changed their lives, and stolen their sense of safety, their hopes, and dreams. They have taken the very freedoms they lack.

The Force of Misunderstood Anger

This Awareness indicates other humans at other levels of consciousness will also get direct information from the spirit through their emotional feelings. There are many who hold the belief in victim-hood, yet are more aware of the *interconnectedness* of the species, and aware of their own personal *accountability* to resolve such an event in order to preserve the public justice. The entities with such beliefs will experience the corrective message of spirit to examine this faulty belief through the feeling of *anger*. If the spiritual message is not understood, the body's defensive actions that come with anger will then seek to find and punish the ones at blame in order to restore justice.

This Awareness suggests that the American public is being incited into a retaliatory response by the manipulation of this misunderstood spiritual message. The Americans are recognizing their connection to one another, reinforcing their national brethren by waving flags and claiming religious supremacy, but their awareness of universal oneness and empathic range stops at the borders of their country. It is the force of misunderstood anger that will fuel the concept of "holy war" and continue the self-perpetuating conflicts between human brothers and sisters who fail to recog-

nize their common nature.

The Feeling of Sadness Signals an Error in Thinking that People Have Lost Their Power

This Awareness suggests that others still will experience the spiritual signal of *sadness*. This is the message to correct the belief that something has been *lost*. Many in the news media have declared that "the world will never be the same again" after the events of September 11th 2001. The feeling of sadness signals the error in thinking that evolution can go backward in time, that awareness can narrow, again based in the faulty assumption that others can take away power or resources. The trust has been shaken but the freedom that comes from the public trust can never be taken, for it is freedom that must exist globally for true justice to emerge.

The Belief in Victim-hood Is the Main Cause of Pain

This Awareness suggests that many will experience such feelings as contempt or hate. Such feelings are the signals from spirit that fear, sadness, and/or anger have been left unresolved and has instead reinforced even further more dysfunctional and limiting beliefs that can rationalize and "justify" the worst kinds of violations and atrocities. The body's defensive reactions when such feelings remain unanswered is to strike back to fight and retaliate in vengeful and hurtful actions. Indeed it was the lingering emotional signals of anger over the profound inequalities, dominance of hierarchies, and injustices in the world that empowered this mass event in the first place. This Awareness suggests that the beliefs in victim-hood, and the resistance to the innate cause and effect nature of one's own power of belief, lies at the heart of all such painful feelings of spirit.

This Awareness suggests, however, that not all entities will experience such painful messages from their spirit. Since the turn of the millennium, there has been a *tremendous* increase in the consciousness of the citizens of the planet, and this event will provide an acid test, provide a measure of the gap between the ignorance and the necessary critical mass awareness for the evolutionary burst in consciousness of the species. Those entities that hold enlightened beliefs regarding the accountable use of personal creative empowerment, who recognize the interconnectedness of all life forms, and who heed the voice of spirit, and choose thoughts and actions that deliver the most positive emotional experience for all concerned, such entities will experience a predictable sequence of emotional messages.

The Answer to the Question: Who is Responsible for this Act?

This Awareness suggests that enlightened ones will answer the question (*who is responsible for this act?*) with a single resounding answer---I am. By virtue of the choice to be alive at this moment in history, the awareness of the connectedness to all humanity, and in acknowledgement of the unique role of every individual in facilitating the species most optimal destiny path, enlightened ones will recognize their accountability for and to this event. This Awareness indicates that this perspective does not resist the reality of the event, nor blame the self or any other for its manifestation, but instead accepts all the informational meaning and growth opportunities that it affords.

This Awareness suggests that there will be universal feelings of shock and surprise over the event, feelings which bear messages that the current level of personal enlightenment is not shared as it ought to be. This Awareness indicates, however, that very soon such feelings subside in the enlightened ones, as spiritual perspectives allow the greater understandings to unfold. It will be apparent that the injustices, the arrogant

superiority, and the disempowering tactics of some have generated feelings of fear, anger and hate in those that they subordinate. It will be apparent that this event was created by the collective beliefs of all concerned and the emotional power of the mixed feelings circumnavigating the globe at this crucial point in human history. Their enlightened perspectives can see the greater patterns across time and space---and to know that there is always a divine balance of karmic justice, for humans suffer their own creations on many levels. They can see how entities have chosen to participate as various players in this grand drama---as victim or as perpetrators to shed light on the tangle of limiting beliefs within mass consciousness to further the enlightenment of the species toward the grand goal of restoration of the full creative empowerment, the Eden-like quality to the Earth experience. They will channel any primal anger over global injustice into passionate creative offerings and enthusiastic fervor to manifest the cooperative destiny.

The Meek Shall Inherit the Earth

This Awareness suggests that such feelings of compassion, courage, devotion, and gratitude will emerge as validations from the spirit that such beliefs are aligned with universal wisdom. Such feelings and the virtuous attitudes and actions they bring will be those that allow the meek to inherit the Earth. The actions that result from these feelings will be a far cry from those that take flight, fight, avoid, or defend that which divides humanity against itself. They will drive personal outreach and inspire creative approaches to establish the just freedom, equal empowerment, and cooperative trust that underlie the divine connection and provide creative meaning and define purpose in the Earth experience. Such humans will continue to give and receive trust, by helping enlighten those who have only experienced disempowerment by external authority, fear, and unconscious bodily defense. They will strengthen the public trust by showing their compassion and devotion to every other human that crosses their daily path. They will feel the passion to expand their sphere of enlightened influence around the globe to reach out to their many brethren held prisoner by their own ignorance and those who manipulate their misunderstood pain. They will do everything in their power to prevent any newborn child from learning the limiting beliefs that signal rage, contempt and hate. They will stand firm to only one authority, that of the human spirit and in service to one family---the family of man.

Make the Most of These Spiritual Opportunities

This Awareness suggests that entities ponder these words, and examine the many feelings that have swept through your bodies and minds after September 11th and make the most of the spiritual opportunities implied. There will be many mixed feelings that arise in direct spiritual reflection of the many layers of conflicting beliefs as they come to the light of your consciousness. Your most personal actions and feelings surrounding this mass event can help usher or stymie the very evolution of the species.

For an editorial comment on this reading, please see page 8

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

INDIVIDUAL: \$42 FAMILY: \$52
CONTRIBUTING: \$77 SPONSORING: \$144