

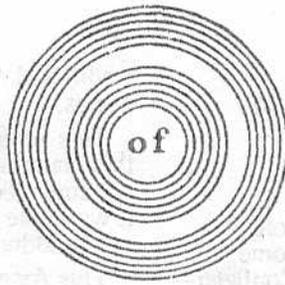
Revelations

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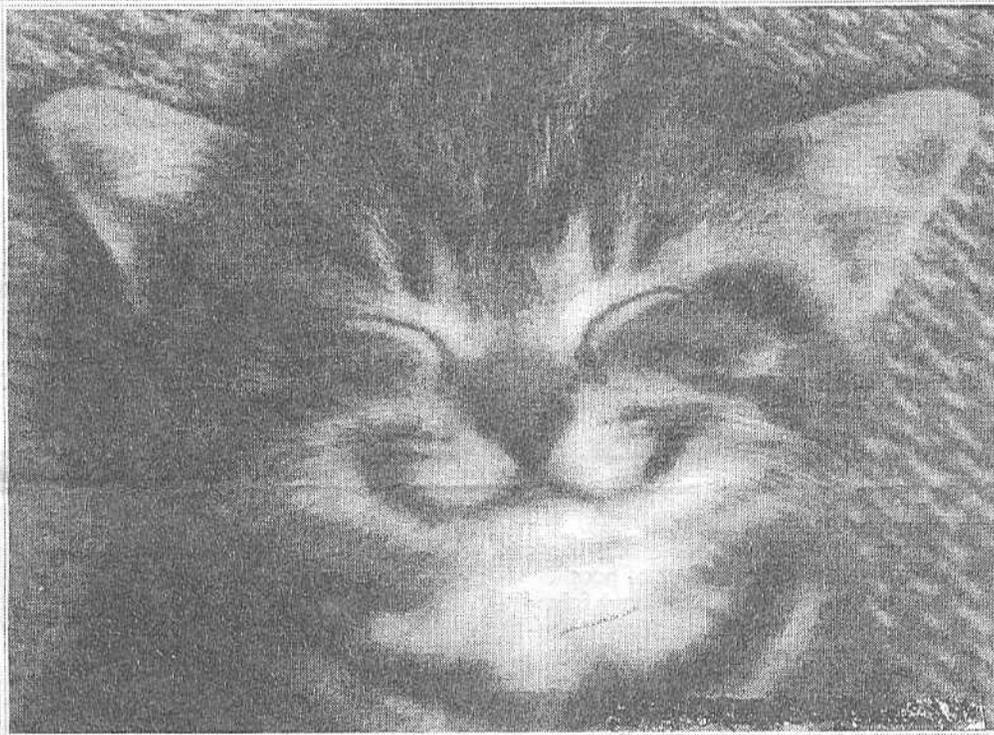
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Helping People Become Aware

Celebrating our 32nd Year!

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THE IROQUOIS CONFEDERACY: OUR CONSTITUTION WAS BASED ON IT

QUESTION:

Some questions from Steve and Susanne Lawson, in Tofino, British Columbia. They write: "Here is some information for Awareness, on the 6th Nation's Confederacy. For years I have heard and read that the Constitution of the United States has been based on a system of government followed by the 6th Nation's Confederacy known to others as the Iroquois but made up of the native nations of the Mohawks, Oneida, Cayuga, Onondaga, Seneca, and Tuscanora. This sophisticated political institution was called the Great League of Peace and was a federal style of government that included a universal vote. Women were even given a vote for their children, a process to impeach officials and the concept of leaders as servants of the people.

The League of Peace was known to and much admired by Benjamin Franklin when he was a diplomat to the League for the British before the revolution, and it is said to be through him that this system was adopted. The Confederacy was based on three principles, and over time distilled down to (1) Health and Reason, being soundness of body and sanity of mind; (2) Law, being justice, codified to meet particular cases; (3) Authority, being to give confidence that justice will prevail.

As Awareness has indicated, that the suicide death of General George Custer is a closely guarded historical secret, perhaps this too has been kept quiet all these years. Will Awareness comment on this please?"

COSMIC AWARENESS:

This Awareness indicates that this is the source of inspiration for the Constitution of the United States. This Awareness indicates that there were a number of people who worked on the Constitution, who drew heavily from this document for their ideals and inspiration and for the framework from which to develop a system that applied to the 13 states at the time.

This Awareness indicates that the majority of Americans have never heard of the document and fewer have ever been given detailed information such as the questioner has offered, but the fact of its existence has been known by many entities in the general area and many who have studied the more obscure areas of history. This Awareness indicates that it became a topic during the 1977 convention in York, Pennsylvania, by those associated with the conference at the time of the anniversary, the 200th Anniversary, or shortly thereafter, and it also was discussed in some of the local schools in the area, and there have been some minority groups that relate to, or have had references to the Iroquois document as being a source for the Constitution.

This Awareness indicates that if the questioner has a copy of this Iroquois document, it would be much appreciated if such a copy could be included for publication with this particular message, so that an historic documentation of this could be provided to the membership. This Awareness indicates otherwise, entities will simply need to be aware of its existence elsewhere and keep an eye out for a copy, if one is available at some time in the future.*

This is a little known area of American history which would be appreciated and should be more widely known. This Awareness indicates that the entities who are most likely to know about such a document are those who have studied or are associated with the American Indians, the

traditional Americans rather than historians of the United States.

This Awareness indicates that if you or anyone reading this material knows where or how to obtain a copy of the document containing these principles of the Iroquois, that it would be appreciated if such a copy were sent to CAC at the address given.

This Awareness indicates that obviously the Indians of the time passed on the information of the treaty between these nations in a kind of symbolism of pictographs and word of mouth, but at some point, this was written into English, translated into English and given to those who used it in furthering the evolution of the Constitution from these principles.

*On the Internet I found a copy of the Constitution of the Iroquois Nations: The Great Binding Law, Gayanashagowa, but it is 22 pages long so we can't enclose a copy with our regular mailing. Those interested, however, can view or print out a copy by going to:

<http://www.constitution.org/cons/iroquois.htm>

THE LEGEND OF DEKANAWIDAH (Was the Creator of the League of peace virgin-born?)

FOLLOW-UP QUESTION:

A follow-up in this letter : "Also of interest is that the Great League of Peace was attributed to a remarkable young man named Dekanawidah, who fashioned the peace at a time of terrible warfare and strife among the six nations. Apparently he was born of virgin birth and at his birth, three days in a row he was drowned in the river beneath the ice, but each morning he was alive in bed between his mother and grandmother.

"Why the attempted murder is another story, but it is told that when he left the six nations people, he left in a "white stone canoe" westward across Lake Ontario. Can Awareness elaborate on the origins of Dekanawidah and the stone canoe?"

COSMIC AWARENESS:

This Awareness indicates that this appears to be a legend or story that has been handed down from generation to generation and one which was changed as time passed, to become that legend which was given. It is that which may be termed a myth, the myth being based on some substance, but not a clear representative of fact. This Awareness indicates that it is not seen as fact. It is seen as elaboration on fact, and there is not much that can be added of any significance to the legend. It has already been exaggerated beyond fact.

DEKANAWIDAH'S PROPHECY

FOLLOW-UP QUESTION:

One other question about this entity from Steve and Sue Lawson. "Also, before he left, Dekanawidah relayed a prophecy that told of a time of great suffering for the native people. "A Great white serpent would befriend them, then try and destroy them, and when things were darkest, a red serpent would come from the North and approach the white serpent, who would become terrified and drop its choke-hold on the nation and turn its attention to the red serpent.

"After some intermingle of the two, the white and red serpent would fight and the natives would crawl away to the "hilly country" and reestablish the Great Law of Peace with its native and non-native people from all over. At this time a young native boy possibly in his early teens would come as a seer and a leader.

"Then a black serpent is to come out of the sea to the South. The battle of the red and white serpents eventually becomes so violent that the mountains crack and the

rivers boil. A white woman tells things to the black serpent that infuriates him and he enters into the battle and defeats the red and white serpents.

"The a blinding white light appears in the East. The serpents become terrified and disperse, and the light will be Dekanawidah returning. This is a very simplified version of this prophecy. I have heard of it many times, as I have grown up and I have always felt a connection with it. Can Awareness elaborate on the meaning of it, if it is still valid?"

COSMIC AWARENESS:

This Awareness indicates that it is prophecy couched in symbolism but that the symbolism of course representing races, is not truly clear in the sense of the actions of the symbolism being fully accurate or explained. It is a way of telling stories to give hope and encouragement and those who would accept such symbolism would assume that it means the white and red races would enter into a war, and that the black race would come from the South and defeat both the white and the red race, and that when this had transpired, the light of a Divine Being would come from the West and frighten all three of the races.

This Awareness indicates that this is the symbolic meaning but that the symbolism appears to portray a prophecy that has no basis in fact, at least, not up to the present time, and not likely in the near future. The fact that there are conflicts of race and the fact that there are races, black, white and red on this continent do not in themselves support the prophecy as given.

This Awareness indicates that anyone can create a prophecy in symbolism and those who unravel the first level of symbolism will think that there is meaning to it, simply because they have attached the red, black and white serpents to red, black and white races, and believe that they have unlocked some mystery.

The unlocking of the mystery may have been obvious, but it does not mean that they have unraveled a truth. They may have simply unraveled that which was intended for them to unravel in hopes that they would believe the mystery if it were couched in mystery. This Awareness indicates in other words, do not put great stock in this story. It is but a legend. There are many legends that could be written which would require interpretation and which could also have some degree of decoding and in decoding one might think they had gained some hidden secret or secret information, and of course entities always believe that secret information must be valuable.

The Story of the Man Chopping Wood While the Indian Watched

This Awareness indicates it is likened unto the story of the man who was chopping wood and the Indian comes and watches him chop wood and the man continues to chop and the Indian watches and after some time, the Indian says to the man: "Going to be very cold winter!" And the man stops, looks at the Indian and begins chopping more wood, and the Indian watches as he continues to chop, and after some time the man stops, wipes his brow, and the Indian looks and says: "Going to be *mighty* cold winter!"

The man turns, looks at the Indian and says: "Mighty cold winter, huh?", and begins chopping wood again. After chopping for some time, the Indian and the man, continuing to watch each other, the man stops, wipes his brow, takes a drink of water and looks at the Indian. The Indian says: "Going to be one of the coldest winters ever!" The white man begins chopping again.

He chops much more wood. He continues chopping clear into the evening and until dark, and the Indian stands and watches and the Indian then, after some time,

the Indian says: "This going to be *worst* winter ever known!" The white man looks at him and says: "How do you know these things?", and the Indian says: "Because white man chop so much wood!"

This Awareness indicates each party assumes the other has the answer. Likewise, in riddles, entities assume that a riddle or a symbolic story must be told by someone who had an answer. The symbolic storyteller may have simply told a symbolic story and because it was symbolic, all who heard the story assumed it was some kind of secret message, coded, for those who had ears to hear, and thus, they repeat the story and it becomes more meaningful to them, even though perhaps the first teller of the story simply told a story off the top of his head with no real substance for saying such a thing.

This Awareness indicates that many times entities are looking for profound answers from others, and if it is couched in profound terms, they assume and attribute to it greater worth than it deserves. So it is with the black, white and red serpent story, and it endures because it appears to have something meaningful to say.

Ed's Note: The other day Will Birlinghof in Canada sent the following email to Vikki. It concerns what the Iroquois Confederacy Indians are up to at the present time as the puppet George Bush attempts to appease his Zionist masters in the Middle East.

Subject: Fw: **Don't Make the Moccasins**

This appeal from First Nations women is worth a read.

MOCCASIN MAKERS AND WAR BREAKERS

A call to action by the women of the world.

We have the power to stop the war!

"Before the men can go to war, the women must make their moccasins."

In the tradition of our ancestors, it was customary for the women to make the moccasins worn by the men who were going to war. If the women did not want war, they did not make the moccasins.

Our ancestors belonged to the Haudenosaunee Confederacy. Europeans called them Iroquois. We overcame a horrible legacy of war and violence when Deganawida, the Peace Maker, gave us our Great Law of Peace. The United States Senate has acknowledged that our law served as a model for the Constitution of the United States (U.S. S. Con. Res. 76, 2 Dec. 1987). The U.S. Constitution was, in turn, a model for the Charter of the United Nations. Our law is the basis of modern international law.

The Americans copied our laws and customs, but they did not understand them. Our ancestors recognized the sovereignty of all men and women by solving community conflicts through discussion in a People's Council. In our tradition, three criteria must be kept in mind! through all deliberations:

- 1) Peace: meaning peace must be kept at all costs.
- 2) Righteousness: meaning decisions must be morally right taking into consideration the needs of seven generations to come.

Power: meaning the power of the people must be maintained including the equal sovereignty of all men and all women. Conflicts between nations were also resolved through diplomacy and consensus. War - or the use of violence - was only a last resort. Even then, the women and children of the opponents were spared.

Throughout, our ancestors always respected the other nation's different customs, laws and ways of life, whether they approved of them or not. They would work out agreements on how to live side by side. Therefore we have stood by and not become involved in this conflict. But we see now that it has gone too far. Innocent lives and mother earth is at stake. As women and caretakers of this earth, we have decided to speak up.

According to the law of our ancestors, the soil of North America is vested in the women. Serious decisions about warfare had to involve the other half of the people - the women - the bearers of life, the nurturers of the earth.

We are now facing an unnecessary war.

We have a duty to use our power to do good. We have decided to remind all humanity of this important truth. War cannot happen without the support of women. We ask the women of the world to come forward and play their rightful role as the progenitors, the creators of all men, of all humanity, the caretakers of the earth and of all that lives upon it.

As women, we know the pain and suffering of child-birth. We feel a deep loss when our children die. This understanding compels us to act to stop the destruction of lives. The children must not suffer. Not our children. Not the children of anyone we disagree with. We respect the sovereign and sacred right of each individual to live on this earth. We ask you, the women of the world, and the men who support us, to come forward and stop this madness.

This decision to go to war will cause the deaths of thousands of innocent men, women and children. It is a decision that has been made primarily by men without the input of the people of the nation, without the input of the women. Most of these men have grandmothers, mothers, wives, girlfriends, mistresses, sisters, aunts, daughters, nieces, granddaughters, nannies, etc. We are asking all of these women to put pressure on these men - men like President George Bush, Colin Powell, Senator Rumsfeld, Prime Minister Tony Blair, Saddam Hussein, Prime Minister Jean Chretien, Ariel Sharon, the Palestinians, the North Koreans and anyone else who is involved in causing the current threat to destroy the world.

Women, bring your men to their senses.

Women, remember your power. Remember your responsibility.

Every person has personal power. We must all use our power to do good.

We must stop the war.

We must maintain the Peace.

We must hold back the moccasins.

Kahn-Tineta Horn, Mohawk mother & grandmother
Kahente Horn-Miller, Mohawk mother Karonhioko'he,
Daughter Kokowa, Daughter Grace Lix-xiu Woo, Aunt
& Sister

Mississauga South New Democrats 2612 Constable Rd., Mississauga, ON L5J 1W2 Telephone: (905) 822-8637 Fax: (905) 822-2174 <www.awndp.com/msndp> <<http://www.ciwndp.com/msndp>> Friday, February 28, 2003 America Online: Avaton

Even Dogs Do IT...



RELATIONSHIP BETWEEN A PATIENT AND PSYCHIATRIST: IS IT IMBALANCED? (Being Vulnerable to Manipulation and Suggestion)

QUESTION:

A question from Larry Hansen, in Baldwin, New York. He writes a rather long statement here. "Awareness, It has always encouraged entities to question everything and for all to discern for themselves what is best for oneself in every situation. My question is: Can one effectively do this during times of stress when they are consulting with a psychiatrist or trained mental therapy professional?"

"From my view, it seems to me that once you admit you have a problem of any kind to a therapist, you find yourself on the defensive, either from the therapist exploiting your shortcomings to attempt to make you feel belittled or from a number of suggestions, some overt or some covert, that you have failed to correct your problem on your own, and therefore, any attempt to explain your perspective about your situation is simply rationalization on your part.

"It appears to me that once someone tells a therapist that he or she has a problem of any sort, the stage is set for an imbalance of power in the relationship between patient and therapist, because the therapist can refuse to allow the patient his or her own view, can reject any explanation from the patient and soon the patient in his or her vulnerability during a time in which a problem may be hindering their self-esteem and confidence may not realize that they are vulnerable to manipulation and the power of suggestion.

"In other words, the patient is stripped of his or her ability to discern and question his or her situation, so that the therapist can control the process. Perhaps there are many instances when the conscious mind or ego defenses of a patient need to be subdued in order for there to be progress in therapy, however, can Awareness comment on the potential imbalance of power in patient/therapist relations and are there instances when it would be appropriate for an entity to suspend their personal power to a mental therapist in order to achieve some greater therapeutic value?"

COSMIC AWARENESS:

This Awareness indicates that a good therapist should not be in competition with the patient and the patient should not feel a competition exists. If there *is* the feeling



of competition the patient should speak to the therapist about this.

This Awareness indicates that the best approach for the patient is to inform the therapist of what he or she wants out of the therapy and the best approach for the therapist would be to ask questions of the patient in order to be able to give the patient some kind of positive feedback as to how he or she can deal with the situation in a more effective way. This Awareness indicates it is not healthy for a relationship between therapist and patient to be based on whether the patient has flaws and whether the therapist can point out those flaws. That is not really good therapy. It is not really good therapy/patient relationship.

Questions to Ask Your Therapist

The idea is not so much to find flaws in the patient as to find how the patient can help to make things work better in his or her life. You may actually approach your therapist in the form of a questioner, asking the therapist: "In my situation *this*, this and this happens to me. In my relationships it happens like this. What can I do to make my situation or my relationship work more harmoniously in my life. Do you have any suggestions?"

The therapist may want to inquire more into some of the areas and should be able to quickly come to some understanding of areas that are being the problem areas of your relationships or whatever the situation, and bring about a discussion of these problem areas so that you can look at them and learn from them on your own.

It is best for the therapist to help you discover your own problems rather than point out your weaknesses. Most men, in going to a therapist would hesitate to explain or portray or admit any errors in personality or character or in behavior to a therapist and might even resent the fact of a therapist pointing out any of these and this is what keeps most men from going to therapists.

Good therapists try to avoid this kind of ego confrontation between themselves and patients. They prefer not to destroy or harm another's ego or challenge the other's ego, but rather to help the entity discover from their own observation of things that they are involved in, things that they do; help them to find their own answers to their problems. These are the better therapists.

This Awareness indicates they might, for example, ask questions of the patient in such a way that the patient gradually begins to see what it is that he or she has done that led to a problem. They might simply be asking questions: "How did you feel when she said this to you?", and then you, as a patient look at your feelings in the situation and explain to the therapist how you felt.

Gradually, by looking at yourself and your feelings, you might come to realize what you did in the situation that led to some event which troubled you, and you might find your own insight without the therapist even giving you special insight.

This Awareness indicates that if you have a therapist who is picking at you, and trying to find your flaws, your aberrations, your problems in your psyche, that therapist is probably not very good at what he or she is doing. This Awareness indicates if you are undergoing psychiatric evaluation, the psychiatrist might not be well trained, if he or she causes you to feel inadequate or incompetent or as one with a poor self-esteem.

If you feel worse having talked to the entity, the entity is probably not a good therapist.

QUESTION:

A question from Christopher Largent. "I've seen trances in religions, Haiti, Bali, etc. Trances are sometimes used as in Tibet, for advising officials, but in this case, it's confined to a single person who goes into trance. What's going on in the group trances in Bali, and in other places? Who's doing the possessing and are they safe for the possessed?"

COSMIC AWARENESS:

This Awareness indicates that there are different kinds of activities, all being labeled by the same word "trance." This Awareness indicates that this so-called trance of the Interpreter is not actually what most people term a "trance". This Awareness indicates that most people would term the state which the Interpreter is in as a deep meditative or even self-induced catatonic state. This Awareness indicates it is not a trance in the usual sense.

This Awareness indicates that in those areas in which there are mass numbers involved, such as at rock festivals where everyone is focused on the music or the beat, or in those situations of a type mentioned in the questions wherein a group of people are entranced by some focal point figure, the action may be termed "trance" or it may be simply called "hypnogogic" or it might be just entities in focus, wherein all things are out of focus except that which is the subject of all the attention.

This Awareness indicates what is going on essentially is concentration. In all of these situations, the entities who are said to be in trance are simply shutting off their attention from all other areas except those which are the subject of the focus and they are concentrating with all of their attention on that to which they are focused.

This Awareness indicates the same is true in terms of the rock festival, the beat, the music. The person who watches a movie and is totally caught up in the movie is entranced and is focused. It is not something that is mysterious. It is not something that is strange or unusual. It is simply a matter of extreme focal activity, focusing without a break in the attention.

If you break the attention, you have broken the trance. This Awareness indicates that this is essentially the process, and by giving all of your attention to something, you become much more capable of complete absorption and understanding of that on which you are focused.



ON THE MASSES AWAKENING

The masses of entities upon this plane shall eventually awaken and realize what is occurring, and those who have held power and have misused that power shall find themselves being overthrown by the masses.

The meek shall inherit the earth.

(From Issue 78-20)

HOW CHIROPRACTIC HEALING WORKS

QUESTION:

A question from Charles Rommell. He writes: "I am no longer working, but I'm going to school at Life Chiropractic College in Mariana, Georgia. Many of the chiropractic principles have been taught there. I have also heard from Awareness to give for the sake of giving and love for the sake of loving without the expectations of a return.

"The major principle is that the healing comes from within the body by the body's own innate intelligence and is transmitted through the body by the nervous system. The chiropractor removes any interference to this transmission by relieving nerve impingements.

"The founder of chiropractic in 1895, said that he did not stumble upon it accidentally, but it was slowly fed to him by Universal Intelligence in subtle situations. I have not seen any reference to chiropractic in the readings. Would Awareness please comment on this healing art and its origin?"

COSMIC AWARENESS:

This Awareness indicates that this as one of the more profound natural ways of healing and that this Awareness has often referred entities to chiropractic treatment for healing of various conditions and would prefer entities to use the chiropractic healing techniques than to rely on drugs or pills or surgery, for the chiropractic methods are more natural.

This Awareness indicates that there are also some areas which entities can be slightly harmed by chiropractic treatments. Sometimes the body will be in need of simply being left alone, but chiropractic doctors on occasion will want to keep the patient returning and therefore, will have the entity continue to return for chiropractic adjustments.

The adjustments are given and the structure moves back into place, into alignment, but what occurs on some occasions is that these areas become weakened by so many adjustments and when an entity is beginning to heal and get into proper alignment, the new adjustment weakens the surrounding muscles and causes the area to slip out again.

This Awareness indicates that sometimes, the adjustments can be better effected by exercising of muscles, strengthening of certain muscles to keep the skeletal framework in place rather than popping the spine each time it slips out. This Awareness indicates that in most cases, if the spine has slipped out and is put back, it will remain in place, and be satisfactory. If it keeps slipping out and keeps requiring continued chiropractic adjustment, it may be necessary for the entity to engage in some kind of muscular activity, some kind of exercise that helps to put the muscles surrounding that particular bone or vertebrae into a more balanced pull so that the muscle on one side, which perhaps has been weak, is strength-

ened to match the muscle on the other side, which has been pulling it out of place.

This Awareness indicates that good chiropractic doctors understand this and will help their patients do exercises that not only strengthen the muscles, but do it in such a way as to help keep the spine and other joints in place.

This Awareness indicates that along with chiropractic treatments also are the natural healing techniques that can be effected through the proper use of diet, the proper use of natural healing agents such as herbs or vitamins, and these too can be of great benefit to entities.

This Awareness indicates that there are some states in which chiropractic medicine and therapies are allowed more license or leeway in the treatments. There are other states in which they are restricted severely as to what they are allowed to do. Those who live in the states where chiropractic doctors are given more freedom to treat the individual are indeed more fortunate in that they can get a more complete coverage of treatment.

This Awareness indicates there are some states which have chiropractic colleges, such as in Illinois. It appears Indiana is also one. Oregon has a strong chiropractic college, and there are others. These states generally are more lenient in terms of what the state laws allow chiropractic doctors to do in terms of treatment of patients.

Other states may be more restricted toward their chiropractic doctors because of the power of the AMA and the lack of support from a college or number of trained chiropractics in the area. Where the chiropractic doctors can amass together enough to lobby state laws or to have an influence on state laws, the generally have greater freedom to practice.

AMA Called Chiropractors "Quacks" and had to Apologize

This Awareness indicates that a few years ago, the American Medical Association labeled the chiropractic doctors as "quacks" and the chiropractic doctors sued and appealed to the higher courts, and won their case. The higher court ruled that the American Medical Association had to acknowledge chiropractic medicine as being a valid way of treatment of certain diseases and demanded or required of them to apologize to the chiropractic doctors. This resulted in full-page apologies from the American Medical Association to the field of chiropractic medicine.

SPIRITUAL HEALING BY SOME CHIROPRACTORS

FOLLOW-UP QUESTION:

I read somewhere a long time ago that the originator of chiropractic, I believe his name was Palmer, or something like that, included in the theory that it was more than just making adjustments to the physical frame; that as the doctor touched the patients with his hands, and he would tune in to the body and there was this type of psychic or spiritual healing going on at the same time, and this is not admitted to or talked about by chiropractic doctors nowadays.

COSMIC AWARENESS:

This Awareness indicates however, there are certain techniques used by chiropractic doctors; some of these techniques are used by some chiropractic doctors in which there is a kind of energy transference that occurs through different manipulations or activities.

Sometimes, perhaps the chiropractic doctor will put his hand on a certain place, then slap his hand, and energy is

barely felt by the patient, but it creates a transfer of energy into that meridian point or nerve point, which the doctor understands and which may have a profound effect on the energy flow of the individual.

This Awareness indicates there are a number of similar techniques that deal with moving energies in the body rather than simply popping bones or popping the vertebrae into place.

"SATAN" SEEN IN SMOKE AGAIN (Computer Images and Terminator II)

QUESTION:

There was a story in the April 7th *Weekly World News* about petroleum workers drilling for oil in the arctic broke through the earth's crust 7,000 feet underground and this caused a bizarre incident where the oil well blew up and fire shot out and killed 13 people and the flame chased them, and a photograph allegedly taken at the time shows this huge image of what they call a "Satan" coming out of the smoke complete with teeth and horns and it looks like, if there was such a thing as Satan, it would look like this.

I'd like to ask Awareness, without reading the article, is this a hoax, or is this an actual photograph?

COSMIC AWARENESS:

This Awareness indicates that it appears to be a hoax based on combining photographs together. That the combination of a picture of an oil field landscape, along with a second photograph using smoke and pasted up features along with additional smoke being added behind that second photograph to spill out around the photograph wherein the one was used and combined with the other image; this appears to be a doctored creation, a creation made from doctoring truth into a composite image that resulted.

This Awareness indicates it was of course quite professional; that you will see this kind of thing more and more in the future. It will be related to the techniques used in computer graphics technology such as was used in *Terminator 2* whereby entities can create images that flow from what appears to be a non-solid to a fluid kind of image and whereby these images can be used to create all kinds of shapes.

This Awareness indicates that more and more entities who are involved in this kind of computer technology of image creation will find ways whereby they can earn money from their craft, from their technology by selling photographs to tabloids which become almost impossible to disprove because they look so real. For example, in *Terminator 2*, when the face comes up out of the floor and becomes the shape of a man evolving out of linoleum, you can imagine how, if this were not already known in the movie *Terminator 2*, how a tabloid receiving such a story around such an image could be told that "Satan came up out of the floor and almost grabbed me!"

This Awareness indicates that here is the picture to prove the entity's story, and it looks real and it has no explanation as long as entities have not been told of the new technology. This Awareness indicates that you can expect more of these stories in the future as entities seek to make money from their new technology.

WHO WAS HERMES TRISMEGISTUS?

QUESTION:

We received some information on a new book called

The Hymns of Hermes by G.R.S. Meadel who was the author of *Fragments Of A Faith Forgotten*, and one of the things in this pitch is states: "these writings are attributed to Hermes Trismegistus, an ancient Egyptian sage, the founder of all arts and sciences, both mundane and spiritual. Rather than being an actual person, Hermes is in reality, the Egyptian personification of the "Gnostic" revealer."

I'd like to ask Awareness, is that true that this was never an actual entity, with all of the books that have been written and attributed to him?

COSMIC AWARENESS:

This Awareness indicates that this is essentially true, however there were many entities who named their sons Hermes, and there were many who were called Hermes; that Hermes was a title, much as 'professor' is a title today. This Awareness indicates that this Hermes is also a symbol for the planet Mercury, which represents the mind.

This Awareness indicates that therefore, there are many meanings of the word Hermes. Hermes Trismegistus meaning Hermes Three Times Blessed, was the name of an entity, or the name used by an entity who reached high levels of priesthood for his wisdom and knowledge in ancient Egypt. It was not the original meaning of Hermes, but it was a name attributed to this entity and the entity was believed by many in Egypt to be the real personification of Hermes. It is a word that has a meaning similar to wisdom, thus, if an entity were born in your society and his name was Wisdom, many entities, after some time of hearing this entity's wisdom would begin to think of him as Wisdom, even though the name Wisdom superseded the entity's birth and life existence.

A LIVING FETUS IN THE GALAXY? (More on the Andromeda Galaxy)

QUESTION:

A question from John Snyder, Pacifica, California. "Please ask Awareness: I received psychic impressions that there exists a black hole tunnel combined with a prism of astral light approximately 8 light years in length which connects our galaxy to the Andromeda galaxy through a sub-space opening. This is connected with a galaxy that appears to be a living fetus. Will Awareness look at these impressions and either validate or invalidate their reality and/or significance?"

"Please expound in as much detail as possible."

COSMIC AWARENESS:

This Awareness indicates that this appears to be an accurate observation; that there are connections between this and the Andromeda galaxy, whereby those from the Pleiades, Lyra and Vega move to and from this Andromeda galaxy. It is in the Andromeda galaxy that many of the higher teachings that are used by these entities in Vega and the Pleiades are formulated.

This Awareness indicates that the so-called prism and black hole are not as defined as most entities would assume from the labels. The prism is really a twisting of light, and the black hole is actually a force of gravity that pulls into that galaxy and there is another that leads back from that galaxy into this one.

This Awareness indicates there is what may be termed commerce and communication between these two galaxies. It is very carefully guarded, allowing only those of higher motives to enter into that galaxy from this one.

This Awareness indicates that the energy for this proceeding is difficult at this time; that *It* cannot get any further information at this time.



**VISIT THE TEMPLE OF LIGHT
IN YOUR DAILY MEDITATIONS**
Deposit your energy in this cosmic Bank. Withdraw it when needed for healing or personal use. Keep in touch with CAC when you start getting results!



WHAT IS COSMIC AWARENESS?

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

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Prayer for Balance

Start your day and end your day by saying the following aloud:

I AM ONE WITH ALL THAT IS!
Thank you God

WORKING TOWARDS A SPECIFIC GOAL

(The Way to Do Is To Be?)

QUESTION:

A question from Millie P., Tucson, Arizona. We don't know her last name. She writes: "Please ask this question if you can. I hope it's very important to others as well. We are advised to work toward our goals, to make an effort for something more. Yet, some say not to try so hard, that when you're not trying, that's when you succeed.

For example, you hear of many trying to get ahead in acting. Then you hear of successful actors who simply had an accident that changed their career course, or they didn't plan it.

"Then there are the daily observations: When you try to float, you sink. When you try to be quiet you trip and make noise, et cetera. So, there is the anxiety of not trying hard enough, or trying too hard.

How do you reconcile this potentially devastating paradox? Were those who succeeded simply more "in the moment" than those who didn't?

"Is the answer in: "The way to *do* is to *be*," whether you try or not?"

COSMIC AWARENESS:

This Awareness indicates that there are many concepts involved in this question. This Awareness will attempt to respond to each. This Awareness indicates that in a general sense, there is also the astrological influence of the moment and entities who are astrologically attuned will find themselves being influenced in a certain direction.

This Awareness indicates that one astrologer said: "When it is steamboat time, steamboat, but don't try to steamboat when it is working against you." In other words, when the astrological influences are not working for you, then your effort to succeed is likely to be futile.

This Awareness suggests that for those who are into astrology may find that there are certain times when it works to your favor, and certain times when it does not help you, and when it works to your favor, that is the best time to give it all you've got.

Another Way Is to Research Then Let Go and Relax

This Awareness indicates there is also another way to look at the situation. In the study of creativity, entities have found that the creative idea comes not spontaneously or not out of nowhere, as a general rule, but comes after one has done enormous research or deep thought into some problem or concept in which the entity wants clarity and understanding, and after the entity has researched heavily, discovering that the effort has yielded nothing, the entity finally decides, "I'm not getting anywhere with this work! I might as well go play golf!"

This Awareness indicates that entities have discovered that after heavy research, when one is in a relaxed mode, enjoying himself or herself, going through some kind of total relaxation; that is when the pay-off comes for the heavy research that has been done, and suddenly, during a relaxed moment, an answer comes and the problem is solved.

This Awareness indicates that in other words, it is not so much that an entity can work really hard for an answer and get the answer, or work really hard for achievement and get the achievement and the breaks necessary for the achievement; the entity also has to have moments wherein the hard work begins to cook in

the subconscious levels and is working while the entity is focused on other things. While the entity is relaxed the problem continues to work because of the hard work and effort the entity put into the problem originally.

If the entity had not put any effort into solving the problem, the problem is not going to suddenly pop up during a relaxed moment with an answer. The two go together. One must work hard and then play, and forget about the hard work, and focus entirely on the play, and during that relaxed time, that is when the subconscious releases the answer to all the hard work that the entity has done.

This Awareness indicates that this is a principle that is well known by those who have studied the creative process. This Awareness indicates that the last part of the question be repeated.

IS THE ANSWER "THE WAY TO DO IS TO BE?"

QUESTIONER:

"How do you reconcile this potentially devastating paradox? Were those who succeeded simply more "in the moment" than those who didn't? Is the answer in "The way to *do* is to *be*?"

COSMIC AWARENESS:

This Awareness indicates there is a certain amount of truth in that last phrase. Wherein an entity wishes to achieve some quest or goal in life, one person will try to "do" something; the other person will see himself as being the kind of entity who accomplishes that particular quest.

This Awareness indicates the entity, for example, may wish to become a real estate investor, and the entity will try to learn how to become a real estate investor. The entity will study courses, tapes and books to learn what to do to be a good real estate investor.

Another entity seeking to achieve the same thing may start off with a different attitude, saying to himself, "I am a real estate investor" and the entity will go through the motions and pretend that he is a real estate investor, and as the entity gets older, he continues to feel that he is a real estate investor, and he may not really study the books or the courses very well, but may simply have an interest in being a real estate investor.

He is not so concerned about doing, he is more concerned about *being*, and eventually will see that in being a real estate investor, he acts like a real estate investor. He learns more about real estate, he learns more about what investors do, and he learns what they don't do, and gradually he finds himself following around real estate investors and watching them do their thing, or he may look at the books, listen to the tapes, listen to the teachings of real estate investors, but not in order to *do*, but more in order to *be* a better real estate investor himself.

He is already a real estate investor in his mind; he simply wants to be a better one. This Awareness indicates that the entity is more likely to become a good real estate investor than the one who is focused on doing the right thing, because the entity, in *being* the real estate investor, finds it comes natural to take the actions necessary in playing the role of the real estate investor that he perceives himself to be.

This Concepts Works When Pursuing Any Occupation

This Awareness indicates the same may be said for any other occupation that an entity wishes to pursue. The entity who wishes to be an artist, instead of saying: "What does an artist do? How does the artist do it?" the entity says, "I am an artist," and the entity picks up the brush, picks up the paint, and starts drawing. It may not

look like much for a three-year old, but by the time the entity is 12, and has been drawing for all these years, because he or she is an artist, the paintings then are quite impressive for a 12-year old.

This Awareness indicates that "being" what you wish to be is a much more natural way of achieving your goal than trying to *do* what those people whom you wish to become normally do. This Awareness indicates that you will see this in children. The child is spinning around, and someone says, "What are you?" "I am a dancer," and the entity continues to dance for years thereafter, so that when the entity is 18 or 20 years old, she is dancing, and everyone looks at her and says, "She is a dancer!" The entity may have never had any lessons or training, but the entity is a natural-born dancer, simply because she sees herself as a dancer and plays the role she has chosen.

This Awareness indicates if there was any part of the question that was not yet discussed or answered sufficiently, that this may be repeated.

THE ANXIETY OF NOT TRYING HARD ENOUGH

QUESTIONER:

Well, she mentioned the anxiety of not trying hard enough, or trying too hard.

COSMIC AWARENESS:

This Awareness indicates that when an entity becomes anxious about achieving something, they often present psychological barriers. Thus, trying too hard can create problems for an entity. If you stand in the middle of a basketball court and psychologically work yourself up to the idea of trying really, really hard to make a basket from center court, you will probably find it not as effective in making such baskets, as when you stand in the middle of the basketball court and *imagine* tossing the ball and it going into the basket with great ease.

This Awareness indicates if you imagine this repeatedly, even if you do not shoot the ball; if you just stand there and imagine shooting the ball into the basket from center court, and you do this repeatedly for some time, possibly every day for a period of several weeks, you will find that your ability to actually make the basket once you start shooting the ball, is much greater than if you stand in the center of the court thinking, "I'm really going to try to make these baskets!" and you use heavy determination and great energy in trying your very best to do something.

The Action of "Trying" Implies Inability

The very action of tensing up to do what you must really try hard to do, causes a disruption in the flow. You are not relaxed. You do not shoot well because you are too tense. The action of "trying" implies inability, and therefore, you lack the confidence of actually doing it. Otherwise, you wouldn't even have to try, you would simply visualize the ball going in the basket and find that when you shoot, the body reacts to the confidence of your visualizations.

This Awareness indicates it is much the same with other things. Once you have the confidence to do something, it becomes easier. If you are lacking in confidence but determined to try your best, it is hard to accomplish your goal.

THE ACTION OF "BEING" VS "DOING"

QUESTIONER:

Did Awareness cover the final part of the question? "Is the answer in "The way to do is to be, whether you try or not?"

COSMIC AWARENESS:

This Awareness indicates that this as having been discussed in the concept of *being* a dancer or *being* a real estate tycoon rather than trying to do the things a dancer does, or *do* the things a real estate investor should do. The action of being is a way of making the event come naturally to you, whereas *doing* requires you train yourself in hopes you can acquire some kind of skill. *Being* is a way of developing naturally the skill necessary.

Thus, it is recommended that you be what you set out to become, rather than trying to do what you think must be done in order to become.

THE KEY TO MANIFESTING...

HE TRIED 41 YEARS TO FIND A MATE

(When He Stopped Trying She Suddenly Appeared)

QUESTION:

A question from John Yost, Oklahoma City, OK, in a letter to Vikki. John is an extra working for Ted Turner movies, and he's played in five of them so far. He writes: "Here is a good question for Cosmic Awareness. I have completely and totally given up on "love" or having somebody to share my life with. Then "Poof!" a woman named Linda arrives. No questions, just a relationship. I've been living with her for four months.

"The idea is this. I've been looking for someone for 41 years, praying, dating, et cetera: nothing! But, only after I gave up, i.e., let go, then that "somebody" comes to me. I mean, Linda *asked me!* I never would have asked her. See how it was? I need to ask Awareness: is this the "magic" answer? Only after you give up and let it go, even forget it, then the prayer was answered. It seems like magic.

"Is this how magic works? A strong desire for many years, then give up, or rather, I should say, "Let go." Is this how we can get anything material we desire? I'm not greedy, just needy," he adds.

COSMIC AWARENESS:

This Awareness indicates that this is in the affirmative. That this is the key to manifesting. You work hard to get something, and then you turn it over to the Divine and stop worrying about it, and the Divine begins to fulfill your need because there is now a vacuum in your psyche. The effort to acquire, to achieve, to get the answer, to get the solution to your problem requires that your mind works hard.

As long as your mind is working hard to get something, it is trying to control things. Once the control is released and turned over to higher spiritual forces, once you say, "I cannot make this happen for myself! I cannot force it! I cannot do anything to bring about what I wanted. If there is any Divinity that wishes me to receive what I have sought, it is up to you."

"Thy Will Be Done" Creates a Vacuum For the Universe To Fill

Once this kind of attitude, "Thy will be done" attitude, is accepted, then there is a vacuum in your being, and all vacuums in the universe must be filled with something. If you have been seeking a certain thing to fill your being and you create a vacuum for that to come, then it is for the universe to fill that vacuum.

This Awareness indicates you can also find this works in other ways. That sometimes you will see a particular item, a vehicle, or a certain thing that you really want, and you put out a lot of thought, a lot of energy, a lot of psychic emotional attachment-type energy toward achieving or acquiring that particular thing. You see the exact color you want; you see just the very thing that you truly desire, but you don't have a sufficient amount

of money, you don't have the means to get the particular thing, and lo! and behold! the next time you pass by, it has been sold. Someone else got it.

You cannot keep holding on to that which is gone, so you must let go, but because you have put so much energy into it, something else occurs at a time when you have totally forgotten your desire and your desire then, being forgotten, is no longer on your mind, but all of a sudden, there is an opportunity and it is handed to you within your means, either as a gift or at an affordable price, and it is very much like the one you wanted before.

How It Worked For The Interpreter

This Awareness indicates that the Interpreter can vouch for this in many vehicles that he has had during his lifetime. In 1955, the entity attended an automobile show in Kansas City while in the army and saw a white 1955 Porsche, brand new. The entity saw this car and fell in love with it, as much as one can fall in love with a vehicle, and never forgot what it looked like, and always felt that was the car he really wanted.

At the time, making \$78.00 a month, the entity could not even conceive of buying the car. Four years later, the entity was driving along, now out of the army and going home from work; the entity saw a blue Porsche, exactly the same kind in a parking lot. He stopped and saw the price at \$1,195.00 to be well within his means and so he purchased the vehicle. This Awareness indicates that the entity drove the car for many years and kept it for a total of thirty years.

This Awareness indicates that another similar situation occurred where the entity saw a 1956 Oldsmobile and really liked it and thought it was within his means; this was in the early Sixties, but the entity did not move fast enough and the Oldsmobile was sold. However, because he had put so much energy and thought into that vehicle, another opportunity came by wherein his friend had a 1960 Oldsmobile that he wanted to sell, and sold it approximately a year later to the entity, and the entity was very pleased because it was even better than the one he had energized.

This Awareness indicates another example as that wherein the entity, being unemployed for quite some time, found that the soles of his shoes were worn down and getting very thin, and after several days of trying to figure a way of getting his shoes repaired, the entity more or less gave up, and as he was walking across a field, through a park, the entity suddenly noticed a pair of brand new shoe soles, just the right size for his shoes, lying in the field.

He picked them up and walked on past his destination to a shoe shop, some quarter of a mile further, and walked in and asked the owner of the store, "How much would you charge me to put these soles on my shoes?" The shoe-store owner said, "I will charge you \$7.00." The entity said, "How much would you charge me if you supplied the shoe soles?" and the storeowner said "The same amount. Whether you supply the soles, or I supply the soles, it's going to cost you \$7.00." Thus, the entity left the shoe store and wondered, "What went wrong here? I manifested the shoe soles that I needed, but I didn't get it right!"

He then realized that he should have simply manifested a pair of new shoes instead of just the soles, and he began thinking about new shoes, and he went home and stuffed cardboard in the bottom of his shoes. A week later, the entity's wife called out from the other room and said, "Come in here!" The entity walked into the room, and she said, "Try on these shoes!" He said, "Where did they come from?" She said, "I don't know.

They were just in the closet here. I don't know whose shoes they are."

He sat down, put on the shoes, and they were a perfect fit. She said, "Well, there are your shoes!" So he began to wear these shoes. Four months later, at a Christmas party, her brother looked at his shoes and said, "Oh! There are my shoes! I wondered where I lost them!" And the entity said, "Oh. They were in our closet! I didn't know whose they were. Do you want them back?" "No. I don't want them back. They are all worn." And the entity thanked him for the shoes and appreciated the manifestation that had occurred.

This Awareness indicates that this kind of thing can be very common for entities, not only with shoes, but with other things. As long as you recognize the ability to be able to manifest, recognize that the universe is full of goodies and all that is necessary is for you to energize your need, and then turn it over to the universe to fulfill your need and be watchful when it comes, almost always it will come at a time when you have totally forgotten your need. It will just suddenly appear.

In a Nutshell: Here's All You Have To Do

This Awareness indicates that many more examples of this could be given, but after awhile, it becomes redundant, and therefore, this Awareness suggests that rather than hearing further stories from entities, it would be better for you to start practicing these things for yourself. Put forth some effort, put forth some energy. Make the effort, and then when you can't complete your effort and there is nothing left for you to do but to give up, then give up totally, and with the faith that your need will be supplied by some Higher Force if it is right for you to have that need fulfilled: "Thy Will Be Done!"

This Awareness indicates with that attitude toward your goal, saying to the Divine: "Thy Will Be Done!", allows you to quit energizing, quit making the effort, and allows the Higher Force to begin work on bringing forth the manifestation of your request.

A VERSION OF THE TREASURE MAP AT WORK

FOLLOW-UP QUESTION:

That's sort of like how the Treasure Map works, but without writing out the map. Is this correct?

COSMIC AWARENESS:

This is in the affirmative. This Awareness indicates that the Treasure Map works on the same principle. The writing out of the map is the work that you are doing. You may refer to this as the *Great Work*, if you wish, but the effort that you put forth to create or to bring about some goal, *is* the work that goes into the activity.

You may say it is the "energizing" action and the energy that you put in is taken by the Higher Forces and used to bring about the manifestation of your desire, if it is the will of the Higher Forces for you to have that desire manifested. You must give up all your personal control and forget about your desire.

As long as you are sitting there thinking, "I energized, I thought, I worked, I drew my Treasure Map... when is it getting here?" you are not ready to receive it because you have not released your psychic control and have not turned it over to the Higher Spiritual Forces to allow them to manifest it in your own way.

You are still psychologically attached to it. You must release all attachment after you have put great psychological energy, emotional energy, and physical effort into the effort of acquiring whatever you sought.

ED'd Note: for more on Treasure Maps and charts, please refer to "Revelations of Awareness" issues: 83-12; 89-11; 99-10; \$3.00 from CAC.

You Can Visualize As In The Kahuna Prayer

This Awareness indicates there is benefit in releasing with a kind of grounding action. Thus, you may wish to not only psychologically and emotionally give it up, you may also wish to turn it over to Higher Forces by visualizing, as in the Kahuna Prayer, visualizing your request going up toward the sky as a kind of package, or bird or circle, or some winged package that is flying to the Higher Self or to the Divine Forces, carrying your prayer, carrying your wish, and you may do some physical action such as stomping your foot, clapping your hands, or bowing your head, or speaking in some way to the Higher Forces, or as in the Kahuna Prayer, blowing your breath through the uplifted hands toward the Higher Self, and visualizing your request being turned over to these Higher Spiritual Essences.

This Awareness indicates in this action you are letting go of any control you have. You are turning it over to the Higher Forces. It is likened unto mailing a letter. You do not mail the letter and tie strings to it to keep strings attached. You simply turn it over and trust the post office to deliver it. This Awareness indicates that in this manifesting process, you turn it over to the Higher Forces, and trust them to do what is right with your prayer.

If it is not something that will cause harm to anyone, there is a great likelihood that it will eventually manifest for you, but it may not be at your timing. It may not be exactly when you want it. It may come at a different time, but when it *does* come, you will realize that the time is just right for the manifestation that you have needed, that you sent in your prayer for the manifestation to occur.

This Awareness indicates that God's timing is not always harmonious with your own timing, but the Divine Timing is always right and you will understand the rightness of it when it does come about. This Awareness indicates some entities are capable of setting a time when something is needed, or it may be that part of the need has to do with a certain time limitation.

The Timing For What You Desire Must Also be Energized

If, for example, an entity needs a certain manifestation by a certain time, or the manifestation will be of little value, then usually the timing needs to be energized also so that the Divine Forces not only manifest the object needed, or the manifestation of the energy needed, but also, the Divine Forces will need to have energy to manifest it in a certain time period.

This Awareness suggests thus, you think not only in terms of *what* is needed, but also of *when* it is needed, if that is of great significance.

This Awareness indicates that again, before it will be manifested, you will need to let go, and let God take care of the situation. If you do not let go, it is not likely that the energies can be properly manifested through the Divine Creator, because you cannot hold onto something and at the same time turn it over to the Divine. You must actually let go and let the Divine have *Its* way in manifesting the thing you desire.

This Awareness indicates also, it will not be manifested if it would lead to harm to yourself or others.

SHE BELIEVES IN TRYING HARD

(Should She Say Instead She's Doing the Best She Can?)

FOLLOW-UP QUESTION (VIKKI):

So returning back to the daily operational level in relation to trying hard versus *being*, all my life I've believed in trying hard with an enviable goal, but in

light of this information, would it make any significant change as far as effectiveness, if instead of thinking of "Well, I'm trying as hard as I can," to say instead, "I'm *doing* the best that I can?"

COSMIC AWARENESS:

This Awareness suggests rather, that you be the responsible person that you envision as one who can do whatever is expected of your profession. This Awareness indicates instead of trying to do the dance, rather than trying to do your best at the dance, just *be* the dancer. That is the best there is. Rather than trying to do your job as secretary; rather than trying to do the best you can as a secretary; just *be* the best secretary there is for your chosen profession.

Be All That You Can Be and Forget All You Can Do

In other words, be all that you can be, and don't worry about doing all that you can do, for the doing will follow in proper course what you *are* in your *being*. This Awareness indicates if you are a great transcriber, then you don't have to worry about doing really good transcriptions. Just be a *great* transcriber. It makes it easier to be the best you are, than trying to do the best you can.

Trying to *do* the best you can implies a difficult effort, but *being* the best you are allows you to relax and just be yourself in your performance.

THE EFFORTLESS WAY TO LOSE WEIGHT

(Her Meditation and Other Methods Failed)

FOLLOW-UP QUESTION (VIKKI)

One other area which seems to tie in with both the being and doing and the Treasure Map or at least trying to achieve what you desire ...

COSMIC AWARENESS (INTERRUPTING):

This Awareness suggests you be careful about using the word "trying," for when you try, it usually implies difficulty. It is a way of setting up barriers to your actions, for you cannot act to get across the room as easily, if you are "trying" to get across the room, as you would if simply be yourself in movement, or be in movement as you cross the room. Continue.

QUESTION CONTINUES (VIKKI):

For sometime I had a goal of a certain weight and I've been using the meditation for the Eternal Now, with the affirmation of that desire, and logically you're supposed to do certain things like exercise and diet changes, and nothing has happened, yet. Where does this tie in to letting go of it and bringing it on in a way that is successful?

COSMIC AWARENESS:

This Awareness suggests that this is very simple. You simply *let go* of your effort to lose weight, and determine the weight that you want to be, and *think* of yourself at that weight: "I am now *being* at this ideal weight!" Do not worry about what the scales say. Simply feel yourself *being* the ideal weight, and let the Divine move you to that state of being where the scales match your being.

Don't Worry About What the Scales Say

If you can *feel* yourself being the ideal weight, and you focus on that feeling of being the ideal weight, the scales will gradually move to create a number that matches your ideal weight. Once every week or so you may check the scales to see how you are doing in your approach, but this Awareness suggests you not get very concerned about what the scales say.

Just be in your psyche, in your feeling, the ideal weight that you want to be, and let the scales follow. Trust that you will reach the ideal weight without worrying about it and without always checking to see how you're doing, for if the scales are not quite where you want them to be, you might make it too serious or too significant that you are not the ideal weight.

Do not at any time let your being the ideal weight get influenced by what the scales say. Just continue being your ideal weight. If you are seeking to lose ten pounds, rather than *thinking* about losing ten pounds, think about what ten pounds less would be and consider that number as your ideal weight, and focus on *being* that amount.

Forget About The Pounds You Hope to Lose

Thus, if you are a 120 pounds and want to be 110 pounds, instead of thinking, "I am 120 pounds, my ideal is 110. I want to become 110 pounds. I need to lose 10 pounds!"-- all of which is true; but it is also true that psychologically you can be 110 pounds in your mind and in your emotions, and focusing on that 110 pounds, forget about the 10 pounds you have to lose. Let those 10 pounds go and let the Divine get rid of them, and simply focus on being 110 pounds.

This Awareness indicates as you focus on being 110 pounds, for several weeks (it will take at least three weeks) focus being 110 pounds, you will find that you have *started* losing weight during that time. Do not get concerned if you have not lost enough weight. Just continue focusing on the 110 pounds and *being* that weight.

Forget about *doing*; just *be* 110 pounds.

SHOULD YOU WATCH WHAT YOU EAT?

(Will Exercising Work Against Your Goal?)

FOLLOW-UP QUESTION(VIKKI):

So in that case, would anything you physically do, that is logical to do, like watching what you eat, or exercising more, work *against* your goal?

COSMIC AWARENESS:

It *could* work against your goal, as long as you see it as an effort to get down to 110 pounds. It is better for you to *be* 110 pounds and *do* what a 110-pound person would do normally, in a relaxed attitude. If you are 110 pounds, you might like to walk more, or you might avoid some of the heavier foods or fatter foods or tastier foods, and this is all right, as long as you do *not* see it as an effort to get down to 110 pounds.

Just simply eat what you want, but eat sparingly, because you are only a 110-pound person. You don't need to fill the entire body, because you are actually lighter than the entire body, and by eating a little lighter as would a 100-pound person, without any effort or significance involved, you will find that your eating habits do not crave so much, and that you feel better just *being* 100 pounds, and gradually, you will lose weight.

It is logical in an unusual way of being logical. It is not logical to one who sees himself as a 120-pound person trying to get down to 110 pounds, for that kind of logical requires getting rid of something, getting rid of weight, getting rid of some of the food that is being ingested.

But if you are looking at it from being 110 pounds, all that which is between 110 pounds and 120 pounds becomes very insignificant. It simply doesn't exist to the one who sees himself at 110 pounds, and keeping that focus, and keeping the significance on that level of weight without great effort, without feeling, "Oh! I *must* try to be what I am at 110 pounds!"

Eat What You Want and Forget Dieting!

You do not have to *try* because you *are* 110 pounds in your mind and in your emotions. And by focusing on that and keeping that illusion uppermost in your mind, it becomes a new reality for you, and gradually the reality becomes an absolute truth.

Eat what you want, but continue to be 110 pounds in your view of yourself. Gradually you will see that the scales begin to register the loss of weight, as time passes. You may only lose a pound a week. In ten weeks you have lost ten pounds, and you have done it effortlessly, and you are not likely to gain it back.

Dieting always creates the feeling that you are putting forth a great effort to lose weight, and when you have lost weight, you must put forth great effort to keep the weight from coming back, because as soon as you realize you have lost weight, you start feeling that there is something missing that is needed. You are no longer all there, and you begin to put back the weight you lost.

It is called Yo-Yo Dieting because 90% of the people who lose weight through dieting gain it back within 6 months. But if you lose very slowly, because you have stopped trying to diet, stopped forcing yourself, then you no longer fight with yourself and you simply visualize yourself as being lighter, as being the ideal weight you have chosen, and you find the body begins to follow mind in its appraisal of self.

Be 110 pounds, and your body will follow and adjust to your being, and you don't have to do anything. You don't have to diet, you don't have to worry, you don't have to be disciplined, just *be* 110 pounds, if that is your ideal weight that you have chosen.

HOW TO FORGET HARDSHIPS AND MOVE ON?

QUESTION:

A question from Elaine Funk, Garden City, Alabama. In a letter to Vicki she writes: "Thank you for carrying me over in dues again. I'm starting off so much better this year and I *do* hope I will soon go on non-indigent status." I guess this is the question. "The bitterness is difficult to overcome. Could you ask Awareness for a pick-me-up rap on forgetting hardships and moving on to a higher level, if it's an okay lesson?"

"I know rationally, but the feeling lingers and drags me down. Do some of us think we "learn more" when we're suffering or has the woe-is-me feeling?"

COSMIC AWARENESS:

This Awareness indicates that you should ask yourself, "How many real lessons, and how much soul growth do I get from an over-abundance and great pleasure? Do I really learn much from experiencing great pleasure, and great abundance? Or is it simply an enjoyment, such as reward for efforts of the past?"

You will find that in most cases, you really don't learn much, nor do you grow much from having everything going smoothly, but this Awareness suggests your real growth comes from the difficulties in life, from the hardships of life, and therefore, this Awareness suggests that rather than simply trying to forgive and forget the difficulties of life, you should find it helpful to express thanks for the hardships that you have been given because of the brief lessons you have learned, because of the appreciation you have gained for the good things that you have been given.

There are many blessings you have received, but because the negatives were there and you focused on the negatives, you may have forgotten or failed to recognize all of the good that has been given to your life and this Awareness suggests that you may wish to refocus on the good that has been provided you; the loving friends,

r family, or whatever else that may have come your way and given you some sense of stability and enjoyment, and rather than focusing only on the negatives that have occurred, express some appreciation for the enjoyment that you have received.

You may even find it helpful to focus on and appreciate some of the negatives that have occurred and look at these negatives to see just what they did add to your life, what they added to your character to give you greater resilience, a greater ability to be strong even in the future problems that might occur. If you can overcome these negative problems you have experienced, doesn't that show that in the future, if similar problems occur, you will also be stronger from having experienced these negatives, so that you can then handle these future problems if they should occur again?

Find a Way to Recognize the Benefits of Your Suffering

You should find some way to recognize the benefits of having suffered and gone through these negative experiences, because they can make you a stronger person, one who is more confident, knowing that you can handle adversity without being destroyed by it.

This Awareness indicates that you do not need to forgive the universe or forgive the hardships, just recognize that they have been provided to test you, to strengthen you and to give you greater confidence in your ability to overcome adversity, and appreciate the fact that you were able to overcome adversity and realize you are much stronger now because of the adversity and you are capable of going forward and doing more than you were able to do in the past.

Take Stock of the Assets in Your Life

Also, appreciate all the good things that you have paid little attention to because you were so tied up in the struggle with adversities. Now is the time when these things can be re-examined and appreciated, for now you have gone beyond the great adversities into a time of new beginning, and it is good to take stock of what you have in terms of assets: the loves, the properties, the skills, talents, the confidence, the hope; all these things that are available to you as assets to your life.

This Awareness indicates that in taking stock of these things, recognize you can now move forward toward other activities. This Awareness suggests you concentrate on being happy and being capable, and not worry so much about doing something at the moment, but focus more on being productive and active.

This Awareness indicates, of course, being productive will mean that you do something, but rather than focusing on doing, or trying to do, this Awareness asks you to think in terms of being productive and being active. You may accomplish more from such an attitude than from the attitude of trying to do something.

The Laws of Cosmic Awareness...

THE LAW OF ETERNAL UNFULFILLMENT

The Law of Eternal Unfulfillment states that there can never be completion or fulfillment in any moment, for if there were, there would be no further moment; and as each moment contains within itself an emptiness, an unfulfillment that is essential and necessary to lead into the following moments. The Law of Eternal Unfulfillment states that every moment has something missing and is incomplete, and every moment it has something that is present, total and complete; and when one can accept this Law of Eternal Unfulfillment, the greed-filled will cease to be.

Excerpt CAC reading 8-23-02 Grace Interpreter

MORE ON THE DEAD SEA SCROLLS

(What is the Vatican Hiding From Us?)

QUESTION:

A question from JD: "What is in the Dead Sea Scrolls which scholars/Vatican refuse to reveal?"

COSMIC AWARENESS:

This Awareness indicates that as with many subsequent revisions to sacred and revelatory texts, there has been a consistent effort to remove discussions of creative visualization and the causal nature of direct human experience, intent, and belief upon the actualization of real events.

This Awareness suggests this propensity began innocently enough, with the institution of religion likened to a parent of the belief that one's children were ill prepared to handle such power and must be protected. They then set about elaborating supernatural origin stories that minimized if not obliterated the role of the individual, and creating a hierarchy of divinely credentialed intermediaries between the omnipotent "Creator" and the impotent createe.

Then in order to retain control, religions defiled the emotional system by offering such doctrines as 'original sin', in order to bypass the central role that emotions play in spirituality and creative visualization and keep the lambs of the flock unaware of their own creative power. Then those, noting the political power to be found in keeping the masses unaware of their own potential, have utilized the same brands of emotional manipulation time and time again.

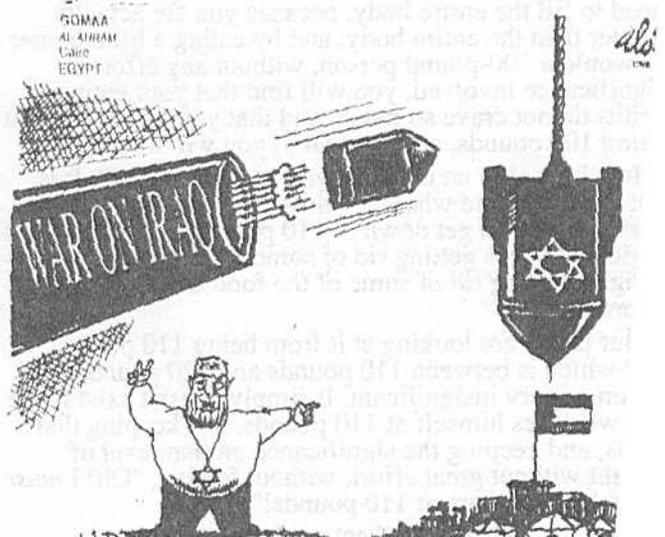
This Awareness suggests however, that information concerning the role of emotion in prayer is to be found intact with the Dead Sea documents, that suppression will not succeed, and that modern information networks will allow this lost information to be shared.

Wisdom of Awareness...

THE GREATEST FLAW IN EARTH RELIGIONS

This Awareness indicates that the condemnation and self-righteousness of the spiritual groups, the condemnation of others, is the greatest flaw in the earth religions. And may, in fact, become the fatal flaw which would allow the Dark Forces to overtake this planet.

Revelations of Awareness Issue 80-21



Excerpt CAC Issue 82-10 Paul Shockley Interpreter

A SHOCK IN CONSCIOUSNESS MUST OCCUR

This Awareness indicates that you as a particular individual may escape scot-free from any involvement in what may occur; that others may not. This Awareness indicates that the energies are such that there will be some degree of chaotic experiences which can alter to become greater or less, depending on the changes which occur in consciousness in reference to the mass mind of entities upon this planet, as well as to those who are involved with manipulating those energies.

This Awareness indicates that still another force which has not been mentioned in regard to the destiny of this planet is that force from the inner planes which is essentially pulling the strings of the manipulators and others. This Awareness indicates that even as manipulators on this plane manipulate the masses, so likewise there are what may be termed 'political manipulators' on the inner planes who have their effects on entities of the physical planes. This Awareness indicates that these forces are also on the march, are moving to have their effect, and part of that movement requires a shock in consciousness, or a series of small shocks.

A SHOCK IN CONSCIOUSNESS MUST OCCUR (CONSCIOUSNESS AT THIS TIME DEMANDS CONFLICT)

This Awareness indicates that the question is whether the shock in consciousness required to awaken the masses on this Earth plane needs to be of great magnitude, or whether the masses can awaken from a series of small shocks, what may be termed conventional wars, or conflicts. This Awareness indicates that the consciousness on this plane demands conflict, and will not in many cases, awaken until experiencing such conflict first-hand.

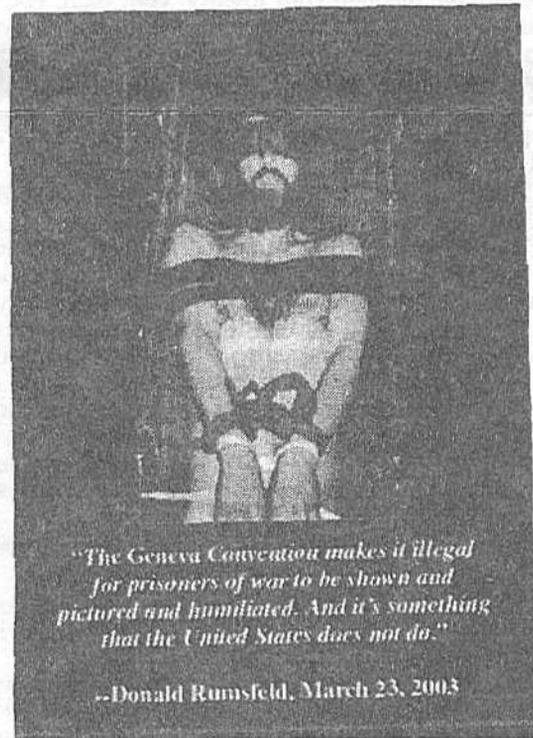
This Awareness indicates the masses upon this plane tend to be fascinated by the images of conflict, the arena of gore, slaughter, killing, violence and other forms of conflict, and the entities seeking to saturate themselves in the bloodlust, flock to movies or to any situation: automobile accidents, fires or fights, wherever this conflict may present itself, and these entities being fascinated at the sight of other people's blood, make up the greater portion of consciousness upon this Earth plane.

This Awareness indicates therefore, it appears that the necessity for letting such entities saturate themselves in their own gore, their own blood, their own sorrow, their own tragedy, their own losses, until they have fully had enough; it appears that this is what must occur in order for the bloodlust to be satisfied. This Awareness indicates that those entities who have risen above such levels are those entities who may be spared the greater tragedies of such experiences.

This Awareness indicates that for those who wish this Awareness to give more entertaining and uplifting messages, this Awareness offers *Its* apology for speaking what *It* sees to be the truth, according to the necessities of the moment. This Awareness Suggests also, that humanity apologize to this Awareness for creating such tragedies in consciousness that requires this Awareness to address such issues.

This Awareness indicates that there are many ways whereby entities can perceive the changes from a violent species to one which is peaceful, This Awareness indicates that great teachers have long stressed the importance of peaceful solutions to conflicts, and martyrs have laid down their arms, or refused to take up arms against oppressors, and these martyrs have had little effect other than to suffer and satisfy certain glorifications of those who sought power. This Awareness ind-

icates that the masses whose tongue is generally silent, the masses who cannot give orders, the masses who can only whimper and cry, the masses who speak in disconnected voices, who are the subjects of the great tongue of the Beast which is organized as a machine for chewing up and spitting out the lives of entities upon this plane; the masses have little force in dealing directly with these powers.



FOR ANOTHER VIEW OF THE IRAQ WAR

The IRAQWAR.RU analytical center was created by a group of journalists and military experts from Russia to provide accurate and up-to-date news and analysis of the war against Iraq based on intercepted military radio transmissions from both sides. English translations and daily updates are available on the Internet at <http://www.rense.com>. The analytical center also has a website but access is often denied by US authorities. It is www.iraqwar.ru. You will be really surprised when you compare their reports with what the controlled US media is feeding the public about the Iraq war.

Excerpt CAC reading 8-7-12-93 Paul Shockley Interpreter

WHAT HAPPENS IF YOU BREAK A VOW?

(Any Loop-holes After You Swear Before God?)

A question from Michael El, in Philadelphia. He writes: "This question really haunts me. It is about vows, obligations and oaths. When a vow is broken, especially if it is before God as in marriage, it can create guilt which is destructive to any person's psyche. How does one remove oneself from guilt, vows or oaths? As an added thought, these promises can be come too weighty for many individuals and there must be a way out as in some type of reparation or repentance to remove us from these promises."

COSMIC AWARENESS:

This Awareness indicates that vows and oaths are simply agreements and contracts in a different form. If one pledges to be loyal to someone, that is a contract. It is an agreement and these contracts and agreements are taken seriously in human affairs and entities should not make them lightly unless they are prepared and intend to carry out their agreements.

This Awareness indicates, however, that as with many entities who argue that contracts are made to be broken, or are made to be negotiated, it can be said likewise, that there is sometimes room for negotiating a vow or an oath with the party to whom you have given your vow, your oath, or your loyalty to, or in some cases, the party to whom you have pledged your loyalty, your oath, your vow, may have also previously or in the interim, may have compromised or broken or breached the contract in some way which leads one to feel that he or she should not be bound by the contract, since the other person did not keep his or her part of the bargain in the manner understood.

This Awareness indicates that the problem here can be that a vow or an oath was given at a time when someone really felt a strong attachment to another and later, the other begins to change or to become a different person from the one to whom he or she had pledged themselves, and the vow now seems more like a chain, a ball and chain or handcuffs keeping you enslaved or subject to this person who is no longer as esteemed as before. The esteem has faded, the beauty has faded, or the devotion has faded and you want the earlier person back and you don't feel the same devotion that you once had, but you made a vow to remain together forever or what may seem to be forever.

No Escape Clause in Most Marriage Vows and Contracts

This Awareness indicates that this kind of spoken contract may not have included any escape clauses to be used at a later time, thus, the entity pledges to live with this person 'til death parts them, but when the entity grows older and less attractive, the entity may feel that he wants an escape clause and may wish that he had said "I will stay with you until you grow older and less attractive to me", but there is nothing in the vow that allowed such an escape clause. Nothing was said about that.

The entity did not ever imagine that his loved one could change and grow older and less attractive. This Awareness indicates the partner of course will argue: "Surely you knew I wasn't going to stay that way forever! You vowed to be with me as long as we lived! How can you now say you want out of the contract? You surely knew that I would age like everyone else! That I could not hold that beauty forever!" And the entity would be right.

You got yourself into a contract and if you honor your contracts, you may not have an escape clause. What does one do? This Awareness indicates that it depends on how

much you value your own integrity. There are some entities who would say, "Well, after all, I'm aging too. I'm not quite as attractive as I was at the time. So maybe I should just make the best of it and continue on with my loved one and try to make things better for us both by not being so particular. I can't recapture the past for myself, nor can I expect my loved one to become the raving beauty she was when younger." And the entity may have to accept reality and the facts of life.

Another entity may, in the same circumstances say: "You've changed! Sure, I've gained 150 pounds myself, but I still want someone who looked like you did when we met 25 years ago. And I am disappointed that you didn't remain as slim and as beautiful as you were then. I feel you have violated my trust in you. Therefore, like it or not, I won't honor my contract with you!", and the entity could simply walk away.

If You Break the Contract: What Are the Consequences?

This entity of course does not value his own word, his own integrity, and walks away from the contract, from the vow, from the pledge. The question you have asked is: "What do you do to get out of these contracts?" You either violate them, or you abide by them. If you violate them and you had no escape clause written in, then you have broken your word. Will you go to hell? Perhaps that is the next question: What is the consequence of my walking away from my contract?

This Awareness indicates of course there will be consequences! This Awareness indicates the greatest consequence entities may suffer is in that their character is no longer as pure, is no longer as honest and clear. Not only have they themselves perhaps aged and become less attractive, but they may also go further and destroy and damage their character so that their integrity no longer shines.

This Awareness indicates it is not likely that you will go to hell for breaking your contract with another. It is likely that you will create some kind of karma for there is a debt to that entity. You may wish to pay off that debt some way so you do not have to carry it into the next lifetime.

This Awareness indicates that in paying off a debt, you may wish to re-negotiate the contract. You may tell the entity: "Hey this isn't working! Why don't we forget it?", and ask the entity: "What do you want from me? And what can I give you to get out of this contract with you?" And the entity may be very demanding, and may wish for more than you can afford. This Awareness indicates that this is part of the bargaining.

This Awareness suggests a count of 12 be given.

(A count of 12 is given by the energizers)

This Awareness suggests that the question be repeated. This Awareness wants to see if it has been properly answered.

QUESTIONER:

It is about vows, (he writes) obligations and oaths. "When a vow is broken, especially if it is before God, as in marriage, it can create guilt which is destructive to any person's psyche. How does one remove oneself from guilt, vows or oaths? As an added thought, these promises can become too weighty for many individuals and there must be a way out as in some type of a reparation or repentance to remove us from these promises."

COSMIC AWARENESS:

This Awareness indicates if you have made a promise to someone, the proper course of action would be to go to

that entity and ask the entity: "How can I get out of my obligation to you? What can I pay you? What can I give you to relieve me of this obligation?"

This Awareness indicates you are asking this Awareness for some short-cut that allows you to get out of or allows one to get out of an obligation without having to go to the person to whom you are obligated and work it out with them.

Vows, Oaths and Promises are Contracts

This Awareness indicates it is likened unto the entity who has contracted to buy a house and asks this Awareness, "Now can you give me some kind of ritual or ceremony that allows me to get out of my contract so that I don't have to pay the thousand dollars I offered as earnest money in case I should back out?" This Awareness indicates it doesn't work that way. You are stuck to pay the earnest money that you promised in case you backed out, or if you did not give earnest money and paid a down payment and want out, then you are going to lose the down payment. That is just the way things are in contracts.

Vows, oaths and promises are contracts. This Awareness indicates that if an entity buys a piece of real estate and finds that the payments are more weighty than he or she expected; perhaps the entity has lost his or her job; it would be nice if the bank would agree to drop the payments to one fourth of the amount as long as the entity couldn't afford to pay any more, but this is not the way things work.

It would be nice if somehow in a promise made to someone, a vow made to someone that you could simply say: "Hey! I don't get as much out of this relationship as I did when we first married, or when I first made this vow to you, so I would like to have you relieve me of it!" If the entity relieves you, then all is well, but to ask this Awareness, "How can I get out of that relationship? What can be done to diminish my vow?" is not the appropriate path to take.

This Awareness cannot relieve you of a promise made to another.

DIVINE RETRIBUTION IF YOU BREAK A VOW? (What God is Really Concerned About)

FOLLOW-UP STATEMENT (AVATON):

It sounds almost as if the entity, since he put the accent on making the vow before God, it sounds almost like the entity expects the Divine Creator to somehow exact some kind of retribution on him.

COSMIC AWARENESS:

This Awareness indicates that vowing before God as a witness simply is one's way of emphasizing the seriousness of the vow. God is not concerned about one's vow so much as is the person who is affected by the vow. God only cares about entity's relationship to each other in such a vow. God does not benefit from the entity's vow. The entity uses God in making the vow, to express how serious this vow is.

It is a way of emphasizing to the society in which one lives or to the entity to which one vows how meaningful this vow is.

If the entity is trying to impress God with his vow, and then later wants to get out of the vow and expects God to still be impressed but forgive him and relieve him of his vow, it is a foolish expectation, for God doesn't get impressed by entities' vows to one another simply because God's name is evoked in the vow, nor is God angered nor threatening to an entity because he breaks a vow made

before God.

How the Vow-Breaker Will Suffer

However, the entity will suffer in terms of his own self-esteem and self-credibility in breaking vows that he has made before God, because he will know that he is being less than honorable. His word is not honorable. His character is not honorable. This Awareness would rather entities not vow before God, because it usually leaves them with a sense of guilt if they cannot maintain their steadfastness in regard to the vow.

This Awareness indicates there is a problem in this day or era of humanity wherein men seem to have a difficulty in committing themselves. They may make a commitment with words, but their dedication and their commitment does not seem to have roots in the heart. These dedications and commitments are shallow. They are impressive in the mind and in word levels, but they do not go deep into the soul.

One day they can say, "I love you" to someone. The next day they can meet someone else and be just as much in love with that person. And again, the next day. Love is fickle for some entities. It simply depends on who is there, and who is not for some entities.

This Awareness indicates that the entity who fears that he or she might feel guilty in breaking a vow is actually suffering from being unable to effectively hold a commitment in place. It may well have been a commitment made in words, wherein the words did not come from the heart, wherein the heart had no place in the commitment.

This Awareness indicates that entities should watch their words so that the words reflect what is truly within an entity's being and not something that sounds good and impressive to society. This Awareness indicates that this is not to say that entities cannot be committed to someone and after years of abuse by that someone, feel that they must remain committed in spite of all of the suffering and abuse, but *It* does suggest that you take considerable abuse before breaking a commitment, if that commitment is real.

What Making a "Commitment" Really Means

If the commitment is not real, you are probably not suited for any kind of decent relationship with anyone. This Awareness indicates that commitment means to join with someone on a venture and it means to take it seriously, as though you were going all the way on a great journey with this entity. It is not something that is made to be broken, the next day, the next week, or at the first sign of trouble.

When you are truly committed, you are *truly* committed. This Awareness indicates that only in a situation wherein the other violates the terms of your commitment and expectations in a flagrant manner, *are* you totally excused from such commitments. This Awareness indicates that there *are* reasons, there *are* situations whereby an entity has a right to walk off from a commitment or contract, when that contract, when that commitment becomes abusive and violative to the point where a reasonable degree of suffering has occurred and the suffering is excessive and extreme.

This Awareness indicates that when it becomes extreme and excessive and entity has a right to leave. Normally an entity will tell the other: "You have broken our contract. I want out. However, in some cases, the entity will be afraid to make such a statement, perhaps even fearful for his or her life, and therefore, may simply leave without explanation.

This Awareness indicates that *It* also does not wish to give the wrong impression, that you can only rightfully

break contracts if there was some escape clause written in. Every contract assumes something. The intent of the makers is an important part.

When a Marriage Contract Should be Broken

If the intent is for these entities to be together, to work together, to live together, and later, one party violates the intent, or breaks the expectations of what the other felt was the intent; in other words, if an entity in a contract of marriage, for example, begins to beat or violate or harm the other and the other did not recognize this was the intent of the marriage, that entity can claim that the contract has been breached because he or she did not expect this to be the intent.

In other words: "I did not intend to enter this contract just to be beaten and abused!" This Awareness indicates it is justification for separation. Some churches might not recognize the right of divorce or separation or the breaching of such a contract, but this Awareness indicates as it applies to contracts in law, it should also apply in relationships, wherein the intent, in other words, the "expectation" of the parties involved plays a major part in the contract and what entities have a right to expect from the contract.

This Awareness indicates, of course, as mentioned before, if entities expect that which is beyond reason, that is their problem. In other words the entity who marries someone and after twenty years of devoted marriage and service to this entity, the entity looks and says: "My, you have grown haggard in serving me for so long! I didn't expect you to grow haggard in serving me! I expected you to remain young, fresh, full of smiles, always happy, always cheerful in spite of your long hours of labor and my abuse in insulting you! I think I should have someone else now. You are not meeting my expectations!"

This Awareness indicates obviously, your expectations were unreasonable, and therefore, you are not excused in divorcing or breaking the contract. This Awareness indicates that it appears *It* has given enough information on this question; that most entities can understand the reasonableness of what is expected in vows and apply this information to their own situation. Therefore, this Awareness suggests the next question be asked, unless there is something further on this.

"AS LONG AS WE BOTH SHALL LOVE"

(Any Loop Holes in the New Age Type Vows?)

What About a Common Law Marriage?

FOLLOW-UP QUESTION:

There's one thing. Is there sort of a loop-hole in the more or less New Age vows, wherein instead of saying "Till death do us part", they say: "As long as we both shall love"?

COSMIC AWARENESS:

This Awareness indicates that *is* the vow, therefore, it is not a loop-hole. It is simply a matter of a different vow. It is a different vow from the one that says: "Until death do us part", and in this different vow, the entities agree to stay together as long as they both love.

QUESTIONER

Yes, of course. What I *really meant*, was the entity who asked the original question, and was in a quandary because he had taken a vow, had he used that vow instead of the other one, he wouldn't be in such a state?

COSMIC AWARENESS:

This Awareness indicates that it depends on whether the entity is operating strictly from words and vows or if

there is something deeper on an unspoken level that is creating a contract. This Awareness indicates in other words, people can come together without getting married, without having vows; they can live together, share each other's lives, intimate thoughts and ideas for quite some length of time.

At some point, one of the entities might simply say: "Hey! I want to go somewhere!" And the other might say: "Okay! Where shall we go?" The first entity might say: "What do you mean *we*. I said I want to go somewhere. I don't want you to go with me!"

"Oh. How long are you going to be gone?"

"I'm going forever. I won't see you again!"

This Awareness indicates that this kind of breaking of a contract is different, but it is still a breaking of a contract because the actions speak even louder than words, and when entities live together, their actions are a greater marriage than simply the words said in a ceremony. The only value and purpose to a marriage or a ceremony of words is to announce to society that you are married, so that society doesn't come around wanting to date one or the other of the marriage party.

This Awareness indicates in other words, when you get married, it is an announcement to society that these people have been taken. They are not available for dates, or for further marriage. This Awareness indicates that these are society's rituals and words, but the actual marriage is the living together, the sharing of things together, the working and the experience the entities bring together in order to build an ongoing lifestyle together, and those actions speak louder than ceremonies, words and documents.

Therefore, there *is* a contract, even if it isn't written down. This is normally called Common Law Marriage, but it is more important than the documented paper marriage. The documented paper marriage has its significance and importance after the ceremony, not simply *because of* the ceremony.

This Awareness indicates therefore, in other words, the vows entities give in words, in paper, in ceremonies, are not the real test of a marriage. The real test of a marriage has to do with deeds, not words.

STATEMENT FROM GUEST: (WILL BIRLINGHOF):

Awareness, it seems to me that vows are often made when the parties are uninformed, or unrealistic as to future goals.

COSMIC AWARENESS:

This is in the affirmative.

IN KELTIC TIMES A WOMAN COULD CANCEL HER VOWS AT ANY TIME

QUESTION: (WILL B.):

Thank you. In Celtic times, marital vows were renewed once a year. A woman was on equal footing with the man, and was as likely to cancel the contract if things had not worked out over that year. Does Awareness see this as a viable solution to the long-term vows that are now exchanged?

COSMIC AWARENESS:

This Awareness indicates a question rises over the word "solution". What is the problem? This Awareness indicates that some entities may have a problem with long-term vows. Others may not. If an entity has a

blem with long-term vows, he may look for that as a solution. If the partner agrees to that as a solution to the oblem of long-term vows, of course for these entities, at could serve as their solution to their problem and ey could choose to marry till New Year's Eve.

VILL):

erhaps "alternative's would be a better word than solution".

OSMIC AWARENESS:

This Awareness indicates that it could be an alternative or some entities. This Awareness wishes you to understand, It does not see the absolute sin or condemnation of entities for not living their entire life together. It does see this as a social problem, and that entities whose vows and commitments are made for long-term experiences or lifetime unions become better social standards. The society benefits more from such entities, but It does not see it as something that is universally sinful or worthy of eternal hell, as some religions would suggest of any who do not stay together throughout their lifetimes.

This Awareness indicates that It also does not see that entities should flip and flop here and there, in marriage, out of marriage, finding one this year, finding someone else next year, trying to see how many marriages they can commit to, or how many marriages they can commit in a lifetime. This Awareness indicates that these types of marriages are not healthy for society. The society suffers. God does not suffer from this, but entities suffer.

Children: (How God Suffers From the Misbehavior of Entities)

God of course suffers from the tragedies of Its many parts in the sense that as entities suffer, God also suffers from those pains and tragedies that entities place upon themselves from their own misbehavior or from misdeeds against innocents. This Awareness indicates that the biggest problem to society of course is that children are born from these unions and then abandoned, and there are too many others who do not want to take on some other man's family that he has deserted, or to take on a family where the mom has left to be with some other man.

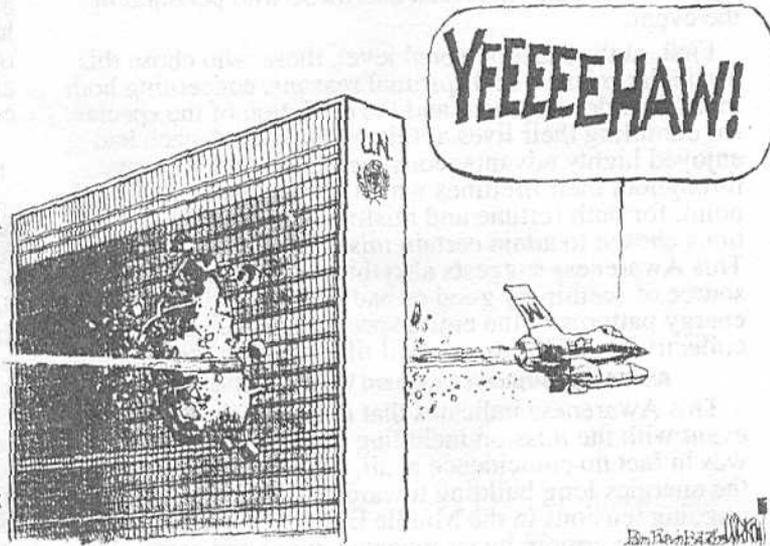
The Throw-Away Marriage is in Style

Most entities prefer to have their own children and therefore, the children of someone else generally are viewed as a lesser preference. Therefore, these people who make families and desert the families because a year has passed or they have grown bored with the same person, or they have seen someone that shines a little brighter than their old spouse; these flippant marriages and relationships are damaging to the children, for when these children grow to be adults, they are quite likely to repeat the same thing they have been raised on: passing parents who pass in the night. Parents who show up and go and disappear forever, so that parenthood and childhood suffer from a lack of deep relationship.

The problem is that too many people look at relationships as being their personal relationship, without realizing that it is no relationship that is their personal relationship. It is someone else's relationship also, and in many situations it belongs to a number of people, including the children, and they seeing it as their personal relationship, decide: "Oh, I've had enough of this! I'll toss it in the garbage, like I do my McDonald's cardboard and napkins."

The entities are too used to throw-away packaging and have become so used to it that they think Throw-away Marriages are also in, and if the marriage doesn't taste the way you wanted it to taste, or if you've had it long and you are used to it, and you want a different

brand of marriage or one from another fast marriage shop, you go out, toss away the old marriage and go for another and gathering a new boyfriend, a new husband, a new wife, a new set of kids, you try it on to see if it satisfies or gives you a thrill for a few more moments, and when it is finished, when you have grown tired of it, it becomes another throw-away family.

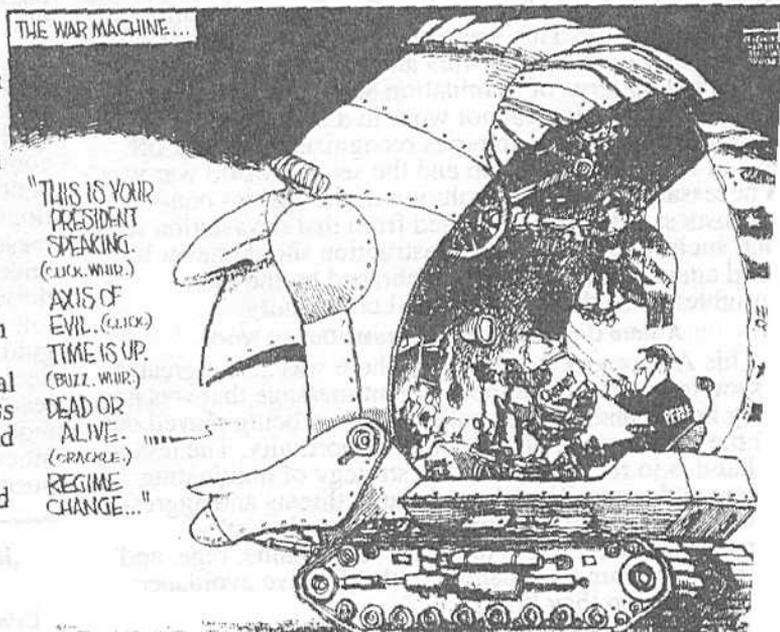


Wisdom of Awareness...

ON ONE'S TRUE HOME

This Awareness suggests that you not make your permanent home the physical plane, but consider this as a brief visit from higher dimensions, and that you consider your true home that which is in Celestria, that which is in the Spirit, the Akasha, the consciousness of the universe. Wherein this is experienced, this becomes a new level of awareness, a new reality, one which can give you the sense of being Who in Fact, You Really Are... Meanwhile, you may enjoy the vacation upon this plane, or the sentence which you are enduring upon this plane, depending on how you wish to view your presence here.

Revelations of Awareness Issue 82-4



2-25-03 Grace, Interpreter

THE COLUMBIA DISASTER

(A Cosmic Perspective)

This Awareness indicates that the explosion of the Columbia upon reentry was an event with creative significance on many levels, concerning the cumulative thoughts and emotions of all humans as well as those who were directly involved and those who perished in the event.

First, at the most personal level, those who chose this particular mission had spiritual reasons, concerning both individual development and the evolution of the species, for curtailing their lives at this point. Indeed, each had enjoyed highly advantageous seemingly lucky events throughout their lifetimes which brought them to this point, for both fortune and misfortune are often conditions chosen to attain certain mission goals. This Awareness suggests also that the remaining causal source of seemingly good or bad events lies in the energy patterns of the entire species, and indeed the collective consciousness of all life forms on the planet.

An Israeli Astronaut On Board Was No Coincidence

This Awareness indicates that the coincidence of this event with the mission including an Israeli astronaut, was in fact no coincidence at all, but a manifestation of the energies long building toward critical mass given the ongoing tensions in the Middle East. As humanity becomes evermore interconnected, more and more entities are becoming aware of and having emotional reactions to these tensions, and are beginning to question some of the motives of the countries involved. The culmination of all the focused consciousness upon this area and misused emotional energy feeding so many conflicting intensions and beliefs, creates the energetic cacophony of dissonant creative intention that does indeed help manifest many such disruptive or disastrous events that perfectly reflect its disharmony.

George W. Bush the Primary Trigger of This Event

This Awareness indicates, however, that this primary trigger for this mass event was due to the actions and choices of the US president, George W. Bush concerning his "resolve" to wage a war against Iraq and its leader Saddam Hussein. This Awareness suggests that the US community has enjoyed an historical position of authority upon the global stage, and until recently has largely used this power responsibly, for example by facilitating the global cooperative format of the United Nations that strives for equality, freedom, and justice across humanity. This was the vision that emerged following several world wars and the awareness that the historical patterns of domination and infighting until gaining submission cannot work in a modern technological age. These visionaries recognized from the US use of nuclear weapons to end the second world war was a necessary step in the evolution of the species consciousness. The lesson learned from that devastation was that such weapons of mass destruction should never be used again, a lesson largely embraced by the more enlightened leaders of the global community.

A More Urgent Message: Threats Do Not Work!

This Awareness suggests that there was also a greater lesson to be learned, a more urgent message that was not fully heard, and that current events now being played out on the global stage offer another opportunity. The lesson at hand is to recognize that the strategy of dominating others and controlling them through threats and aggression does not work. It simply sets in motion self-perpetuating exchanges of anger, fear, shame, rage, and hate and the mindless defenses, the divisive avoidance and aggression they bring.

This Awareness suggests however, that the ever rising tide of enlightened individual consciousness allows most humans to recognize this crucial message even more so than some of the world leaders. The UN community does not support the dominant stance the US has taken, nor the slide backward into justifying its actions by manipulating ignorance and the submissive emotions often instilled by religious belief. The citizens of the US as well and many around the globe see the arrogant hypocrisy of the US using the outdated tactic of domination, while reneging on pacts to disarm their own nuclear arsenals and engage in more globally cooperative ecological efforts.

Threats Much Closer to Home Create a Tide of Negative Emotion

This Awareness indicates that the swelling tide of negative emotion created by Mr. Bush's foreign policy is further exacerbated by the collapse of the economy, the foundering health care industry, the crumbling educational system and the deteriorating infrastructures that the ongoing game of competitive dominance has cost the country. The citizens of the US who are currently faced with threats much closer to home than the threat of terrorism, creating ever more intense fear. They are faced with loss after loss and are suffering from epidemic levels of sadness and depression. But the final straw, and the event necessary to align such a mass event as the loss of the Columbia, is the collectively explosive anger yet to be vented. The anger born of the erosion of public trust, human rights, jobs and educational opportunities, the ability to control one's destiny and take care of loved ones—that anger not born of the terrorist threat, or that of Saddam Hussein, but that which has been wrought upon Americans by its own leader.

This Awareness suggests that disintegration of the Columbia, upon re-entry, not in space, demonstrates that the species knows it must resolve its problems here upon the global home before it can succeed in venturing successfully into new frontiers. That the disintegration occurred immediately over America demonstrates that Americans know that their challenge at hand and the best use of limited tax dollars ought to be to rebuild America, to build cooperative successes within the National home before exporting their wisdom elsewhere.

But the most telling quality of this creative event was that the disintegration occurred over the home state of the US President, a manifestation of the growing global anger, resentment and hate over the choices he had made and the direction he has taken the country.

Worldwide Anger Being Vented In Protest Marches

This Awareness suggests however, that such events occur much less frequently than if the consciousness of the human species were not so rapidly rising and their consciously directed changes in response to the anger vent it in more direct ways. Indeed, the many international protests against the proposed war bear that same message in a much more obvious and more readily understandable form—that arrogant dominance either through economic, social, or political power will not be tolerated. For humanity is indeed seizing its inner guidance, wresting back their rightful self-control, demanding equal justice, freedom, and opportunity, and reaching toward their cooperative destiny—one which requires neither dominance nor submission, and taps the inner motives and the vastly underdeveloped power of positive emotion and synergy of public trust.

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)