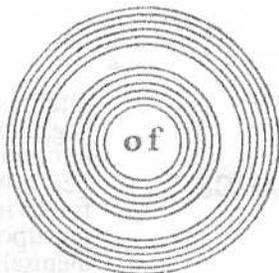


Revelations

The Cosmic Newsletter



Awareness

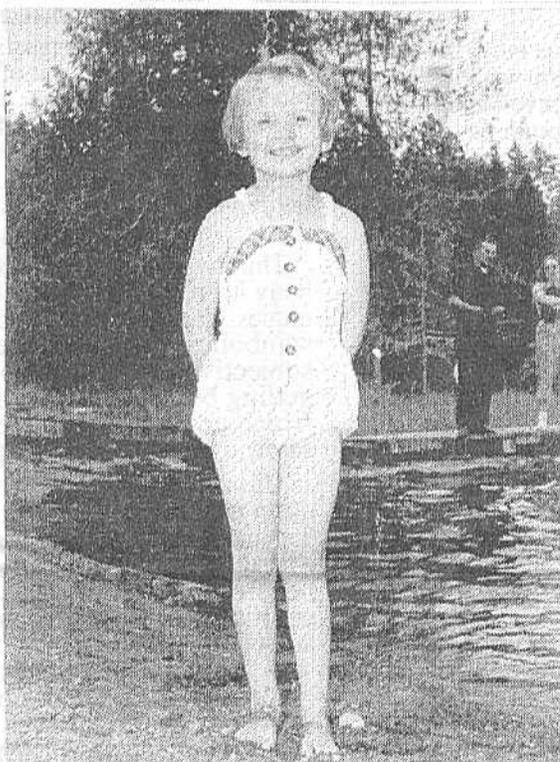
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Guess Who? The answer is on Page 7

How to heal yourself of cancer and glaucoma

— What can bring brotherly love throughout the world?

— How to develop Cosmic Awareness

— The reincarnation concept is challenged

— Are sins limited to the Ten Commandments?

— How to communicate with your selves

The Cosmic Awareness Spiritual Development Course

(ARIES Lesson Number 12)

Excerpt CAC Personal Reading. Paul Shockley Interpreter

Personal Health Info—

HOW TO HEAL YOURSELF OF CANCER AND GLAUCOMA

QUESTION:

I have cancer and glaucoma eye disease, my hair has been falling from my scalp for about 30 years, and now I am almost bald. As I am a woman, this bothers me terribly. I desire from life perfect physical health.

COSMIC AWARENESS:

This Awareness indicates that cancer as being a psychic disease brought on by a type of death-wish wherein entities wish to escape certain levels of involvement in life, is that which can be cured, both through psychic healing, as well as through certain physical methods. This Awareness suggests that wherein entities truly wish to live... this Awareness suggests that the recorder be turned off.

After a Loss the Death Wish Approaches

This Awareness indicates that entities having this death-wish are not often, not always of this death-wish. This Awareness suggests that often this is a subconscious death-wish, being that which is of a feeling level on certain levels that are not purely rational. This Awareness indicates this often comes in feelings of being rejected or alienated from another, often through the loss of a loved one, whether this loss be through death, departure, or rejection. This Awareness indicates that the death-wish often approaches entities some time after this loss, the average time being approximately three years for the cancer situation to begin having its effect.

This Awareness suggests that wherein an entity does have cancer of any kind, that the first step toward healing is to check yourself to discover if you might have a subconscious death-wish, and in this checking, to move back for two, three, or four years in your life, examining experiences wherein you may have felt a loss, an alienation, or a rejection that caused you to feel like giving up as though the question were asked, "What is the use of living?" This Awareness indicates that this attitude becomes the triggering attitude that leads to the subconscious death-wish which helps to bring on diseases such as cancer.

This Awareness indicates that wherein you can look back, retrace those feelings to those particular times wherein the feeling first began, and re-experience that feeling as it was once experienced, but re-experiencing this now three years later without the sting of the first experience, whereby it can be examined more carefully with greater objectivity, this can assist you in re-experiencing the feeling in a manner that recalls the death-wish to the surface of your consciousness where it can be looked at more objectively and discarded. This Awareness suggests this may be done as the first step in alleviating the root cause of the cancerous situation.

Step 2: Purifying the Body: Have a Purpose to Live

This Awareness suggests that a further step being that of purifying the body as much as is possible, beginning with a purification of your hopes, dreams, and wishes in life, purifying your motive for living, asking yourself, "What do I really wish from life, in terms of my reason to continue to live?"

This Awareness suggests that a reason to continue to live, a purpose in life is essential for entities to have

vitality which can ward off disease. This Awareness suggests that wherein you can have a purpose to live, it becomes nearly impossible to have a subconscious death-wish. This Awareness indicates the purpose for living is chosen by entities themselves and is not put upon entities by any outside force; that entities themselves must decide what they wish to do with these lives which have been given to them.

This Awareness indicates that wherein your purpose is meaningful enough, you can overcome a multitude of obstacles and continue to live and work toward your purpose.

A Purification of Motive Is Necessary

This Awareness suggests that in terms of purifying the body, that a purification of motive is necessary, a purification of emotions, feelings, simplifications of one's activities, and a clarification of one's thinking can also be beneficial. This Awareness indicates that these may accompany the purification of the body and can help in creating greater vitality for that body.

Fasting and Bathing to Clean Up the Body

This Awareness suggests that the purification of the body itself is best accomplished through fasting techniques. That the action of bathing can have a kind of symbolic value to tell the aura, the subconscious or subjective levels, that you are clean, whole, and getting better, that bathing can be a symbolic action which affects the attitude which is in essence saying, "I am cleaning up my body."

This Awareness indicates that the next action is to clean the body from within, cleaning one's thoughts, cleaning one's emotions, getting rid of garbage concepts, garbage talk, garbage attitudes - all things which are negative and sour may be thrown out in terms of emotions, in terms of thoughts and words and attitudes, and the purification of your being begins. This Awareness indicates that in discarding the garbage of your mind, emotions, and feelings, you are being given a clearer consciousness to accompany the physical cleaning which comes through fasting. This Awareness suggests that your fasting is more successful when the mind, emotions, and feelings are cleaned of their garbage concepts - the sour, the bitter, the putrid, the foul words, ideas, feelings, attitudes.

The 7 Day Grape Juice Fast Program to Clean the Body

This Awareness indicates that when these have been cleaned, fasting becomes much easier for entities, and the physical body itself can also be cleaned. This Awareness suggests that the seven day fast which has been given as beneficial, that grape juice fast of seven days, as of great benefit in ridding the body of foul and putrid substances which can be the cause of cancer on that level, that the seven day concord grape juice can reverse the direction of the cells, that this then may be followed by seven days of apple juice and seven days of carrot juice, that other juices may also be used in one's diet during the follow-up times. That fo ti tieng, gotu kola, nucleic acid, and ginseng as beneficial, that white oak bark as beneficial in assisting to rid one of cancerous situations.

This Awareness suggests that Atlantis Rising, of 79th St. and Stark St., this as Stark St. and approximately 79th Ave. S.E. in Portland, Oregon, as having a formula, herbal formulas which have proved effective against cancerous situations. This Awareness suggests that the entity, Mary Farrell, may send these and other formulas, herbal formulas, to entities having this kind of cancerous situation; that these herbal formulas as being available in various books.

This Awareness suggests that there are many ways of curing cancer, but that there are many entities who are not cured of cancer. This Awareness suggests it has been said that there are no incurable diseases, but there are many incurable patients; that this occurs because certain entities either do not wish to be cured or do not go to the right places to find the cure or refuse to take the cure in belief that it will not do any good; that others take cures which are only sometime successful and often are more damaging than the illness.

This Awareness suggests that wherein you wish further information on herbal cures for cancer, that the book, *Back to Eden**, as having information, the works of Dr. Christopher, Dr. Jensen - this as Dr. John Christopher and Dr. Bernard Jensen - as also being of great value and having herbal formulas; that these authors also have these formulas available to entities for public use. This Awareness suggests that the legal situation is such that entities cannot make claims that their product can heal cancer. This Awareness suggests however, that entities can make these herbs available, and those who wish to dig deeply may research and discover that there are many who are being cured of cancer and that it is merely a question of whether one *wishes* to be cured, or whether one really only wishes to talk about being cured.

*This book is available from CAC. Please refer to Book Price List.

This Awareness suggests that if your desire to live is greater than your death-wish, the means to live are available to you.

The Psychic Healings—Sacramental Healings

This Awareness indicates that there also is the psychic healing, the sacramental healing, the healings whereby entities can visualize light moving through the body and clearing out the cancerous areas. There is also energy which this Awareness may send to give you the healing, but that you yourself must accept this energy and use this energy for the healing which is being requested on the objective level. This Awareness suggests this must be used also by the subjective mind, the subconscious, for you must do more than simply request on the conscious level, you also must be open on deeper levels to accept a healing. This can come about when you acknowledge a true desire and recognize a purpose in your continued existence on this plane, which is more important to you than any thing else.

What to Visualize When Healing Energy is Sent

This Awareness suggests *It* now will send energy to you which can assist in bringing about the proper attitudes or actions and feelings to allow you to purify your mind, emotion, feelings, and body, and to rid yourself of this disease. (Pause)

This Awareness wishes you to visualize the cancerous situation being ripped from you and thrown to the furthest regions of the universe, drawing with it more and more of the residue which might remain in your system, pulling it further and further away from you, taking more and more of it from you, pulling and ripping this away from you like the action of unraveling a reel, the string or cord, on a fishing reel. This Awareness suggests that you visualize the hook and the lead weight of this disease being thrown off in the distant regions of the universe and the cord pulling and unwinding and pulling further and further, letting the cancerous situation dissolve and grow smaller and smaller in your system as it unwinds. That you visualize this eventually becoming so small that the entire cord is now nothing and rips itself away from you and disappears in oblivion as that which no longer belongs to you.

This Awareness suggests that each night while you attempt to fall asleep, while you sleep this image shall be presented to you by this Awareness. That this image shall appear again and again, and each time it appears, you shall rid yourself again and again of the concepts which brought this toward you, and this image then shall begin having a greater and greater effect on your physical form as the cancerous situation is weakened more and more until healing on all levels is available to you.

This Awareness suggests you begin working with this as has been indicated in this reading, checking your death-wish levels, clarifying your purpose for living, creating a burning desire to live, implanting this in your deeper levels of subjectivity, cleaning your mind, emotion, and feelings of all sourness, of all garbage, hostility, and foul attitudes, words, concepts, or feelings, cleaning your physical body of all foul things, and cleaning both inside and out, grooming yourself and fasting, cleaning also your home where you live to give your entire lifestyle a setting which creates upon your attitude the feeling of harmony on all levels round about you and within yourself.

Marijuana and Papaya Seeds For Glaucoma

This Awareness indicates that in reference to the glaucoma, that the use of marijuana as having an effect whereby it stops glaucoma from getting any worse, and in many cases, does tend to improve the situation in terms of the eyesight. This Awareness indicates that the use of papaya seeds placed upon the eyes, ten minutes daily, as also of great benefit. This Awareness indicates the eyewash available through Dr. Christopher, as of great value. This Awareness suggests that this may also be made available through the Herb Shop in Provo Utah, through Dr. Christopher. This Awareness suggests that these eye drops can be of great benefit not only to the eyes themselves, but to the tissue deep within the eye and the muscles around the eye and in the facial area nearby.

When Wanting to Live in Perfect Health

This Awareness indicates that in terms of wanting to live with perfect health, that this is that which can occur, but does require a real and earnest dedication and more than just a desire for perfect health, it requires also a lifestyle that allows you to live in harmony, in cleanliness on all levels: mind, emotion, feeling, and physical, and spiritual; that the cleanliness as related more unto cleaning up the attitudes and the residue within the body - the attitudes which are harmonious, sweet, kind, and loving - the concepts, words, and ideas of this nature. The physical body may also be cleaned and the diet may also be cleansed, and in this action, harmony does come into the foreground, and dis-ease diminishes in the background in proportion to the clean attitudes and lifestyle.

This Awareness suggests this as completing this message, except to assure this entity that you are loved, and that there are many things in store for you in your future activities and that you have only to reach out and begin to take the first step toward greater health and vitality.

How to Deal With Hair Falling Out

This Awareness suggests that in terms of losing your hair, this Awareness suggests that you may begin to receive this hair growth again through self-hypnosis, autosuggestion, whereby each night before falling asleep, you visualize yourself with hair coming down around about your ears and neck and shoulders. That you also may, each morning upon arising, stimulate the scalp by massage for a period of approximately ten

minutes, if possible, or at least five. That you also may benefit the scalp by diets which includes large amounts of fresh fruit and vegetables, particularly carrots or carrot juice, or those vitamins, those vegetables and juices which contain large amounts of vitamin A.

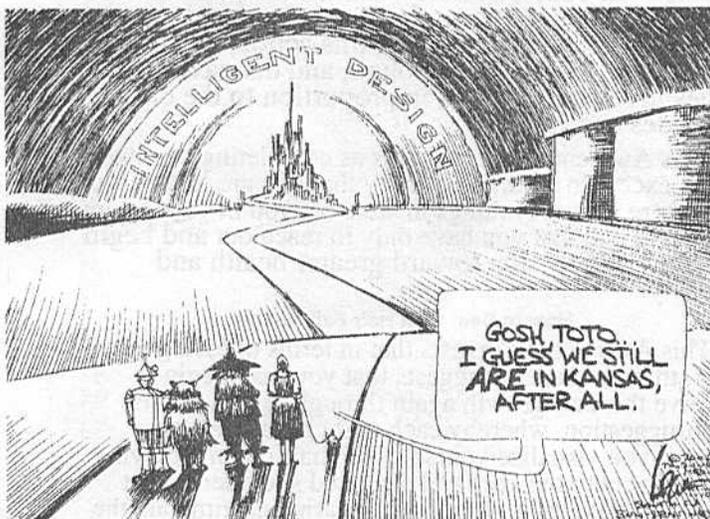
This Awareness suggests that in the meantime while this is growing, that a wig being worn on special occasions to prevent entities from looking and projecting concepts of a loss of hair toward your psyche, shall be beneficial. This Awareness suggests that it is important that other entities think of you as a person with lots of hair, and in this projection, this shall assist your action; that is why a wig can be of great value to you during this time. This Awareness indicates that Mary Farrell or Dr. Christopher may also be of assistance in giving you a formula for assisting in the growth of hair. This Awareness suggests that the herbs in this formula to include also the tansy.

This Awareness suggests that this as the conclusion of this reading, other than to say that this Awareness shall continue to work with you during your sleeping states, and during your daytime, this Awareness shall work in very subtle levels with your subconscious and subjective mind. This Awareness suggests *It* shall continue working on all levels to assist you, wherein you are open and willing to accept healings.

Healing Reading F770628P

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.



...AND SO BEGINS THE LATEST 'TRIAL OF THE CENTURY'...

BECAUSE OF MALDEK IS EARTH NOW IMBALANCED AND UNSTABLE?

(Could Kepler's Conjecture Relate to Destruction of Maldek?)

QUESTION:

A question from Paul Naragon, in Issaquah, Washington. " Scientists working with the idea of harmonics as I found, is not new. To my surprise, the renown Kepler had predicted the composition of the planets would be a function of the harmonic characteristics of their orbits within the solar system as a whole.

"He further noted the existence of a potential planetary orbit between Mars and Jupiter and conjectured that this orbit might be filled with the remains of an exploded planet. The first of the thousands of asteroids were discovered in that orbital region two centuries later. Awareness has discussed the explosion of the planet Maldek in that planetary orbit.

"What was rather interesting was the implication by Kepler that the particular harmonic characteristics of this orbit rendered any planets in it unstable. Could Kepler's conjecture have any significance in regard to what Awareness has told us about Maldek's demise? Also, since we are reliving similar energies from Maldek, does planet earth carry any similar harmonic instability?"

COSMIC AWARENESS:

This Awareness indicates that the planet earth has moved out of its original orbit; that it was at one time in an orbit such that there were 360 days in the year; in other words, 5 or 6 days fewer, and that this was changed at the time of the Maldek explosion. This Awareness indicates that *It* does not see that there is any major cause for concern of earth's being in an inharmonic frequency. It is not the most stable planet in the solar system, but it is stable enough to continue its movements long after physical life itself on this planet has transcended.

This Awareness indicates the disharmony of Maldek as that which affected the consciousness on the planet which led to the breakdown of harmony among those who resided on the planet and led to the wars that destroyed the planet. It was not the destruction of the planet made directly from the disharmony, but indirectly through the people and the consciousness involved that led to the destruction.

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 CAN BRING BROTHERLY LOVE THROUGHOUT THE WORLD?

QUESTION:

What can bring about brotherly love throughout the world, and is it possible in the near future?

COSMIC AWARENESS:

It is suggested in reference to that love to which you refer that entities had best love one another, and forgive one another, and that true love and compassion begins with forgiveness as each entity perpetrates an act, first forgiving others, and then forgiving one's self; then by careful meditation and practice of that which this Awareness has given as the *One Law* which so long formulated the structure of Atlantean culture, that *One Law* which was basic to the religion of Osiris, that *One Law* echoes and re-echoes through two hundred religious faiths, and that *Law* which states that entities should consider the welfare and the feeling for others above self, that *Law* which is echoed by the *Laws of Mercy* and the *Law of Gratitude*. If entities follow this law, and those precepts given by this Awareness that there shall be affected that which is brotherly love. The alien force, and those shadows and projections which represent strife, sin, error, disease and hatred in the world will be those which are exorcised.

This Awareness wishes entities to love. To understand that love is that force which will allow entities to live and to live joyously, and these lives those that are everlasting. Through those gifts which are love to end the hatred, to end the strife, to end the tragedy and the sorrow and the suffering and knowing these concepts which this Awareness has given in the *Laws and Precepts* and practicing them shall end death and death's brother which is hate.

Entities should ask in their meditative effort each day to learn more of love and to allow love to be expressed through them and to never allow that alien force which is hate to come close to you or attack or to destroy or maim. Entities should understand that the brothers of hatred and death are those of their own creation, and that which is destroyed by man can only be that which he creates.

It is indicated that ever and always that entities forge monsters, these monsters are those of fear and guilt and hatred and death. This Awareness allows entities to understand that he who creates monsters must ever and always forge chains to hold these monsters, for being not encompassed or bound and held in chains that they ever and always do destroy their creators.

Concerning the World After 2000

This Awareness asks that entities embrace the paths of remembering, and that they embrace the future with longing. It is indicated that at the time of the cataclysms that there shall be a be a passing through and that all who relate to the false gods of greed and lust and idolatry is that which shall be no more; for these mind forces are those that shall be lost on the plains of Limbo.

It is indicated that there shall be no labor, for man needs not after that time work by the sweat of his brow. It is indicated that there shall be no pain, but at that time that which needs to be created may be made manifest.

It is indicated that there shall be those powers, cosmic and natural, where entities through vibratory rates create all that is necessary for their growth and fruition. And it is indicated that there shall be one law and this law will be the *Law of One* and this the *Law of Love*.

This Awareness indicates that all entities on this plane after this time shall practice the *Law of Love* and the *Law of Mercy* and the *Law of Gratitude*, one unto the other. And the *Universal Law* shall be that which is manifest without the fear and guilt, these prices that entities pay for the past, but not in remembrance of these things; that this Awareness asks you to embrace the longing for that which is to come. For it is indicated now that this darkness is that which is soon over, for this Awareness lights a lantern, holds it high, and ask that you are the entities that fill it with oil, and fill it with fire.

Always Be Watchful at Christmas and Holidays (Events Often Occur that Affect the Masses)

This Awareness indicates that in the coming months, entities will be focusing on holidays, but always be watchful during these holiday times for events that occur on or around the holiday period, for these are often very significant in that they can often be events that have powerful effect on the lives of people in one way or another.

This Awareness indicates that generally speaking, many things slip through on or around Christmas time, wherein most people are focused on Christmas and family and do not have much concern or interest in the affairs of the nation during these moments. Therefore, things can be done of a mischievous nature without getting much attention or without the attention getting in the way of what is being done, for the people generally remain more attentive and focused on family matters.

This Awareness indicates the same can be said for Thanksgiving in a much lighter way since it is not celebrated with the same focus and intensity as is Christmas and the New Years Holiday period.

(From Revelations of Awareness 2002-7)

Wisdom of Awareness: On Accepting 'What Is'

"This Awareness suggests that wherein entities can accept 'what is', accept the wounds and lessons from errors, and wherein entities can take up from where they are and go forward into productive and constructive activities, these entities can yet find meaning, joy harmony and happiness from their lives and from their friends and the involvement with such." (Issue #80-2)



cerpt From a Personal Reading. Paul Shockley Interpreter

HOW TO DEVELOP COSMIC AWARENESS

QUESTION:

How and what is the best way and circumstances for me to develop Cosmic Awareness so that I can lead a more meaningful and full life. I need details.

COSMIC AWARENESS:

This Awareness indicates that you understand that essentially (on the level of Essence) you *are* this Awareness, that your world is that which you create, that all entities within are those whom you create for your experience by giving them attention and that you are the head or god of your entire known universe. This is so only when you realize it as so. When you forget this, then you become only a separated part, and then must appeal to the Godhead for guidance.

This Awareness indicates this as that which has led to such confusion among entities. Wherein entities were capable of tuning into the Godhead of themselves, and *not* tuning into that for a brief moment, realizing the totality of the experience of being the creator of everything that you are capable of conceiving; when entities realize they can do this, even for a brief moment, they then realize that everything they are capable of conceiving is exactly what they have created. This including all the opinions of others whom you have created, this including all the so-called 'others' whom you have created. This including all the beliefs and ideas and concepts and prejudices and dogmas that you have created for all of those other parts which you have created. This includes all of that so-called 'time and distance' which you have created. That anything you become aware of or can imagine, you have created for your world of experience.

When you realize you are that entity, the great creator of your world, even for a brief moment, you then can also realize the role of this Awareness, your Cosmic Self -- your greater self, moving likened unto a funnel through many levels of your Macrocosmic experiences, down into that being which you call your little self, the Micro Cosmic self. This Awareness indicates that as long as the Macrocosmic total flows to the Micro Cosmic part and this funnel is kept open to the moving of your consciousness from the little particle self back to the greater God Self, as long as this channel is kept open you are capable of living in great humility while at the same time realizing that you are the creator of your self, and that you yourself are the entire Universe, and therefore are humbled to yourself for being so great.

What Would Be a Good Life Plan?

(The Secret of Magic and Ritual)

QUESTION:

What should be my life's work, studies, recreation, spiritual or Cosmic Awareness studies, and other things or actions I need to do. What would be a good life plan for me from here on out?

COSMIC AWARENESS:

This Awareness indicates that the greatest movement you can possibly make at this time is to become a student of yourself. That you begin to research and study, write dissertations, think deeply, look carefully, examine and probe using microscopes and telescopes if necessary to discover who, in fact, you really are; for in this discovery you then also discover that you have created exactly what you are

creating. There is no problem of any kind which you do not wish, at any moment. That there is no desire of any kind that you do not create, at any moment. That all of these are capable of being fulfilled, but that no desire can be brought into your world as a fulfillment until the desire itself has ceased to stand between you and that which is being manifested. This Awareness indicates that wherein there is a desire between you and that which you wish, that which you wish cannot come through into your world.

Desire is that which keeps things from you. That desire does give the impetus and attraction to pull that which you would create, to pull that into its own formation and its own vibratory rate of becoming that which you imagine and desire. When this does become solidified in its vibratory rate, you can only have it come into your world by giving up the desire for it.

This Awareness indicates this as the secret of magic and ritual; that you understand this and you understand yourself and you understand all manifestations and creative principles.

QUESTION:

Is there anything I am neglecting I should be taking care of?

COSMIC AWARENESS:

This Awareness indicates that all of those things of which you are not aware you should be giving attention to. This in addition to what you already give attention to. That you understand this as a never-ending process of growing into Light, of growing into Cosmic Consciousness. As this happens your life becomes more ordered and integrated with those forces which you are giving attention to. For your attention is that which is feeding your creation. Your attention is the food for your creation. Wherein you have areas you do not give attention, that surely there is another force working in those areas. You do not know whether this force is working for your best interests or to create polarities which would throw you into an identification with one part or another of yourself and your creation, creating the illusion of separateness.

QUESTION:

Is it wise to ask about the future, my unresolved karma?

COSMIC AWARENESS:

This Awareness indicates that it is wise to ask about the future, yet is even more wise to create your future according to that which is the will of this Awareness, your own higher will. You are capable of creating your future along with the will of this Awareness in a manner that benefits you at such a rapid growth that you are catapulted into heavenly states.

You are also capable of working against the will of this Awareness and more toward the will of a Micro-Cosmic man seeking to perfect an identity, and to glory within his own limitations. If you describe yourself as a little man with limitations in a great big world which is in total control of you and everything else; wherein you describe yourself as that, and separate yourself from the creation about you and from the other parts of yourself under other names and faces and in other bodies, wherein you separate yourself in this manner your future will be determined by those other



On the cover: Vikki T. your faithful Correspondence Secretary

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forces. For in order to separate yourself into a personal identity within the Universe, you must limit your awareness and consciousness to such a degree by defining again and again those minute particles of what you consider to be yourself and your own individuality.

You must define this so exclusively of all else that within your mind you are satisfied that you are such and such a particle within this universe. Wherein you wish to move beyond this game that you can begin expanding and creating your universe by the very words you speak, by the realization of who, in fact, you really are; by redefining and redescribing yourself in expanded terms until you realize you are one with this Awareness, which includes all there is.

Excerpt CAC Reading. Paul Shockley Interpreter

One Reason Awareness is Communicating (To Remind Entities Where the Kingdom of Heaven Exists)

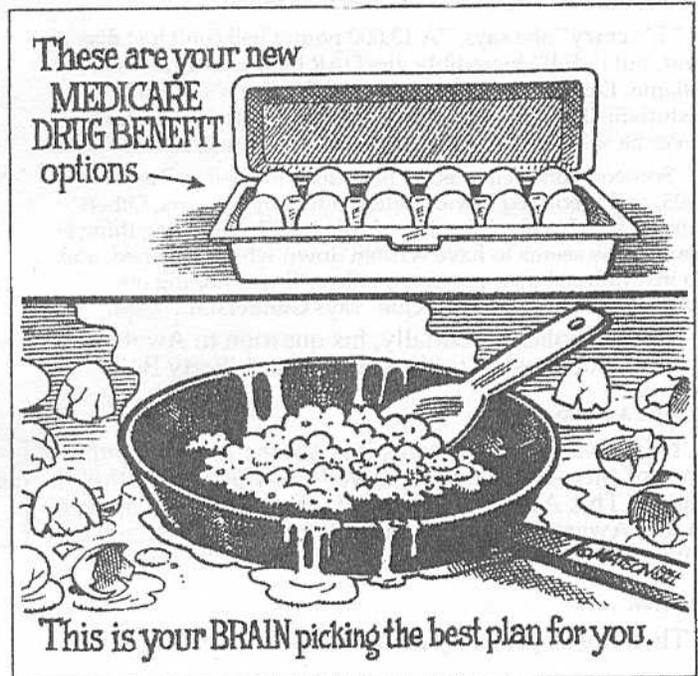
This Awareness indicates that the purpose of this Awareness in communicating with entities upon this plane is to separate entities from the feeling that their "God", that their Divine Gurus and teachers, whether Jesus, Mohammed, Krishna, Buddha, or whatever name, that these entities are "out there" somewhere, and that there is a *separation* between oneself and one's deity.

This Awareness wishes to bring about the realization that the Christ is *within*, the Krishna is *within*, the Buddha is *within*, Brahma is *within*, God is *within*, the Kingdom of Heaven is *within*, the guardian angels are *within*. This Awareness is *within* each of you.

This Awareness wishes that entities begin to understand that as long as they kneel before a crucifixion, as long as they project the concept of their Christ being "out there" suffering for them, they are missing the teachings of the Christ, they are missing the purpose of the crucifixion.

The action of the Christ, moving into the physical body of the entity Jesus: this action was designed to bring about a realization that there is no need for separation between the human being and the Father in heaven.

The teachings of Jesus were such that it said the Father in heaven and the Christ within are the *same*: "I and the Father are One."



...Is one of the world's greatest mysteries now solved?

What Happened to the Columbian Liberty Bell?

Nicholas Lucia, of Oak Park, IL, sent in an article from the Chicago Tribune register, and requests I read this and ask Awareness what is the solution. And it's called "A Humdinger of a Who Dunit!"

"Do you love a mystery? Here's one of history's most astounding! On September 13th, 1895, a seven foot high, 13,009 pound replica of the Liberty Bell left Chicago aboard the Illinois Central Railroad, for a global tour on behalf of world peace. That the day was Friday the 13th may have mattered, for the bell got as far as Atlanta, then vanished forever.

"The so-called Columbian Liberty Bell, was the idea of the Daughters of the American Revolution, which in 1892 commissioned it as a "token of freedom" and solicited items from around the planet to be fused into the bell's metal. Among them, the watch-chain worn by Lincoln, the night he was assassinated, coins from the time of Christ, a lock of Andrew Jackson's hair, a spoon that belonged to John Calhoun, a knife that had belonged to Lucretia Mott, George Washington's surveying chain, Thomas Jefferson's copper kettle, and 250,000 pennies from school children.

"All went into the molten mass at casting. When finished, the huge bell, with its engraved message of peace, was rushed to Chicago for display at the World Columbian Exposition of 1893. There, the bad luck began. The bell was first rung by mayor Carter Harrison on October 28th, 1893. Three days later he was assassinated.

"Two years later, the bell left for an Atlanta expo, to be followed by the DAR's dream tour that would take it to Mexico, England and elsewhere. Newspapers noted its arrival in Atlanta on September 18th, 1895, but there the historical record seems to stop. Cut to 1943. A Chicago railway express agent, scavenging truck parts during war time is referred to an Evanston barn belonging to the late George Knapp, who supervised the bell while it was in Chicago.

"Knapp's widow shows the agent, Nicholas Dour the wagon that had carried the bell, and gives him the four cap bands or hub caps and lanterns from the wagon. A pack-rat, Dour puts them in his basement. 1995, Dour's daughter, Dolores Gunderson, still has the artifacts in her Northwest Side home. An amateur historian, she dedicated the past 15 years to determining the bell's fate, contacting sources all over the world, but not a definitive word can be found.

"It's crazy" she says, "A 13,000 pound bell can't just disappear, but it did!" Incredibly, the DAR had no record of it after Atlanta. Equally stumped, the IC, and Atlanta's official historian: "I am afraid it is one of those mysteries that may never be solved", a DAR archivist wrote Gunderson last year.

"Someone once claimed to have seen the bell in Russia in 1905, and theorized it was melted down by Czarists. Others think it was hijacked outside of Atlanta. The amazing thing is that no one seems to have written down what happened, and no institutional memory exists either. "I was hoping one of your readers might have a clue" says Gunderson."

And Nicholas, essentially, his question to Awareness is: "Who done what to the Columbian Liberty Bell?"

COSMIC AWARENESS:

This Awareness indicates it is not the intent or purpose of this Awareness to solve 'who dunnits' of this nature. This Awareness suggests that as far as it appears to this Awareness, it was indeed seen in Russia, and that appears to be the end of it.

AVATON:

Then it was probably melted down.

COSMIC AWARENESS:

As indicated.

Excerpt CAC Reading 9-3-96 Paul Shockley Interpreter

The Reincarnation Concept is Challenged (Did Madame Blavatsky's Spirit Return and Renounce It?)

QUESTION:

A question from Hans Wilhelm, in Westport, CT. He writes: "I have just read *Thirty Years Among The Dead* by Carl A. Wickland, MD., which I received from you two weeks ago. The book records many "messages" which came through a medium from mostly earthbound spirits. I really liked the book, however, to my surprise, the author, as well as the spirits, claim that there is no such thing like reincarnation.

"At one time, even Madam Blavatsky, the founder of Theosophy came through and said that she made a big mistake teaching reincarnation when she was alive on earth. I find this very difficult to believe, because I have read several similar books like the one mentioned above, and they all confirm the fact of reincarnation. Could Awareness please explain?"

COSMIC AWARENESS:

This Awareness indicates if one wishes to rely on some channel who channels the dead, who *claims* to channel the dead Madam Blavatsky, and says in her behalf that she made a mistake; why would anyone believe that message any more than her message when she was alive? How do they know that this entity is even communicating after she died?

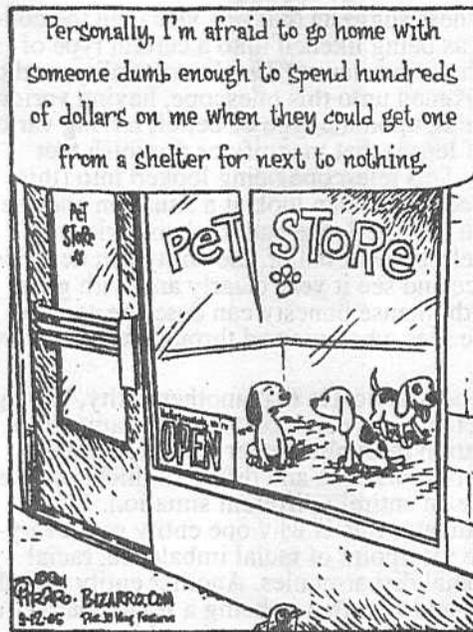
It is far-fetched to think that she would retract after dying, what she has offered when she was alive, in a credible way that would make her more believable speaking through some channel, than when she was alive, and also, who would believe that Madam Blavatsky is the ultimate authority on reincarnation anyway? This Awareness indicates that most people who believe in reincarnation did not get their belief from her.

Some Entities Today Recall Past Lives

This Awareness indicates the evidence from recent researchers is far more convincing, whereby entities having been born and recalling previous lives and being taken to those places, recognized and described streets and places before ever seeing them, and knowing where they lived without ever having been there, and recognizing people on the street, and knowing their names, and the researchers stopping to find out if they truly were the person named, and discovering indeed that is the person's name, and this kind of research wherein some small child remembering his family from 600 miles away, describing who he was, where he lived, how he lived and how he died; this is far greater evidence than some 'authority' saying that reincarnation is or isn't a fact.

This Awareness indicates there are many more types of evidence for reincarnation than testimonial by some channel or by Madam Blavatsky or others who claim to be authorities, or even by messages from this Awareness.





**The Cosmic Awareness
Spiritual Development Course**
ARIES: Lesson Number 12

Question: Will Awareness now please give us the twelfth lesson in the Correspondence course? The twelfth lesson shall relate unto actions which allow the individual to move deeply into the discovery of his or her own hidden self and the exploration of the deeper meanings of self, wherein one enters deeply into oneself, passes through the eye of the needle and exits into levels of Awareness.

Cosmic Awareness: This Awareness indicates that as entities begin to move into levels of response and service, there becomes that greater sensitivity which is felt within, and in this sensitivity there is the possibility for entities to discover more and more about their own inner feelings, as well as the inner feelings of others.

This Awareness indicates that there is seen that kind of sensitivity which strips away the veils, which strips away the garments, which takes from oneself one robe, one level of attitude and attachment and identification, one being taken at a time - one layer at a time, unfolding, until the entity discovers that all of these levels which can be used to describe oneself are nothing but garments of the character, garments of the soul.

This Awareness indicates that in looking at others, the entity begins to discover that they, too, are wearing masks, many garments, many layers of clothing, many layers of personality and protection to hide the true and inner self.

This Awareness indicates that as the entity becomes more and more sensitive, he or she begins looking beyond those garments, beyond those masks at the divinity which waits behind, the soul which hides behind all of that armor, all of that protection, all of those walls of defense, all of those veils, and all of those garments.

This Awareness indicates that as the entity looks behind these walls and veils to that soul which awaits behind, there comes a realization that underneath it all, each entity is every other entity and the souls are identical.

This Awareness indicates that only the outer surface is different, only the behavioral patterns are different. The feeling and sensitivity which waits behind are the same for every entity.

This Awareness indicates that as this is discovered, wherein it is realized that every human face is every other human face, every human soul is every other human soul, and entities begin to understand that in essence they are speaking to themselves when they speak to another; even as one part of the brain, one cell of the brain sends a signal to another cell of the brain and calls up a word, calls up an idea (and these ideas move back and forth from one cell to another) - in the same way each soul communicates back and forth with each and every other soul to the same kind of relationship that the brain cells have within the head.

This Awareness indicates that it has been said that each entity is a soul, a cell within the body of this Awareness, and that each entity, being a cell or soul within the body of this Awareness, does have as much right to exist in this Universe as any others. This Awareness indicates that there is no need for these cells or souls to compete within the body of this Awareness, and that as the competition begins to diminish and the communication and smooth-flowing energies begin to function in co-creative activities, the entire Universal Consciousness becomes one which is brought back toward balance.

This Awareness indicates that the imbalance occurred when Rhyee (the first separateness) stepped out, and in order to become significant, created the polarities and the differences between that which would control and that which would wait. This Awareness indicates that the action of this separation created a 'schism' in the Universal forces, the Universal Consciousness, and this schism has only now begun to heal, and now there is the return to Universal harmony and Universal balance in consciousness.

This Awareness indicates that as it is above, so it is below, and each entity having within himself or within herself that part which has been divided, that Rhyee and that Isis, each entity having those parts, now becoming reconciled, now becoming integrated - each entity is now becoming one with himself, each entity as moving at his or her own rate of integration, and as this integration occurs within the individual, it occurs likewise within the individual's associations and relationships with others.



This Awareness indicates that as this occurs within the individual, it occurs likewise within the concepts, within the beliefs, within the idea structures of the individual. It occurs likewise within the various organizations, structures, systems of society. This Awareness indicates that as the individual begins looking at his previous programming based upon concepts of polarity brought on by the separation and duality of Yin and Yang, of Rhyee and Isis, of good and evil, of right and wrong, brought on by the concept of spirit and matter and all those dualities which rest underneath these concepts - as the entity begins to look at this previous programming and discovers that most of his or her actions in this lifetime have been built around this kind of programming, the entity may begin to wonder just what can be done about such a programming and whether the programming needs continue or may be changed.

This Awareness wishes entities now to look at the concept of belief, for belief is likened unto that insect which lays its eggs upon another creature, and whose eggs begin to hatch out and eat away at the flesh of that creature as they develop, until the creature has been devoured.

This Awareness indicates those larvae, those eggs are likened unto beliefs, and the insect which placed those eggs there are likened unto the teachers and programmers who put forth those beliefs into the concepts of children. This Awareness indicates that as these children begin to grow and develop, those concepts, those beliefs begin to devour the very livelihood of the child.

This Awareness wishes entities now to look at the nature of belief for there are those beliefs which are instilled without any true basis other than the fact that they came from the authority, whatever nature that authority may be - whether this be parent, teacher, or social programmer.

This Awareness indicates that as the belief is instilled, often these teachers, parents, priests, or programmers give also the suggestion that you never doubt and never question these beliefs, for in questioning these beliefs, great harm will come to you. This Awareness indicates this as a way of battering down the hatches, whereby the belief is planted and will not be dug up, will not be opened for examination.

This Awareness indicates that as these beliefs are instilled, they begin to grow and fester and bring forth greater and greater areas within the life of the child which feed the belief, until the child is deeply rooted in the belief-system, whether these beliefs are right or wrong. The child then begins to move and function with the full weight of those beliefs, whether those beliefs are right or wrong.

This Awareness indicates that these beliefs then become the driving force and the heavy load which limit the entity, or allow the entity certain freedoms and certain areas of movement, depending on the nature of the belief. This Awareness indicates that as these beliefs begin to affect the movement of the child, of the entity, the entity also begins to affect and influence the world around and the situation around the life of that entity, and this influence either shall contribute to the welfare of others or shall hinder the welfare of others - or perhaps both, according to the nature of the beliefs.

This Awareness indicates that entities may be likened unto programmed robots when beliefs have been instilled within them and they cannot turn and question these beliefs.

This Awareness suggests that you visualize the concept of belief as being likened unto a certain type of telescope with various lenses that distort reality, and the belief being likened unto this telescope, having various colors depending upon the type of belief, having various thicknesses of lenses that magnify or diminish that which is seen. This telescope being looked into (this telescope called belief) can look at a situation and see a particular type of experience and, by being viewed through this telescope of belief, the entity can describe that experience and see it very clearly and with great detail, and with intense honesty can describe exactly what he or she sees when viewed through his or her own belief system.

This Awareness indicates that another entity, having a different belief-system, can look from the same place at the same situation through another telescope with different belief-colorations and different thicknesses of lenses, and see an entirely different situation. This Awareness indicates this is why one entity sees everything from the viewpoint of racial imbalance, racial difficulties, racial disharmonies. Another entity sees the same situation and sees this as being a sexual battle - a sexual difficulty relating unto sexual problems.

Another entity looks at the same situation and sees this as being a psychological problem.

Another entity looks at the same situation and sees this as being a cultural problem.

Another entity looks at the same situation and sees this to be a deficiency in diet.

Another entity looks at the same situation and sees this to be a spiritual deficiency.

Another entity looks at the same situation and sees this to be a political deficiency.

Another entity looks at the same situation and sees this to be an economic deficiency, and so on.

This Awareness indicates that another entity may look and see that this situation is caused by the parents and the way the child was raised; another will see that it is inherent in the nature of heredity and the nature of the child, while another sees this to be caused by reincarnation factors. This Awareness indicates that another sees it to be caused by a lack of religious truths.

This Awareness suggests that each of these ways of viewing the situation is based, upon the telescope known as 'belief,' and each entity has that telescope within himself or within herself, which is his favorite way of viewing the world, and using that favorite telescope to view the situations, the entities begin to formulate their concepts of reality. And one entity, seeing something in a certain coloration, sees this as being absolutely real; another entity sees this as being absolutely real, but not in agreement with the first. Another sees this as being real, but not in agreement with either of the first two. Eventually, hundreds of entities may be looking at the same thing, but each entity sees something slightly different, and each one feels that his viewpoint is absolutely real and the others are in error.

This Awareness indicates that through communication, many of these entities begin to discover that there are certain areas which they agree upon, and these areas of agreement are called 'collective realities,' and these areas which are collective realities become acceptable, and therefore, entities looking through their belief-system at that which is acceptable, being told by one another that this much is acceptable: "We agree that it is blue," and everyone agrees that this is blue - the entity who sees this as red then must begin to change his

belief-system telescope so that he sees it as blue also, or else the entity will be outcast and called insane. There are places to put such entities.

This Awareness indicates that as this entity changes his telescope to register blue, and all other entities change their telescopes to register blue, and all the remaining entities who have seen blue remain adamant about their decision, and in their agreement that this much is real, the communication may continue and find other levels of agreement.

This Awareness indicates that as these other levels of agreement are voiced, and more and more of that which is agreement becomes expressed, and entities consider what they discover to be more and more of reality - any entity who does not go along with this agreement is considered to be insane and outcast, and there must be something wrong with that entity.

This Awareness indicates that one entity's reality which does not agree with the realities of another - this entity's reality is said by the others to be unreal, and the entity is said to be unrealistic, simply because he does not see things the same way, with the same belief-system, using the same telescopic lenses and colorations.

This Awareness indicates that in fact, *all* of the various ways of looking at the Universe are real and are correct, regardless of how absurd it might be; for in fact, *all* entities are creating those images which are being projected into those areas which are called 'reality,' and these belief-systems projecting those images, creating those forms, creating those essences called matter, creating those substances - all entities on higher planes and lower planes work together to create and form this Universe with all its various levels of matter and energies - all entities creating this are doing this action in a collective way, and the entity who looks and sees something different, is simply not adding his energy to the same old collective pattern.

This Awareness indicates that that entity's reality is just as authentic, is just as valid as any other, and if all entities turned and agreed with that entity (that his reality was the correct reality), indeed, it would be so.

This Awareness indicates that if one million people stood waiting for a star to fall, or a star to dance - indeed, they would see such an experience.

This Awareness indicates that consciousness is the creator of the realities called matter and form, and wherein entities begin to understand this, an entire new picture, an entire new way of life can begin to emerge.

This Awareness indicates that wherein entities have been programmed to believe along a certain way of thinking, many of these entities are unwitting tools for those master hypnotists who are using their consciousness to create certain forms in which entities must live and survive.

And these forms and structures do indeed seem very real - yet indeed, are but the creation of the minds, of the consciousness of entities through the concepts which are prevalent in the collective mass-mind.



This Awareness suggests that entities looking for a new world may begin to rise above the mass-mind and may begin to discover the nature of consciousness by moving inward within their own psyche to discover that pool of Awareness which lies deep behind the 'needle's eye' which lies deep behind all personal identification, and wherein entities move into the 'psychic sea,' into that which is called 'Inner Space.'

This Awareness suggests this as the completion of this twelfth lesson in the Sea of Aries.

(The Law of Gratitude is given.)

EDITOR'S NOTE: The books indicated in the readings of Cosmic Awareness have been suggested as supplemental reading to the Spiritual Development course. This is not mandatory, but students in search of the Light may discover it sooner by reading certain books now available. The books mentioned in this lesson are as follows: *Thinking and Destiny*, by Harold Waldwin Percival. The Word Publishing Co., 1014 pages. *Seth Speaks*, by Jane Roberts. Prentice-Hall Publishers, 509 pages. *The Nature of Personal Reality*, by Jane Roberts. Prentice-Hall Publishers, 510 pages. Cost information for these books has not been included, please contact C.A.C. for price and availability.

Excerpt CAC Reading 9-3-96 Paul Shockley Interpreter

Yom Kippur The Day of Atonement: How Important is the Moon?

QUESTION:

A question from Debilyn Gardner, in New York City. "In reference to Yom Kippur, the most solemn day for Jews; it is a day of fasting, asking God for forgiveness of sins committed over the past year and being written into the Book of Life by God. There are even Jews who will fast "Just in case" because they don't have a strong belief.

"The question is: Since the Jews go by the moon calendar, is there actually a strong vortex of atoning connection at this time, or is it just ritualistic? And also, could it be done any time, to make the same connection?"

COSMIC AWARENESS:9

This Awareness indicates it appears to be timed in a certain way to have beneficial effects from the lunar energies. It does appear however, that it can be done at any time with benefits, not necessarily as strong as on that particular day. It is also stronger when an entity knows that other Jews are also participating in this activity. The very action of a collective ritual makes the energy stronger for an individual.

IS UNINTENTIONAL HURTING SOMEONE CONSIDERED A SIN?

QUESTION:

Another question from Debilyn. She asks: "Is unintentionally hurting someone considered a sin?"

COSMIC AWARENESS:

This Awareness indicates it may be a subconscious carelessness or negligence involved, if it is unintentional. There are very few things that are without any responsibility whatsoever; that it is not considered as strong as a willful intentional hurting, but if you are

negligent or careless or lacking in attentiveness and end up causing an accident, there is a certain degree of karma involved, but it is not nearly the same kind of karma as when one intentionally chooses to hurt someone.

This Awareness indicates that willful intent is much more deliberate and meaningful as compared to unintentional harm.

ARE SINS LIMITED TO THE TEN COMMANDMENTS GUIDELINE?

QUESTION:

She also asks: "Are sins pretty much limited to following the guidelines in the Ten Commandments?"

COSMIC AWARENESS:

This Awareness wishes to explain the word 'sin'. It is a geometric term used in trigonometry, representing a movement off of the outer edge of a circle. It is called 'sin', pronounced 'sine' in trigonometry. In Greek terms 'sin' means to miss the mark. In other words, you are not on target. This Awareness indicates that when you are off the mark, or off target, or off course, essentially it is a sin.

The Path is Narrow

The degree of which sin is experienced depends on how far off course you are, how serious it is for you to be off the mark, or off course. This Awareness reminds you of the statement "The path is narrow." This Awareness indicates in walking the straight and narrow, entities often will find themselves stepping off the path, particularly when there is an uncertainty.

When it is dark or when it is foggy, or when the mind is not fully clear, or when the emotions intrude and cause someone to become less clear, entities can step off the path. But when stepping off the path briefly, it gives them the warning that they are off the 'straight and narrow'.

Was stepping off the path a sin? To what degree is it a sin to step off the path if you correct yourself and get back upon the path? It may be necessary for entities occasionally to step off the path just to see where the path is, or step to the edge of the path to find out if they are still on the 'straight and narrow'.

"The Golden Mean" of the Greeks

This Awareness indicates if one wanders off the path completely, then of course one is no longer on the 'straight and narrow'; one may be wallowing in sin or completely off course. This Awareness indicates in the classical Greek concepts and philosophy, they recognized what they called the Golden Mean. The Golden Mean was the balance point between the extremes, and they encouraged entities not to be extreme in one way or another, but to take the middle path, to be in the middle, in a place between the extremes.

This Awareness indicates that this was actually a philosophy that came down to the Greeks from ancient priests and teachers out of Egypt, and this Awareness indicates that your Jewish Kaballah also represents that middle path between the extremes, and by staying in the middle path, entities can avoid the extremes which are the paths off the course: extreme right, extreme left are off the mark.

This Awareness indicates there are times when entities may wish to position themselves on the extreme right or extreme left in order to balance some situation. For example, if everyone is on a side against an individual and that individual is likely to be thrown out of

balance because everyone has joined against the individual, then you may need to balance the situation by bringing in friends to represent the entity from the other side, and thus balance the entire situation by having your friends confronting the entity's enemies, and this could bring about a balance.

This Awareness indicates that rarely do you wish to get to the extremes however, except in the need for creating a balance. This Awareness indicates that the question which was asked in this regard may be repeated as it appears it was not fully answered. The question on sin.

AVATON:

The question was: "Are sins pretty much limited to following the guidelines in the Ten Commandments?"

COSMIC AWARENESS:

This Awareness indicates that the Ten Commandments are general rules that were given for the people, particularly at that time in the Jewish history. It was a general rule that they worship the god of their choice; that they behave in certain ways that would allow their tribe to function socially. Much of the information in the Ten Commandments gave a simple teaching so that there would be less conflict, less chance of jealousies and hostilities to emerge within the tribe, and those are basically good social rules for entities to follow.

The Commandment: Do Not Bear False Witness

Do not bear false witness is a rule that many entities do not fully appreciate, but it is very important if a society or social group is to function harmoniously. By bearing false witness, entities can hurt one another. This Awareness indicates that it can be a false hurting, a way of destroying someone without cause. To say that "This person did a horrible thing!" is a way of slandering and harming the entity, if it is not true, particularly.

This Awareness indicates the Kahunas in the South Pacific summed it all up in one rule: "Do not hurt others." This Awareness indicates that this rule may be too simple for some entities. Some entities may need it to be broken down into ten or more specific rules.

The Ten Commandments Prevented Mob Rule

This Awareness indicates that the rules "Do not steal," "Do not covet your neighbor's wife", "Do not commit adultery"; all of these things are good social rules that were necessary at the time in order to keep the tribe together and to keep them civilized, otherwise, you might just have a mob, and if the entities did not have the programming that comes through the Ten Commandments, they could very easily turn into a mob just because they got hot and dusty and irritable from wandering on the desert.

This Awareness indicates that these rules had their importance in the society, and down through the ages, down through history, they have served well in many societies. This Awareness indicates at that time there were ten rules. In the Huna philosophy there was the one rule: "Do not hurt others!" In this day and age there are thousands and thousands of laws and rules, more than entities could possibly know about.

Does The Commandment "Thou Shalt Not Kill" Mean We should be Vegetarian?

QUESTION:

One other question she asks: "When God said, "Thou Shalt Not Kill," wasn't it meant that we should be vegetarians, to carry out the full meaning of the commandment?" I'm aware of Sitchin's expose of ascended

type beings that gave us these instructions to help light the way. Ultimately, we are not physically built like carnivores", she says.

COSMIC AWARENESS:

This Awareness indicates that the original word from which the verse was taken referred to the word or the meaning of 'murder': "Thou Shalt Not Murder." This Awareness indicates in the translations it became synonymous with the word 'kill'. This Awareness indicates that in those times, entities did kill for food, and there are references in further instructions in the Old Testament in which God even asked entities to kill.

The story of Jacob and Isaac in which the father was asked to sacrifice his son for God would be such an example. This Awareness indicates that there were also commandments that: "If your wife is unfaithful, put her away." This Awareness indicates that this was in reference to having her slain for adultery.

This Awareness indicates there are many statements of this nature that are in conflict with this particular commandment. Is it possible that some of this Biblical information was distorted or did not actually come from God, the Creator, but came from certain patriarchs of the time?

This Awareness indicates there are many uncertainties in regard to some of the old verses in the Old Testament. This Awareness reminds you also that in the Old Testament, God appeared to encourage certain killing in war, and these were not references to the killing of animals, but in regard to the killing of human enemies.

This Awareness indicates *It* is simply saying that there are many ways whereby entities can interpret these words, and it is difficult for entities to know what was in the original intent when these words were written, but the words were written specifically for the tribe at the time of Moses, in going across the desert, to help to preserve the unity of the tribe.

Will "Mind Gear" Help Meditation?

(Will It Help Him Contact Cosmic Awareness Real Fast?)

QUESTION:

A question from Thomas Janquart, Green Bay, WI. He writes: "I have several questions to ask of the Cosmic Consciousness. Because of the many changes happening today, I do not feel that I have time to seek the answers to my questions through meditation. Would the purchase of "mind gear" from Gateway Institute be a positive way to seek my spiritual self and all the information that the Cosmic Consciousness has to offer?"

"If this is a positive option, what method should I employ with the use of this machine to contact and learn from the Cosmic Consciousness. Are there any other meditative methods I could use with the mind gear?"

COSMIC AWARENESS:

This Awareness does not see that any such device will assure that you can contact this Awareness. The best way to contact this Awareness is to surrender self to the Highest Vibrations you can perceive. This Awareness indicates that if you simply let go of self, what you perceive of as your self: your mind, emotion, and feeling; and you focus your entire being on attuning to this Awareness, you can find yourself attuned.

Whether you can get the answers you seek while being attuned to this Awareness will depend on your own ability to translate any symbols that this Awareness may provide you, or any energies that this Awareness may offer you while you are attuned.



Excerpt CAC Reading 7-7-2-80 Paul Shockley Interpreter

Atrocities and Genocide by Fanatic Moslems (Hindus, Buddhists, Christians Persecuted in Bangladesh)

QUESTION:

We have a member, formally living in India who now lives in Brooklyn, N.Y. whose name is S.K. Bhattacharyya and he has sent in a number of questions over the years and along with clippings of articles about atrocities that are happening in his former homeland. He had a question here: "Minorities--Hindus, Buddhists and Christians of Bangladesh are living under constant harassment of rape, murder and looting by fanatic Moslems for more than the last 34 years. India and the rest of the world is totally apathetic to these people. Again, many of the Hindu and Buddhist refugees from Bangladesh who are living in Assam, Meghaya, Manipor, Mizoram, Tripura and Arunachal States of North-east India are also being persecuted again in India by Moslems and by fanatic Assamase people of India. Can Awareness tell when the Bengali Hindus of Assam will be safe or acquire another homeland for them where they will be?" And these stories he sent are really heavy. It looks like there is a genocide thing happening over there where hundreds of thousands of these people are indeed being slaughtered.

COSMIC AWARENESS:

This Awareness indicates that this appears to be such as that which will continue until enough attention is brought to this that there is an outcry in that area for something to be done. This Awareness suggests that you make an effort or that entities wishing to contact you and work with you and join with you in this action, make an effort to communicate and write to those various bodies, such as Amnesty International and to the United Nations, and to other major powers and ask them that something be done in regards to this.

Create an Organization to Deal With the Situation

This Awareness indicates that wherein not enough response is generated by this action or if you prefer to create an organization before initiating this action, this Awareness suggests that an organization be created which is similar to Amnesty International, but wherein Amnesty International is concerned about political abuses and cruelties, the organization which you could create would be concerned about religious and personal or private abuses and persecutions. This Awareness indicates such an organization could contact govern-

ments in those regions and areas wherein such persecutions occur, requesting that these governments take action to protect against such persecutions. This Awareness suggests this not being limited to physical protection, but also to include educational programs of tolerance between warring or differing religious organizations. This Awareness indicates that this organization could also concern itself with other areas, such as the Irish Protestant and Catholic conflicts.

This Awareness indicates that this as being something which will require time and energy, but whereby you could acquire some help from others to raise a voice through the already established organizations--whether political, private, or international, this can have some effect on alleviating the atrocities. This Awareness suggests also, that this can be established as a non-profit organization whereby you solicit funds to help raise money to inform masses or to inform governments of these atrocities, asking that entities assist in calling attention to the problem, so that these entities can either live in peace or be brought out of those areas into areas where they can in fact live in peace.

Excerpt CAC Reading 6-9-11-91 Paul Shockley Interpreter

Hatonn Says There's No Evil Space Aliens Here

QUESTION:

A question from Dan Chilinski, Toledo, Ohio. He writes: "A Pleiadian that calls itself Hatonn, which communicates through Dharma called the Scribe, insists that there are no evil space aliens on this planet. Hatonn stated that "Yes, the crafts are real, and yes, the small aliens are real, but these are replicated beings made by humans whose intent is to control the human population on this planet by manipulating these replicated space aliens to make them look either good or evil as may suit the human's purposes to control the human population.

The replicated aliens are made the same way the human robotoids or synthetics are made," Hatonn stated. "The originals are almost always murdered by the humans", Hatonn stated, "after all possible technical information is squeezed out of them. "Is it possible the Interpreter of Awareness has slightly misread the symbols from Awareness, and the evil aliens on this planet are actually human creations, just like the human robotoids made by humans to control and enslave the human population on this planet?

The replicated small aliens don't have souls because they are replicas, just like the human robotoids do not have souls. Awareness mentioned the aliens manipulate the humans and Hatonn mentions the exact opposite: humans manipulate the aliens." Would Awareness comment on that please?

COSMIC AWARENESS:

This Awareness indicates the Pleiadian Semjase expressed to Billy Meiers the fact that there are aliens on the planet which are indeed here for negative purposes. She has been very careful not to discuss this in great length or to bad mouth these aliens excessively, other than to warn about their presence and to inform Billy Meiers that they, the Pleiadians, are at war with some of these aliens who are presently on earth in large numbers

This Awareness indicates that *It* would ask a question: Is it possible that Hatonn is but a creation of some force that would help to promote the takeover of the planet by these Grey in hopes that mankind will sit by silently and allow it to happen, in hopes of giving false information to mislead humanity into trusting these entities as being but some advanced military creation of the government?



Awareness Sees Hatonn as a Hoax

This Awareness indicates that the so-called Hatonn Pleiadian appears to this Awareness to be nothing other than a hoax, and misinformation. This Awareness indicates that this of course will irk those who are followers of Hatonn and the information presented through this source. This Awareness is essentially stating in a nut-shell, there is a controversy here which may be said to be a disagreement as to the rightness of this premise on which the question is asked.

The Cosmic Laws of Cosmic Awareness...

THE LAW OF RESPECT

The Law of Respect is that principle of looking twice, or, more precisely, looking twice as deeply; for respect goes beyond the surface appearance and superficial glances to discover a deeper meaning, purpose or basis for discovery. Without the principle of respect, the *Book of Love* will never be read, the *Tree of Life* will never be seen in full bloom, and the thousands of rainbows of the *Land of Essence* will never be viewed. But with the *Law of Respect* in action, the mysteries of the universe, or any part, will open layer after layer, like the unfolding of a thousand-petaled lotus.



Excerpt CAC Reading 1-11-3-81 Paul Shockley Interpreter

THE NATURE OF ADDICTIONS (Losing Your Authority and Giving In to Appetite)

QUESTION (AVATON):

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

COSMIC AWARENESS:

This Awareness wishes to comment on the nature of addictions. This Awareness indicates that an individual who is in order, has within oneself an authority over the urges, appetites and compulsions of oneself, whereby these are controlled by that authority of one's own central purpose, philosophy, intention and direction. This Awareness indicates that an addiction comes about when the authority in charge turns over that portion of control to the appetite, compulsion, desire, or urge, so that the grander purpose, the intention or direction of the individual, is hindered by the subordinate authority who gives in to the appetite rather than following the true Purpose of the individual.

This Awareness indicates that the greater the subordinate appetite, the more authority it is given, the more the individual loses control of self, and the individual authority is substituted by the addiction, thus the addictive authority as that which takes control of the individual as this inert and individual purposeful authority is subverted.

Will One's Low Self be Ruled by Addiction

FOLLOW-UP QUESTION (VIKKI):

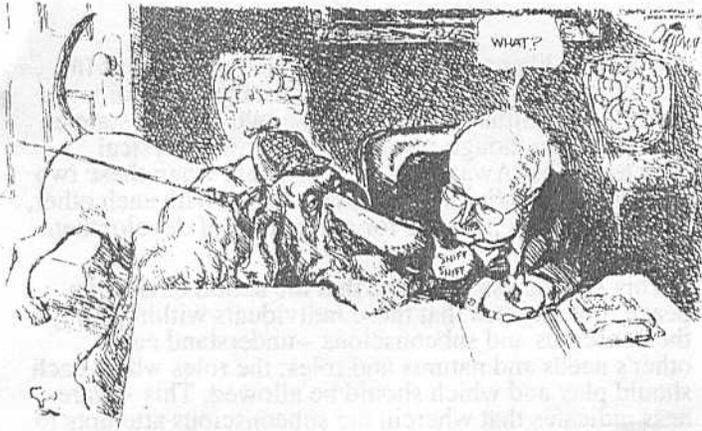
Awareness, in cases where you're not sure which is an appropriate action, can you count on the low self to give true responses when its a question of you asking yourself is it okay to have this or not have this; will the low self be ruled by the addiction or by your true purpose?

COSMIC AWARENESS:

This Awareness indicates this depends upon the harmony and rapport and the nature of relationship between the low self and the middle self. This Awareness indicates that wherein your purpose is clearly defined, wherein the middle self has a philosophy or ideal which it is pursuing, and whereas this ideal or philosophy and the intentions are in harmony with the Higher Self and *Its* directions, then the lower self as that which may be brought into alignment through rapport and communication through working out any problems in the lower self; and when this all moves into harmony, then the middle self can count on the lower self to be a faithful servant.

This Awareness indicates that wherein the middle self is lacking in direction, does not give itself to follow the directions of the Higher Self, does not seek direction from the Higher Self, but rather is likened unto one who wanders about the marketplace searching for stimulation, gratification to the senses and to the mind, whereas the middle self is on a search for pleasure pursuits, or for power or other forms of self-indulgence, and has no clear purpose for the direction of the movement of soul in an evolutionary sense, whereas the middle self is adrift, as a ship without a rudder, and whereas the lower self is asked for its support in some project; the lower self being led by a middle self which is in constant disarray, moving without a direction, the lower self will generally be inclined to simply do what it wishes to do.

This Awareness indicates this may be compared also to a parent whose purposes and directions are scattered in many different ways, without any central direction,



'A MR. FITZGERALD TO SEE YOU, MR. CHENEY.'

Excerpt CAC Reading 7-5-1-89 Paul Shockley Interpreter

Forcing Everyone Into Unconditional Love More on DeRohan's "The Right Use of Will")

QUESTION:

Another question from Jack Ritchey. He writes: "In the book *Right Use Of Will*, channeled by Ceanne DeRohan, it says: "Earth plane consciousness almost completely healed at least a couple of times but didn't, because the supposedly unconditional love wanted all entities to be unconditional love and wouldn't or did not give entities the freedom to be other than unconditional love. This book also says that if our intent now is to heal in consciousness, we can completely heal in the next few years." Will Awareness please comment on the above?

COSMIC AWARENESS:

This Awareness indicates that the concept of forcing everyone into unconditional love is that which in itself becomes an enigma or self-canceling suggestion because the conditions being placed demanding unconditional love would imply that the being who demands unconditional love is placing a condition before giving the love. This Awareness indicates that the expression of love is that which must be given willingly but it can also be given with conditions. It is a question of how many conditions one wishes to impose on others before giving love, and as entities create conditions before giving love, they create the need for negotiation regarding those conditions.

This Awareness indicates that if will is involved; the nature of will itself is to want something and to press for it, which means there must be something opposing or interfering with that wish or will. This Awareness indicates the question in regard to the *Right Use of Will* and the use of unconditional love as a means for healing the planet is of such an abstract origin that it appears to be disconnected with the actualities that most entities experience when looking at their lives. The question is: Can anyone love unconditionally and then, *should* they love unconditionally? Is there anything really in error about having certain conditions in regard to their expressing love?, or does it come to the point where entities should cast pearls before swine, just because they are operating from unconditional love?

This Awareness indicates that the nature of the question is presenting hypotheses that seem somehow unrelated to any concrete areas. There is a great gap between reality and the abstractness of this information, so that one must respond in hypothetical levels to the terminologies being used rather than to actualities in life. Perhaps the question could be reworded for better materialistic response, if that is desired.

QUESTIONER (AVATON):

I think we'll let the question stand.

without any central focus, and the child of such a parent also feeling a disassociation of purpose or direction. This Awareness indicates that the subconscious then generally reflects the confusion of the conscious mind and may simply become one which is haphazardly searching for gratification pleasures, self-indulgence and thrills, rather than serving as an appropriate assistant to the conscious mind, since the conscious mind itself--the middle self-- is without any guidance or direction of its own.

This Awareness indicates therefore, this may also be compared to a body which has no head of authority, therefore the arms, legs and organs all flail individually according to their own whims. This Awareness indicates that even as the physical body may become spastic; likewise, the inner bodies--the middle self, the lower self--these also may become somewhat spastic in their approach to life, being without direction or purpose.

Using a Pendulum to Question the Lower Self (Is There Any Sure Way to Know You're Getting The Truth?)

QUESTION (AVATON):

Awareness, in relation to using the pendulum to contact the lower self to ask it questions relative to the human form, like should it ingest certain foods, or assuming that it knows if the body is functioning right, or if it has contracted a virus and so forth; is there any fool-proof method that one can use to establish a contact with the lower self through the pendulum that you can be reasonably assured will be truthful, that the response will be truthful? From personal experience, I usually mentally ask it if it will state the truth, the whole truth, and nothing but the truth as far as it can tell in relation to a question I'm going to ask. Many times I feel the answer is right and it proves to be right; other times it seems like it is not right. Is there any sure-fire or sure-proof way one can tell?

COSMIC AWARENESS:

This Awareness indicates this as likened unto training...this as likened unto training a child or a pet. This Awareness indicates that you may give your pet a command, and the pet may respond or the pet may respond in a totally adverse way than you commanded. This Awareness indicates that it requires understanding and patience to train an undisciplined animal. This Awareness indicates similarly, it requires understanding and patience to train an undisciplined child. This Awareness indicates that with patience and understanding, the child and the animal may be trained. This Awareness indicates similarly, your own subconscious or lower self can be trained with understanding and patience; some have already been trained, others are undisciplined. This Awareness indicates that with the child and the animal you can easily see the results; with the subconscious, it must be tested and results measured by their effects in events and circumstances.

Things to Do When Training Your Subconscious

This Awareness indicates that the training of a subconscious requires first that many of the blocks in communication be removed (if there are any such blocks) whereby the conscious and subconscious can become friends, can find ways of communicating with each other. This Awareness indicates that for some individuals this is more difficult, as in many cases the subconscious is a bitter enemy of the conscious mind. This Awareness indicates this creates the Cain and Abel aspect, wherein the conscious mind (Cain) is slaying (Abel), the subconscious. This Awareness indicates that

this also as likened unto the masculine qualities of the conscious mind keeping the subconscious or feminine qualities in a situation whereby the two are in a state of divorce, even though residing in the same physical structure. This Awareness indicates that when these two aspects of an individual can make peace with each other, then it becomes possible for other steps of development to occur.

This Awareness indicates that the action of making peace first requires that these individuals within a body--the conscious and subconscious --understand each other's needs and natures and roles; the roles which each should play and which should be allowed. This Awareness indicates that wherein the subconscious attempts to control the conscious, or wherein the conscious mind attempts to do things which are best done by the subconscious, then problems can come about. This Awareness indicates that wherein the roles are agreeable and defined, according to the natural laws involved, then there is the possibility that harmony can come; and once harmony is beginning, then communication of a harmonious nature also can follow. This Awareness indicates once this can occur, then it becomes possible for more cooperation between the conscious and subconscious minds, to begin assisting the total individual and to bring about the mutual desires for both conscious and subconscious minds. This Awareness indicates this then allows for the Higher Self, or Superconscious to enter into relationship and brings about an integration, or the trinity--the triune self.

This Awareness indicates that much of the imbalance which entities experience is in constant flux, changing with astrological influences, with circumstances, with traumatic experiences, with uncertainties and confusions and with loyalty shifts; that wherein entities experience shifts in loyalty to another individual, to a social programming, to a society, to any form of value, to friends, to loved ones; whenever entities experience a loyalty shift, there will be a physical reaction whereby the subconscious and conscious become disarrayed, and the loyalty between these two aspects of the individual also will shift and create a physical reaction.

Many Illnesses Result From Shifts in Loyalty

This Awareness indicates that many illnesses result from shifts in loyalty. That wherein an individual is disloyal to a belief or concept, to a particular group that the entity has identified with, to a purpose or cause, and particularly to a close loved one, wherein these loyalties are shifted or broken, you can expect physical weakness, illness, or some form of psychological and physical illness to occur. This Awareness indicates that generally speaking, most illnesses are brought on by shifts in loyalty to one degree or another.

Shifting Loyalties: War Among the Selves

FOLLOW-UP (AVATON):

Is that the low self punishing the middle self for shifting loyalty?

COSMIC AWARENESS:

This Awareness indicates that there is a kind of time-lag, whereby the lower self cannot make the adjustment as quickly as the middle self, or whereby the middle self cannot make the adjustment as quickly as the lower self. This Awareness indicates that in some instances, the lower self will be disloyal to a programming which the middle self creates, such as the middle self may decide to follow a particularly strict diet, and the lower self indulges, from its own appetites, in fantasizing and in visualizing and in driving the middle self into a compulsive

sion to eat that which breaks the diet. This Awareness indicates then the middle self looks back upon this action and feels a sense of judgment and guilt at having broken the diet; the lower self having indulged itself fully, satisfying its urgings, now can look at the general event and may send forth resentment to the middle self for having been deprived, but will very likely feel a sense of subconscious guilt for having broken the bond of loyalty between itself and the middle self. This Awareness indicates that this then can lead to a future indigestion, or some other situation that punishes the lower self for having over-indulged against the wishes of the middle self.

When the Lower Self Breaks a Moral Code

This Awareness indicates that similarly, the lower self may indulge in some form of sensual behavior or activity with another individual which goes against the conscience or against the moral code set up and accepted by the middle and lower self, and if this code is broken, then the lower self may feel a sense of guilt. This Awareness indicates that still, on the other hand, the middle self may feel the sense of guilt, whereby the lower self does not. The lower self may decide that the middle self is far too strict and therefore, may break loose from the confines of the middle self's rigid rules. This Awareness indicates this is often seen, whereby an entity is much too strong and firm on his convictions of what is right and what is wrong, and this leads to a rebellious lower self, so that the entity suddenly finds himself unable to live up to his own standards and must go out and bust loose, --the entity becoming drunk and wild on energies of a chaotic nature.

This Awareness indicates that these extremes and excesses create a kind of imbalance in the system, whereby the low self and the middle self cannot experience a harmonious type of loyalty to the same codes. This Awareness indicates likewise in a family, whereby the entities involved have certain concepts of "family code," and these codes are broken, there can likewise be illnesses which result because of the disloyalties. This Awareness indicates this may occur also in terms of one's religious philosophy, in terms of one's national identification, one's racial identifications, or one's group or occupational identifications, and other forms wherein loyalty is considered important and wherein these loyalties are broken.

Mental Illnesses Often Brought on by Disrupted Loyalties

This Awareness indicates that many mental illnesses are also brought on by loyalty and its disruptions. This Awareness indicates that many entities have mental illnesses caused by relationships with loved ones. This Awareness indicates that in many cases an entity may experience a great fear or hostility or embarrassment or sense of guilt or jealousy in regard to a loved one, --this during a particular circumstance or experience. This Awareness indicates the frustration of the experience alone would not necessarily create such a great problem, particularly if the experience were involving someone other than the loved ones involved. This Awareness indicates that the greater problem comes about because the entity also has deep feelings of love and identification for these loved ones. This Awareness indicates that this combination of love and anger, or hostility or embarrassment or jealousy, or whatever other emotion; this feeling of love and respect, compassion and identification with this person, along with these other conflicting feelings, creates within the entity a conflict of energies, of emotions, this conflict is that which cannot easily be resolved or forgotten, therefore, it locks in and creates feelings of disloyalty, even with feelings of loyalty. This, not being resolved properly, can create

blocks which may be carried for an entire lifetime, so that the anger or the sense of rejection or the sense of embarrassment or whatever it may be, is continually locked within the subconscious--not resolved, not brought to the surface and resolved, but continually locked and held.

This Awareness indicates that these energies can bring forth various types of symptoms and illness of a chronic nature that last throughout the lifetime, or until brought to the surface to be resolved.

Communicating With the Selves

(She's Unsure About Communicating With Her Subconscious)

QUESTION (VIKKI):

Awareness, there's one area of the communication between conscious and unconscious or middle and low self, (which) is a very troublesome area for me, in that I can, in sizing myself up, say I am assured or confident that I have a good conscious in good order. I feel that my subconscious is balanced and harmonious. I don't have any surface symptoms that would indicate that there's a problem; but when, like today, when Awareness said to communicate with your subconscious and have like conversations and things; I don't have a feeling of assuredness that this is going on.

COSMIC AWARENESS:

This Awareness indicates that this is not necessary as a physical conversation, that it comes about as easily in terms of emotional rapport with thought communication. This Awareness indicates so long as your thoughts, your intentions, your will is such that your emotions are responsive to your will, and you do not have conflicting emotions which are constantly fighting against your will, whereby your will is constantly trying to curb and control your emotions; this Awareness indicates that when the emotions--which are the tool of the lower self, and the will--which is the tool of the middle self; when these are in harmony with each other, or when these can reach a resolution or resolving of differences through mutual efforts, this indicates the conscious and subconscious to be basically working together.

Getting a Release From Areas of Trauma

This Awareness indicates there will never be 100% harmony between conscious and subconscious until the entity has worked with great effort in discovering all of the traumatic experiences which left emotional feelings on the entity from past experiences of this life, and other lives previously. This Awareness indicates however, there can be a release from most of these areas of trauma, enough so that they may be forgotten, released by the subconscious, and the energies freed. This Awareness indicates these can sometimes be released by finding the first, the earliest keys or key experiences which created the first blocks which led to feelings of hostility or of rejection or of guilt, or of similar emotions which created a pattern for future emotional blocks.

This Awareness indicates that many of these can be unlocked from recollections of childhood experiences. Some of these experiences may not be recalled however, and therefore cannot be released. This Awareness indicates there are other ways of locating these experiences other than conscious memory. These may be released from the recollection under hypnosis, or through dreams, or through the stories told to you by entities who knew you as a child, events which you may have forgotten, but which they can recall, which may have left an emotional scar upon you. This Awareness indicates that also certain hallucinogens, such as drugs of the psychedelic nature have been used for helping

entities to recall childhood experiences. This Awareness indicates that Scientology has had some effect in using drugs such as caffeine for this purpose; the 'E meter' also as that which has been used by this organization for this purpose. This Awareness indicates that biofeedback may have some benefits in this regard.

Hypnotherapy: a Good Way to Talk With Subconscious

This Awareness indicates that there also is a system known as hypnotherapy, whereby the therapist assists the entity to use the hand, using a finger signal system, whereby the fingers answer for the subconscious, yes or no, and through a series of questions, the therapist may, under a very light hypnotic trance or a meditative state, the patient is able to locate the events which cause the symptoms (sic). This Awareness indicates that the works of Max Freedom Long; in particular the book *The Secret Science At Work*, and the book in which he describes the use of the pendulum as a device for contacting the subconscious, this Awareness indicates the name of this book not seen at this time--that these two books are clear and can be very beneficial in helping to establish a rapport and understanding of the communication between conscious and subconscious minds.

IS THERE SOMETHING IN MAN BESIDES THE THREE SELVES? (Where do Hunches come From?)

QUESTION:

Two somewhat related questions from Albert Mueller of New York City, who happens to be, by the way, a professional hypnotist. He would like to know: "Is there something in man besides the subconscious, the conscious and the High Self? I ask this question because if the subconscious is unable to judge or reason, from where do we receive sometimes wise solutions, hunches in sleep, or in the waking state. Also, in what part of man are our past lives and our present life knowledge stored?"

COSMIC AWARENESS:

This Awareness indicates that there are no actual divisions as such, of the conscious, subconscious and Superconscious mind, in the sense of not having similar qualities. This Awareness indicates that even as the male and female of the species have similar and overlapping qualities, likewise, the subconscious does have a rudimentary or very primitive form of judgment based upon programming which has been given to it. This Awareness indicates that similarly, the conscious mind has its degree of emotion, even though it is very weak in comparison to the subconscious emotions. This Awareness indicates that likewise, the Superconscious, which is said not to have a sense of judgment, but rather to be all-loving, still, *It* too has the ability to discern that which is appropriate from that which is inappropriate; and though *It* does not judge right and wrong in the sense of rejection or acceptance of the individual, *It* still is capable of perceiving that which is better and that which is not as good.

Conscious, Subconscious and Superconscious Explained

This Awareness indicates that these terms of conscious and subconscious and Superconscious are likened unto levels in the ocean, wherein one may speak of that which is the surface, that which is deep, and that which is very deep. This Awareness indicates that the area above the surface of the water may be equated to the Superconscious, wherein some entities would say it doesn't even exist, and the area just below the surface as that which is the conscious, and that conscious may be shallow or

deep; and the area of the subconscious as that which stretches down to the depths of the sea.

The Analogy of the Blowfish

This Awareness indicates that the contact of the subconscious with past life experiences and memories is similar to the ... This Awareness indicates that an analogy once was given of a blowfish whose body may be filled with air, and having a great cavity of a body, but on the outer side of this fish are sharp points sticking out several inches in every direction, similar to a porcupine. This Awareness indicates in this, one way equate the conscious mind to these points, the subconscious to the body of the fish. This Awareness indicates that each of the individuals may be equated to a different point on this body, and the subconscious of the individual may be equated to that point as it begins to enter into the body of the fish, and all of the subconscious energies of individuals merge together within the body of this fish as a collective unconscious, all of the unconscious together.

This Awareness indicates that similarly, the point wherein the conscious mind reaches its highest apex on each of the points of this fish, --the spears or needles protruding from the fish; when following these points far enough, the consciousness of the entity reaching ultra-consciousness, becomes a very sharp point which then suddenly diminishes and ceases at its very peak, or sharpest tip; and at that point it contacts the spirit, or Superconscious world;--the higher dimension.

This Awareness indicates then the entity becomes aware of a greater sea of consciousness outside the body of the fish or the material plane, and touching into that which is the external, or immaterial realm; that which is the Akasha, or spiritual realm.

This Awareness indicates that the collective Superconscious as that which is much greater in scope, in breadth, and in all its qualities than that which is the collective unconsciousness, just as the ocean or sea is much greater in scope than that which is the body of the fish, though the body of the fish, representing the collective unconscious, is a container of information from all of the conscious minds and subconscious minds of individual points, needles or identities.

Yes, Indeed, There Is MORE to an Individual: The Cosmic Conscious and the Collective Unconscious

This Awareness indicates that to answer your question, indeed there is more to an individual than the conscious, subconscious, and Superconscious; for there is that which is above the Superconscious which may be called the Ultra-Conscious or Cosmic Conscious level. This Awareness indicates there is also that which is below the subconscious, which may be called the collective unconscious. This Awareness indicates that memories are locked within each of these realms, particularly the memories of the past are within the collective unconscious. This Awareness indicates that these however, also can be tapped by the Superconscious and the Ultra or Cosmic Conscious levels.

THE BEST APPROACH TO REPROGRAM THE SUBCONSCIOUS?

(More on Hypnosis and Hypnotizing Children)

QUESTION:

Albert Mueller's other question: "To impress or reprogram the subconscious, which is the best approach: gently, or authoritively,--or does this depend on the particular reaction of the subconscious?"

COSMIC AWARENESS:

This Awareness indicates that the best approach is--this Awareness indicates this considering the purpose and motive as well as the receptivity and desire of the individual. This Awareness indicates that considering the use of hypnosis as a tool for beneficial purposes, or as a tool for personal control over another; the term 'best approach' as that which must be carefully considered and defined in terms of the motive of the hypnotist.

This Awareness indicates that in terms of the quickest approach to hypnotizing another entity, this depends on the individual. This Awareness indicates an entity who objects to and does not respond to authority, one who has a paranoia or fear or hostility toward authority, will not be easily hypnotized by an authoritarian approach. This Awareness indicates however, one who does not care for authority may be more easily hypnotized by suggesting to the patient that "you may relax, you may have control of the situation, you may come out of this situation at any time you choose."

This Awareness indicates wherein a patient is extra totally rebellious or pugnacious to suggestion, often it works best to give the opposite suggestion of what you desire, such as "you are not going to get sleepy, you are rather tense", etc. This Awareness indicates that this may be used for a period, until the entity begins to alter the control factors of his mind, then suggestions of a different nature may be used.

Asking Questions, Not Suggestions is the Best Technique

This Awareness indicates however, that the best technique for assisting and suggesting to entities, is not to suggest at all, but rather to ask questions; asking the entity to relax, asking the entity to recall certain times or to count or to relax certain portions of consciousness, or to visualize certain things.--asking the entity to think certain thoughts, recall certain experiences, and to describe or to comment verbally or silently to himself in regard to these experiences, asking the person to look at these experiences and remember what is being seen, or to forget what is being seen; asking the individual to let go of the emotion involved, to forgive, to allow the energy to drop in order to benefit in present time from releasing the past trauma experience.

Some Powerful Tools Used in Hypnosis

This Awareness indicates that action of requesting and asking cooperation from the entity is the best approach in terms of ethics and in terms of its effect on the broadest number of patients. This Awareness indicates that a more profound and dramatic effect however, for show and for sudden control and power over another entity can be effected by throwing the entity out of balance in a physical sense as well as in an emotional sense. This Awareness indicates that by pushing an entity off balance while giving a suggestion, such as the word *trance* or *sleep*, or *relax*, or *recall*; these suggestions given while the entity is fearful of falling, these are very powerful tools in hypnosis.

A Quick Way to Get a Person Into a Deep Hypnotic Sleep

This Awareness suggests that wherein an entity is put upon a machine which is moving up and down in a manner that appears to be out of control, such as the octopus-type machine at an amusement park or wherein the machine creates moments whereby the patient appears to be falling, and a pattern cannot be seen by the patient, so that the patient can follow the pattern for security while suggestions are being given; this type of situation as that which can create a very deep hypnotic state in a very quick order.

This Awareness indicates however, that this being of such dramatic nature, must be used with great care for the patient and his welfare, for it is of a greater violation to the patient if misused than if the patient succumbed to hypnosis by suggestion which could be resisted by the patient if he desired. This Awareness indicates that hypnosis can be used with great benefit or as a very detrimental tool. This Awareness indicates that many entities consider hypnosis in itself to be of an evil nature. This Awareness indicates however, that all entities to one degree or another are hypnotized any time they take a suggestion from anyone or from any situation.

Anytime an entity is receptive to suggestions from external environment;--whether vocal or physical or of any type of experience.--these entities in accepting the suggestion given, are allowing themselves to be hypnotized.

This Awareness indicates that similarly, entities who accept a suggestion to release certain trauma suggestions previously given by a circumstance, such as the painful recollection of an event, wherein the suggestion is given that the entity look at this event and experience the feeling and release this feeling so that the feeling no longer continues to haunt the entity on a subconscious or emotional level. This Awareness indicates this first feeling as having been a suggestion brought on by the circumstance, or by another influence upon the entity which created a hypnotic situation that lingered with the entity, and now the hypnotist giving the suggestion, asking the entity to release this charge of energy; this first and the second suggestions may both be considered as hypnosis. But the second suggestion, even though it is asking this to be released, being in one sense a hypnotic suggestion, is also dehypnotizing the entity from a previous suggestion. This Awareness indicates therefore, suggestion can be both hypnotic and also dehypnotic in nature.

This Awareness suggests everything that is spoken, if anyone is influenced by such, is a hypnotic suggestion. This Awareness indicates that therefore, to argue over whether hypnotism is proper or improper as a tool is of little relevance, and indicates that the one so arguing does not understand the nature of hypnosis at all. This Awareness indicates that the argument as to whether hypnosis is being used properly or improperly as that which is a valid argument and needs to be looked at--not only in terms of the professional hypnotist, but also in terms of all forms of suggestions.

The Greatest Hypnotists in the World are Parents

This Awareness indicates the greatest hypnotists in the world are parents who give suggestions and commands to the children, "You are stupid. You are a little liar. You are a thief. You are a brat." This Awareness indicates that these kind of suggestions are hypnotic to the child. This Awareness indicates that many of these hypnotists of this type would not consider allowing themselves or their children to be "hypnotized", thinking it to be "of the devil", yet they, themselves, indulge in hypnotic techniques of a far worse type than most professional hypnotists would consider.

This Awareness indicates that particularly the danger of such hypnosis by parents occurs when the parent knocks the child off balance while yelling or stating a negative command or suggestion, "You are a little brat. You are stupid. You are a liar." These suggestions, while slapping the kid on the head, or somehow knocking the child off-balance, go straight to the subconscious and form the identifications around which the child operates. From that time on, the child will be recognized by the

subconscious as a liar, a brat, or stupid; and the subconscious will cooperate to carry out the commands.

Will the Subconscious Reject a Suggestion that Goes Against one's Moral Training?

FOLLOW-UP QUESTION (AVATON):

Awareness, there's been circulating through the hypnotic literature and so-forth, what I suspect is a myth, and that is that the subconscious will not accept a suggestion that will go against the moral training or programming of the entity being hypnotized. Is that true?

COSMIC AWARENESS:

This Awareness indicates that this is true only insofar that the subconscious itself already has conflicting data which will not allow it to accept that suggestion. This Awareness indicates that wherein the subconscious has been deeply programmed against a certain type of suggestion, or of activity, and wherein a suggestion is given to the subconscious to indulge in that program; there will be a conflict, and the subconscious will wrestle with these conflicts until one,--whichever is strongest,--wins. This Awareness indicates that any entity, if subjected to enough torture, or to enough physical deprivation, could be programmed to become (a) totally different person. This would require that the new programming be stronger, greater than the old programming, and that physical deprivation and violation be involved to create the atmosphere or circumstances whereby the old programming no longer worked, and a new programming was rewarded and workable.

These Techniques Used in Training Assassins

This Awareness indicates these techniques are used in training assassins. This Awareness indicates however, that the reason assassins are not selected from citizens who are of a more stable nature, is because of the economics involved; it would take longer and be more difficult to do this with some entities when there are those who are easily influenced in this direction with less effort and less cost involved.

Can the Polarizer be Used in Hypnosis?

QUESTION (AVATON):

Sam Millar has done considerable work in hypnosis trying to perfect techniques that will eliminate a lot of the sessions of conditioning an entity to go under hypnosis rapidly. I'd like to ask Awareness if the Polarizer Sam is manufacturing can be used in these hypnotic sessions?

COSMIC AWARENESS:

This Awareness indicates this can be effective in the sense that the North pole as that which helps entities to become more relaxed, and in more deep meditative states. This Awareness indicates however, in itself, it does not create a hypnotic state unless entities are told that it does, and unless entities believe such a statement.

Exploring the Mind—The New Frontier

CLOSING MESSAGE:

This Awareness indicates that the exploration of the depths of psychology, the depths of mind, as that which is the new frontier. This Awareness indicates there are now movements under the sea and into outer space and

also into inner space,--that which is within the minds of entities. This Awareness indicates that this new frontier of inner space, as that which holds the key to deep and greater understanding of Who, in fact, you really are; and What, in fact, you can be. This Awareness indicates this in terms of individuals and in terms of humanity in general. This Awareness indicates that it also holds many pitfalls for those who wish to play games of separative and violative qualities when exploring the minds of others, or of one's own consciousness. This Awareness indicates that there can be great violation to entities even as there were great violations when entities sailed across the Atlantic to discover the New World of the Americas.

This Awareness indicates that with the wisdom available through hindsight and through greater understanding of the ideals and potentials of humanity, it may be possible to explore the inner space without violation to individuals. This Awareness suggests that human potential as that which needs to be highly prized, that the use of humans for the resources available for pursuits of power and grandeur as that which must fall away.

Thank you. (The Law of Gratitude is given)

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A CHRISTMAS MESSAGE FROM COSMIC AWARENESS

Paul Shockley, Interpreter

QUESTION:

Does Awareness have a Christmas message?

COSMIC AWARENESS:

This Awareness indicates that action which occurred in that town of Bethlehem some 2000 years ago as that which is related unto the paradox; as that which ushered into the Piscean Age the crystal consciousness, being ushered in a form which would be palatable to entities during this era. This Awareness indicates that in each age there is a messiah who does personify the qualities and nature of that age; that these messiahs are often the creation of those around as much as of that force which is within. This Awareness indicates the messiah of any age as resulting from the needs of the entities of that age and in that flux of consciousness related to and associated with that age.

This Awareness suggests that the action of the paradox, wherein the microcosmic image reflects the macrocosm, that this is the nature of that action which occurred on this plane some 2000 years ago. This Awareness indicates that this also had steps between wherein the physical microcosmic creation of that birth of Christ, the Child, as also a representation of the Christ Consciousness, the purity, the clarity which was being emanated and brought about through certain rites, rituals, teachings and associations in relationship, which resulted from the actions and was involved in the actions of the Essenes. (This Awareness wishes you to understand the word 'Essene' as related to the word "Essence", and also related unto the word "seance".) This Awareness indicates that actions of that time by those Essenes did help to manifest that consciousness whereby the crystal consciousness of the Christ could emanate itself through the child known as Jesus. This Awareness indicates that this was done also in Java with the Buddha.

In this present time there is the possibility and the opportunity for entities to bring about those children of high levels of awareness by allowing these children the environment, the space, the vibratory situations, the faith and the proper social situations whereby the Christ Consciousness may manifest and develop without being driven out by excessive distortions, perversions and frustrations.

This Awareness suggests in the coming years there shall be many, many children who shall be likened unto the Holy Child. That the movement in this direction begins within the individual, wherein the child within, the Holy Being within each and every one of you which needs its nourishment and needs certain attention, does begin to grow and manifest and give you its blessing; and does begin to bring your life into order whereby you, yourself, may emanate the Christ Consciousness from within.

This Awareness indicates that Christmas begins at home within your own psyche, your own awareness, and does move outward to manifest its radiance into the world about. This Awareness indicates that the spirit of Christmas expresses the *Law of Love*, and the *Law of Gratitude* expresses the action of generosity and affection, and allows entities to cast their bread upon the waters without knowing where, how, whence, or if it shall return to them. This is the only true gift.

The Spirit of Christmas allows wise entities that opportunity to present their presents of gold, frankincense and myrrh to the Christ Consciousness within each other.

The Spirit of Christmas allows each entity the opportunity to graciously receive such gifts from others, even as the Christchild, (before his recognition as the Christ by the masses), received those gifts from the wisemen who recognized the Christ that lived behind the unlikely situation of the lowly stable, the manger, the camel and sheep, and the tiny babe in arms.

The Spirit of Christmas recognizes the Christchild growing behind each and every unlikely scene, each and every unlikely face and situation, and those who are wise will bring gifts to nurture and devotion to encourage the growth and development of that Christchild within each face, each scene, each situation.

The Spirit of Christmas is a dedication and devotion in mass to the Christ within yourself and others.

This Awareness suggests you keep this Holiday sacred and Holy and that you keep yourself sacred and Holy, and that you make each day a Holyday.

This Awareness indicates *The Law of Gratitude* is that sense of satisfaction where energy which has been given receives a certain reward. Energy that is given moves out on that curved and unequal line and when extended far enough can only return to its source bearing gifts.

This Awareness indicates *The Law of Love* is that Law which places the welfare and the concern and the feeling for others above self. *The Law of Love* is that close affinity with all forces that you associate with as good. *The Law of Love* is that force which denies the existence of evil in the world, that Resists Not. For love follows the course of least resistance.

This Awareness suggests the greatest gift that any entity can give to another is that portion of themselves which is given with love and which has no strings attached and no expectations. This Awareness suggests that in giving yourself, the spirit of Christ moves in communion between you and the other.

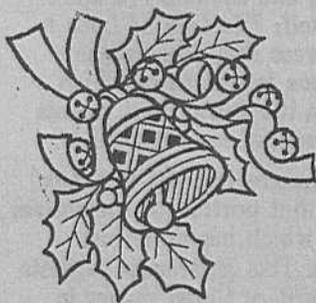




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