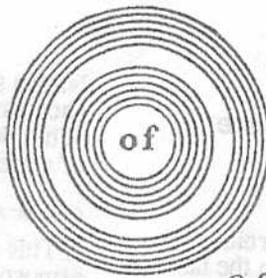


Revelations

The Cosmic Newsletter

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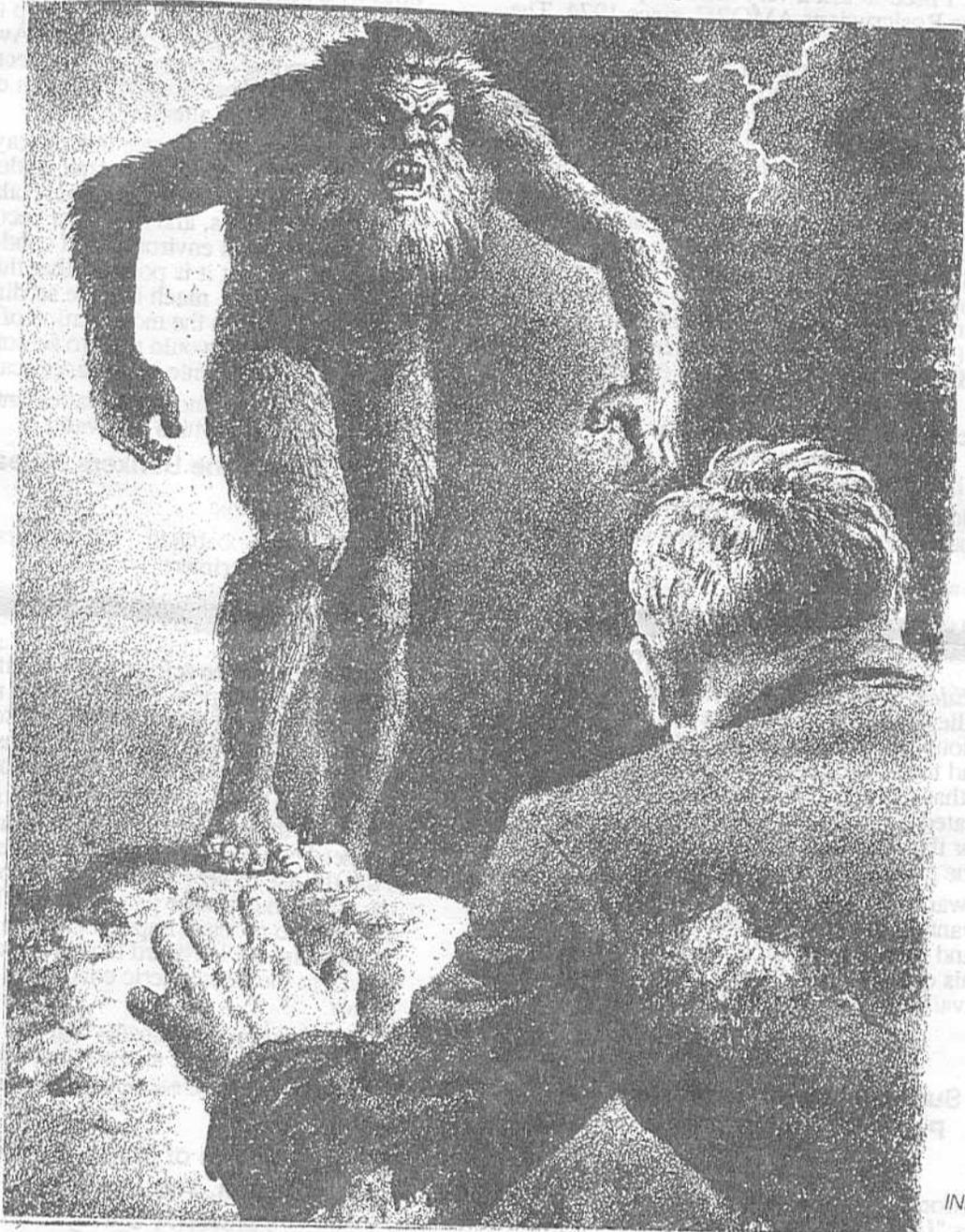


Awareness

COSMIC AWARENESS COMMUNICATIONS
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Celebrating our 31st Year!

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The Secret Schools Today: Is There an Alien Connection?

QUESTION:

A question from Rudy Calvo, Irvine, California. He writes: "Dear Vikki.. I saw my letter to you in the last publication. I need to ask a very serious question. I belong to the Rosicrucians AMORC, since 1974. The Rosicrucian Order, is a nonsectarian fraternal order. I love this group. I have learned a lot of life, but also, I also read what you have to say. I keep an open mind. I respect your work, and I respect AMORC. I love both, but I also need a different point of view with respect to the Rosicrucians. No need to explain why. You know the answer.

"Also, Stan Dayo questions the Illuminati. So can you explain the following relationships? Are some or all tainted by the aliens through the ages?" And he lists (1) Rosicrucians (AMORC); (2) Masonry, an offshoot of the Rosicrucians but does not go into depths in the study of mankind); (3) The Great White Brotherhood; (4) the Essenes, Master Jesus; (5) Templars; (6) Martinisms (sic).

All of the above are related to each other as I understand it. If we are to seek out the truth, there is much substance here to benefit all of us."

He would like Awareness to explain the connections between these groups in relation to the aliens, if any.

COSMIC AWARENESS:

This Awareness indicates that the best source of information in regard to this question is that which has been provided by the entity Bramley, in the book called *The Gods Of Eden*. This Awareness indicates that this ties in with the alien factor. The entity began researching secret organizations which kept leading back to aliens in ancient history and found the connecting links. This Awareness indicates that this reaches to the situation wherein the aliens created a priesthood that would promote their agenda for the earth people; this in reference to humans through the priestcraft, down through the ages.

This Awareness indicates that it would be advisable for entities wanting to better understand this relationship of religion and secret organizations to the alien connection to read this entity's book, *The Gods of Eden*. That this book is available through *Cosmic Awareness Communications*.

Would Suspending Gold Particles Above Earth Prevent The Greenhouse Effect?

QUESTION:

A question from Paul Naragon, Issaquah, Washington. He writes: "In reading Zechariah Sitchin's Earth Chronicles, particularly the fourth book: *The Lost Realms*, he points out on page 253, and I quote: "On Nibiru, nature and technological usages had combined to thin out and damage the planet's atmosphere, an atmosphere needed not only for breathing, but that also had acted to envelop the planet into a greenhouse, preventing its inner generated heat from dissipating, and only by suspending gold particles high above Nibiru, its scientists concluded, could Nibiru be saved from becoming a frozen and lifeless globe."

In terms of the publicized increase of the Greenhouse Effect on planet earth, could Awareness answer these questions? (1) Did the suspension of gold particles above

Nibiru save the planet? (2) Could such a measure, if successful on Nibiru, be applicable to planet Earth? (3) What do the gold particles do to change the atmosphere of a greenhouse planet?"

COSMIC AWARENESS:

This Awareness indicates that the gold particles in the atmosphere help to reflect some of the rays that would otherwise penetrate to the earth. This Awareness indicates that in other cases they also help to reflect some of the favorable rays to the earth. This Awareness indicates that it depending of course on the direction of the reflection, and when these are reflected at a certain angle, the rays undergo some alteration.

This Awareness indicates that the rays, by being somewhat reflected and deflected, undergoing alteration by these deflections and reflections, take on slightly modified variations, and the effect becomes more favorable to the general environmental condition. This Awareness indicates that it is possible that this kind of seeding of the atmosphere, much like the seeding of clouds, could be used to assist in the modification of the Greenhouse Effect. That there would need to be considerable research before it is implemented on a large scale.

This Awareness indicates that essentially the information given as that which was valid.

Would the Bankers Release Gold?

FOLLOW-UP QUESTION:

It's highly improbable that the bankers would release gold for such an experiment, isn't it?

COSMIC AWARENESS:

This Awareness indicates that if the preliminary experiments could be scientifically justified, the purchase of gold for such purpose would be seen as an important and justifiably project which could be taken on by nations or by environmentally concerned citizens, as a project. It is not seen that this is a likely project for the near future.

This Awareness indicates that it is seen as a possible project in the next century. This Awareness indicates that it indeed could open a field of science hitherto unknown. That the use of very small particles being released into the atmosphere; these particles of different types, could be found to produce important and significant changes in the atmosphere in regard to weather control and also in regard to the atmospheric control for the good of the planet.

This Awareness indicates that this could become an important element of a new type of science.

Ed's comment: Could this explain today's "contrails"?

The Creation of Man—The Jehovah, Nefilim, Elohim, The Reptilians, and Sitchen's Version: Putting it All Together

QUESTION:

Some questions from Tom Krueger. Some of these have been answered by Awareness, but the information hasn't been published yet. He writes ... I'll read his statement and then go back and ask any questions Awareness requests: "Having read Zechariah Sitchin's books, most recently *Genesis Revisited*, there are a number of questions that came up in trying to compare this material with what Awareness has presented. I thought others who have read the book and are trying to get a cohesive picture of earth history might wonder too, so could you

ask Awareness the following questions? (Please pardon the quantity, but this history does seem rather tangled.)

According to Zechariah Sitchin, in his books, ancient writings say that the "Nefilim" traveled from their planet "Marduk" to Earth some 450,000 years ago and cultivated and mined areas in Mesopotamia and South Africa. Later, they created man ("in their image") by genetic intermixing between themselves and hominid beings present on earth.

Further, the planet Marduk has a 3600 year period and highly elliptical orbit around the sun. However Awareness has referred to the Elohim in connection with the Genesis story and that (the) Jehovah, a "space renegade (group)", created Adam and Eve on Mars, and transplanted them to Earth, (and he quotes the newsletter references for this). Then now we hear about the Reptilian races making claims on the people of Earth. For me, a number of questions arise:

Who are the Nefilim, and how are they related to the Els, or Elohim (also referred to in newsletters 91-2.)? That reference indicates that the Elohim also created the Pleiadeans and entities from Sirius--had the Elohim departed from earth at some time in the past and assigned caretaking of earth and its peoples to the Pleiadeans, as seems to be indicated? Is Mr Sitchin incorrect, that the Nefilim, Enki in particular, is responsible for producing man, or was Jehovah of the Nefilim and referred to as Enki by Sumerian writings?

"Is Marduk indeed a planet in the solar system and do the Nefilim still inhabit that planet, or if not, is it inhabited and by whom? Where is it in its orbit, and will it be an influence for us in the future? If the Nefilim do not equate to the Elohim, where are the Elohim and how do they relate to events today? Is there a Reptilian claim upon earth other than territorial occupation and war? (how does the "harvest" of humans enter in? It doesn't seem we were made in *their* image?

What was the destruction ten thousand years ago mentioned in newsletter #91-4, page 14? I remember reading of a destruction associated with Atlantis at about that time.

I realize that there are many questions here, but I would appreciate Awareness's clarification of these groups and individuals of earth's very early history."

COSMIC AWARENESS:

This Awareness indicates that in the *Book of Genesis*, when Adam and Eve were created it has reference to a time in which there were giants on the earth. In the earlier translation of the *Book of Genesis*, the word "giants" was written as "Nefilim". The Nefilim on the earth refers to those who were the entities from the planet Nefilim, which are spoken of by Sitchin. These entities being from 7 to 10 feet tall.

Hebrews Created by Jehovah on Mars

This Awareness indicates that the Jehovah creation on Mars as that which related to a different group of entities. Jehovah being from Orion. The Jehovah creation as a different model of humanoid, from which the descendants came who are later known as the Hebrew. This Awareness indicates that these were entities that had a somewhat different genetic origin from the Nefilim, and these entities having more of a mammal strain in their genetic make-up. Essentially, this is in the brain of these entities, where the mammalian qualities of the brain were built over the Reptilian brain.

This Awareness indicates that this being a creation of the more modern human.

The Planet Referred to as Nefilim

This Awareness indicates that the planet referred to as Nefilim as that which operates outside what is considered the normal solar system and is the same as that frozen planet awaiting outside the orbit of Pluto. It being of extreme cold. This Awareness suggests that this as spotted in the early part of the decade of the 80s and as having been mentioned in some newspaper report. The sighting of this planet through the telescope system known as IRIS; it is seen because of its extreme cold; IRIS being an infrared type telescope.

This Awareness indicates that there were a great number of questions that amounted to more than could be answered in a chronological order. That essentially this Awareness has attempted to cover some of the questions. That references to different publications and different statements in the publications are not conducive to a clear question, for the proper response.

This Awareness suggests that if the questions can be clarified, or if portions that have been overlooked are clarified, that these may be restated.

Who Were the Elohim?

QUESTIONER:

The Elohim also created the Pleiadians and entities from Sirius. Is that correct?

COSMIC AWARENESS:

This Awareness indicates that the term Elohim is a term that simply means, in ancient terminology "Gods", and the word Gods in its original terminology by humans referred to entities that came from extraterrestrial sources. It is a generic term that could be applied to any extraterrestrial.

The Role of Enki in Producing Man

QUESTIONER:

Enki in particular is responsible for producing man, or was Jehovah of the Nefilim, and referred to as Enki by Sumerian writers?

COSMIC AWARENESS:

This Awareness indicates that it appears that the Jehovah represented the creator of the *first* model of that which became the prototype for a modern human: the semites, the Adam and Eve types. The entities who were given the power of choice, and in being given the power of choice, lost immortality. This is a kind of metaphorical appraisal in that the Reptoid of Reptilian brain was of a creature that did not have great choices, could not really make serious or meaningful choices on its own. It simply followed instinct in its genetic ancestry, that which was genetically instilled in it, much as any reptile, even today.

This Awareness indicates that in being given the choice, the right to make choice, or the ability to make choice, the new humanoid was able to choose between right and wrong, and thus, they have the power of knowledge, "eating of the tree of knowledge" as it was termed. This was the result of the emotional aspects of the mind or brain, the mammalian brain being superimposed over the top of the reptilian brain.

This Awareness indicates that as the mammalian brain was superimposed over the reptilian brain, emotions were developed so that fear and desire became part of the instinctive thinking of the creature. This Awareness indicates that after this there developed even further growths to the brain of the human, which allowed for the use of language and symbolism to become part of what is

presently called thinking. The thinking was a kind of parallel processing of the thoughts which developed as the human continued making choices and developing toward greater God-like qualities as a result of the power of choice being given.

The entity that historically or in legend allowed this thinking process to develop, that allowed the mammal qualities to be engineered into the reptilian consciousness of the original model, was the entity called Enki. Enki was also the entity mentioned in the *Book of Genesis*, who in the Garden of Eden was known as the serpent.

This Awareness indicates that the creator of the first prototype of modern mankind created a Reptoid-type of being which had a long lifespan. It also had only instinctive thinking in its abilities. These were what may be termed instinct or the genetic programming of a reptilian mind. It was modified by the further genetic experiments of Enki, the so-called serpent, to include the mammalian qualities and features, which allowed for the Reptoid prototype to make choices.

Thus, the long lifespan of the early creation began to shorten as the mammalian brain began to increase and as choices were allowed to become part of the new creation, the entity gradually losing the reptilian qualities and taking on more of the mammalian qualities. The resulting creation began to grow toward Godhood, away from Reptoid beginnings, and take on the intelligence of the Gods or Creators.

Why the Serpent Told Eve to Eat the Apple

This Awareness indicates it was for this reason that the serpent told Eve that if she were to eat of the apple, in other words, the forbidden fruit, if she were to take on the fruit of choice, she would gradually become one of the Gods; that she was being deprived of this fruit because the Gods did not want her to have the knowledge. This Awareness indicates it is a cryptic way of explaining a genetic experiment in which there were certain restrictions on the prototype that were being altered by a newcomer who interfered with the creation that the original Creators wanted.

The original Creators wanted a prototype of being that would work in the mines and serve them as bio-robots, as a kind of slave force, but the interference by Enki created for these entities the potential forevolution and growth through intelligence and through knowledge, by giving them the power of choice with the addition of emotion being placed, superimposed over the reptilian mind that they were given by their original creators.

In the process it made them experience a shorter lifespan so that each generation became shorter lived, even though more intelligent. Thus, the human race has become more intelligent, while losing the lifespan that would have been provided had they remained reptilian in their brain development.

This Awareness indicates that essentially this is the summary of the development of the human as human creation still continues to evolve toward those qualities associated with evolving awareness and understanding that comes from the experiment of Enki. The entities developing greater intelligence, approaching toward Godhood.

**The Story of the Planet Marduk
(How ET's Melted the Ice Caps and Sunk Atlantis)**

QUESTIONER:

Is Marduk indeed a planet in the solar system, and do the Nephilim still inhabit that planet?

COSMIC AWARENESS:

This Awareness indicates that Marduk is another name for Maldek. It appears that Maldek was destroyed by the entry of a planetoid in the past that entered into the solar system.

This Awareness indicates this is in *The 12th Planet*. That the Nefilim, the planet known as Nefilim remains at this time outside the solar system. That there were Nefilim on Marduk or Maldek.

This Awareness indicates that the book *The 12th Planet* explains the movement of the planets into the solar system, and that this is generally applicable and appropriate.

QUESTIONER:

Was that destruction about 10,000 years ago?

COSMIC AWARENESS:

This Awareness indicates that it was long before this time; that approximately 10,000 years ago there were forces of destruction in the melting of the polar caps, particularly the ice in Antarctica which led to the flooding of Atlantis and other areas of the earth. This was artificially caused by the actions of extraterrestrials as explained in the Sitchin books; the particular book: *War of Gods and Men* as containing information on this.

**THE HOLLOW EARTH (Part 1)
(The Subterranean World)**

An Unusual Encounter in the Limestone Caverns of Malta

QUESTION:

Audrey Patrick sent in a reprint regarding the Shaver Mystery and relating to 7 foot tall entities. I'm going to read it because Awareness mentioned at the beginning of the last question (something about giants).

This article appears to be from the newsletter *Secrets* and is titled "The Catacomb of Hal Saflieni on Malta."

"In the early '70s, Riley Hansard Crabb gave a series of lectures in the U.S., one of which was on "The Reality of the Cavern World." During that lecture he related an incident he had learned of while interviewing Constance Lois Jessup in New York City in 1960. Miss Jessup, from England, had worked for the British government on the Island of Malta during the 1930's. She was the recipient of an unusual encounter in the limestone caverns and catacombs under the 17-1/2 mile island.

But first, some background on the nature of this area as gleaned by Mr. Crabb.

At one time the Phoenicians had owned the island and had dug into the limestone for storage purposes. Secret catacombs below the neolithic surface temples have been suspected, but never located. There was one catacomb area that was discovered and that was the Hypogaeum of Hal Saflieni in the village of Paula on the island plateau behind the capitol city of Valetta. Years ago, a person could walk from one end of Malta to the other through the underground caves. For some reason the British government walled some of them up, including portions of Hal Saflieni.

(We might find out why, later on.) And from Mr. Crabb's lecture: "This neolithic marvel, duplicating the style of the surface temples, was dated at 3000 B.C. by Zammit, curator of the Valetta Museum. The temple which undoubtedly stood above it was probably razed in some ancient and long-forgotten siege which ravaged the

island. Or more probably, the temple and its hapless priesthood was destroyed by an enraged and long-suffering populace, in desperate revolt against insatiable earth gods who had been devouring [literally] virgin maids and youths for hundreds of years

A Maltese contractor blundered into Hal Saffini in 1902 when digging a cistern for a new house. Word of the find finally got to Maletta officials and a man named Magri was put in charge of the excavation, not of the catacomb itself which was a beautiful piece of work, but of the garbage!

The numberless rooms and corridors of all three levels of Hal Saffini were half full of dirt, broken pottery, and bones! ... By the time Hal Saffini was cleaned out and ready for the first tourist, enough human bones had been taken out to account for 33,000 people having been killed and eaten there! And these were the bones of normal sized, modern surface dwellers like you and me. They were not the bones of the little people who must have dug the cave. The passageways between the rooms were only four and a half feet high.

Shaver claims the Deros are cannibals and here is one fact that seems to bear him out. . . "Crabb goes on to quote parts of a May, 1920 *National Geographic* article:

"At about the level of a man's mouth is a hemispherical hole in the wall about two feet in diameter. Here it was noticed only a few months ago that any word spoken into this place was magnified a hundredfold and audible throughout the entire underground structure. A curved projection is specially carved out of the back of the cave near this hole and acts as a sounding board, showing that the designers had a good knowledge of sound-wave motion. The impression upon the credulous can be imagined when the oracle spoke and the words came thundering forth through the dark and mysterious places with terrifying impressiveness."

Another explorer of the Hal Saffini discovered in a lower level a serpent pit, like a funnel into which humans were cast. They would slide down the side of the funnel and drop into a chamber below it, then bitten by poisonous snakes. The writer of the *National Geographic* article tells of a limestone wall that seemed to give off a more hollow sound when struck than other walls in the catacombs, hinting at still other chambers on the other side of the wall. He suspected other rooms "not yet opened ... What wonderful store of archeological wealth is perhaps here awaiting that opening!"

One end of a corridor, leading beyond a spacious room, decrease in height to less than the 4-1/2 feet of the other corridors. With caves, corridors and the like extending the entire 17-1/2 mile length of the island, so much remained unexplored, as it will remain, with the British government having closed down many of the passages by walling them up.

Before that was done, however, Miss Jessup—as mentioned before—had a most unusual experience!

Lois Jessup's guide warned her not to proceed into a narrow opening that led away from one of the rooms where he had taken a cluster of tourists. "Go there at your own risk, and you won't go far," he replied, when she asked him: "What's down there?" Three of Lois' companions followed her into the recessed passage, while Lois and her friends held candles. Leading the way, Lois kept close to the rock wall side. "I came out first onto a pathway ledge," she related to Mr. Crabb during his discussion with her in New York City in 1960, "only two feet wide, with a sheer drop of fifty feet or more on my right and the wall on my left. I took a step forward, keeping close to the rock wall side ... I held my candle

higher and peered down into the abyss, thinking that with this dangerous drop it was better not to go on further without a guide.

"Then I saw about twenty persons of giant stature emerge from an opening deep below me. They were walking in single file along another narrow ledge down below. Their height I judged to be about twenty to twenty-five feet, since their heads came up about half way on the wall on the opposite side of the cave. They walked very slowly, taking long strides. Then they all stopped, turned and raised their heads in my direction. All simultaneously raised their arms and with their hands beckoned to me. The movement was something like snatching or feeling for something, as the palms of their hands were turned down."

Her friends behind her, not seeing all of this, became impatient and wanted her to move on so that they could move out into the opening Lois had reached. Lois then felt a strong wind which blew out her candle. Something "damp and wet" touched her hand and she yelled, "Go back! Go back! Guide me by my sash. I can't see!" Her eyes met those of her guide, Joe, once back in the chamber and "She knew beyond any shadow of a doubt that at one time Joe had also seen those giants. There was an expression of caution in his glance which held her to silence." Lois tipped her guide, once out in the Malta sunshine.

Soon after that strange experience--days later--a school teacher with 30 elementary school children entered that same passageway. They never returned. The rope that was tied around each of them, one to the other, and tied to the opening of the cave, mysteriously was cut clean and the walls caved in.

Attempts at excavation failed to reach the group. When Lois returned there later, she found the area boarded up. The August 1940 *National Geographic* has this to say about the incident, in corroboration of Miss Jessup's story:

"Years ago one could walk underground from one end of Malta to the other, but all entrances were closed by the government because of a tragedy."

"On a sight-seeing trip, comparable to a nature study tour in our own (American) schools, a number of elementary school children and their teachers descended into the tunneled maze and did not return. For weeks, mothers declared that they heard wailing and screaming from the underground. But numerous excavations and searching parties brought no trace of the lost souls. After three weeks they were finally given up for dead."

Miss Jessup gave the following description of the 20-foot giants she had seen: "They were covered with long, white hair (shaggy); "Their heads were unusually elongated at chin and top with large features and the hair on their heads fell about their shoulders like a draped monks cowl."

That was the end of the article. Would Awareness comment on that and state whether the giants mentioned earlier have any relationship to these giants in this story on Malta?"

COSMIC AWARENESS:

This Awareness indicates that the giants mentioned earlier as coming from the word Nefilim, translated in Biblical terminology to the word "giants." This Awareness indicates that the original text referred to Nefilim, and the later texts were translated as "giants". This was not the same exact species of being as mentioned in the *National Geographic* report.

This Awareness indicates there are other references to giants in the subterranean levels, even the story *The Time Machine* refers to these types of beings. This Awareness indicates that the subterranean Deros as being remnants of extraterrestrials who came to the earth many thousands of years ago and went into the caves and deteriorated in their general condition. This Awareness indicates that they are related to the Greys from Orion, as ancestral cousins. This Awareness indicates that they are also related to the Zeta Reticuli who have a relationship with the Orion Greys. The Zeta Reticuli being genetically related.

This Awareness indicates that the information in the article as that which is generally accurate; that this Awareness did approximately a decade ago give some information on Malta as being a place where there were underground caverns that led to these subterranean levels. That this has reference to the Knights of Malta, which was discussed in these earlier readings. This Awareness indicates the article generally speaks for itself; that there is not much that can be added, and nothing to be taken from it, in terms of its accuracy.

This Awareness indicates that the caverns do extend beyond those mentioned in the article, that the giants mentioned as having access to those further openings. This Awareness warns entities not to seek or look for underground caverns leading to the subterranean levels, as it is extremely dangerous and they are likely not to return to the surface.

Subterranean Openings In New York City and Other Places

This Awareness indicates there are other places on earth where these subterranean openings are in existence also. Even the city of New York, wherein certain openings are located beneath buildings. Also in Iceland. Also in some of the well-known caves in the United States and other parts of the world. This Awareness indicates there are also openings in Russia, in certain caves and in Northeastern Iraq.

This Awareness indicates that China and Tibet also have such openings. South America, in Brazil has caverns that lead into subterranean levels. This Awareness suggests that the subterranean levels are those levels that exist beneath the surface and above the inner earth cavern. The inner earth opening that can be found through the poles leads to a different civilization, a different kind of beings. These have a somewhat different type of people and values than those which lie in caverns in subterranean levels.

Deros and Teros

This Awareness indicates that the story of *Beauty And The Beast* as played on television in the series, as that which represents a subterranean entity that in the Shaver terminology would be termed a Tero rather than a Dero. The Teros being more spiritually advanced and having an ongoing war with the Deros. This Awareness indicates that these Deros representing detrimental robot-type beings. They are not actually robots. They are biological creatures who have become so demented that they cannot act with any redeeming social qualities.

They are quite Ahrimanic in nature, having qualities of sadism, enjoying the suffering of others, enjoying inflicting suffering on others, and they have a relatively high technological understanding and use their technologies for torture of surface people who wander into their areas, not only to create pain, but to restore life and vitality so that they can prolong the suffering of those whom they torture.

Stay Away From Caves and Caverns

It is thus suggested that entities stay away from those

caverns that might lead to subterranean levels. If you are not familiar with the cave, if it is not one which is commonly administered by park officials, or if it is not a cave that you are sure is available for visitation without any dangers involved, it is best to avoid the cave entirely.

This Awareness indicates that even the Zeta Reticuli try to avoid the Deros. They are viewed as arch-enemies by these entities.

The 20 Foot Giants: Are They the Bigfoot?

FOLLOW-UP QUESTION:

In this article, where Lois Jessup gives a description of the 20 foot giant she had seen, it's covered with "long white shaggy hair, their heads unusually elongated at chin and top, with large features and the hair on their heads fell along the shoulders like a draped monk's cowl." Are these what are commonly called the Yeti or the Bigfoot?, which are actually elementals, or are these giants something else?

COSMIC AWARENESS:

These are something different. This Awareness indicates the Yetis, the Bigfoot, are much more gentle in their nature. They can be dangerous, but they prefer to avoid contact with humans and are not as aggressive except if threatened or feeling threatened.

FOLLOW-UP QUESTION:

What function do these 20 foot giants on Malta perform down there?

COSMIC AWARENESS:

A similar function to that of a shark. They are scavengers, eating those beings that enter in to their domain, cleaning up and serving as guards to devour anything that approaches the underground domain which they guard.

QUESTIONER:

Then it was the Deros, rather than these creatures that were responsible for the 33,000 people who were killed and eaten there, as told in the story by the bones they found in the smaller caverns. Is that correct?

COSMIC AWARENESS:

This Awareness indicates that this appears to be the case.

QUESTIONER:

Do these 20 foot giants have a name?

COSMIC AWARENESS:

This Awareness indicates that this is not seen as a name familiar to humans.

QUESTIONER:

When they all simultaneously raise their arms and with their hands beckon to Ms Jessup, what was the purpose of this and why did their arms all simultaneously go up? It was almost like there was a command or something psychic that automated them.

COSMIC AWARENESS:

This Awareness indicates it is much likened unto children who on a hike, hungry or interested in what is occurring around, might look and see apples on a tree and reach up, pretending to grab for them, even though they know they can't reach them. It is a reaction that is not logical but is instinctual, and expressive of their feelings.

This Awareness indicates it is the same kind of instinc-

tive feeling and expression as when two lovers run to each other with arms outstretched; the arms are not logically outstretched when the entities are still many steps apart, and yet the entities will still stretch out their arms to each other.

QUESTIONER:

These giants with no name; are they somewhat like the Bigfoot that Awareness had indicated were working off karma created from the destruction of Maldek?

COSMIC AWARENESS:

This Awareness indicates this is negative. These entities appear to have been genetically engineered by Deros to serve as barriers to intruders to keep intruders out of their domain. It appears that they were genetically and electronically enlarged through ancient extraterrestrial technology that is held and available to the Deros.

QUESTIONER:

Then these creatures probably evolved no further than they are already; is that correct?

COSMIC AWARENESS:

This is in the affirmative. They do not appear to be capable of much evolution. They are not highly intelligent. These qualities were not implanted in the genetic and electronic experimentation that developed them. They have approximately the same level of consciousness as an alligator. They are seen as filled with appetite and little else. Instinct and appetite, much like that of the Reptoid types.

QUESTIONER:

In the works of Madame Blavatsky,* she referred to an experience on Malta where she saw giants also. I assume these are the same type giants we've been discussing that she saw also. Is that correct?

COSMIC AWARENESS:

This Awareness indicates this is in the affirmative.

*The Secret Doctrine; Isis Unveiled. (Available from CAC)

The Mystery of Mt. Magazine (Hernando DeSoto Recorded Seeing "Giants")

QUESTION:

Audrey Patrick also sent in another article. She didn't indicate where it was from, but it sounds like it could be from that lady that puts out *Secrets*. It has an illustration of a mountainside, and she writes:

"I regret the poor quality of the picture you see on the right which is due to reduction and transfer of color to black and white. That aside, what I hope you see is a mountain that is on the cover of the November 1990 issue of *Rural Arkansas*, a little magazine, which, with advertisements and interesting articles is distributed monthly to the mailboxes of Arkansians.

The picture is of Mt. Magazine which, alongside Mt. Nebo (as in biblical Nebo) is a federally owned and operated tourist attraction which, for some reason, has U.S. Military men standing guard at its base. Along with the "how come" of this situation is the interesting fact much of this land is owned by the the Rockefellers. Used as a ranch, the Rockefeller mansion (ranch headquarters or something else?) is either atop this mountain or one nearby. All of which conjures up intriguing speculation which ties into the strongly-held belief by some research-

ing Bible students, that within Mt. Magazine resides the Ark of the Covenant, brought to the location by none other than Jeremiah, a prime prophet of the Lord God.

There is so much strong evidence to substantiate this belief that it is impossible to discount it as rubbish. With a spectacular perpendicular side diving onto the bank of the Arkansas River; majestic and forbidding, its leaf-draped rock alluring, its mysterious, dark recesses beckoning, the story accompanying the picture of Mt. Magazine is as follows:

"Rising 2,753 feet, Mt. Magazine is the highest point between the Appalachians and the Rockies. Legends seem to grow naturally around the giant upsurge of earth. Its name has been attributed to Hernando DeSoto who, as the story goes, witnessed a massive explosion on the mountain top as he explored the Arkansas River. He believed the explosion was caused by the powder magazine used by the GIANTS OF AN UNKNOWN PEOPLE WHO WERE SAID TO INHABIT THE MOUNTAIN. The explorers referred to the sound as a "magazine," Spanish for explosion.

Since DeSoto knew that in prehistoric times giants lived within the mountains of the Ozarks, he must also have known of the underground passageways connecting the caves, or caverns, in which the giants and other underground dwellers lived. This links the search the explorer made along the Arkansas River for the "Fountain of Youth" to a search for a subterranean corridor leading to an entrance into Agartha (Zion), the hollow interior of the planet where superb health and hundreds of years of youth are assured.

Beyond doubt, the Arkansas River played a major part in the riddle that saw the Illuminist, Albert Pike, depart Boston for Santa Fe, New Mexico, a curious journey that sent him directly to Little Rock where he was given charge of Indian Affairs, which later took him along the Arkansas River to Ft. Smith which, like Little Rock, is split by the waters of the river.

Bordering Oklahoma Territory, at the time Ft. Smith was host to a heavy concentration of Indians to be moved onto reservations. There Albert Pike further involved himself with the affairs of Indians who regarded him as their great, white friend, though he was the one responsible for driving them off their lands.

Albert Pike taught school in Ft. Smith. As a war between the States was being drummed up, he trained a large army of Indians in ever more savage ways to fight the white Northerner. The atrocities Pike's Indians committed against the soldiers in blue were so terrible that even Southerners objected and wanted Pike stopped. This brought to a close a career in which the dark, evil secrets which only he and a few others knew were the motivating force behind the greatest tragedy this nation has ever endured: The War Between the States."

That's the end of the article which has several intriguing questions here.

This Mount Magazine in Arkansas, which is owned by the Rockefellers and US troops guard it; does this have an alien connection?

COSMIC AWARENESS:

This Awareness indicates that this is presently in a place which is a kind of route for alien travel; that there are underground caverns and what may be termed highways traveling across the United States, as previously indicated, and this is on one of those routes. The aliens do have access to this area as an opening to the surface.

FOLLOW-UP QUESTION:

Is there any connection between the Illuminati Albert Pike, or was this coincidence in regard to this story and the fact that Rockefeller owns that property?

COSMIC AWARENESS:

This Awareness indicates that it appears the entity Albert Pike, who as a Masonic being of importance, also one who promoted concepts of a World Order, a One World Government, one who promoted the idea and pushed it among Masons as a goal; that it appears this entity did have contact in the area, and in that sense there is a very slight historical connection that may be of symbolic value to the Rockefellers.

Entrance to Underground Caverns Guarded by Government Forces

It appears however, that the major value to the Rockefellers in regard to the area is that it is an entrance into subterranean caverns which are protected and guarded by governmental forces. It is also a place in which governmental forces through an agreement with the Zeta Reticuli and Orion Empire, have shared use of the trade routes or travel routes underground.

This Awareness indicates that there are also seen connections from this area to other vital areas through underground travel.

Those "Explosions" DeSoto Heard

FOLLOW-UP QUESTION:

This part of the article, that Hernando Desoto, who as the story goes, witnessed a massive explosion on the mountain-top; he believed the explosion was caused by the powder magazines used by the giants of an unknown people who were said to inhabit the mountain.

COSMIC AWARENESS:

This Awareness indicates that this information about the unknown people as giants came to him through Indian legends; that the explosion he witnessed was not from some powder magazine, but that was perceived by him as it would be a reference point familiar to his way of thinking, when coupled with the legends that had been provided to him. This Awareness indicates the explosion was too large to be that of a powder explosion from a magazine.

QUESTIONER:

Was the explosion related to the giants that reputedly inhabited the mountain?

COSMIC AWARENESS:

This is in the affirmative. This Awareness indicates if it matters to anyone, it had to do with some mining activity they were involved in.

DeSoto's Search for the Fountain of Youth

QUESTIONER:

Desoto's search for the so-called "fountain of youth"; was this just fantasy on his part, or did he actually have some kind of evidence that such a place existed?

COSMIC AWARENESS:

This Awareness indicates that the entity had heard stories and was seeking fortune and fame and pursued these legends, thinking that if he found such a thing he would become famous and wealthy.

Why Suddenly So Many Forest Fires?

(Is Radioactive Pollution a Factor?)

QUESTION:

A question from Grace Page in Portland. She says: I have a question I have been wanting to ask concerning the forest fires we now are having every summer. Has Awareness ever indicated why now? When in the past, such fires were a rarity—once in a hundred years or so. I recall, reading in Russell's *Atomic Suicide* how radioactivity raises the temperature of the human body until its cells explode. Does this happen also to vegetation, such as trees? And summer heat triggers such explosions? If I remember correctly, it happens to rocks too. Would this explain such explosions? Since I have read where witnesses say that these fires spread by mysterious explosions in the air which occur ahead of the actual place where the forests are ablaze.

This is what has prompted me to question: Are the yearly forest fires the result of radioactive pollution in the air coming from such sources as the Trojan and Hanford Atomic energy plants, and deposits for waste storage? If not this, then what?

COSMIC AWARENESS:

This Awareness indicates that during the past 40 years an enormous amount of your forest has been depleted and removed from the landscape, and the weather has changed in the general region, partly because of the removal of this forest. The forest helps to keep dampness in the area, and once removed, creates a drier climate with less evaporation and thus, less rainfall. There is still considerable rainfall because of the currents and winds from the ocean, but because the general temperature has risen considerably and the landscape is drier, because the forests have been removed, the combustibility of organic material becomes greater due to the dryness, and thus, it becomes more likely that fires will erupt simply because the air and the vegetation is generally drier.

This appears to be the major cause of the increase of fire in your area.

This Awareness indicates that were temperatures 10 degrees cooler and humidity somewhat more damp, a decrease in forest fire would occur.

The Torching of the Yellowstone

FOLLOW-UP QUESTION:

Several years ago, Yellowstone Park was virtually destroyed by forest fires which the U.S. Forest Service allowed to burn because they were created by lightning and they claimed this was nature's way, just to let it burn, and these fires got out of hand, so it virtually almost destroyed everything in the Yellowstone. Probably at one time this theory held true, but because of the depletion and the clear-cut logging through most of the Western states; does Awareness see that this policy today makes any sense and is excusable by the forest and parks departments?

COSMIC AWARENESS:

This Awareness indicates that it would depend on each individual case. That some areas would be better if they were allowed to burn. Others could be considered reckless if they were allowed to burn. Where areas that are allowed to burn cover vast territories and the flames could be spread far and wide, it would seem a more sensible program to limit the amount of burn being allowed.

This Awareness indicates that common sense needs to be used in considering the nature of the forest that is

burning, how far and how wide the burn might go, and whether the forest that is burning could be better used for something else, or whether it would be beneficial to wildlife and to underbrush and to the general terrain to let the area burn and start afresh.

Navaho and Hopi Indians: Any Connection To Sky Holes Deros and Greys? (More on What Deros Wear and Eat)

QUESTIONER:

A couple of question from Ann Collier in Prescott, Arizona, regarding the earlier subject about caverns. Awareness answered some of this just earlier, but I'll read it. There's several questions here.

"Several of the Navaho and Hopi myths are about their ancestors escaping from underground. Also some went up through a sky hole. Is there any connection between early Navaho or Hopis and the Deros or Grey Men? The Navaho and Hopi have a very distinctive language. Would it be similar to the Deros or the Grey men? If not, how did it come about? I'm curious about the Deros. Do they wear garments? What do they eat? Are they able to grow things underground? What would be their reaction to human miners breaking into their tunnels?" she asks. Also, "Do the Deros reproduce by cloning?"

COSMIC AWARENESS:

This Awareness indicates that generally they do reproduce through sexual reproductive means. They do have a technological ability to clone, but it is not used for reproduction of their own species.

This Awareness indicates they do occasionally use clothing. They are not bound to the use of clothing. It is seen as protection for them more than for modesty.

This Awareness suggests the other questions be repeated.

QUESTIONER:

Are they able to grow things underground for eating?

COSMIC AWARENESS:

This is in the affirmative, using certain devices, including light and electronic devices.

FOLLOW-UP QUESTION:

Awareness has indicated they do eat humans. What percentage of their diet would be humans or animals that wander in to their domain?

COSMIC AWARENESS:

As much as they can. This Awareness indicates that it appears they also have access to certain animals which they clone for furthering their diet and have certain human/clone combinations which they use for their diet. This Awareness indicates that insofar as captured humans being used for their diet, this is not a high percentage. It would be as high as they could make it if they were able to capture humans, but there are not too many humans who enter into caves, and therefore, it is a low percentage, but when humans *do* enter into their caves, they are captured and used for cloning, to create other clones from the humans which are then used along with the animals that they capture and clone.

It is for them much the way growing of vegetables in a garden is for a human from the surface. Each captured entity becomes a seed to start a cloned entity, which can then be used for furthering the food chain with continued

clones.

QUESTIONER:

The Hopi and Navaho myth of their ancestors escaping from underground... Is there any connection between those Indians and the early Navahos and the Deros or the Greys?

COSMIC AWARENESS:

This Awareness indicates that these Indians as having legends handed down from generation to generation. These stories relating to a few entities and the fortunes of those few as they escaped from underground to live on the surface as the origins of the Hopi and Navaho tribes. This is partially accurate. These entities who were seen as the founders were not exclusively the founders of the Hopi and Navaho tribes for they did mingle with other surface dwellers in their furthering of the species, so that in part, some of the ancestry of the tribes may have come from these entities, while others may have developed from surface dwellers who commingled with these entities.

QUESTIONER:

The Navaho and Hopi have a very distinctive language, she says. "Would it be similar to the Deros' or to the Greys? If not, how did it come about?"

COSMIC AWARENESS:

This Awareness indicates that the languages used by these different tribes evolved from these earlier experiences, commingling with the underground beings and evolved partly because they were isolated from others, evolving in part from their contact with the land, the weather, and their background language so that it became even distinct from its own origins, being different from that of the Deros, but having some root connection that could assist in an understanding of the two cultures if communication were attempted today.

It would not be a clear parallel language to that used by the Deros. This Awareness indicates that the Zeta Reticuli Greys are not connected to the Navaho or Hopi. It is not seen that the Greys relate to the Hopi or Navaho Indians in terms of the currently used languages. This because the Greys are more recent arrivals on this planet. The languages of the Hopi and Navaho relate more closely to those of the Dero groups, and also to the language of the Teros.

This Awareness indicates that the Hopi and Navaho have connections with the Teros that are more close than with those of the Deros.

Is the Four Corners Area a Safe Area? (Safe From Alien Abductions)

QUESTIONER:

A final question. This one from Erling Dissing in Denmark. He writes: "I devote as much time as I can on studying the UFO/Alien presence, partly because the survival group in New Mexico I have invested in is just a two hour drive from the Dulce alien underground settlement", and he wants to know: "Do abductions occur in the Four Corners area, than in other areas, or is it a relatively safe area?"

COSMIC AWARENESS:

This Awareness indicates that this does occur more commonly in that area. This Awareness indicates that some have estimated in interviewing people of the area that at least half of the people living in the area attest to having been abducted.

(VIKKI):

That sounds like a good place not to live.

To Understand this Reading You Need to Review Previous Information

CLOSING MESSAGE?

This Awareness indicates that the information provided in this reading as that which would be normally viewed as quite bizarre to say the least. This Awareness indicates it relates to other information that has been given, and without a broad understanding of the other information with its various details and references, the information presently provided would seem quite disturbing and unusual.

How The Hollow Earth Was Created

It is suggested that such information as has been given be ignored by those who do not understand the broader scope of the topics under discussion in this reading, and that if entities wish to have a greater understanding of this topic, that they first review previous information relating to UFOs, relating to the subterranean worlds and consider that even though you have long been taught that the earth has a molten core, with a cool surface, that it is possible to logically conceive of an earth that as a spinning ball of molten lava, began to cool on the outer crust, and that as it spun in space, because the outer crust was cool, it perhaps stretched to create breaks in the surface which then led to more cooling, and while these breaks in the surface were occurring from the centrifugal force of the spinning earth, in the center of the earth there was an expansion of space of this molten lava, which created a hollow cavern in the center that followed the surface outward as it spun against the outer shell that had cooled, plastering the inner lava up against that outer shell that becomes solid as it cools, thus creating a hollow earth over millions or billions of years.

Subterranean People Live Between Earth's Crust and the Hollow

The hollow earth as being inhabitable by certain entities and that between that hollow earth and the surface, caverns develop wherein subterranean people may live under certain conditions, where they become accustomed to underground life and the influence of such underground life affects their mentality, creating for them a culture that is quite different from those who live on the surface or even those who live in the Middle Earth hollow.

This Awareness indicates that this essentially has been the subject of a number of books, and legends and stories, down through history, and this Awareness suggests that it is **actual**. That in general, **all** planets have a hollow core, some having a larger opening and core than others, and that some planets have subterranean caverns permeating the area beneath the surface.

This Awareness indicates that it is not possible for this to be proven at this time, but there have been considerable evidence gathered from entities who have traveled beyond the poles to find themselves entering into a world of green vegetation, to some who have actually claimed to have traversed from one pole through the middle of the earth, to the other pole.

Governments Are Aware of Opening Into Middle Earth

This Awareness indicates that *It* is not in the business of trying to prove everything *It* suggests as true. *It* leaves this for others to ponder about, or if they so desire, to explore and to prove. This Awareness suggests, however, that *It* indicates the government of many of your countries, including the United States, is aware of this opening

into the center of the earth through the North Pole and blocks the entry of any explorer into the area; that there are floating billboards in the area of the North pole urging entities to turn back or face imprisonment for proceeding further.

Stay Out of Caves and Caverns!

This Awareness indicates that in regard to caverns of subterranean level, the adventures of some seeking to enter into these areas are as dangerous as walking into the demilitarized zones between two warring countries. That if you wander into these caves or caverns to meet with Deros or these giants that are often guards for the Deros, you are not likely to return, and most entities who would consider doing such are simply attempting to fulfill some ego fantasy of being a great explorer.

If they were to be successful which they would undoubtedly not be, because they would not return, but in the hypothetical event they could return, they would not be believed anyway. This Awareness indicates that even if they were believed by masses, the officials would not acknowledge that there were underground caverns with Deros and giants living in them.

This Awareness indicates that these ancient stories, such as those released through National Geographic some 70 years ago, become some of the only or best evidence to the witnessing of such caverns. The entity Richard Shaver as also having left his testimony and records of his experiences. There are a number of other individuals who have left evidence in this regard, but as has often been said in regard to UFOs: "We don't need another sighting! We have had enough already!"

This Awareness indicates much can be said in the same regard for witnesses and testimonials as to underground caverns. Entities have returned to tell their war stories of underground contact with Deros, and yet they are not seriously believed, even though they may be listened to with great intent.

Keep Your Mind Open

This Awareness indicates, however, that what is really needed is the general understanding and recognition that there are many things on earth that will always remain as a mystery and that entities need to keep their minds open and not assume that just because the government has not told you so, it must be so.

This Awareness indicates likewise, there are those who think if it isn't in the Bible, it can't be so, or if it *is* in the Bible it has to be so. This Awareness indicates that entities who look to authority for answers may be fooled by authorities who do not really know or do not care to give proper answers. This Awareness suggests that it really doesn't matter whether you can be absolutely certain of all of the things you explore.

What matters is that you have information that you can ponder and consider in filling the blanks of your reality. This Awareness indicates that with this approach, you may consider the possibility of a hollow earth. You do not have to tell others you believe in a hollow earth. You can simply put it in as a possibility in the puzzles that you are exploring in regard to total reality.

(The Law Of Gratitude is given)

Ed's Note: For more information on the Hollow Earth and related subjects, please refer to the following "Revelations of Awareness" newsletters: 91-02; 91-12; 85-06; 86-08; 79-18; 79-25; 95-12; 95-6; 95-07; 92-17; 90-05; 91-04; \$3.00 each from CAC.

COMING SOON IN "REVELATIONS OF AWARENESS?"

The Hollow Earth—Part 2

AWARENESS GREETS WILL BIRLINGHOF

(His Gift Gave the Quakers Pennsylvania)

Awareness, we're here for a CAC general reading. Does Awareness have an opening message?

COSMIC AWARENESS:

This Awareness wishes to greet the entity Will to this session. This Awareness indicates that this entity as having been the father of William Penn. This Awareness indicates this entity as one who gave the land which later became Pennsylvania to his son, which allowed the commonwealth to become a settling place for Quakers.

This Awareness indicates that this entity and his son had some differences, but that this was an action of great generosity, not only in behalf of his devotion and affection toward his son, but an acknowledgment of his acceptance of the Quaker philosophy, for he knew that William Penn would use this land for the Quakers and their families.

FOLLOW-UP QUESTION (AVATON):

This was Admiral Penn, to whom the king was indebted. Is that correct?

COSMIC AWARENESS:

This is in the affirmative.

Ed's Note: Our friend Will Berlinghof from England was visiting us at the time and was sitting in on this session. Since then, Will has returned to Canada and is the official CAC Tarot reader. (Those interested in an indepth psychic Tarot reading from Will should contact Vikki T.

Good evening, sir, this is Officer I.B. Wright. — I'm looking at your name, address, SS#, year, make & model of your car, your license plate number & your driving record on my computer screen. — Would you like to contribute to the Highway Patrol Troopers' Association?



Excerpt CAC General Reading 11-8-11-90 Paul Shockley Interpreter

The Teenage Mutant Ninja Turtles

QUESTION: (Are They Preparing the Public for Weirdness?)

Paul Werneke writes: "Lately I've been thinking that those goofy Teenage Mutant Ninja Turtle things is a way to get the public ready for some really weird and bizarre things to come. Would Awareness comment?"

COSMIC AWARENESS:

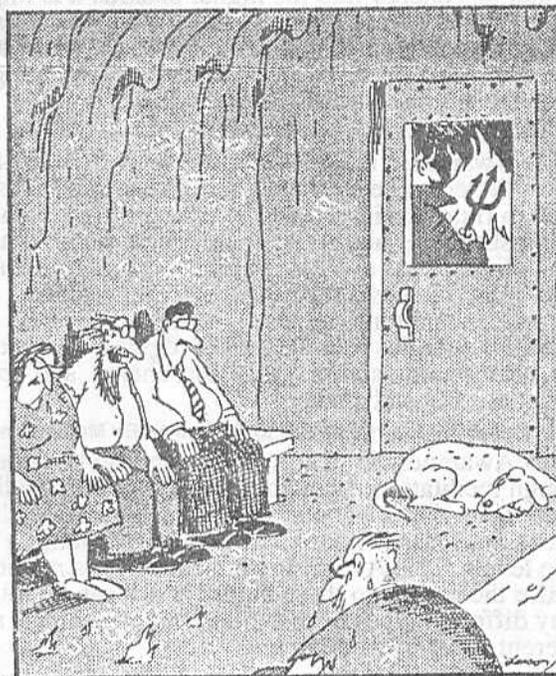
This Awareness indicates that this can be a form of conditioning to prepare entities to accept the non-normal type of being, in fact, the reptilian type of being. This Awareness indicates that this was not part of any actual scheme or conspiracy or plan for conditioning the masses. Rather, it was simply an individual's bright idea for making money by coming up with something that would appeal to children and this was effective in that the children truly enjoyed and loved the idea of Mutant teenage Ninja Turtles.

This Awareness indicates that it does, however, help to condition the children to accept the Reptoid image as a familiar sight so that if and when an entity sees such a being they will not be totally terrified or shocked by the sight. The Reptoid beings are normally quite frightening in their appearance to the average human who has not been conditioned to imagine a reptilian type humanoid.

Wisdom of Awareness—

THE UNCERTAIN TIMES AHEAD

This Awareness indicates during these critical times ahead to remember Akasha. Akasha is that energy that permeates all things. It is the Life Force, the Mind and the Spirit of God that is everywhere present in the Universe. It abides within you and beside you, and that Akasha can offer you absolute and total peace regardless of the storm, the chaos that is occurring around you. In all of the molecules and matter, in all of the emotion and words and potential violence, there is always that peaceful energy known as Akasha which you may attune to simply by focusing and feeling Its presence within and around you.



"His story? Well, I dunno... I always assumed he was just a bad dog."

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ABOUT KUNDALINI ENERGY

QUESTION:

Jeanne Duplantier, of Chalmette, LA, asks: "Could Awareness talk about the Kundalini energy?, some exercises to arouse the energy, what happens to the physical body, how does the energy feel, how long does the energy stay up, and so forth?" In other words, can *It* give some information on this energy?

COSMIC AWARENESS:

This Awareness indicates that it appears there are many good books written on this subject that can disclose far more details than would be available through this channel in such a short reading. This Awareness indicates that essentially it is a reference to the sexual energy or the energy at the base of the spine; that this energy is that which is generated from the lower chakras, or that which is associated with the gonads and lower chakras of the red color.

This Awareness indicates that it also is responsive and stimulated by deep rhythms as is commonly experienced through the rock music and music that has a strong bass, particularly when it is rhythmic and a "beating" sound. This Awareness indicates that this stirs the energy into greater expression; that it does have some beneficial health effects in giving entities energy which they might otherwise lack, but it normally is a stimulus to the sexual arousal and activities.

This Awareness indicates that for entities who wish to channel this energy into the higher chakras it is important to psychically or mentally think along the lines of raising the energies; that in some instances this can be done automatically with music that rises to higher levels, where the emphasis shifts from the lower rhythmic beats into those of a higher pitch and melodious quality.

This Awareness indicates that the higher chakras tend to be affected more by the higher pitches such as is found in flute music, and violin or other high pitched wind instruments and string instruments. This Awareness indicates that even some percussion instruments have higher pitches but that these higher pitched instruments and tones generally tend to bring the Kundalini energies into the higher regions of consciousness, up the spine and into the heart chakra, and up into the throat and head chakras.

Kundalini Energy Can Also Be Raised By Meditation

This Awareness indicates that it can also be done through meditation, through the art of feeling, feeling the energies rising as one focuses on these higher levels of consciousness, wherein one puts one's attention into these levels. This Awareness indicates that a meditation to raise the energy to these higher levels can be found in many different types of disciplines and teachings, and in different types of meditations.

Essentially, the activity follows a general pattern of seeing the energy as light and watching it move up the spine, up to the back of the neck, up into the medulla oblongata at the base of the skull in the back, and then curving over toward the front like the handle of a cane, so that the tip or end of the handle ends between the eyebrows in front of the pineal.

To Raise the Kundalini Visualize a White Glowing Cane

This Awareness indicates that if you can visualize a white glowing cane that runs from the tip between the eyebrows up into the skull slightly, and then down the back of the skull and down the spine as a kind of white glimmering cane of light, and you can feel these energies coming up the cane or spine and moving toward

that point between the eyebrows, above the eyes themselves, in the center of the forehead, but down between the eyebrows, it tends to bring the Kundalini energies up to these areas which can be used by the chakras, by the consciousness of the entity, to manifest life force energy and healing force energy for the consciousness of the entity, whereby the entity can rejuvenate and focus these energies toward whatever may be desired in terms of its manifestation.

Thus, by enhancing one's consciousness level in this manner, the energies, the psychic energies one builds can be used for manifesting things in his or her own life, to make them more easily achieved, or acquired. This Awareness indicates that this building of the psychic energies through the raising of the Kundalini is that which has been practiced by many schools of spiritual and metaphysical nature; that there are many disciplines and techniques for doing this, but essentially, that is the general principle involved.

Couple the Breath With Visualization to Raise Kundalini

This Awareness indicates that you can invent your own method, coupling your meditation with breath that comes in and goes down the spine and then, in the breathing out ... This Awareness indicates a common technique is to breathe in and watch the light come up the spine and to the point between the eyebrows; breathe out and watch the light go down the spine.

This Awareness indicates that this type of coupling of breath to the visualization process is a means of enhancing the effect of the visualization and making the movement or the rising of the Kundalini more effective.

Tantric Yoga Works But Not Recommended

This Awareness indicates of course, there are other techniques. The Kundalini Yoga associated with sexual techniques, whereby entities raise the Kundalini during the act of sex by prolonging the sexual act and inhibiting the climax during similar types of meditation of raising the Kundalini up the spine and stimulating sexual energy simultaneously; this is what has been termed Tantric Yoga, and this can have some powerful influence on the expansion of the Kundalini energies, causing greater amounts of Kundalini energy.

It can also result in very powerful problems, if not done properly. This Awareness indicates it is not something for entities to play around with without proper instruction. It can lead to intense rashes and disturbances in the psychological and physiological areas of an entity's consciousness whereby the energy, for example, may be overwhelming and become blocked, causing an intense blockage of such energy in certain areas of the spine and this can have physiological detrimental effects or if it reaches into some of the higher levels or areas of the spine, may have effects on the nerves or on the psyche of the individual.

Therefore, it is suggested that entities avoid Tantric Yoga as taught by most people who are not really masters of the Yoga, for it can be quite dangerous.

Did One Couple Doing Tantra Get Electrocuted?

FOLLOW-UP QUESTION:

There was a story going around in the '60s or '70s I believe about a Hippie couple I think it was, that did this Tantric Yoga, and while coupled together one time during this, they electrocuted themselves because of the tremendous energy they generated together. Is there any truth to that story?

COSMIC AWARENESS:

This Awareness indicates that this appears to be based on fact, with some misrepresentation. It is not so much

electricity that was involved, because electricity vibrates at a different frequency, but these entities did effect a high frequency in the energies of sex level that it led to their deaths; the vibration being too high for the physical body to accept or channel.

It is possible for entities to receive frequency vibrations of such voltage or intensities of such high frequency in too great an amplitude and thus be physically injured or killed by the energies, but to use the term 'electricity' might confuse entities into thinking it was likened unto a jolt from an electric short-circuiting or something similar.

It is not the same as a house current or the like, but there is a strong similarity.

The Creative Use of Kundalini Energy

FOLLOW-UP QUESTION:

These energies, I've read, and Awareness just mentioned, can be raised through ways other than sexual union. Can these energies be diverted, when you raise them into creative efforts, like for example, a writer who is writing a novel or something and he's sort of stuck and can't go on; could he utilize those energies after raising them in a creative process like writing or composing music?

COSMIC AWARENESS:

This is in the affirmative. This Awareness suggests, however, that entities not attempt to arouse themselves sexually in order to stimulate Kundalini energy for creative purposes. It is much better that entities simply put on some good music that gives them a feeling of elation or an uplifting feeling and work with that kind of energy.

This Awareness indicates that on occasion, an entity, in writing, may find that taking a break from the writing and enjoying some relaxing and pleasantry or even love-making, can help the entity get through a writer's block. However, it often can work adversely in taking the entity's mind off of his or her work to create a distraction so that the discipline needed in the artistic work becomes defused and the entity becomes obsessed with pleasure seeking. This of course, can be more harmful than helpful.

Creativity and the Sexual Connection

This Awareness indicates this of course is a different topic, dealing with creativity. Creativity requires that entities focus very heavy strong energies toward a purpose or goal and when this energy reaches a point where there seems to be a block, the entity often then needs to take a break.

An entity, having worked hard on something, may find that during recreation, such as playing golf or strolling along a road, letting one's mind flow without focus, suddenly, the mind will open quickly and a solution to that which the entity has been seeking will flood into the consciousness of the entity, giving him or her the answer to the problem they have encountered in their effort toward creative work.

This Awareness indicates that therefore, in many instances, the hard work becomes an energy much on the order of a sexual arousal, except that it is in the brain of the artist and the letting go becomes much like a climax in the sexual activity, whereby the release of the focus allows the brain to let go and that allows an answer to the quest to come flooding in.

There is a connection or parallel between the sexual act and the creative act of an artist, which, when understood, may help the artist to do his or her creativity in a more rational and understandable way.

It is the Kundalini moving into the brain or head of the entity, being directed in that way, rather than into sexual expression that creates a kind of intellectual arousal and causes an entity to reach a point of intensity and also frustration, and when that frustration has been pushed to its limits and the entity can be pushed no further, there is often a release and the focus breaks, the entity gives up, and the creative answers come flooding in.

How Many Great Inventions & Discoveries Occurred

Sometimes the entity will have to totally walk away from his or her work to find that moment of release. This Awareness indicates this is how many of the inventions and discoveries have been made, as well as many of the great literary and artistic expressions have been conducted, allowing the entities to have that peace of mind.

It should be noted that the peace of mind for creative work does not yield the same kind of creativity, if there is no struggle before hand. An entity can be in a state of total relaxation, total peace of mind, and never accomplish anything. No art will flow.

But if the entity develops desire and wants to do something, wants to create something, and this desire and creative effort continues to grow, and the entity builds more and more focus toward that goal of creating something until it reaches a point where it seems unable to go any further, and the entity has struggled long and hard to reach this point, there comes a kind of impasse, and the entity may experience a sudden surge of enlightenment.

It may come after the entity has walked away from his or her work, or it could even come in the very midst of focusing on the artistic problem, the inventive problem, the creative problem; but somewhere it becomes clear. The entity's brain seems to open up and allow information to rush in, and the entity experiences the enlightenment, the "Aha!" or the solution of his or her quest.

The answer comes freely, and the entity then can continue on the creative path, wherein before, he or she may have been stuck. Thus, there is a metaphorical similarity between the sexual act and the creative act. In both cases, Kundalini energy is active; the one channeled in one direction and the other in another direction.

Aging does Not Diminish Creativity

FOLLOW-UP QUESTION:

Some of the greatest books, musical compositions and inventions have been created by entities in their twilight years, so I assume a diminishing sexual drive or going through menopause does not create a problem when using the energy for creating, is that correct?

COSMIC AWARENESS:

This is in the affirmative. It may simply mean that some chakras have opened for the entity so that the Kundalini energy goes upwards more readily toward creative purposes rather than going into sexual expression.

WHY HAS THE SPERM COUNT IN MEN DROPPED 50%?

QUESTION:

There was an article the other day; the scientists in London, having tested about 15,000 men over the past 50 years, claim that the average sperm count in healthy men has dropped 50% over the past 50 years. I'd like to ask if this has anything to do with the Global 2000 conspiracy, or some influence by aliens?

COSMIC AWARENESS:

This Awareness indicates that it appears there are two major causes. There are of course many other causes, but the two major causes for this appear to be environmental

toxins, especially increased radiation and electronic radiation, including the ELF and microwave effects in the environment, this including also the radiation in the environment caused from the introduction of atomic and nuclear weapons and their repeated use and testing.

Negative Substances Introduced Into the Food Chain

There is also a second effect caused by substances introduced in the food chain that have led to this, including ... there again is the radiation from nuke products, from the strontium 90 that has entered into the dairy products through the milk from cows eating grass that has collected fallout, but there is also the additions in the food chain of other substances ranging from hormones added to make animals grow faster, or to creating more fat, the addition of steroids into the food chain, the addition of antibiotics into the foods of animals ... all of which goes into the animal and its products, such as eggs, milk or meat.

Most Coffee Sources Contain Saltpeter

This Awareness indicates in addition, most coffee sources contain saltpeter, a deliberate additive to cut down on the population by putting saltpeter in coffee, to reduce the sex drive of men, which in turn reduces the sperm count. This Awareness indicates that entities who wish to regain more of a sex drive will benefit by cutting off coffee altogether.

This Awareness indicates that it appears the coffee from Hawaii is the most pure, and least contaminated as far as additives go. The Kona coffee appears to be free of this substance as there is a law prohibiting the addition of substances into coffee grown in the United States. This Awareness indicates that all other coffees grown in other areas are immune to this law, and therefore, the majority almost in every instance has saltpeter and other additives included in the coffee itself, so that the continued use of coffee over years will diminish a man's sex drive.

Are Coffee Beans in Stores Safe?

(Kona Coffee From Hawaii Appears To Be Safe)

FOLLOW-UP QUESTION:

How about the coffee beans we get in stores or restaurants that buy their own blend of coffee made strictly from the beans; are there chemicals in these too?

COSMIC AWARENESS:

This Awareness indicates it appears that the chemicals are added when the beans are soaked prior to roasting and that in almost every case, this is the common practice. This Awareness indicates that there may be rare situations in which entities get coffee beans straight from the grower and process and roast them without going through the usual process and there may be small types of businesses that produce pure coffee beans.

This Awareness indicates that essentially however, the only one clearly seen is that of the Kona coffee grown in Hawaii, which is pure. This Awareness indicates that the coffees which are of the higher brand and quality such as Farmer's, and Boyd's coffee which are used in the better restaurants or some of the others, may have fewer additives. It appears the main difference, however, is that these do not have the fillers of cheap coffee added to them.

The beans are grown in the higher mountains and what are known as "fillers" grow in the lower regions and are much higher in caffeine and have a less pleasing flavor. There is more bitterness and pungent taste than in those grown in the higher regions, and the cheaper coffees and most store-bought coffees are grown with fillers added.

This Awareness indicates that the higher quality coffee such as is used in the best restaurants seldom has the

cheap fillers or that bush coffee from the lower region added to it. This can be better for you when drinking coffee to have the higher quality brands as used in the better restaurants.

This Awareness indicates, however, that regardless of these considerations, Kona coffee would be a more healthy choice, or no coffee whatsoever.

Who Ordered Saltpeter Be Put Into Coffee?

FOLLOW-UP QUESTION:

These coffee-makers put out ads often showing them getting them directly from Colombia with Juan Valdez or someone picking out the best, and then they ship them to the plant. I'd like to ask: Is there some Federal regulation or something to that effect that forces these coffee manufacturers to put saltpeter in?

COSMIC AWARENESS:

This Awareness indicates it is more of a corporate policy. The corporations are working with the world planners, the Global 2000 people, to help reduce the population of the world, and this was a means chosen in the early '70s, and late '60s to help reduce the sex drive, especially aimed at third world countries and the various European and Eastern nations.

It was more or less a coincidence or fluke that the law passed in the United States protecting the coffee grown in the United States from being thus manipulated. This Awareness indicates since the Kona coffee market is quite small, it more or less escaped any big concern from these Global 2000 planners, and their agents in corporations and bureaucratic levels.

What About Starbucks Coffee?

FOLLOW-UP QUESTION:

There's a coffee-maker called Starbucks in Seattle that for years has had a small market of very good coffee, and they just recently went national on the New York Stock exchange and are branching out to other states. Also, they're pushing espresso. Does Awareness see Starbucks as also containing this saltpeter in the espresso that they put out?

COSMIC AWARENESS:

This Awareness indicates that it appears that it is made of a blend of different coffees from different places of the world, and that some of the products going into the blend contain this. It is not as laden with saltpeter as is most coffee. It appears to be perhaps about half as much as is in most coffee.

There appears to be some large amount of Kona used in this blend, along with other coffees of higher quality in the sense of mountain grown coffee. There appears also to be no added fillers from the bush or brush type of coffee beans found in the lower altitudes.

Are Teas Safe to Drink?

(Globalists Presume Tea Drinkers a Higher Class)

FOLLOW-UP QUESTION:

How about teas? Teas are widely used around the world and there is a variety even called Gunpowder from China. Are there additives in tea?

COSMIC AWARENESS:

This Awareness indicates that it appears there are also some additives in teas of this substance, but it appears that this is a more recent action begun in the late '70s and mid-'80s, and that it is not as potent as is found in coffee. It is presumed that the tea drinkers are of a higher class of people than most coffee drinkers, and therefore, the planners are not so anxious to inhibit their sexual activities as most of them are presumed to have more control and self-discipline than are the coffee drinkers.

This Awareness indicates that the concept of a coffee drinker ranges from all levels and strata of society, from the higher to the every-day worker or even the unemployed, and the beggars on the streets, but the idea of a tea-drinker is usually associated more with the higher and more sophisticated entities in a society, and therefore, if they want to wipe out or reduce the population of the world by making men less potent, they would pick on the coffee drinkers moreso than the tea drinkers.

This Awareness indicates that there are small companies such as the Stash tea and even the Bigelow tea and some of the lesser known brands which would be safer, if you want to stay completely away from this substance or the potential of added substances. This Awareness indicates that in general there is little to be concerned about in the teas. There is some concern in regard to most coffees and the exception would be the Kona coffee, and there are also reasons to accept with some confidence, the more expensive coffee, such as Boyd's coffee and Farmer's coffee, particularly the restaurant brands; those used in the higher class of restaurants.

This Awareness indicates there are some of the nations or coffee origins which have their own brands or types of coffee which are less offensive in this regard than others: Colombia Excelsio appears to be better in this regard than the Supremo. There are also other small countries that have small coffee markets. Coffee coming out of Africa appears to be less of a problem in this regard than the coffees which are more commonly found from the large nations that produce coffee.

This Awareness indicates this is too big a subject to go into great detail. *It* suggests that entities stick with Kona coffee, and at restaurants try to use the Farmer's or Boyd's brand, the Starbucks brand or those of a high similar quality.

Is the Effect of Saltpeter Drinking Cumulative?

FOLLOW-UP QUESTION:

Is the effect of the saltpeter on a long-time coffee drinking male, for example, cumulative, or if he stops drinking coffee, can the effects wear off?

COSMIC AWARENESS:

This Awareness indicates it will take approximately 3 to 4 weeks for the effects to wear off, but if an entity stops using coffee for three to four weeks, it appears the saltpeter effect will begin to wear off and the entity's normal sex drive, whatever level it may be, will be free of the effect.

Any Effect of Saltpeter on Women?

FOLLOW-UP QUESTION: VIKKI:

What, if any, is the effect of saltpeter on women?

COSMIC AWARENESS:

This appears to be negligible.

THE WOMAN WHO TALKS TO GOD

(God Tells Him to Stop His Wicked TR Meditations)

QUESTION:

A question from Michael F., Brooklyn, New York. He writes: "I know we're not supposed to ask personal questions, but I thought that there is enough concern about this subject that you might ask it. For several years, I had been getting advice from a woman in California who says she 'talks to God'. Her name is Diana Hornsby, but I prefer that this not be published. She is very good with minor health problems, although with more problems I have had doubts about her effectiveness.

"She also says she has 'removed entities' from me, specifically what she calls astral entities and chemical entities, although I have felt no different after this was

done. More recently her advice became more spiritual. She said that God wants me to stop my meditation practice. I have been doing a specific meditation, an advanced meditation practice for more than 20 years and have found it very beneficial. This is a Transcendental Meditation and TM Siddhis program.

"She said it is not good for me; that it has allowed 11 of what she calls 'Kundalini entities' to enter me and that instead I should focus on Jesus for 20 minutes a day and pray often during the day. She does not charge money other than donations so that is not part of my concern, but the questions I have are: (I'll read his statement with all the questions then go back if Awareness requests) Does this woman talk to God? If not, then who or what is she talking to?

"Is the entity she talks to completely altruistic, or does it have motives and designs of its own? Did she remove entities from me? Is my meditation program not good for me? Has it allowed 11 Kundalini entities to enter me? Would it be better for me to practice the meditation she suggests?"

There's a lot of questions there.

COSMIC AWARENESS:

This Awareness indicates that it appears this entity as one who is oriented very much toward the Christian doctrine and believes herself to be much in the same way as Pat Robertson or any other Christian, capable of speaking directly with God.

This Awareness indicates that the term "God" of course refers to the individual's concept of God and may not be the same as the concept of God that you may hold or that others may hold. This Awareness indicates that there are many people who believe they are talking to God. It appears that even the "Son of Sam" at one point thought that he was not only talking to God, but that God was talking to him, and telling him who he should murder next.

Therefore, such claims cannot be taken too literally because what one says in terms of their claim that they speak to God, while sounding impressive, may simply be something in their own consciousness that is soothing to them. This entity may speak with some visualized entity or imagined entity, or conceived entity, an entity she conceives or imagines or believes to be God, but it may not be the Universal God that you or others might describe, and it may not be the All Knowing God that entities think of when they hear of her claim.

It may for her be God, the one she has always perceived to be God. It could be her Higher Self, or it could be something she was educated from her childhood to believe was there. This Awareness indicates therefore, that to ask whether she really communicates with God requires an answer that cannot be a simple yes or no.

This Awareness indicates the entity appears to think she has communication with a Higher Spiritual Being that she calls God and she believes that this being helps her in her effort to help others. This Awareness indicates that on one level, when the entity is completely truthful with herself, she knows there are certain limitations as to what she and her God can do for others, and this is correct that she feel this honesty and this understanding.

This Awareness indicates that much of her work and any healings that she does are based on the principle of suggestion. If an entity believes in her, and if his problem is not too great, then her suggestion that God is helping and will heal can come about simply because of the suggestion and the belief in the messenger.

This Awareness indicates that *It* does not see this entity as intending to defraud anyone. *It* does not see the

entity as having any negative intentions or motives. *It* sees the entity as concerned about your meditative practices because in her religious background, meditation is looked on as something that is not acceptable.

Christians Do Not Understand Meditation

The fear being that when one meditates, one is open to all kinds of negative forces. This entity does not understand true meditation, but parrots the usual Christian argument against meditation, wherein Christians pray, they do not accept meditation as a valid form of communication with spiritual forces.

They see that spiritual forces should only be prayed to, in other words, you petition God for something you want, you do not merge with God as would occur in meditation. You do not seek to be one with God as in a meditation.

They do not understand that meditation requires the entity to focus on a certain vibration or frequency, such as the vibration of God, the frequency or vibration of Christ, or some other highly accepted spiritual master or teacher or energy source, and that if you are indeed less focused, lower frequencies, lower vibrations, entities of a lesser nature, cannot pierce that frequency to enter into your meditation anyway.

If you are focusing on the higher spiritual energies, those lesser beings cannot enter in to those higher frequencies because their frequency level is incapable of rising to that higher frequency. This Awareness indicates that most Christians have never even thought in terms of frequencies and vibrations. They see the spiritual world in terms of good and evil, black and white, in terms of extremes, and if one is meditating, since meditation is not part of their vocabulary, since it is not taught in the Bible in the way it is explained, or the terms that are presently in use, they see it as something alien and foreign to their religion, just as reincarnation would be alien and foreign.

They do not recognize these as being correct or real, because they do not find these things clearly stated in the Bible. This Awareness indicates that in your own situation, it appears your meditation over the years has been beneficial. This Awareness does not see any of these entities having possessed you as this entity has claimed.

It does not see that there has been a possession of any kind on your being. It appears rather that your being is quite clear, with only shadows of some karmic distortions caused by relationships encountered mostly in this life, wherein you have had some difficulties in relationships that have not been fully resolved.

These do not appear to be of a great serious nature. This Awareness indicates that it appears that the entity has become less sensitive to reality and more ... this is in reference to the lady who is assisting you; that the entity has become less sensitive to reality and more attached to method, and that the method she uses for you is almost standard for all of her clients; that she uses a method of serving all of her clients very much the same, with only slight variation necessary to accommodate each individual's personal needs and requests.

It appears the entity's methods have served her well, and in some cases, the suggestions that she has given her clients have benefited them. In some cases, the benefits they received have outweighed the detriments that have come from her services to them.

Wisdom of Awareness: On Giving Attention:

"Wherein consciousness goes, wherein thought goes, energy follows. This Awareness wishes entities to look at that very carefully: Wherein thought goes, energy follows. Wherein thought goes, energy follows." Issue 80-33, p.2.

That "Extraterrestrial" Who Interrupted British TV With a Message for Planet Earth

QUESTION:

Chris Locke sent in a couple of interesting news stories. This first one is from Southampton, England, on November 28th, 1977, it must have been. Anyway, it says that: "Thousands of Britains were contentedly watching their Saturday night television shows when bleeps interrupted the normal program. The voice of "Asteron" had a message for the planet earth.

"Panicky viewers flooded police telephones with calls and police said they had to send a patrol to one elderly woman's home to calm her. It all began when the independent Southern television channel was interrupted by a series of bleeps and a man's voice saying: "This is the voice of Asteron. I am authorized representative of the Intergalactic mission and I have a message for the planet earth.

"We are beginning to enter the period of Aquarius, and there are many corrections which have to be made by earth people. All your weapons of evil must be destroyed. You only have a short time to learn to live together in peace. You must live together in peace or leave the galaxy."

Southern television flashed an apology on the screen after the three minute interruption and said the mysterious broadcast was being investigated."

Is there any truth to that story?

COSMIC AWARENESS:

This Awareness indicates the story is correct; that this has been given in a number of UFO magazines and sources. The question of course still remains as to whether the entity was truly an extraterrestrial communicating with earth or a hoax by someone who thought that by giving such a message they could help to change the world into a better place.

This Awareness indicates that it appears the latter was the true situation, that someone managed to affect an intercept into the channels and gave the message, hoping it would shock the earth into behaving itself, along more civilized lines. This Awareness indicates there does not appear to have been a genuine extraterrestrial involved.



A Half-Human Half-Crocodile Mummy is Found

QUESTION:

His other story came from Istanbul, Turkey, I believe. The 4th of March, 1992, with the headline: "Half-Human, half-crocodile mummy found!" "A mummy said to be that of a creature half-human, half-crocodile was found in a wooden chest at the Topkapi Palace in Istanbul over the weekend, the Turkish news agency Anatolia reported Monday.

"The upper part of the mummy, comprising a head and arms belonged to a child of around 7 or 8, while the lower part was that of a medium-sized crocodile, the agency said. Carbon-14 testing had failed to determine the creature's age, it added. The find is to be put on public display. Museum officials Behcet Erdal said a mummy of the kind described by Anatolia had been found during restoration work on the Topkapi palace, some years before, but had subsequently been lost."

Now, if that's not a tabloid-type planted story, could Awareness explain what it is?

COSMIC AWARENESS:

This Awareness indicates that the reference from Edgar Cayce regarding the Atlanteans' "things" which were a mixture between animals and humans, and the modern-time genetic experiments that have gone on in places such as Dulce, New Mexico, wherein humans and animals, genetically have been merged into mutations, are essentially the same thing, and from the same source: alien technology.

This Awareness indicates that it was in ancient time much the same as it is today. That these things *did* exist in those ancient times, and they exist today, wherein the alien technology in terms of genetics does develop cross-breeds between species and even between genera.

The story appears to have substance, appears to be correct. The mummified creature appears to be of ancient origin.

The Ever-Changing Face of God

QUESTION:

Thank you. Does Awareness have a closing message?

COSMIC AWARENESS:

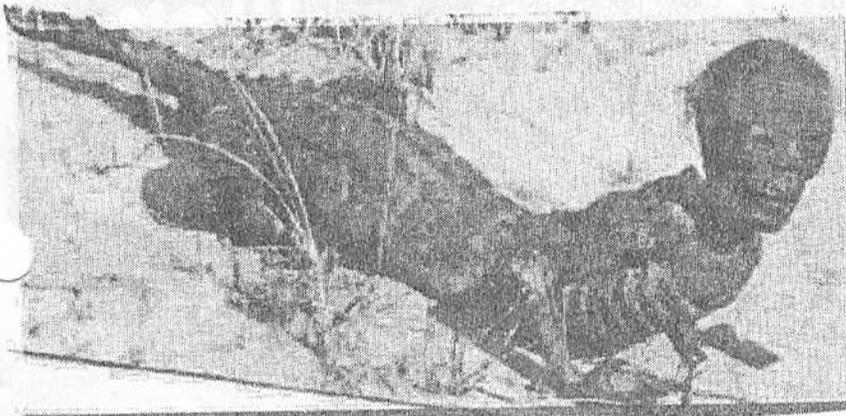
This Awareness indicates that the many strange situations, circumstances, behavior and activities that entities encounter in their exploration of life with all its many faces, are witness to the full and ever-changing face of God; that all creation constantly undergoes change, and is reflective of mind in its motion and its desire to create and make new things.

It expresses *Itself* through individuals, great and small, ancient and modern, through one or through all.

This Awareness suggests the Interpreter be brought from trance.

Thank you.

(The Law of Gratitude is given.)



Ed's Note: There have been several allegedly half-alligator, half-human creatures found in our world. Here is a photo of "Jake, The Alligator Man" which Vikki and I blundered on to one day while visiting the town of Long Beach, Washington, which boasts it's the longest beach in the world. Jake resides in a glass case in the back of Marsh's Free Museum on the main strip in town. The owner purchased the mummified body from an antique collector back in 1967 for \$750. Whether a fake or one of the "things" Awareness just described is a mystery, Jake is now more or less a famous entity, and worth seeing.



Tales from the beach: Marian and Junior Marsh display the story that made Jake, The Alligator Man, a national curiosity.

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Excerpt from a Personal Reading for Charles Sinex:

STEPS TO REACH COSMIC CONSCIOUSNESS

QUESTION:

What steps should I take to reach Cosmic Consciousness?

COSMIC AWARENESS:

This Awareness suggests the actions begin within. That the movement begin from an activity of observation wherein you look carefully. Not just to see but to look and *discover*. This Awareness suggests continually looking deeper and deeper at the experience; at the relationship of forces and the entities who you contact from moment to moment. This opens your channel.

This Awareness suggests you look without judging, that you look at *what is*, but condemn nothing. That you discern *what is*, but you not consider anything as in error while discerning the nature of the situation. This Awareness suggests you look at that which is causing the difficulties; look at that which is experiencing the difficulties and you observe so deeply and so thoroughly that you find yourself involved through your concern.

This Awareness suggests when you become concerned enough you will respond to the urgency of each setting, each situation. This Awareness indicates this is the most important activity you can do. This is more important than meditating; more important than studying; more important than getting out and trying to change the world.

This Awareness suggests as you begin to become more and more attentive to what is happening moment to moment, you begin to discover that there is a movement in your life; that, you are being motivated by the urgencies, and that these motivations are moving you in a course and a direction.

This Awareness suggests that when you respond to urgencies, you take care to respond to those urgencies in a manner that alleviates and reconciles the urgencies. This Awareness suggests that you not allow others to create urgencies for no apparent benefit for which you must respond, but rather, you respond to those urgencies which are real, rather than artificial. This Awareness suggests wherein you bump into an artificial urgency created by someone who likes to see you jump, you simply give that urgency back to them and let them resolve it.

This Awareness suggests by focusing on the urgencies at hand, you begin to clear the decks around you and this will allow you to have greater opportunity for tending urgencies that are more remote and not in your immediate vicinity. This Awareness suggests when this occurs then your realm of responsibility and influences shall begin to expand.

This Awareness suggests this may take the form of response through writing or lecturing. This Awareness suggests you have the capability and experience to communicate with others in a manner that allows you to share much information which is needed by others. This Awareness suggests also you can be of assistance in passing information to others which has been printed or written by others beside yourself.

This Awareness suggests you may assist many by recommending books; by recommending other forms of information; for many entities do not have the experience to determine which books or which information is best suited for their needs.

This Awareness suggests as you begin looking at the needs of others, doors will open, opportunities will open,

friendships will become stabilized and new friendships will be created which allow you to have an opportunity to express yourself in a manner which is fulfilling and beneficial to yourself and others.

...WHY HAVE WE
ARRESTED A U.S.
CITIZEN AND
QUESTIONED
HIM WITHOUT
HIS ATTORNEY...



...BRANDED HIM AN
ENEMY COMBATANT.
HELD HIM IN
JAIL INDEFINITELY...



...AND COMPLETELY
SUSPENDED HIS
CONSTITUTIONAL
RIGHTS?!



...TO PROTECT
WHAT AMERICA
STANDS FOR...



WHY HANDELSMAN
#2022 news-taj

WHAT IS COSMIC AWARENESS?

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



HOW DALLAS COWBOY DEION SANDERS FOUND CHRIST

QUESTION:

I clipped a little article from a tabloid I'd like to read to Awareness and ask what happened here. It's called "How Neon Deion Sanders Bounced Back from the Brink of Suicide." "Dallas Cowboy star Deion Sanders says his life went to hell when his wife left him over his wild ways, and he tried to kill himself by driving his car off of a 50 foot cliff. But he says a miracle from God saved him. The car landed in a pool of water, and he walked away without a scratch. "Where was the big explosion?" muses Deion, 31, in his book Power, Money & Sex: How Success Almost Ruined My Life.

A Few nights after his close call in early 1997, Deion was awakened by "awesome lights" and realized God was in his room. That night he was born again. Says the athlete: "When I found Christ, I found what I'd been missing all those years." Can Awareness explain that experience?

COSMIC AWARENESS:

This Awareness suggests that the entity, like many entities, had belief structures wherein certain aspects of his self-expression and self-reward were only rightly manifested through the relationship with the woman, his wife. This Awareness suggests that like many entities, belief structures disempower entities from fulfilling all six of the universal needs, or in doing so in vicarious ways through co-dependencies upon other entities to the degree that the needs themselves and the meeting of them is not noticed until the source of fulfillment is removed.

This Awareness suggests that in this specific case, the entity Deion experienced his spirituality through his interactions with his wife relegating certain aspects of himself to be disconnected, and enjoy certain freedoms that he believed due and rightful to him, yet conflicted with overarching structures regarding suitability, morality, love, monogamy, and true spiritual connection.

This Awareness suggests that this entity, through these belief structures, allowed himself to be fragmented and allowed himself more spiritual communication and receptivity while only in the mode that he experienced through the relationship of his wife, and when on the road, and removed from that essential connection, fancied himself to be less than spiritual and more human, wherein repressed needs and compulsions could be acted upon in self-preservationary ways, which in turn created dissonance within the entity and between the entity and his wife, upon discovering and reconciling the separate aspects of the entity which resulted in the separation and discontinuation of their union.

This Awareness suggests that the entity only then began to understand the nature of his own spirituality, when it had packed its bags and walked away in the form of his wife. This Awareness suggests that his spirit, indeed, made its presence known within the entity, when for all this particular period of time, his mind had believed it to be attached, and only available through the union with the wife, that suddenly recognized the presence of a very frustrated and pained spirit residing within himself.

He experienced such pain and confusion, as to feel motivated to end the existence, and yet his spirit was far more recalcitrant and insistent upon his returning to an independent developmental path, wherein his spirit could emerge as whole and acceptable within the self and accountable to all aspects of the self.

This Awareness suggests that of course, it was no accident that his suicide attempt did not succeed, and

the fact that illness and bodily harm was avoided in an "accident" indicates all the more power and guidance and intention of the spirit to override the momentary choices of a confused and pained mind.

This Awareness suggests that the belief structures regarding basic world views, religious propensities and where the concept of self and responsibility fell within such structures, necessitated the dream experience or altered state experience wherein the entity saw the light and had a rebirth of sorts to symbolically manifest the reconnection and acknowledgment of the spirit, yet without the necessity of connecting it to a marriage, a person or anything perhaps other than a religious symbol. This is a forward step upon the developmental pathway and indeed, a giant step for this entity to recognize something within, something spiritual that the entity had not been aware of before, due to such incredibly limiting beliefs.

This Awareness suggests that this type of channeling of energy through belief structures and the outcomes occurs far more regularly than entities yet believe, and as the levels of understanding and layers of abstraction and meaning become apparent, entities will become more and more aware of how simple and creative and empowered they are, simply by recognizing that such belief structures rule the behaviors, the actions, and bring about life events, and thus can be manipulated to ensure far more spiritually desirous experiences and relationships within and between entities.

This Awareness suggests that the next step for this entity shall be to embark upon a relationship yet maintain a full and complete sense of self without the necessary fragmenting of any aspects, particularly the spirituality, into the relationship, and the next shall be far more successful, simply due to this developmental step. If we have completion we can continue.

Wisdom of Awareness:--

THE COUNT OF 144

This Awareness indicates also that It wishes you to not only meditate, 15 minutes daily, at times you set for yourself, but to begin each meditation with a count of 144. This being a mystical number associated with Light frequencies.





HOW TO PREVENT OR CURE JET-LAG

QUESTION:

A question from Judith Jones in New York. Awareness has given the information several times on setting the body clock, or resetting it, and I wondered if *It's* got other information on this subject.

She writes: "Just back from a 16 day trip to Japan with Smithsonian group. Nice, but too heavy on temples, Museums and shrines. Jet-lag was really bad for 5 days. This is the 7th, and I'm not yet sure whether I'm over it, except I still keep waking up around dawn, 4-6 AM, formerly quite unlike me.

"Taking Phenylalanine seems to help. Does Cosmic Awareness have any advice for preventing or curing jet-lag? It never troubled me before, from West Coast or Hawaii, but this one had me passing out like a narcoleptic almost each afternoon, out cold for several hours."

COSMIC AWARENESS:

This Awareness indicates that the use of EHB from the Biotech group as that which can be most helpful in regard to jet-lag situations, helping to stabilize the body. This Awareness indicates that also, depending on the direction one travels, whether your days are shorter or longer in terms of the time period, you may wish to adjust your biological clock forward or back by going to bed an hour earlier each day, or an hour later, in order to catch up with the time-zone you are presently in.

This Awareness indicates that it is seen as being beneficial to use a time period for going to bed that is not too far off from the time period of your present location that you are adjusting to; that maybe not quite as early, or possibly somewhat later, depending on your need for adjustment, so that you compromise between what you feel, and what the time period is for the area.

Thus, if everyone is going to bed and you still feel wide awake, you may wish to wake up only an hour or two after others have gone to bed, and then go to bed yourself, even if not fully sleepy. You may wish to spend that hour or two reading or doing something that relaxes you and tends to lead you toward sleep so that you go to sleep much earlier than would be in your normal biological clock time, or vice versa.

If you arrive in an area where others are still wide awake for several hours after your bed-time, biologically, you may wish to stay up an extra couple of hours to try to get closer to their time-zone, even pushing your biological clock time past it's normal level, so by staying awake an extra couple of hours, you become more closely aligned with the local area time-zone.

This Awareness indicates that this is perhaps the best approach, simply compromising between your biological time and the local time-zone you are trying to adjust to. This Awareness indicates that the EHB enzyme, catalase, also help the physical body in its adjustment by supplying a certain type of energy. Depending on how far off your biological clock is from normal will determine the effectiveness of the EHB in helping the jet-lag situation. It will influence the effectiveness of EHB in helping the jet-lag situation. It will influence the effectiveness of EHB in helping the jet-lag situation.

WILL AROMA THERAPY CURE JET-LAG?

FOLLOW-UP QUESTION:

There was a recent article in the paper that says: "Using aroma therapy will help fight jet-lag." They say that "Aroma therapy, which uses your sense of smell to enhance mood and physical well-being now is being applied in a serious way by two international airlines, to try to help travelers overcome jet-lag induced fatigue, disorientation, and inability to sleep at normal times."

They talk about "Air New Zealand is providing the first business class passengers with a "after-flight regulator kit" which includes a three-day supply of two aromatic oil formulas; one labeled "Awake", and the other "Asleep." The makers of the oils sell the same formula that airline coach passengers on-board flights or through the mails in London.

It says: "The Awake Formula has a pungent piny scent with a bath or shower after arrival on a long flight, provided it is daylight, and the Asleep Formula is used with another bath or shower just before you go to bed. The whole process should be repeated daily for the first three days in a new time zone." Is there any validity to using aroma therapy to fight jetlag?

COSMIC AWARENESS:

This Awareness indicates this appears to be valid. It serves as a kind of psychological triggering to help waken through the use of smell, certain areas of consciousness, certain areas of the brain, to overcome or to influence sleep.

Ed's Note: I checked the Internet and EHB enzyme is available on the "Ayurvedic & Alternative Medicine Resource Site" at <http://www.zhealthinfo.com/vitamins-formulas.htm-107k>

When Vikki and I travel we have found that taking melatonin prevents jet-lag. (This is available in almost all healthfood stores or by mail from Swanson Health Products, PO Box 2803, Fargo ND 58108. Call toll-free: 1-800-437-4418.

—HOW TO GET THIS NEWSLETTER BY MAIL— EVERY 3 WEEKS ! (More or Less)

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MEMBERSHIPS AVAILABLE (Honor System!)

INDIVIDUAL: \$42 per year or \$12 quarterly
 FAMILY: \$52 per year or \$20 quarterly
 CONTRIBUTING: \$77 per year or \$25 quarterly
 SPONSORING: \$144 per year or \$40 per quarter
 BENEFACTOR: \$500 per year or \$150 per quarter
 PATRON: \$1000 per year or \$250 per quarter
 ANGEL: \$5000 per year or \$1500 per quarter
 LIMITED INCOME: \$30 PER YEAR OR \$9.00 QUARTERLY