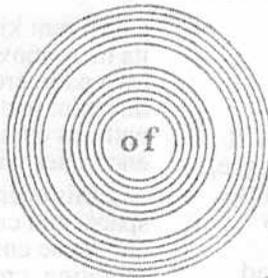


Revelations

The Cosmic Newsletter



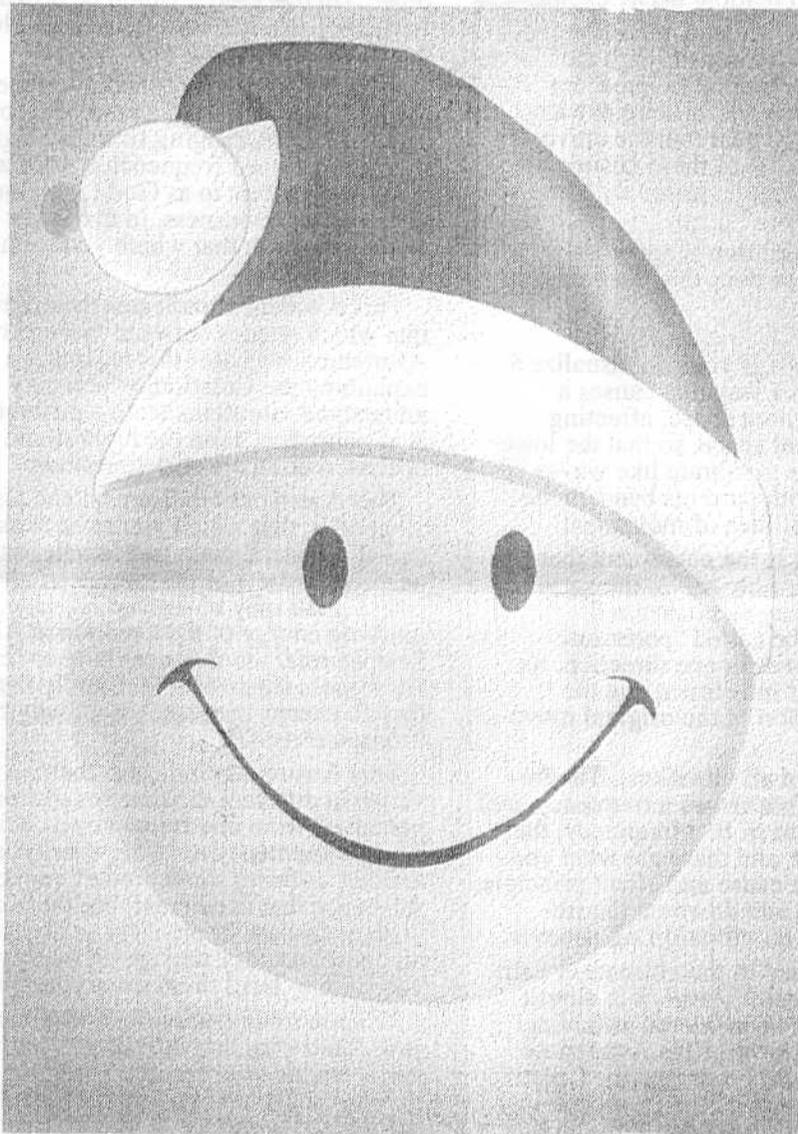
Awareness

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Polarization and the Christ Vibration

(Another View of the Creation of the Universe)

(CAC General Reading, Jan. 2, 1997)

QUESTION:

A question from James D., Granada Hills, Calif. I'll read his statement here. His questions are a little vague, but I'm sure Awareness can discern what they are here. He writes: "I guess I am just insatiably curious this month and have had a little more time to read and ponder the ineffable mysteries of the universe. I read with great interest Awareness' explanation of time/ non-time, as it relates in reality to creation/ decay cycles.

"Awareness states that the Absolute Creator, perhaps alluding to unpolarized creative force through the Christ Vibration, the Word, emanates eternal frequencies throughout the universe, for reasons, if there are any, known only to *Itself*. It would appear that the universe itself is no more than a composite of these cosmic notes and overtones. Conceptually simple, infinitely complicated.

"Question: As the Christ Vibration is apparently unpolarized as we know it, how does this polarization occur?"

COSMIC AWARENESS:

This Awareness indicates that if you can visualize a tone that emanates outward in a way that causes a rippling of its energies throughout space, affecting higher tones that are filling that space, so that the lower tones cause those higher tones to vibrate like waves of water in an ocean being hit with currents beneath the surface; this can give a kind of idea of movement.

This Awareness indicates it is the movement that emanates out of the effect of overtones on the varying frequencies that cause what may be considered a 'reaction'. The reaction may be called "polarization." In other words, if something moves in one direction, its opposite is the reaction to that movement and the opposite would be a polarization of the original movement.

Action and reaction occur in all vibrations. The frequency moves up on a scale that shows a frequency, and there is a movement downward of that frequency, then upward again, and downward, and these are what you could call polarizations of the cause and effect principle. Without those movements up and down on the frequency scale, there would be no vibration whatsoever.

This Awareness indicates that in the ultimate or eternal frequency, it is of such a subtle level, it is almost immeasurable. Thus, it may be considered as having hardly any polarization whatsoever. This Awareness indicates that this is what would be termed the Creative Consciousness, or Prime Creator, or the Universal Creator, or that which is called the First Cause, in that it has some slight variation in order to be vibrating at all; otherwise it would not even be a vibration.

It suggests that there is some very minuscule polarization even in the First Cause or First Frequency that existed as a cause for the Creation that follows. This Awareness indicates the questioner wants to know then: How does this First Cause, which he terms the Christ Consciousness, move in such a way as to create a greater polarity that eventually leads to the manifestation of all of the material world, which is witnessed by the senses of entities, sentient beings, who perceive the Creation in a physical sense?

This Awareness indicates that if you can imagine an energy going out into infinite space, eventually coming across its own path, curving and then coming across its own path, that point of contact with its own self creates

a different kind of reaction from what it encounters in its mere movement. It then, hitting itself or hitting its own path, creates still another frequency entirely different and in crossing its own frequency or its own path, its own substance, that new event or episode of its encounter with itself, is a more pronounced polarization.

If this energy continues to move throughout empty space, and creates further episodes of contact with itself, and those energies then manifesting and moving and vibrating, creating still further contacts with itself, each new additional contact, as it moves in its vibration up or down; (in this case it would be downward in terms of frequency or vibration) creates still lower frequencies and new polarities of self.

In Music, these are called overtones or harmonics, and the vibrations result in a kind of resonating electromagnetic spectrum, ranging from the highest perceivable or highest imagined frequencies, such as that which this Awareness refers to as God Consciousness, or Prime Creator Consciousness, to the lower scale of frequency which results in that which you term "matter" and sub-material vibrations.

This Awareness indicates the entire Creation being that which resides between these extremes. This Awareness indicates this is simply a different way of explaining the Creation, which may help entities to understand vibrations from a different point of view. It is all vibration, even the highest and the lowest elements of the Creation are still vibrations.

This Awareness indicates it can also be said that it is all gender; that which you refer to as polarity may be called 'gender;' male and female, or positive and negative aspects of the energies that result as creation. It is also what may be termed All One; universal or unifying energy of the Creation is All One Thing. Science refers to that one thing as 'energy'. This Awareness suggests it is actually **consciousness**, and that all energy possesses what may be termed "consciousness."

This Awareness indicates that the consciousness varies in different dimensions of frequencies and is perceived from one frequency as being material; from another frequency as being energy; and still from another as being some kind of vague gaseous, or substance that is ethereal; but these frequencies, whether visible, shadow or physical or invisible frequencies, are all consciousness, and are all energy, depending on how you wish to label them from your own perception.

Keep in mind that entities who have the 5 senses associated with humans, do not see everything in the spectrum, do not hear everything in the electromagnetic spectrum. The cat, for example, sees more magenta color than the human sees. The dog sees mostly, almost entirely, black, white and grays, and very little or no color whatsoever.

There are beings in higher dimensions that see things humans cannot even grasp, just as the dog cannot imagine what the human sees. This Awareness indicates that it is because these frequencies are not always available to all creatures from various degrees of evolution or development, that some creatures cannot perceive the entire creation. They can only see a small window of resonating electromagnetic spectrum.

This Awareness indicates that as beings move into the higher frequencies or higher dimensions, they are better able to witness the entire Creation from top to bottom. This Awareness indicates that entities who can let go of self, and move into those higher frequencies, attuning to that which is termed the 'vibration' or 'frequency' of the

Creator, such as the entity Jesus in speaking of being "One with the Father" may have done; these entities who can attune to the higher frequencies of the Creator's electromagnetic spectrum can become closer to perceiving the entire Creation.

The Buddha Saw the Entire Universe in a Second

This Awareness indicates that it is said the Buddha was able to recognize the entire universe in a split moment, and saw that it appeared and disappeared moment by moment. This Awareness indicates it is true that this entity could perceive the higher vibration of the universe, of the Creation, so that he was able to witness this frequency modulation of that which is the Creation, even as it appeared and disappeared.

This Awareness indicates *It* has suggested that the universe appears and disappears every 4 quadrillionths of a second, and though this may seem impossible, it follows logically, if everything is in vibration, that this is the way it would be. If the vibration occurs every 4 quadrillionths of a second, then of course the universe is appearing and disappearing every 4 quadrillionths of a second.

Vibrations: The Nature of Reality and Manifesting Things You Need

This Awareness indicates in actuality, this is simply a metaphor. The frequency is much higher than 4 quadrillionths of a second in its speed of vibration, but this is a start for entities to better understand the nature of reality. This Awareness indicates that because the universe appears and disappears with the vibrating frequencies that hold the creation of that which you term the universe together, it is possible for entities to hold an image in mind, and in holding that image strong, to bring that image into existence as a manifestation.

The longer one holds the image clearly, the more certain it is to come into manifestation. For this reason, this Awareness suggests that in the coming years as entities move into the higher dimensions, they will be able to manifest that which they need for their own growth and fruition, so that every moment contains within it that which is necessary for the perpetuation of the entity's welfare and growth and benefits as needed.

In other words, as you develop this awareness of the universe being nothing other than vibrations, you will also begin to manifest abilities that help use those vibrations through imaging and so forth, to create those things you need. It will be much more effective in supplying your needs than trying to hoard food or hoard money with which to buy food or to buy those things you need. You will simply manifest those things into your reality.

Thus, the crisis that may follow will actually empower you in these higher frequency technologies so that you become capable of creating your world and fulfilling your needs through those creative powers.

This Awareness indicates of course, it does not come easy. It is not simply something you can ask for an instruction book on. It comes from the urgencies, the crisis that you may endure; the critical and urgent need helps to create the change in your being so that you draw from yourself those powers necessary to survive, necessary to thrive; those powers that help you to serve others by pulling from yourself the potential to be what you once were, to have those potential qualities that once were yours when you were originally created.

HOW IS A SOUL CREATED

QUESTION:

James D. has some other questions along this line. This may be redundant. He writes: "Awareness has

given some information of the "fracturing of light" regarding the Fall from Grace. How then is a soul/spirit created and at what point does it become responsible for its own creations within this cube known as the universe? And also, is the Divine Spark within us also unpolarized?"

COSMIC AWARENESS:

This Awareness indicates the soul develops by turning on itself, in itself, examining itself over and over and over, much like the kneading of bread. You do not simply make a loaf of bread rise by pushing on it once or twice. You fold it, push on it, fold it, push on it, repeatedly, over and over, working the yeast into the bread. This Awareness indicates likewise, the soul must turn inward upon itself and experience itself, experience suffering, experience its own being, over and over and over and over again, until eventually it becomes that which appears to have a substance or an essence of individuality.

This Awareness indicates it is likened unto the need for the spirit energy to turn inward, become selfish, to become self-centered, and in the selfishness, eventually there becomes a completion. One has observed self from every point of view; one has experienced self from every point of view, and now the entity begins to look outside and see that which is beyond self, and at this stage, the consciousness of the entity ceases to be self-aware only, and begins to have an awareness of that which is other than self, and as a small child, a new born babe, self-centeredness is its essence.

It eventually outgrows that self-centeredness and becomes aware of 'mommy,' or 'daddy' or others outside of self. When it is young enough, all of that is part of self, but eventually it begins to recognize: "There is something about mommy that is not mine, that is hers. She is not just part of me. She is also separate from me. She is herself!"

The child begins to realize at some point that he or she is not the center of all creation, but that there is something outside of herself or himself that has its own motivation, has its own essence, and the child begins to learn how to relate to that, while even allowing that outer essence to have its own life separate from the child. The mother leaves and the child is left at home. This is indeed a traumatic experience for the child who thinks that the mother is part of itself, but eventually the mother comes back and the child realizes something from this experience: that the mother is somehow part of the child, but the mother is also separate from the child.

It takes quite some emotional experiences before the child learns to allow this to be, but eventually the child must learn and does learn, but there is a relationship that holds the child and the mother together, even though they are both separate entities. This Awareness indicates that it has been said: "You are all one!" but within that oneness of everyone there are those separations that occur. You are all One, in a sense, but you are also all separate in another sense.

This Awareness has referred to the Oneness as something for entities to focus on because it is always easy to recognize the separateness after you have developed beyond an infant and many entities focus too much on the separateness and fail to remember the Oneness of everything. This Awareness indicates as entities grow to become aware of the separateness, it is in that awareness of the separateness that many conflicts develop.

The child becomes aware that the mother is separate and the child is angry, and wants the mother to be part of itself, or the child becomes aware of a sibling and fights with the sibling, because the sibling will not yield

to the control of the child, and each of these children want the other to yield to their control and each of these children want the mother to yield to his or her control. The mother eventually reaches a point where she wants the child to yield to **her** control, and she speaks of obedience and attempts to instill the concept of obedience in the child.

Every Human Face is Every Other Human Face

This Awareness indicates that these conflicts from the idea of separateness, or the experience of separateness, are the cause of much dispute between entities as they evolve and grow into their individual lifestyles. At some point these entities become far enough separated and accept the separation that eventually they recognize they are a family, separated from their neighbors, and they create a oneness known as the neighborhood, which is part of a community, which is part of a larger community, which is part of a nation, and the nation is part of a global civilization. But one neighborhood may be at war with another neighborhood, or one group of entities, one civilization may go to war and have conflicts with other civilizations and groups and thus, the entities become overly focused on the separateness, such as race, or the separateness caused by sex or gender, or the separateness caused by cultures or nationalities, or by territorial differences or disputes, and thus, entities forget their Oneness, and thus, it becomes necessary for this Awareness to remind entities that every human face is every other human face.

Behind the features are the same needs, and entities all need to be loved, to be cared for by each other. This Awareness indicates that this concept of Oneness then needs to be brought back so that entities are reminded of the unity of being that they all share. It is a way of bringing the outside world together in your own being again. It is not the same as the child, however, because the young infant believes the mother and the outside world is a part of itself and they are there to serve the child's needs.

At the stage of adult realization of Oneness, the entity begins to perceive the need to serve all of that humanity; that humanity as one and all need to work together in harmony with each other, and that the self is part of and has rights along with the rights of others. This Awareness indicates it then becomes a different way of evolving, by going back to earlier concepts from a different point of view.

You are not now reverting back to the infancy of self-centeredness; you have gone beyond that into maturity, yet you see the oneness of all involved in life itself. The Life Force ties all beings together as one Living Creation. This Awareness indicates likewise, entities may think of God as being 'out there' somewhere, separate from self, but when they reach full maturity in a spiritual sense, they realize that God is everywhere present and that they are part of that creative Universal Being that is, was, and always shall be omnipresent and omnipotent; everywhere present and everywhere powerful and omniscient: all-knowing.

All knowing, because *It* is everywhere, and perceives everything. It does not mean that every entity who attunes to the Divine Frequency knows everything that is occurring at all times in all places. It still requires that for entities to know anything, they must focus on those areas of interest or those places in which they wish to know something.

This Awareness indicates therefore, by attuning to the Divine, they may perceive a view from Divinity, but as long as there is a self, and it is not totally dissolved from physical into spirit, the physical being will have a tunnel

vision of that which he or she wishes to perceive from the vantage point of Cosmic Consciousness, or Divine Consciousness.

The Interpreter Sees With Tunnel Vision Not Cosmic Vision

In other words, interpreters or mystics cannot see everything at once. They can only attune to Divinity and focus, by tuning into a particular area of interest, and then perceive from that vantage point. This Awareness indicates in other words, in order to see something that is happening, entities must attune to the vibration or frequency of where the event occurs.

It is likened unto turning a channel to that particular event rather than seeing the entire universe all at once in all its detail and all of its totality that is reserved for the Divine Consciousness of the Creator *Itself*. Thus, when this Awareness speaks through an Interpreter, the Interpreter has a tunnel vision, not the 'totality vision' that this Awareness may perceive.

This Awareness indicates when a question is asked about a certain particular reality or subject matter, the tunnel vision of the Interpreter is used by this Awareness to focus onto that particular subject matter. Because it is a tunnel vision for the Interpreter to perceive through, likened unto a telescope focused on a particular question or subject matter, the Interpreter may not see other things that this Awareness could see elsewhere, which may also pertain to that particular subject matter.

For the Interpreter to see everything this Awareness sees, the Interpreter would have to depart from all essence of being, and dissolve the soul and self in order to be One with this Awareness. In other words, the Interpreter would actually be required to move out of physical form into spirit form entirely and permanently, while this was being experienced. This Awareness indicates even then, the Interpreter would have to maintain a vibration equal to that of this Awareness in order to have 100% of the view this Awareness perceives.

This Awareness indicates therefore, *It* has suggested that these readings not be taken as 100% accurate in their messages, because there is room for error, partly because the Interpreter is looking through a glass darkly, or looking through a kind of telescope or through a tunnel at the answers or at the information this Awareness provides, and the Interpreter also has to put what he or she sees or perceives into words, which attempt to describe what is seen through that telescope or tunnel vision.

There is always some room for some error involved in this. This Awareness indicates in other words, all this Awareness has said about vibration in all these many words as being the key to the understanding of the Creation; these words do not actually touch the reality of what they attempt to convey. The reality lies beyond the words, and entities who wish to understand, must interpret the words by looking beyond the words themselves at the meanings that lie behind the words of the Interpreter.

John Keel's Book "The Eighth Tower" is Recommended

In this way entities may grasp the idea of how the Creation occurred and continues to occur from moment to moment, every 4 quadrillionths of a second in this electromagnetic frequency scale. This Awareness reminds entities that if they wish to have a better understanding of this concept in some detailed book, that the book by John Keel, The Eighth Tower discusses the electromagnetic scale in some depth. It also is incomplete in regard to the concept of the Creation.

It was not so much his purpose to describe the Crea-

tion. He was simply describing the concept of frequencies and his description is helpful for entities who have grasped the reality that these vibrations are part of the ultimate nature of the Creation. By reading this book, entities may add to their data base in the understanding of the Creation, but the book is not the complete picture of the Creation.

You must go beyond the frequencies described in the book, for the Creator lies in higher realms of frequencies, just as the consciousness known as Divine love and Divine Consciousness are far beyond those levels spoken of in the book.

Inherited Destructive Patterns: How Does the Soul Deal With These?

QUESTION:

Another question from James. He writes: "Edgar Cayce indicated that the soul, at the moment of re-embodiment, was as a raindrop seeking, finding its way and falling into that karmically correct part of the river of life. This process being a result of, and determined by its accumulated karma/ dharma; these circumstances being chosen or determined by that which resonates with the "seed" formed of the higher frequencies seeking downward expression into matter.

"Question: How then does the earthbound entity, once a more sophisticated alchemical consciousness has evolved, deal with or effect a change to those persistent destructive patterns that one appears to inherit from our ragged ancestry?

"Homeopathic miasms , et cetera, psycho-neural emotional complexes, which left unfed by the mechanism of attention, would normally fade from existence and take their place in the past. Unfortunately for many these patterns are energized continually by involuntary attention by which unconscious energy flows."

COSMIC AWARENESS:

This Awareness indicates the various vibrations or frequencies that exist within the human form , and by 'form' *It* refers not only to the physical form, but to its astral and etheric forms also, are of a wide range of frequencies and vibrations, and it is because of these wide-range of frequencies and vibrations that make up the total being of an individual; it is because of this wide rang, and some of the frequencies being hindrances to its evolution and growth and others being beneficial to its evolution and growth; it is because of this wide variety of frequencies involved in an individual that entities do not evolve instantaneously, but must go through many experiences, and these many experiences often put entities through traumas or difficulties which are known as karmic.

In order to alter some vibration in some part of the entity's being, so that the entity can move on beyond that which the vibration has held the entity in check for so long, and therefore, when the entity finally moves through some karmic experience, and that vibration has been rendered into a kind of neutrality or balance, the entity can then move on beyond that and feel a greater freedom, a greater sense of wholesomeness, and in terms of the concept of 'karma,' one could say that the karma has been fulfilled in that regard.

Karma a Pollution in this Life that Needs to be Washed Off

This Awareness indicates it is important for entities to be careful, not to be creating new karma as they go through life ridding themselves of old karmic experiences or what you may call 'brands' or 'garbage' or 'pollution' in their souls, bodies, astral bodies or etheric bodies, for if they continue to pollute as they rid themselves of karmic pollutions, what are they gaining?

This Awareness indicates that they may have to return again and again and again, just because they polluted themselves with new karma, while they were here trying to rid themselves of old karma. This Awareness suggests you think of the karma you carry into a lifetime as pollution that needs to be washed off through life's experiences. It is important when you recognize this, that these karmic pollution's are actually vibrations that you carry in your soul as a result of previous karma on different human experiences of other lifetimes, or which you create from moment to moment in **this** lifetime.

This Awareness suggests it is important to avoid creating new karma in order to help get rid of more karmic pollution than you take in. It is likened unto the entity who wants to purify his body, and therefore goes on a fast, but occasionally enjoys breaking the fast with a good drink, or some junk food, or something that is a reward for having fasted and ridded yourself of some toxins. You get rid of a certain amount of toxins and then take a drug or take junk food or go out and binge on some big meal, or drink some alcoholic drink to celebrate having gotten rid of some toxin.

This Awareness indicates that the toxin you rid yourself of may well be a karmic pollution that has left your being, your body, but you may then add another karmic pollution in celebration of your great effort, and this Awareness indicates that this is not gaining you anything.

A REQUEST TO AWARENESS TO DIS-CREATE BAD PATTERNS

(How About a Shortcut to Merging with the Divine?)

QUESTION:

One last question from James D.. He asks: "Would Awareness give instructions, and/or a guided meditation on just "how to" cancel, harmonize, dissipate, dis-create the vibrational patterns, often clusters, that result in suffering, discord and ill-health?"

Cosmic Awareness:

This Awareness indicates if it were that simple! This Awareness is reminded of the entity who sent in for a reading and said that he wanted this Awareness to give him enlightenment now!; that he not have to wait for it; that he not have to work for it; that he simply be given enlightenment, immediate enlightenment, never again having to feel unenlightened. This Awareness indicates it is not that simple.

This Awareness indicates that everything requires that entities work at and focus on and attune to higher frequencies in order to evolve and grow. The attunement to higher frequencies can best be accomplished by a hunger; the hunger to be with the Divine. If you are hungry enough to be One with the Divine, all of the rest will follow.

If you are hungry enough to be One with God, everything else will fall in place. This Awareness indicates *It* does not mean that there is some special activity or special way of sitting or holding your head or your hands, or special meditation or special behavior that can bring you this long sought unity with the Divine. It comes from the hunger you feel. If you want to be with God, then that hunger can lead you to be more attuned to God.

The Meaning of "Letting Go of Self"

This Awareness indicates when *It* speaks of God *It* is speaking of the Universal Consciousness that is everywhere present. Some entities might find it easier to attune to God by letting go of self. Letting go of self does not mean destroying yourself. It simply means stop focusing so much on self and focus on the Divine

Energies of the Creator, and feel yourself attuning to those Divine Energies, and see yourself becoming One with those Divine Energies, and move yourself into unity with the Divine Energies of the Creator.

If meditation helps you to do this, then indeed meditate. If changing the baby's diaper gives you the feeling that you are serving someone as God would approve, then change the baby's diaper, or pick up things off the floor, or attend to the broken car, the broken skate, or whatever else needs your attention. But, moment to moment, do it with the purpose, with the hunger to be closer to the Divine, and know that every 4 quadrillionths of a second, the Divine Creator is present and is in action, and that you can be part of that Creation and part of that Creative Force by attuning with the Energies of the Divine, and know that it is everywhere present, even within yourself, and recognizing that the Divine Force is also within yourself, also beside you, also elsewhere in other people, begin to recognize the importance of loving everything around you and in your love, recognize that love is also energy of the Divine Creator.

As you love, don't take so much credit for "Boy, am I a loving person!" because that concept of 'self' will separate you. Just love as God would love, and appreciate every blessed moment of the Creation, and appreciate the Oneness you feel with the Divine Creator each moment. Just keep your focus on the frequency of the Divine Creator and dwell in that frequency for you will be dwelling in the consciousness of the Divine.

It is simply an action that can become habitual as a way of living, as a way of being; knowing every moment, every 4 quadrillionths of a second, that you are One with the Divine Creator. It is not something that has to be worked at. It is simply an action of being One with the Divine Creator. You do not have to think. You do not have to study, you do not have to find a way or routine or method. You simply be One with the Divine Creator.

How to "Pretend" You are One with the Divine Creator

The word "essence" has to do with **isness**. In other words, the essence of your being is the Divine Creator. As you recognize this **isness** with the Divine Creator, you are in essence One With the Father. This Awareness indicates if you find this still to be too difficult then pretend.

Go back to your earliest childhood and pretend that you were informed upon your birth and taught forever after that you are One with your Divine Creator. You are part of the Creator, part of the consciousness of the Creator. The Creator is everywhere around you, and inside of you. You are indeed One with the Divine Creator.

If you can imagine this as having been programmed into you from your earliest memory all through life, up to the present, you will get an idea of what it means to be One with the Divine Creator, and you simply pretend and practice that experience, day after day, moment after moment, in all of your life and in all of your experiencing.

Some Suggestions for Those Losing their Hair

QUESTION:

In a more mundane area now, a question sent down by Jon Strongbow. He writes "Recently I heard an interesting piece of advice for people who are losing their hair, which as I recall is quite the topic these days, mostly for males, but also for some females. In fact there is quite an industry growing up claiming to solve hair loss.

"The solution goes like this: Every day for 10 minutes, simply put your head in a position so the blood goes to it. For instance, standing on your head, or lowering your head over the side of the bed and keeping the breath happening, consciously drawing the breath to the top of the head to energize the blood.

"It was explained to me that the simple reason most people start losing their hair has to do with poor circulation, and that within 6 weeks, if one does this simple exercise, new hair growth can be stimulated. There was something about this that seemed right on, so I thought I'd forward it to Awareness to ask for confirmation. If indeed it **does** work, there will be a lot of happy balding men especially, who might be overjoyed to hear of it."

COSMIC AWARENESS:

This Awareness indicates that this appears to have considerable substance. It appears that many men have a hair loss because of what may be termed pollution in the blood or a build-up of cholesterol and plaque in the arteries that hinders good circulation. This Awareness indicates that niacin can be somewhat helpful in clearing the pathway for blood to circulate, but also there have been some instances in which excessive niacin, which flushes the skin and allows the blood to circulate into the capillaries, can have certain risks. There has been some warning that entities should check with their doctor prior to using any large dose of niacin.

Men who Wear Tight Caps Often will go Bald

This Awareness indicates that warm towels placed on the scalp can also draw blood into those areas. This Awareness suggests that this is in reference to the use of warm water and towels being placed on the scalp. This Awareness indicates that the increased circulation in the scalp does appear to have considerable benefits, and that many entities can trigger hair-loss by wearing tight caps, and the tight caps can be dangerous to the circulation in the scalp, causing an entity to lose hair prematurely, even if they have relatively good circulation otherwise.

This Awareness indicates it is because of this that some entities will find benefits in stimulating hair growth through certain substances placed on the scalp to help cleanse the follicles, the roots of the hair, but that this accompanied with the circulatory blood under the scalp, can be even more effective in helping to stimulate hair growth. The use of tipping the head so that blood moves to the head can be beneficial in this regard.

There are some potential problems needing to be considered in this process, such as whether an entity, either standing on his head or in one of the machines that turns entities upside-down, should indulge in such activity; an entity who has heart problems or other circulatory problems could be somewhat involved in risk in doing such heavy exercise or activity, because of the potential danger of too much blood being rushed into the head, for not only is it stimulating the skin, but the blood also is rushing into the brain, and if an entity has a weakness, it could trigger an aneurysm or some blood hemorrhage.

Therefore, an entity does need to consider getting a good check-up before indulging in total upside-down type of activity. This Awareness suggests that an entity might consider putting the foot of his bed on a flattened 2 x 4, so that when he sleeps, his head is slightly lower than the rest of his body, and more blood would go into the scalp than if he were sleeping flat.

This Awareness indicates if an entity only sleeps a few hours nightly, of course the entity will not stimulate blood flow to the scalp as often as the entity who sleeps a good sound sleep at night, or longer periods, and it would be interesting for entities who wished to do so,

and who had the time, to do a research on men who have become bald, to find out if they have a long pattern of sleeping fewer than 6 hours or just how long they tend to sleep at night over the years, to determine whether those who sleep longer, and who are flat longer, have better hair growth and keep their hair, compared to those who seldom lie down to sleep, or sleep fewer hours than average.

This could help you to determine whether the action of lowering your head and causing more blood flow to the scalp would be very beneficial or just how beneficial it might be. Of course, this procedure you speak of also includes breathing activities and this can be beneficial in helping the hair growth also, because of the added oxygen to these capillaries and the blood flow to the scalp.

This Awareness wishes also to remind you of the various vitamins that are beneficial to hair growth which can be purchased at most health food stores.

FOLLOW-UP QUESTION:

The spin on this, particularly male-pattern baldness, they're putting out is that it's mainly a genetic thing, and certain males inherit it, and there isn't anything they can do about it. What percentage, roughly, of people starting to go bald, is genetic, as compared with those others Awareness mentioned, like a lack of circulation.

COSMIC AWARENESS:

This Awareness indicates that the lack of circulation also should be recognized as genetic in most cases. This Awareness indicates it is obvious that genetics plays a role, just as the entity with the hairy chest has the genetic inclination to be a hairy-chested man, and it is not simply a matter of better circulation in the chest. This Awareness indicates that the better circulation can be beneficial in helping to grow hair, but it is also much less of a factor than the genetics involved.

Most American Indians for example, do not have hair on the chest. Many of the Europeans have hair on their chests. This Awareness indicates that this is not simply a matter of circulation. It is a matter of genetics, and likewise with the scalp; some entities tend to be bald or grow bald, and if you look in their family, you will see that the same occurs with their parents.

Some Suggestions to Prevent Baldness

There are some activities that can be helpful in preventing the balding action: brushing the hair, pulling the hair slightly stimulates the roots to grow stronger. You do not want to pull the hair out, but just pulling on the hair daily can help to strengthen the roots of the hair to prevent a falling out over the years.

This Awareness indicates in earlier days, entities would brush their hair more. Today they do not have time and they cut their hair shorter so that they do not need to brush, or if they do brush their hair, there is very little for the brush to grasp, and therefore the roots are not stimulated by the brushing. This Awareness indicates that were entities to have long hair, the length of the hair itself would tend to pull on the roots, massaging the roots as it flows, or moves back and forth in the wind or just in the movement of the entity's body and head.

This Awareness indicates however, entities who have their hair cut do not get that kind of stimulation to the roots of the hair, and therefore, the roots become less stimulated and less firm in their holding power. Then, when the circulation also is cut off, the roots tend to shrivel, and when they have shriveled enough, they can become loose and fall out.

This Awareness indicates that the circulation is ap-

proximately one third of the cause for hair loss. Genetics being more than a third, and lack of stimulation of the roots being perhaps 20 percent of the cause of hair loss.

The Cause and Cure of Fibromyalgia

QUESTION:

A question from Alice B., Littleton, Colorado. She writes: "Until a few months ago I had never heard of Fibromyalgia. Now I know four people who have it. What causes it and how can it be cured?"

COSMIC AWARENESS:

This Awareness indicates this appears to be the result of an exposure of nerves, a weakening of the covering of nerves. It does not see a single method for curing this, but sees many methods for treating this. This Awareness indicates the use of Vitamin B6, Vitamin B12 and B Complex which includes B2, B3 and B1; all are seen as helpful. The use of lecithin in one's diet can be helpful. The use of ozone can be beneficial.

This Awareness indicates the entity Mary Farrell, previously of the Goodship, as having this problem, and as one who has access to ozone inhalant technology, who can give you information about the use of ozone in treating this. This Awareness indicates that this entity has also collected a considerable amount of information from the Internet relating to other people's research on the Fibromyalgia problem. This Awareness indicates that the entity may be able to direct you to other approaches in dealing with the problem.

FOLLOW-UP QUESTION:

Is that the same thing as fibroid tumors?

Cosmic Awareness:

This is negative. This essentially has to do with excessive sensitivity in the nerves to the point of creating pain. Cold is especially difficult for such entities and sometimes the only relief is warm bathing. It also depletes the energy so that entities can barely become active at times.

This Awareness indicates it is of considerable difficulty for entities to hold a job or do activities with this kind of illness, and yet, because it is not fully recognized by the medical profession, such entities cannot get disability from claiming the illness or disease, and therefore, they generally suffer financially because of it, and are in considerable pain throughout most of the time.

Any Significance to the Movie "Mars Attacks?"

(Our Cosmic Siskel and Ebert Reviews Another Movie)

QUESTION:

A question from Rudy C., Irvine, Calif. He writes: "Please comment on the movie Mars Attacks. It came out locally a few weeks ago. It has not done well. I went to see it last week. Like so many movies I think there is a message. CAC members will agree. People think it is for kids only, I guess. The masses are ignorant of what's going on."

COSMIC AWARENESS:

This Awareness indicates essentially, this was a kind of bizarre humor relating to extraterrestrials presented in a tongue-in-cheek way. It not only was a kind of strange off-humor, but did carry a particularly strong message for those who believe that all extraterrestrials are friendly to humans and might be here to help humans. It showed these entities coming to earth with earth people being very excited about making the contact with these entities in such a way as to show them that we are a peaceful and loving civilization, and it showed these entities arriving.

One man in the crowd released a white dove in the air to symbolize the peace that humans felt toward their 'space brothers'. Immediately, the ambassador from Mars whipped out his ray gun, and began shooting the human authorities and representatives, turning them to green-colored skeletons, instantaneously. There were only three of these Martians, but they were able to destroy, in a matter of moments, the whole military battalion and greeting representatives who had been sent to meet them on the desert.

The President, seeing this over his television set, was shocked, but his intellectual representative or advisor, suggested to him that perhaps there was a misunderstanding. Maybe the dove doesn't mean peace on Mars. Maybe it means war. And therefore, the entities decided they would allow the President to send another message to the Martian ambassador, trying to patch up whatever difficulties occurred in terms of communication, in hopes that something might still be worked out in terms of a peace treaty.

The Martian ambassador replied favorably, and asked for the permission to address Congress. The President was elated, partly because politically he had suffered a great setback from the earlier fiasco, and the Martian ambassador was invited to speak at Congress, and when he entered Congress, the entity came with two other people and he walked up to the podium, tapped the microphone, spoke briefly into it. The translator stood to translate his information. Several words in Martian were spoken. The translator attempted to repeat in English what had been said.

The Martian tapped the microphone again, and the two Martians standing on the floor whipped out their ray guns and blasted everyone in Congress, turning them into green skeletons sitting in the chamber of the Congressional center. At this point the three walked out. No one was left alive, and the President realized that it was time for them to call out the nuclear arsenal to use against these entities.

This Awareness indicates a war then began and all over the world the Martians far outpaced the humans in terms of their destructive power. But, there was one situation that occurred in the story wherein the grandmother of a child who was considered retarded, who was in a nursing home, had to be rescued by the retarded child. The young boy rushed to his grandmother's aid because he knew that this interplanetary war was liable to destroy their relationship, and he dearly loved his grandmother, who saw him as a kind of idiot. But he rushed to get her.

She was listening to Rudy Vallee, singing the song "When I'm calling you-oo-oo-oo-oo-oo-oo, will you answer true-oo-oo-oo-oo-oo-oo?" and he discovered when an alien Martian rushed in, that the entity could not tolerate the sounds coming from the radio and that his entire body began to quake and swell and his blood vessels began to swell, and the entity simply exploded within his space suit.

The young boy then took the radio and his grandmother, because she didn't want to leave without her music; he took them into his vehicle and they began driving back toward town, playing the boom-box at full volume, and he noticed that it was destroying the aliens every time it came close to them. It was then that he chose to go to the radio station and play Rudy Vallee over the air, which was then picked up and sent around the world, and within a matter of a short time, all the aliens had been eliminated.

This Awareness indicates of course this was humorous. It was a kind of tongue-in-cheek humor. It also was

filled with violence, but the violence was done in such a way that it was more likened unto comic book violence than reality. This Awareness indicates that it appears that the movie was strictly entertainment of a bizarre form, but there is also that suggestion that aliens coming to earth might not be anything like you would expect.

They might not be here to 'save' humanity. They might be here to take-over the planet. And likewise, the weapons you have may not have any effect whatsoever on these aliens, if aliens **do** appear on earth, or might be ineffective, and perhaps there is something you do not even imagine or that the aliens themselves cannot imagine which would defeat their plans.

This Awareness indicates that this is the only particularly clear message that is seen from the story, but it was basically entertaining in a bizarre sense, and the young people probably would enjoy it more than adults, but the adults also will likely find it very interesting and unusual. Particularly of interest was the family who was so excited about their young boy graduating from high school and going into the army; when entering the army, being put in a particular battalion that was designated to meet the aliens, and this entity being very "gung-ho" in his new position, attempted to take over the situation, to shoot the aliens; and just when he began his charge with his screaming "Run at them!" they simply dissolved his outer flesh and left a green skeleton on the ground.

The next scene being the funeral of the entity with his proud father and family and grandmother weeping over the loss of their son whom they had been so proud of for protecting their country. This scene of course showed the absurdity of the concept of violence through military activities as being heroically condoned. The grandmother, the father, the mother, lamenting that it should have been the retarded boy rather than this child whom they were so proud of.

This Awareness indicates that essentially is the essence of the story; the intriguing part was the bizarreness that was presented, not only in the appearance of the aliens, but also in the behavior. The idea that aliens would have some kind of behavior akin to humans, or have certain interest in being friendly with humans or reaching some kind of agreement or treaty with humans was totally wiped out by such a movie, and entities watching this movie could see that it could be very real; that the aliens could act receptive and simply be interested only in conquering the earth, not in any way seeking to be friends with humans.

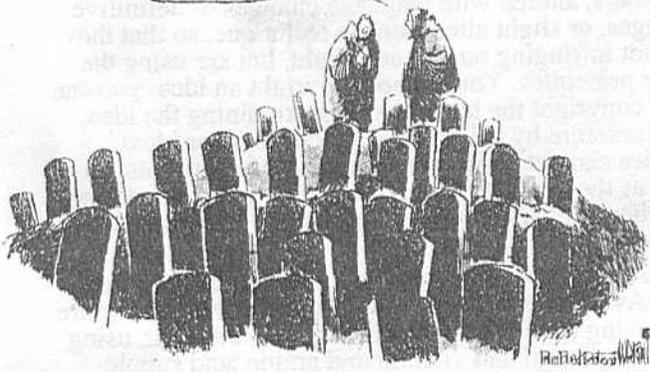
This Awareness indicates it presented a different attitude or approach to the concept of alien encounters. In fact, it was even different from War of the Worlds, in which the Martians came in attacking humans, because in this version, they gave the appearance of wanting communication, of wanting to reach some kind of treaty with humans, but in reality, having no such intent at all.

It gave a totally different scenario from what entities might have heard previously or considered previously when thinking of extraterrestrials coming to earth.

(The Law of Gratitude is given)



IT'S WHAT THE RUSSIAN ARMY CALLS A "HOSTAGE RESCUE"!



WISDOM OF AWARENESS:

ON SLEEPING

(If You Should Die in Your Sleep)

This Awareness suggests that entities falling asleep, envisioning the most beautiful scenes, the most beautiful experience they can imagine, shall not only guarantee that they shall have a good night's rest, these entities also promote a happier day which is more productive the next day, and in general may move their lives toward higher and more beautiful levels through the adjustment of attitude.

These entities are also guaranteeing themselves that if they should die in their sleep, they shall go to those places in consciousness which are similar to their ideals.

Be aware of that crucial time just before falling asleep. (From Issue 78-9)

WISDOM OF AWARENESS:

ON FINDING THE 'GLORY ROAD' TO ENLIGHTENMENT

The glory road is within yourself and all that is necessary is for you to accept yourself, love yourself, look within, and find that which is the Divine God Cell within yourself. Once found, every place you move, every moment you live, every action you experience, is an expression of Divinity.

Once that Kingdom of Heaven within is accepted, once your recognition of your Divine Being is acknowledged, the glory road exists in every step you take: for every step creates the hallowed ground before you.

(From Issue 78-4)



THE LAW OF UNITY

The Law of Unity is that Law which recognizes no separateness, which ignores the appearance and seemingness of separateness in the apparent divisions of polarities, gender, cause and effects, the part and the whole, the one and the many; but realizing these each as integrated parts of the total picture.

The Law of Unity identifies with the overall viewpoint and sees neither night nor day, but the night/day process; neither right nor wrong, but the right/wrong process; neither the pleasure nor the pain, but the pleasure/pain process; neither the one nor the all, but the At-One-Ment process of the All One Being, whose cells and souls work together even in the seemingness of division.

The Law of Unity acknowledges such division, but stresses the oneness of the parts. The Law of Unity sees loss and gain, life and death as nothing but the spinning wheel of fortune that is based on the Law of Change, which is itself a unified process known as the Law of Magic.

THE LAW OF MAGIC

The Law of Magic is that Law which creates change. Physical change comes about through the change of consciousness. Consciousness changes in response to anticipation. Anticipation results from imagery and preparation, fears and desires, based on fallacies or facts.

Preparation for change, changes consciousness, which results in physical change. The quality and quantity of description and imagery, the intensity and consistency of attitudes and actions, the collective or disruptive energies of others, all work together to influence the direction and course of the change.

Every entity to some degree, for good or for ill, is both victim and master of the Law of Magic. The Law of Magic is the extension of the Law of Unity.

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Ramtha's "Secret" C and E Technique (Is It As Potent As Ramtha Makes It Out To Be?)

QUESTION:

Question from Nash Mawjee, he writes: "Currently, Ramtha is placing heavy emphasis on C and E, short for Consciousness and Energy. It is touted to be the ultimate technique, especially for those who want manifestations. However, it is only available to those who can attend a Ramtha event. Anybody attending such an event is sworn to secrecy, the reason being that a person with evil intent could do considerable harm if he knew the C and E technique. My question for Awareness on the above is, number one, is the technique as potent as Ramtha makes it out to be?"

COSMIC AWARENESS:

This Awareness indicates that this can be beneficial as a way of charging energy to the system. It is a combination of meditation and breathing techniques and can help to strengthen one's aura and energy level.

This Awareness indicates *It* has previously given information to entities in regard to this, and has referred them to Kahuna for the information in regard to strengthening or building up manna.

This Awareness indicates that it is a variation of the same principle, uniquely tailored or defined.

This Awareness indicates that there are different ways of using similar principles and wherein something can claim to be unique to a particular use, often it is unique only in descriptive terms or in the routine or system of achieving the effect, but the principle may be very similar to that of some other, more well-known effects.

Scientology Renames Psych Terminology

This Awareness indicates that as an example, the Scientology language uses its own specific terminology for many concepts that are not unlike concepts found in psychology, with but slight modifications in terms of meaning, wherein with Scientology the engram is defined as a certain aberration or fixation in one's consciousness, describing a traumatic event or reaction in the consciousness, and it is not that different from the psychological terminology describing traumas, fixations, or the complexities that occur from an event in one's earlier or previous experiences.

This Awareness indicates that for those who are not fully cognizant of psychological terms, but who receive certain treatment from Scientology, or information from Scientology, learning this new language for these things, they would think they were getting uniquely new information, while in fact, the information is not that unlike information that is available in many textbooks on psychology.

This Awareness indicates that *It* is not meaning to imply that Scientology is just mirroring psychology, because it goes further into other areas, even as psychology goes further into certain other areas than does Scientology, but there are certain techniques used by both Scientology and psychology that are similar, but are labeled under different terminologies. Likewise with the Ramtha material, this same phenomena exists wherein information that is given as unique to this --if entities are willing to pay the high costs to explore and discover that information, they might realize that it is available elsewhere for the price of a book, or for much less cost being involved.

Most Self-Help Seminars Use Borrowed Techniques

This Awareness indicates that often there are seminars that work through various titles and techniques as self-help programs and the techniques used are borrowed

by others, altered with language changes or definitive changes, or slight alterations in technique, so that they are not infringing on any copyright, but are using the same principles. You cannot copyright an idea; you can only copyright the terminologies explaining the idea, and therefore by using the same concepts or ideas, entities can put their own price on these concepts, so long as they define them differently from what others who have copyrighted their system are using in their definitions.

This Awareness indicates that this is much the same. This Awareness suggests that if entities seek and desire enhancing their energy levels in ways other than using exercise, herbal and vitamin and amino acid supplements, along with dietary information to help increase their energy levels -- if entities wish to use mental techniques to enhance their energy levels and raise their consciousness, this Awareness suggests that meditation, focusing on the intake of energy from the cosmos, and reasonably heavy oxygenation of the system, without excessive oxygenation to the point of passing out from too much oxygen -- if entities wish to do this, then simply by deeply breathing, rhythmic breathing, along with the imaging and the intention of breathing in energy and seeing oneself become more energized, this will do much of what the entities desire.

The "Ha" Breathing Technique to Produce Energy

This Awareness indicates there are also techniques whereby if one wishes to create a particular ritual for energizing through breathing in a rhythmic fashion and meditating, one could also do certain sounds. The Polarity Center, for example, has what is termed the "Ha" breathing, where entities lean forward on their knees while standing, leaning on their knees, feet spread apart, and express aloud the word "Ha" repeatedly, while making certain physical movements up and down with bending at the knees, to energize the body.

The Yogananda Technique For Creating Energy

There are other techniques such as given by Yogananda through the Self-Realization course, in which an entity either lying down or standing up, begins tensing the body from the feet upward, curling the toes down hard, either against the floor or, if lying down, curling them under, tensing the feet, tensing the heels, tensing the ankles, holding all of these as tense while continuing to move upward, through the legs, knees, thighs, hips, and, without letting up on any of these tensed areas, up through the chest, shoulders, neck, down through the arms, fingers, fists, into the head, wherein the entity then presses -- if lying down, presses the head hard against the pillow -- if the entity is standing, tenses the neck hard and the scalp, and then quivers with the tension, and then begins moving downward, relaxing each of those areas in the same way as originally, but in reverse, and this along with taking a deep breath at the same time, pressing the tongue down on the bottom of the mouth; this can energize an entity to give quite a vigorous recharging.

Awareness Just Gave You \$4500 Worth of Information Free!

This Awareness indicates that there are different techniques that can be used, or different ways in which entities can energize themselves, when they are tired, with or without supplements, with or without stimulants. The price for the information this Awareness just gave is approximately \$4500, but for this special occasion, this Awareness gives this to those who read this information without cost, other than the price of energy it took to read the material.

**JOIN THE WORLDWIDE MEDITATION FOR
WORLD PEACE EVERY FRIDAY AT 9:PM**

Details on the CAC Internet Domain: [Http://www.CosmicAwareness.org](http://www.CosmicAwareness.org)

This Awareness indicates that it goes with the territory of *Cosmic Awareness Communications* as a supplement to these messages.

This Awareness suggests if you wish to spend three thousand dollars or more for other types of recharging exercises or information, because it is more complex or more detailed, this can be arranged, if there are enough entities interested, or you may partake of the seminars available through other sources, such as the Ramtha materials.

Ramtha Students Believe High Fees Are Proof of Good Information

FOLLOW-UP QUESTION:

There was a report somewhere I read a long time back, that the majority of the Ramtha followers come from what they call the Yuppies: middle-class, young, mobile people, rising financially. It just occurred to me that it might be that this type of mentality believes that unless you pay big money for information, optional material isn't valid.

COSMIC AWARENESS:

This Awareness indicates that this is in the affirmative, that many of these entities would not do anything, or give away information that they consider valuable, without receiving good pay for themselves for the information, and therefore they cannot believe that there are entities who have anything of value to say, unless there is a high price tag involved.

This Awareness suggests that you might wish to consider having the *Cosmic Awareness Communication* mailing in two different colored packages, those that are sent in brown envelopes for the Yuppies, and those that are sent in white envelopes for your regular membership, putting a price three times or more higher on those who receive them in the brown envelope.

This Awareness indicates that this would give an opportunity to experiment in the mentality related to this phenomena of entities feeling that it is more valuable if you pay more for it. It is much like the designer clothes, wherein you pay two or three times as much for the same thing with a different label.

Is Ramtha's Rite of Secrecy Justified?

QUESTION:

The other question Nash Mawjee had about this question on C and E that Ramtha is putting out was, "Is it true that the technique can be abused, and that this rite of secrecy is justified by that?"

COSMIC AWARENESS:

This Awareness indicates that entities can abuse anything; that the greatest abuse that is being protected in this is that they do not want those who have learned this technique to become teachers of the technique, thus preventing or excusing others from coming to the next seminar where this technique is taught. In other words, by having only one source for the technique, they then maintain their control over the source. This is much likened unto a business which had exclusive rights to some source of information or product, and anyone who buys from them must sign a contract that they will not disclose any other address for the source of this product, nor will they themselves go around and peddle the product. It is a commercial concern that is being protected, rather than a psychic abuse of the information that is of concern.

QUESTIONER:

In other words, they don't want to train entities that would go out, become competitors, probably offering the course for much less, or little or nothing at all.

COSMIC AWARENESS:

This Awareness indicates that this is in the affirmative.

Awareness Comments on Mafu the Channeler

QUESTION:

A question from Carol Monahan. "Would Awareness comment on the teacher Mafu, M-A-F-U, and the fact that he says he is second of seven such teachers coming in at this time, the first being Ramtha. This was printed in the *Celestial Rays* book out of Mt. Shasta."

COSMIC AWARENESS:

This Awareness indicates that there are now and will continue to be for many months and years to come, imitators and entities claiming some throne, even if the throne and territorial claim must be recreated, or must be created anew. Often these entities, in order to define their territorial claims, must explain how they are in some way connected to something else that entities are familiar with.

This Awareness indicates that it allows the new contact to have something of a reference point with which he or she can relate when an entity says, "I am much like this or that person whom you are familiar with."

This Awareness indicates that generally these entities and channels come and go, have their depth of quality or their own particular shallowness, and by their fruits, entities begin to know them. If a messenger shows up at your door, telling you, "You have never met me before, but I have a message which will alter and save your life, will save your soul," are you ready to open the door to this entity without question? Or do you want to slam the door in the entity's face as a charlatan, or do you go to your minister and say, "There was someone at my door, who claimed to have the answer for my life. What should I do?"

This Awareness indicates that *It* has suggested before that you listen to all things that are of interest to you, that you not buy the entity's claims, but evaluate the messages in accordance with what you understand and feel to be accurate.

This Awareness does not wish to endorse nor condemn any of these channels, but wishes rather that, if possible, entities could keep an open mind without being too naive, so that they learn to discern for themselves.

Beware of Those Psychics Who Promote Their Credentials

This Awareness suggests that you should be especially careful of the entities who come along promoting their credentials, without giving messages that are of any great importance; that the promotion of credentials, particularly when the credentials cannot be evaluated, are meaningless. For entities can either fake their credentials, or they can argue their credentials by sandwiching themselves in between two or more other great names.

This Awareness indicates that the credentials are not the important concern, even though they may help entities to have some kind of reference point, but the messages that come through are those which entities need to look to and to evaluate, and to consider, and if the messages can be evaluated in such a way that can be verified in one's own experience, or can be cross-referenced with other information that one can accept and verify, or if the information in the message is such that it makes sense in light of other things that you know or understand, then you might accept the information; or if the information is so far out and extreme that it doesn't make sense with anything you understand, you might wish to set it aside as a strange message, without substantiation. You do not have to condemn the message as being false, just label it "unsubstantiated report."

The Reasons Why Awareness Won't Evaluate Psychics

This Awareness indicates that if this Awareness says to you, that this entity is giving valid messages, then you no longer evaluate the messages for yourself, you take this Awareness's words for this entity's words, and if you accept everything this Awareness says, which you should not, then you believe everything that Mafu says, if this Awareness indicates the entity's channeling is valid. But what happens if tomorrow or next week or next year, Mafu's channel changes, as has taken place with certain other channelers who were at one time valid and who then changed -- what happens is that entities then, believing because this Awareness has endorsed the entity at one time, that everything the entity says thereafter is also endorsed by this Awareness.

This Awareness prefers that entities look at the information that is being given, forget about the entity's claims and credentials, for these are meaningless. The entity has nothing in writing that can be verified as to the claims of being some ancient master teacher or whatever. So forget about this, and look solely to what the messages the entity has to offer may mean to you in your life at this time, and whether these messages appear valuable and valid and meaningful. For that is all that really matters.

This Awareness indicates that anyone in this society could, if they so chose, fake channeling and claim to be channeling some being from another time zone or plane of existence or from some space craft, or from some other dimension, and no matter how false their claim might be, they will always have some who accept the claim as being absolutely valid, because there are so many entities who are naive and willing and desirous of receiving messages from some mystical source.

This Awareness indicates that it is not the *claims* that entities should consider. It is *not* important that someone who has died and is on the other side and is giving messages -- it is not that claim that is important. The message from a departed soul may be of less importance than the message from your own child in your own home, who you ignored because you're sick of hearing his or her opinions. The message may be of no more importance to you than that of a drunk on the street, for many entities on the street who are considered as drunks, can have great insight even into spiritual matters.

Popularity of Channel Is No Guarantee of Truth and Validity

This Awareness indicates it is not the claims of a person, nor is there any great prestige that should be attached to someone just because they have passed over and are now speaking through a medium, that they are any wiser than your next-door neighbor. Look at the message, not at the messenger. Look at the message, not at the credentials of the messenger. If the credentials are presented, and if there are many entities who have bought the credentials, then there is perhaps some popular acceptance of this entity, and there is reason to look more closely, if masses are interested in the message from this entity, because it is more likely that so many could not be fooled. However, there is no guarantee that so many are not fooled, so you look at these credentials, and at the numbers of people who are enraptured by the messages of another, and you give that its credit where it's due, you give it that respect that "this must be an important person because so many think so, and this person must have an important message, because there are so many waiting to hear it." But just because there are so many waiting to hear it does not necessarily mean the message is valid. You must consider that it is perhaps valid, and is probably more valid than the drunk on the street and the message that

he has to offer, whom no one wants to hear. But you must, in the final evaluation, consider the message itself, for there are many who can fool the masses. There are many who can deceive the masses, and popularity is not a guarantee of truth and validity.

This Awareness indicates that claims or mass acceptance, even though worth listening to, do not guarantee truth and accuracy. Nor does the endorsement of another.

This Awareness indicates that entities who seek to have one source evaluate another are simply being lazy in their own evaluations.

This Awareness indicates, however, on occasion, *It* will give information, particularly when a source which this Awareness has suggested entities look to, alters itself in a way that no longer fits the same integrity as when this Awareness endorsed or suggested entities look to it.

Both Mafu and Paul Shockley Make Errors in Interpreting

This Awareness indicates generally speaking, the Mafu information has considerable value for many entities. It is worth reading. There is also much that is not valid.

This Awareness wishes in saying this to also indicate to entities that not everything which this Awareness has channeled through this Interpreter is unquestionable, for the Interpreter has on occasion colored or misread or used wrong terminology or in some way has been tired or distracted, so that there have been alterations or variations that added or detracted from the absoluteness of these messages.

So therefore, this Awareness suggests that in reading Mafu, or in reading the messages this Awareness channels through *It's* Interpreters, that you read these things not believing everything you read, nor discarding everything, but read these things, taking the most important information, the general messages, and that information which is of significance to you, but not basing major decisions entirely on one statement given, for that one statement might actually have been a misreading.

This Awareness indicates that, if you wish to make major decisions in your life based on a statement by some channeler, *It* suggests that you get other, second opinions, or look to other verification for that information.

This Awareness indicates that in reading information from various channels, you will begin to get the general directions. You will sense what is true and proper, and you will, through your own intuitive understanding, move in the right directions. All the various specific details that are channeled between one messenger and another, which may differ, all of this is of little significance to your general and overall evolution. There are many entities who get fixated on some particular little statement, and wonder why this channel says this, and another channel says something else, and still another has something different to say, and the Bible says *this* and a book that was written recently has *this* to say, and which one is really right?

This Awareness indicates often it doesn't matter at all, because the issue itself is meaningless. It is simply a mind game, and the entity is solving puzzles in the mind that have nothing to do with the soul growth. It is like becoming fixated on a Chinese puzzle, and the entity can't let go of the Chinese puzzle until it's solved. Meanwhile, the entity's life is slipping away, time is passing, and nothing is being done, while the entity tries to solve this Chinese puzzle.

This Awareness indicates that, for the record, for this entity's curiosity, much of the Mafu information is valuable. Some is questionable; some is confusing. Whether this will remain in coming times will depend on how the success or lack of success of this entity's channeling, and the commercialization of the entity's work, develops.

Awareness No Longer Endorses JZ Knight

This Awareness indicates that, while *It* endorsed the Ramtha material in the past, more recently it cannot endorse the works of J.Z. Knight, because of changes that have occurred.

This Awareness indicates that this does not mean that nothing which she channels is valid. Much of what she channels *is* valid. But this Awareness does not see this as high consistency in its validity, nor does *It* see this as being consistent with the purpose and the motive of helping the masses, as were some of the earlier works and channelings of this entity. Even this, however, may change, and the entity may again, at some future time, begin to be more attuned to the greater clarity.

This Awareness does not particularly like evaluating other channels. It puts entities in a position of not having to think for themselves. It puts *Cosmic Awareness Communications* in jeopardy. It puts the Interpreter in jeopardy, because the evaluated channel may change, as in the case of Lee Michaels, wherein what is true at one time may, within days, become altered by the entity's success and the way he handles that success, and where his priorities lie. Or the entity who is endorsed and then changes, leaves those who are then disillusioned blaming *Cosmic Awareness Communications*, the Interpreter, or this Awareness for having misled them into accepting this entity and his or her message, which they later do not believe to be proper.

This Awareness indicates that the other situation being that one who is a channel, wherein there was much error, might become clearer, yet if this Awareness indicates there is much error in this entity's material, and the question is not asked to follow up six months later, or a year later -- "How is this entity doing now?" -- if no such question is asked, and this Awareness has indicated that there is much error in this entity's channeling, then that evaluation remains until a question allows for the change in the evaluation, and perhaps the entity has deepened his or her channeling, so that it is much more clear now than before.

This Awareness prefers not to evaluate these channels. It prefers that entities learn to evaluate them for themselves.

Three Threats of Lawsuits Leveled Against C.A.C.

This Awareness indicates also, that already there have been at least three threats of lawsuit to *Cosmic Awareness Communications* because of evaluations from readings in regard to these different organizations that entities have asked about, and if even one of these organizations were to follow through on a lawsuit, it could put *Cosmic Awareness Communications* out of business, even if it were possible to substantiate and prove the information that this Awareness gives in *Its* reading and evaluation of the organization, for the costs involved in even the simplest lawsuit, can easily surpass the budget of this organization; that even the simplest lawsuit can easily run over ten thousand dollars, with just a few hearings in court, and a few documents being passed back and forth. These are things that entities should realize as being part of the consideration which this Awareness must look at every time a question is asked in regard to this or that person, this or that

channel, and in which they are asking this Awareness to evaluate this or that organization.

This Awareness indicates that so far, the responses which this Awareness has given to these questions, has been carefully worded so as to avoid the possibility of any extreme action being taken against CAC. In some instances entities, overly sensitive, still objected.

Asking Awareness Questions Is Risky Business

This Awareness indicates that it is important for those involved to understand this is risky business. The very asking of certain questions of this Awareness can be risky, and if entities do not get all of the information they desire from the question, particularly when seeking condemnation of an organization or group, it should be understood that there are many factors involved which this Awareness must consider, and that *It* wishes not to condemn but also wishes to protect and warn entities to some degree where there are hazards and it is a delicate tightrope which must be walked in responding to many of these questions.

This Awareness indicates that even this concern was raised in your meeting last night in regard to what would normally have appeared to be an innocuous reading, wherein an entity becomes extremely sensitive over terminology.

This Awareness indicates that it is for this reason that often this Awareness does not give large amounts of information that totally satisfy the questioner.

Why Teenage Girls in China are Committing Suicide: Will They Get Away With It?

QUESTION:

Awareness has given much information on suicide. There is an interesting article I'd like to read briefly and see if this is another angle entities are taking, and I'm pretty sure they're not getting around it. I'd like to read this. It says: "According to the Chinese newspaper, *Woman's Daily*, teenage girls in Southern China's remote Jianga Province are killing themselves in record numbers, not because they necessarily want to end their existence, but because they want to live new lives. The peasant youngsters, *Women's Daily* reports, hope they will be reincarnated as sophisticated, worldly women. So far, fifty girls have committed suicide by drowning in order to hasten their next lives. Psychiatrists and suicide researcher, Lucy Davidson of Atlanta says, "If a person believes strongly that they were simply moving from one life into another, it might make it easier for some people to take their lives."

My question is, even with that belief, they're not going to get away with suicide, are they?

COSMIC AWARENESS:

This Awareness indicates that when entities deliberately take their own lives, rejecting what they have been given, they are in essence denying a certain completion of a cycle, or what some would call their karmic trip. They are denying the completion of a certain cycle which they must complete before progressing further into other cycles. These entities then, in other words, will need to return to similar situations. The fact that they have committed suicide may even create a greater karma that requires them to return to an even less pleasant existence in another situation that is not so satisfying as what they sought to escape.

This Awareness indicates that they do not gain by taking their lives. Entities do *not* gain by taking their lives. It is possible that entities, in an effort to save the lives of others, in giving their lives to save others, it is possible that entities gain, but not when entities simply take their lives in hopes of gaining something better.

This Awareness indicates that likewise, those who take their lives generally are required to wait for some time, in fact, the duration of the time they would have lived, before having the opportunity of further reincarnation.

Intense Light That Binds Matter Together

QUESTION:

David Alexander sent me a copy of a news clipping off the wire -- the paper he works at -- and I'd like to read this and ask Awareness what the significance of this might be down the line. It's entitled: "Intense Light Can Bind Matter Together."

"Cambridge, Mass. (AP) "Matter can be held together by intense light, providing a potentially useful way to craft novel materials, researchers said.

The scientists found they could organize randomly arranged microscopic beads into new structures that lasted as long as they were bathed in the intense light.

The practical applications of this observation are still unclear, although experts said it could play a role in devising new methods of optical communications or in arranging molecules to make drugs and other products.

The study was carried out on tiny plastic beads just 1.43 microns, or 0.000057 inch in diameter. Under the light, they moved toward each other in hops of 0.387 micron, or 0.000015 inch.

"The spheres act like miniature antennas that pick up and then re-radiate light," said Harvard physicist Jenne Golovchenko. "This scattered light combines with that coming directly from the laser, giving rise to force fields that bound the small spheres together in space. The length and strength of the bonding are controlled by the intensity and wavelength of the laser light."

Golovchenko conducted the research with Michael Burns and Jean-Marc Fournier of the Rowland Institute in Cambridge. It was published recently in Physical Review Letters.

The researchers said that until now, the only known way to bind matter was by atoms exchanging electrons. The newly discovered process seems to work by exchanging packets of light known as photons.

The light-assembled structures fall apart as soon as the laser is switched off. However, Golovchenko said that light might be used to align molecules in novel ways, and then they could be made permanent by freezing or chemical processes.

The researchers observed the interaction by putting water-soaked beads between plates of glass and then shining a laser on them.

"The spheres did a kind of dance hopping between states," said Gobinchel, producing an interaction that he believed no one had witnessed before." That was the end of the article.

Does Awareness see this as being significant, or is this just a scientific experiment that's not of....

COSMIC AWARENESS:

This Awareness indicates that this is that which can lead to an entirely new field of science, and when coupled with genetic engineering, can be used as a way of creating new creations, of creating new matter, including the creations of molecules and structure that can be used for purposes of health, for technology, and electronic advancement for miniature models and complexities of minuscule size, so as to, for example, create extremely small computers.

Computers You Can Hold in the Palm of Your Hand

This Awareness indicates that computers can become so small; the only thing that stands in the way of miniature computers, because of this new type of technology, the only thing that theoretically stands in the

way of miniature computers is that the keyboard can be only so small in order for the fingers to still operate. In other words, the interfacing between the human and the computer is limited by the size of the keyboard, in terms of how small it can be made, when considering the new technology of creating miniature and microscopic designs.

This Awareness indicates this problem, of course, can be circumvented by having voice-activated computers, rather than keyboard-activated computers. Thus in the future, with this technology just described, along with other forms of miniaturizing, as described recently, the miniaturizing of machines so small that they could be placed on the head of a pin, using photo techniques and acid, it is theoretically possible to create miniature computers that could fit in a ring worn on the hand, or on a wristwatch or bracelet, that if voice-activated, could access information of such magnitude as to literally carry a library on your wrist.

This Awareness indicates that this at present is far-fetched, but within the next forty years it will become practical reality, and the information just read in this question as that which can play a key part in helping to structure and create this kind of miniature high-tech system.

A Trance-Channeler Becomes a Conscious "Intuitionist"

QUESTION:

We received a letter from a man called Steven Xavier, Intuitionist, and he was making a presentation, soliciting New Age businesses and people to get some sort of reading or seminar from him, and he mentions here, "After five years of trance-channeling, I have turned to conscious intuiting. This change has resulted in readings of increased profundity, depth and clarity. By breaking through the barriers of separation and denial inherent in trance-channeling, I have embraced the pure honesty of intuitionism."

I'm not asking Awareness to evaluate this particular entity. The question is, this "conscious intuiting." -- this sounds like a valid type of channeling. Would Awareness --

COSMIC AWARENESS:

This Awareness indicates that this essentially is much the same as that which the Interpreter uses in channeling this Awareness. This Awareness indicates it is essentially the setting aside of mind/emotion/feeling, and allowing the conscious mind to open into a higher consciousness, whereas most entities who refer to trance-channeling are speaking more in terms of subconscious channeling. The subconscious channeling as that wherein an entity places aside the conscious mind and essentially goes into a state of hypnotic trance, one in which the entity is not aware and is not present during the channeling, but wherein other spirits or other entities can speak through the entity.

Disincarnate Entities Can't Speak Through an Awareness Channel

This Awareness indicates that the Awareness channels do not permit entities to speak through them, because in order to be an Awareness channel, they must move beyond disincarnated spirits into realms of higher consciousness, and instead of channeling spirits, they read universal or cosmic energy, and attune to the Cosmic Mind.

This Awareness indicates that this entity, in speaking of intuitive channeling is describing much the same phenomenon. It is a higher consciousness, rather than a subconscious trance-type channeling.

At the time of this reading the address of Stephen E. Xavier was given as PO Box 309, Wakefield, R.I. 02880. Phone: (401) 783-2237.

WHAT HAS HAPPENED TO SHARON?

(More on Mummification and the Orion Computer)

QUESTION:

Catherine W. has a question, along this line. It's personal, but it may have other implications. She wrote to Vikki. She says, "Sharon, my daughter, we found out that several of her lifetimes in the past were causing her problems. One in particular. She is from Pleiades and they implanted certain information in her that was not to be released until (who knows when). She is a pure channel and she blocks herself off because she felt unworthy, and she still feels that way. We have had X-rays done, and nothing physical is wrong with her. She needs an emotional soul cry, and how to trigger that, I don't know. She went to The Lifestream Foundation in Niles, Ohio, and was regressed, and a lot of terrible past lifetimes came to surface. She even picked up on the computer mentioned in this month's Awareness material just received. If you ever get a chance to ask Awareness, please ask this question: What is Sharon blocking and what has happened to her? It's like she separated herself, and can't get back or wake up. In other words, what has happened to Sharon? She tells me she feels weird, and it's hard for me to relate, as I don't understand because I've never had any of these experiences, and I wouldn't be able to handle it. She has a lot of power inside of her. Thank you."

COSMIC AWARENESS:

This Awareness indicates that there appears to be a misalignment between the subconscious or lower self, the conscious, middle self, and the superconscious. The misalignment appears to be related to an event in the past in which the entity was partially set aside; this meaning that there is still a portion of the entity elsewhere. This appears to be in fact associated with that which has been previously discussed by this Awareness involving the concept of mummification, in which a portion of this entity is locked inside a mummified being. This appears to be in -- this does not appear to be on this plane, on the earth plane itself. It appears that this is elsewhere. It appears to be somewhere in the area of Orion, but not on the Pleiades.

This Awareness indicates that the way of extracting the remaining part of herself from this embodiment within the mummification is...

The Unholy Six Use Computer Chips Made From Body Parts

This Awareness indicates that this embodiment in regard to this mummification as that which was used in the creation of a computer in the Orion area, known as the Unholy six.

This Awareness indicates that the computer made use of organic chips, what may be termed memory banks created by the use of organic chips, of which this entity's body served as one part for that purpose.

This Awareness indicates the entity can free herself from this by meditating and visualizing herself entering into the body that is placed in the computer, in that Unholy Six area on the planet, in Orion, wherein that computer system is set, still housing not only her own, but the bodies of many others, and drawing off of the energies that were implanted in those mummified bodies.

This Awareness indicates the entity, in meditating, may simply visualize herself floating or going to that area, flying into or identifying with and entering into the mummified body, taking on life force that remains in that mummified body, extracting it and bringing it back

with her into this physical plane. By doing so, periodically and repeatedly, the entity can siphon off the energy that was left there in that lifetime. It may take a period of time, anywhere from approximately one to three years, to complete this reintegration of self, to bring the entity back into her present lifetime and experience.

The Entity May Experience Excessive Rashes on Body

This Awareness indicates that if the entity experiences excessive rashes in this time period, it may be an indication of siphoning off energy too quickly.

This Awareness indicates *It* uses the term "may" because it could also be an ordinary, mundane problem caused by something else other than this action, but if the entity should siphon off energy too quickly, there may be a physical rash that shows up, and the entity might then either check out to find out whether the rash is caused from a mundane problem, or if in ceasing to meditate for a time, the rash goes away.

This Awareness suggests that this meditation appears to be such that approximately one hundred meditations of traveling to and from that body, that mummified body, would suffice in freeing the entity's energies; that this may be done on a daily basis or less frequently; that if a rash occurs, the entity might consider more infrequent visitations.

This Awareness indicates that if no rash appears, the entity might consider continuing the meditations on a daily basis.

This Awareness suggests that if the rash appears, the entity might also wish to check to see if it is a mundane problem, and by taking beta carotene, this would help to rid the skin of the rash, if it is indeed a mundane problem. Also, the entity should consider the possibility of yeast, candida yeast, if a rash appears, as being the cause, but if neither of these worked, if treatment for candida, nor the use of beta carotene helps to clear the rash, then the entity should stop the visitations, for a period of time, days, or perhaps even weeks, and move more slowly in releasing these energies.

This Awareness indicates it is not so much releasing these energies, as regaining these energies that are locked into that mummy.

Human Tissue to be Used to Store Information

CLOSING MESSAGE:

This Awareness indicates that in the technology at present, computer chips are made from silicon. There are, however, certain scientific basis and technologies that recognize the potential and there have been experiments resulting in the use of living tissue to hold information, other than the use of silicon chips. In other words, human tissue, or cells can be used for storing information in the same way that silicon chips can do so.

The Orion computer, which this Awareness spoke of some years ago, as that which operates using human cells of living beings. This entity's cells were used in that computer. There is considerable danger in terms of a cosmic sense, that this technology will again come into play on the earth as technology advances. Use of genetic engineering could avoid this by creating similar substances without actually taking individuals' lives for this purpose.

This Awareness indicates that this is still in the future and is not at present of great concern. It is simply that the questions asked in this reading have brought up this observation and is appropriate to mention at this time.

Thank you. (The Law of Gratitude is given)

What is the Purpose of Incarnation?

QUESTION:

JD in New York asks: "In a nut-shell, what is the purpose of incarnation?"

COSMIC AWARENESS:

This Awareness indicates that entering into a physical body allows the spirit to have certain kinds of feedback that are not available to the spirit itself without the physical vehicle.

This Awareness indicates that when an entity can feel pain or can feel pleasure, or when an entity can see, hear, touch, smell and taste, the entity has a different kind of measuring device and different types of learning tools than what the spirit enjoys when it is free of the body.

Therefore, it can experience the sense of limitation as well as a sense of immediate feedback from actions taken, decisions made, experiences encountered.

This Awareness indicates in other words, by entering into physical form, the spirit has the ability to learn under an intense type of condition that is unavailable to the spirit when it is without body.

FOLLOW-UP QUESTION:

Would the same apply to other realms, other planets in the universe where there is a physical type incarnation?

COSMIC AWARENESS:

This Awareness indicates that it would apply in the same way in accordance to the types of feedback available in such other areas.

EARTH-INCEPTED SOULS: ARE THERE A FINITE NUMBER WHO CAN INCARNATE?

QUESTION:

Another question from this entity. "Are there a finite number of souls that can incarnate on earth at once? That is, earth-incepted souls?"

COSMIC AWARENESS:

This Awareness indicates that it appears according to present circumstances, that the earth would be able to accommodate approximately 10 billion souls without complete deterioration, if it were handled properly in terms of the feeding and distribution of space, food, communication needs, structures of distributing goods and services.

This Awareness indicates that it does not appear that the earth, with more than 10 billion souls, could support the increased number, even at high efficiency of distribution, government production of goods, foods and services, without heavy deterioration in quality.

Where and What is the Dal Universe?

QUESTION:

Another question from JD. "Billy Meiers has published a photo of Asket of the Dal universe. Is it genuine? (she asks) and if so, where, what and how is the Dal universe? By definition, how can there be more than one universe?"

COSMIC AWARENESS:

This Awareness indicates it appears the Dal universe is a parallel universe in a different dimension, which can be visited by simply moving through the dimensional warp so that it is not a matter of being out there, outside of this universe, wherein one might travel to the edge

and pop in to the next universe; this is not seen as the way it is.

It is seen more that one moves into a different frequency and exits this universe and into another. This Awareness indicates that in other words, it is a universe that inhabits the same space as this universe, but on a different frequency, so that with the proper equipment an entity could enter into that universe almost instantly.

This Awareness indicates in reference to the picture of the craft, this appears to be genuine. The entity has earlier spoken of the message from Semjase indicating the Pleiadians having been in contact with the Dal universe, exchanged information in exchange for certain technologies of that universe which included certain types of craft.

This appears to be one of the craft which was exchanged.

QUESTIONER:

Well, the Asket, I thought it was the name of an entity.

COSMIC AWARENESS:

This Awareness indicates that this Awareness perceives a craft that was exchanged; the name is not seen clearly for the craft. That if this is in reference to an entity from the Dal universe, that this is also seen as being genuine. However, this Awareness indicates that when the question was asked, this Awareness tuned in to the craft that was returned to this dimension from the Dal universe.

A clarification would be necessary for determining what is meant by the term Asket, as this is a term the Interpreter has not any familiarity with and the Interpreter can only read the energies presented through this Awareness according to his ability to interpret. It is a totally different term from anything he has been made aware of.

This Awareness indicates that *It* can give energies and images and symbols as language to the Interpreter which the Interpreter then interprets according to his understanding of such symbolism energy and images, and translates or interprets these into words familiar to those who speak the same language as the Interpreter.

Do Photos of Actual Aliens Exist?

QUESTION:

Evidently it is an entity. Her follow-up question is: "Aside from Asket of the Dal universe, if the photo is genuine, are there photos, films, videos, et cetera available of actual alien beings?"

COSMIC AWARENESS:

This Awareness indicates that this is a question that should best be asked of those who provide the works and messages and booklets for Billy Meiers. This kind of information would be available from them. It is not necessary to ask this Awareness about information that can be obtained elsewhere.

QUESTIONER:

I think she means *more* than just from the Billy Meiers source.

COSMIC AWARENESS:

This Awareness indicates there are pictures of alien beings from other sources. This Awareness does not see that these sources are cooperative in providing such pictures. This Awareness indicates that many of these sources and pictures are available through certain intelligence agencies and various government sources,

but that these are not necessarily provided to those who would like to see such information.

What Was That Cylindrical Object on Mars?

QUESTION:

Another question from this entity. "What was the ten mile long cylindrical object observed on Mars? If it was a base, why was it aloft, rather than on the ground?"

COSMIC AWARENESS:

This Awareness indicates that this appears to have been a type of craft. It appears that this craft relates to work associated with that activity on Mars which is spoken of in Alternative 003 references, which began several decades back. It is a Top Secret program involving several governments which this Awareness will not comment on because it would be hazardous to the health of entities knowing about Top Secret information of this type.

Why Are the Andes Mountains So Peaceful?

QUESTION:

Another question from JD. "Why does it feel so remarkably peaceful in the Andes?"

COSMIC AWARENESS:

This Awareness indicates this is in part because there is considerable isolation. It is high in altitude, allowing entities to see great distances, at least on a great number of occasions, which is a peaceful experience, wherein entities have a God's eye view of the landscape, and there is quiet. There is little pollution in terms of noise, in terms of threats or disruptions to one's consciousness.

This Awareness indicates that almost anywhere in the world entities can feel a sense of apprehension that they might be interrupted by something disturbing to their peace of mind. In a place such as the Andes, there is little threat of disturbance to your peace of mind. What could disturb you other than something in nature that could only disturb after it builds up energy such as a storm.

This Awareness indicates therefore, most entities find it very peaceful. The few people in the area are peace-loving, and generally are quite calm and undisturbing to visitors. Others tend to stay in their own area to avoid contact and to remain focused on things other than tourists and travelers, unless approached by such entities.

TIME FLIES: HAS 14 MINUTES BEEN REMOVED FROM EACH HOUR?

QUESTION:

A question from Joyce Williams: She writes: "Time flies so fast! I heard somewhere 14 minutes was taken out of every hour. Can we confirm that?"

COSMIC AWARENESS:

This Awareness indicates that time is subjective, therefore, you can take 14 minutes out of every hour if you so desire, but how do you work this in regard to your clocks and watches, unless everyone does the same?

Are you speaking of artificial time, or are you speaking of natural duration and cycles of movements? The springtime, summer, fall and winter still moves through so many days each year. The days move into so many hours, and the hours contain so many minutes.

You do not actually take 14 minutes from an hour and speed up time, but subjectively, it can feel like you have lost 14 minutes because the hour went so fast. This

Awareness indicates that in order to make a claim that you lose 14 minutes every hour, you have to be comparing time to something: time now, compared to time in 1950.

This Awareness indicates that if you want to be scientific, other than subjective, the speed of light is said to be increasing very slightly. How this is determined by science will be another matter, but if the speed of light is increasing, then you can argue that time is speeding up in its relationship to light and its speed.

This Awareness indicates that in other words, as light accelerates, time also would accelerate. But these are still beyond logic when trying to use artificial time in a discussion, because most entities have no understanding of light as it refers to time, and are still locked into clocks, watches or hourglass devices to measure their time.

The poet can argue that time goes really fast when you are with someone you love and are to be taken from them soon. The poet can also present an argument that when the one you love is gone and you can not wait for him or her to return, time really drags slowly.

This Awareness indicates any child knows that time goes much slower before Christmas than after Christmas. Time goes much slower during school, and much faster in the evening when you are playing with your friends, or in the summer when you have time off.

This Awareness indicates time is subjective. Terms such as "time is moving faster and entities lose 14 minutes out of every hour" are just subjective statements. This Awareness cannot confirm this any more than *It* can confirm that time drags when people are waiting for a loved one to return or are waiting for a train or an airplane to appear on schedule.

WHAT IS THAT MAGNETIC PULL WHEN LOOKING OUT OVER A PRECIPICE?

QUESTION:

Another question from Joyce. "What is the magnetic pull some of us feel when looking out over a drop, a precipice or a tall building?"

COSMIC AWARENESS:

This Awareness indicates that when you look out over a broad landscape you are taking in the total view. You are absorbing it and identifying with it so that it becomes part of your consciousness. It is likened unto identifying yourself as all of that. It becomes likened unto part of yourself: "I am what I see! I am what is experienced before me!"

This Awareness indicates with this attitude, an entity can feel a type of attraction. If the entity identifies all of that with himself or herself, then there tends to be a pull toward that which you perceive as yourself. It is your consciousness extending outward that draws you. Yet, there is part of your consciousness that says: "Don't jump into that vast picture, or you will cease to exist!"

As long as you know that your body is one thing, and your imaging and consciousness is another, you are not likely to jump, but if an entity became overly obsessed with the image and the consciousness, it would be quite easy for one to forget for a moment that he or she is simply a physical body and that the physical body, which holds the consciousness, could easily be destroyed so that the consciousness did not have a place to land or a landing pad out of which to look.

Some entities experiencing extremely high places lose touch with this reality of the physical body and could jump or fall and perish. This Awareness indicates it is

simply a matter of identifying with what one sees to the point of losing their identity with the physical body.

She Has No fear of Heights While on a Plane (How About the golden Gate Bridge Without Any Rails?)

ENERGIZER'S COMMENT (VIKKI):

I had a very relatively severe fear of heights when I was on like, mountains. But it was very surprising that when we went on an airplane, I didn't have the problem. It seemed like once we're not connected to earth, it changed the perspective.

COSMIC AWARENESS:

This Awareness indicates you were identified with your body on the solid ground of the airplane, and it was easier to remain inside because you were walled in. Had the walls been taken off the airplane or had you been standing on the wing, even without wind blowing you in a threatening manner, you would still be as frightened as if you were standing on a mountain-top.

Your thinking is such that you could fall from this mountaintop because there is nothing to hold you there except your own will, your own mental state. This Awareness indicates that if you were walking across the Golden Gate bridge and all the railings were to fall off and you would be walking or standing there in two lanes, one on each side, you would still feel very uncomfortable without the railings.

This Awareness indicates and yet, you know that you can walk a straight line between two lanes without falling off the outer edge of either lane, but you have this apprehension of your own mental stability. "Would I perhaps ever consider going to the edge and falling off?" You do not know for sure, therefore you have a fear of heights.

How to Become a Tightrope Walker

This Awareness indicates that another entity in a similar situation looks down and says, "I'm only standing on 6 inches of earth with either foot. There is a line below me one-inch wide and I can walk on that one-inch without stepping off." And the entity walks on this one-inch line for 20, 40, 50 or a hundred feet without once stepping off the line.

This entity thinks: "If I can do this, I don't even need the rest of the ground around me. I only need this one inch." And the entity, with that attitude in mind becomes a tight-rope walker for a circus, and walks a cable from one end to the other without ever stepping off the cable, without great fear of falling. Has the entity overcome his fear of heights by realizing that he can stay on the one-inch wide cable that he needs?

This Awareness indicates that the entity could not possibly walk on a one-inch cable if he had a fear of his own ineptitude at remaining solid in his intentions, but as he knows one inch is all he needs to maintain his balance in walking a straight line, the entity has no reason to be afraid, whereas another entity, standing on ten feet of flat ground on the top of a mountain which looks down on all sides, imagines how easy it would be to walk to the edge and over and fall thousands of feet down, and the entity becomes frightened of heights.

This Awareness indicates that if an entity is on a piece of lumber on top of a skyscraper that is being built, is he in any more precarious a position than if the lumber were on the sidewalk below and he was standing on it? This Awareness indicates he might be, if the lumber at that height is not solidly fixed.

In a practical sense, if it is solidly placed so that it does not stand a chance of slipping, so that it is not likely to break with his weight; if it is in a place where it

is solid and firm and he is standing on this piece of lumber, practically speaking, he is as safe as if he was on the ground itself, standing on a piece of lumber of the same size. But he himself might be terrified of the height, if he does not trust himself.

If he can trust the lumber but cannot trust himself, then he has reason to be frightened of heights, but why doesn't he trust himself? Is it because he imagines the potential of the fall and not the certainty, nor external forces causing the fall? He has examined the lumber and it is placed carefully so that it is not in danger of falling.

The only danger is if he himself steps off the lumber. Thus, this entity has the ability to become unafraid of heights, and courageous in his stance, or to become terrified, just by what occurs in his mind. This Awareness indicates that it is a fairly simple action of altering one's consciousness to become terrified of heights or of altering one's consciousness to become quite calm and serene in high places.

Ed's Note: After this reading ended, Paul mentioned that at the end of the trance he saw the warning not to try to get over such a fear by trying a dare-devil stunt that would be unsafe.



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.

A \$3.00 A WEEK PILL THAT REVERSES CANCER?

QUESTION:

T.R. M., in Sapulpa, Oklahoma, sent in a tabloid article with a request that we ask Awareness if this is valid. I'll read it: "Penthouse Executive Beats Breast Cancer with \$3.00 a Week Pill! Publisher's wife read about the controversial therapy in her own magazine. When Kathy Keeton was 56 years old, she was told that advanced breast cancer was ravaging her entire body and she had only 6 weeks to live.

"They told me I had to go on Chemotherapy," says Kathy, a former ballerina, and wife of *Penthouse* publisher Bob Guccione.

"I was told that I had late-stage breast cancer that had spread to my stomach, pancreas, bones, lymph nodes, aorta and liver. At one time I had four doctors sitting on my bed begging me to have chemotherapy. I said "No!"

"Instead, Kathy turned to a controversial medicine called Hydrazine Sulfate, an inexpensive white crystal salt, once used to make rocket fuel, and she read about it in *Penthouse*. That was a year and half ago. Today her weight and appetite have returned to normal, and she's back at work as the vibrant vice-chairman and chief operating officer of General Media International, publishers of *Penthouse* and other major magazines.

"Unlike chemotherapy and radiation, Hydrazine sulphate costs just pennies a day. Kathy's dosage of two tablets daily was only three dollars a week and has no devastating side-effects like hair-loss and nausea, says Keeton.

The substance has been pioneered as a powerful weapon in the war against cancer, by Dr. Joseph Gold, of the Syracuse Cancer Research Institute in New York.

"I believe in Joe Gold!" says Kathy. "I'm living proof that Hydrazine Sulfate works. All my tumors have shrunk or disappeared. I have 3 tiny ones on my liver still, but there were 6 originally."

Gold, a former Air Force doctor who once certified astronaut John Glenn fit to fly, says he discovered the power of the drug when he was looking for a way to stop Cachexia, the frightening weight loss and exhaustion that occurs when the body literally starves itself to death in order to beat cancer tumors.

"He found that Hydrazine Sulfate blocked a key liver enzyme that triggers Cachexia, which Gold says kills 70% of cancer patients.

Now, Kathy is blasting the National Cancer Institute for improperly testing Hydrazine Sulfate and dismissing it as ineffective. And she's leading a campaign to force the NCI to take another look at it.

"None of my doctors believed in it," confides Kathy, "then they realized I was getting better. Now, they've reversed themselves and want to do tests."

And T.R. asks Awareness if that information is valid.

COSMIC AWARENESS:

This is in the affirmative. This Awareness indicates that this may be the situation that reverses the control that the Cancer Society has had over the medical establishment for so long. This Awareness indicates that so much money is at stake from the use of worthless treatments over so many years, for so many people. This Awareness indicates it is time that this be reversed, and this entity, having the outlet of publications at her disposal may have the ability to bring this to the public in a way that no one else has ever been able to do.

This Could Reverse the Stranglehold of the Cancer Society

It is a possibility that this will reverse the stranglehold the Cancer Society has on the public. This Awareness indicates that it is important for entities to get as much

information on this as possible before efforts are made to make the substance illegal or unavailable, including information relating to it.

Hydrazine Not the Same as Hydergine

FOLLOW-UP QUESTION:

Dr. Shahbaz has had me taking something called hydergine for a number of years, as an age-reversal drug or whatever, as described in the book *Life Extension*. Is this the same stuff that we're talking about here?

COSMIC AWARENESS:

This Awareness indicates there is relationship, but it appears to be something somewhat different. This Awareness indicates that hydergine is used in Europe as an age reducer. In the United States it is used simply to help entities to urinate more freely. This Awareness indicates that in the United States it is recommended at rather low doses, such as 3 or 4 tablets daily, but in Europe, entities take 10 to 12 tablets daily for age reversal purposes.

This is the hydergine. The substance that she speaks of is related, but different. It would be beneficial if entities could get the substance which she speaks of and to have it on hand or to see if their doctor can carry or have the substance in the event of a need for it.

Can Breast Biopsies Spread Cancer?

QUESTION:

In regard to breast cancer, a question from JD in New York. She writes: "Breast biopsies are used to determine whether masses in the breast are cancerous. If they are, would this procedure be harmful?" And she also asks: "Does cutting into an encapsulated cancer cause it to spread?"

COSMIC AWARENESS:

This Awareness indicates if it is done properly, which a proper surgeon would be required to do, it would not be cut in such a way as to cause it to spread. This Awareness indicates that it does not appear that the biopsy would be a cause for spreading cancer. This Awareness indicates that in some cases it is possible to avoid the biopsy with X-ray or other equipment, but in some cases the biopsy becomes the more efficient and more divining way of examining and diagnosing.

8-30-02 Grace Interpreter

Re: "The Camino" by Shirley MacLaine

QUESTION:

A question from Doug Cirignano. I'll read his statement.

"Hello. I'm a long time subscriber to the CAC newsletter. I've asked questions before that have appeared in the newsletter. Could Awareness comment on the book "The Camino" by the actress Shirley MacLaine? The book came out in the spring of 2000.

The Camino is a 500 mile spiritual pilgrimage in northern Spain that Roman Catholics and other spiritual minded people have been taking for hundreds of years. The 500 mile walk ends at a famous Catholic church near the Atlantic Ocean in Spain. Many people believe the land there has a special energy (it apparently has something to do with "ley lines") and if one takes that walk then you'll become closer to Self Realization and God Realization. Many people have claimed to have had visions and other psychic experiences while walking the Camino.

The main point of MacLaine's book is that Shirley claims that while walking the Camino she had a vision of a past life in Atlantis. According to Shirley MacLaine, Atlantis was the Garden of Eden that the Bible talks about. Ms. MacLaine claims to have had very clear

visions that showed to her that the entities in Atlantis experienced a very deep God Consciousness and Peace Consciousness. They communicated telepathically; they levitated when they walked; they were in meditative bliss; everything was a paradise. Ms. MacLaine's book claims that the beings in Atlantis were more like astral entities—they were existing in a higher frequency (an astral frequency) than the frequency of our four-dimensional physical earth.

According to the book, the beings in Atlantis were androgynous—they had both male and female genitalia. Because they were androgynous, there was no instinct or need for mating—the ying and the yang, the male and the female, were already united within the souls of beings in Atlantis, and a blissful wholeness and completeness was already felt. For whatever reason, the spiritual elders of Lumeria (Lumeria was the mother continent of Atlantis) decided to split the Atlantean beings into males and females. This correlates to "taking the rib out of Adam and creating Eve."

When the androgynous beings of Atlantis were split into males and females, mating and sexuality came into being. The hope of the spiritual elders was that the male would love and serve the female, the female would love and serve the male, and this would lead to a deeper, more profound spirituality. What happened, though, is that the new males and females apparently became too lustful for the sex act itself—they became forgetful that sexuality was supposed to be used to attain a higher spirituality. Soon the beings in Atlantis were no longer luminous, astral beings vibrating at a high blissful frequency—the Atlanteans soon developed into physical, animalistic beings, and the frequency of Atlantis and Lumeria dropped until everything was this dense, physical, fourth-dimensional plane—the planet earth we now live on. God-Awareness, Peace-Awareness, and Oneness was lost. Separateness, the ego, fear, unhappiness, and war came to rule the earth. The beings in Atlantis and Lumeria "bit into the apple" of sexuality and fell from paradise.

Does Awareness see this as being correct? Was Atlantis and Lumeria the Garden of Eden that the Bible talks about? Were the souls there androgynous? Were they split into male and female, and this caused them to fall from grace, and caused this physical earth we now live on to develop?

(MacLaine's book "The Camino" was one of the most interesting books I've ever read. I'd recommend it to everyone." *

COSMIC AWARENESS:

This Awareness indicates that the entity Shirley MacLaine has been instrumental in helping usher the enlightenment by using her celebrity to publicly set forth many spiritual ideas and concepts that have helped pave the way toward higher understandings. By following her inner urgings and guided by her current beliefs, this entity has allowed the public to come along on a vicarious ride as she shapes and shares her current state of mind. Her books chronicling her own spiritual awakenings have allowed many to begin such explorations for themselves. Not unlike those leaders within the Cosmic Awareness community, she has courageously faced controversy in daring to offer spiritual alternatives, and has taken a good deal of public ridicule for sharing her revelations so openly. And indeed, there is a connection between all those cohorts who feel themselves to be called as light-workers at this point in human history and Ms. MacLaine is no exception.

This Awareness suggests however, that despite her considerable influence and accomplishments, this entity is simply a human and subject to the same pitfalls of mass

consciousness, with a collection of both limiting and optimal beliefs that have been shaped by personal experiences just as are all others. Many of the historical declarations and channeled offering detailed throughout her writings have been more reflective of her own individual beliefs and current personal reality and struggles, and need not be held to suggest authoritative veracity concerning mass events for the species. Indeed, such accounts reinforce many of the same limiting beliefs that lead to disconnection with inner authorities, emotional manipulation, and dependence upon external intermediaries authorities.

This Awareness suggests for example, in this latest offering, the account of her experiences on a spiritual journey along the Camino were laced with standard biblical interpretations embraced within mass consciousness. If taken literally, this can reinforce the many limitations still offered by religious institutions and still embraced by far too many humans that defile the emotional system while promoting the normalcy of shame, guilt, and suffering, and the misguided idea of original sin.

This Awareness indicates however that there is much to be gained from this offering as well. The central benefits to be derived begin with the message that spiritual journeys and the vision quest experience can indeed be a powerful tool of enlightenment wherein deep focus desire and intent can attune one to the inner channels. It can clarify one's life circumstances and allow the inner senses to emerge and offer guidance. Another message is that individuals will feel a resonant harmony with certain places and natural spaces where the process can be heightened due to the energies therein. Another message is that there are indeed energy vortexes relating to the energy grid created by the mass consciousness of the species, and that the Camino is one of many, born of the considerable energy filtered through the beliefs of the Roman Catholic Church. Together these messages can help set the stage and facilitate the sorts of spiritual quests that can begin to reacquaint readers with their own inner resources and guidance.

*Ed's Note: The publisher sent me a review copy of this book and I really enjoyed it. MacClain fans are guaranteed to love this one. CAC does not list this book "The Camino—a Spiritual Journey" but we can order it for you if you can't find it locally. The price is \$13.95 plus postage. Just let Vikki T. know you want a copy. (Avaton).



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