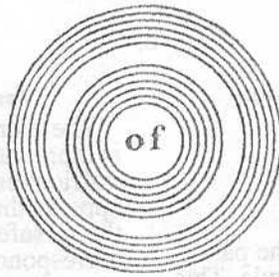


Revelations

The Cosmic Newsletter

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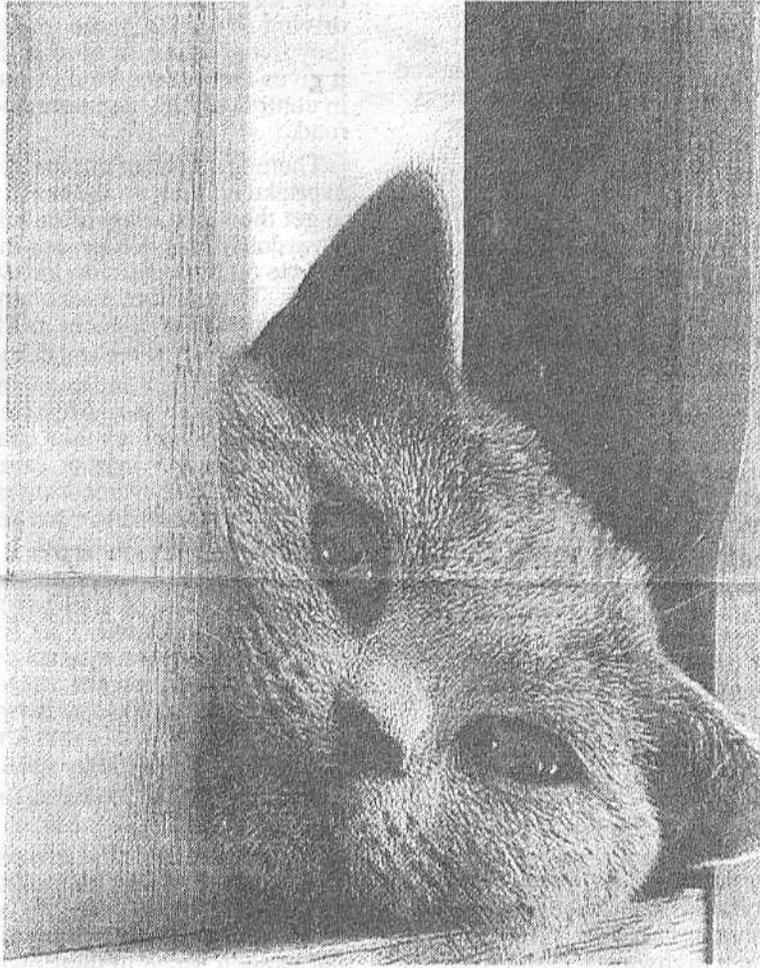
Awareness

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Celebrating our 35th Year!

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THE PASSAGE OF TIME

(Society Much Less Violent in Years Past)

OPENING MESSAGE:

This Awareness wishes entities to consider the passage of time in regard to its effect on their lifestyle. This Awareness indicates that it appears that the more technologically advanced a civilization becomes, the more rapid everything moves, and the more it tends to encounter and increase in the experiences and potentialities for entities.

This Awareness indicates this of course will be more easily seen by thinking back in time four or five hundred years, when everything moved slower. This Awareness suggests in fact, going back a thousand years, before there was use of guns and explosive weapons, when entities still used swords and shields in their conflicts and wars. Compare that to modern times when entities use missiles and rockets and advanced machine guns for their wars and conflicts, and you can see that entities a thousand years ago had a society that was much less violent.

It was more difficult to cause violence. It was easier to avoid violence, and though entities might look back to those times and say "I am certainly glad we go away from the injustice of those times!", for indeed many of the laws were unjust, many of the countries were not yet highly civilized in terms of just laws and behavior, but at the same time, one has to envy those times when violence was more difficult and less likely.

This Awareness indicates that the nature of the weapons has changed so that one entity carrying a weapon could destroy a large number of entities in one brief moment. This Awareness indicates that it is also true that an entity getting drunk or losing his sense of equilibrium, either emotionally, physically, or mentally, could very easily destroy a number of people, particularly if that entity is driving a machine or flying a machine, and this kind of "accident" or incompetent negligent behavior would not have been possible a thousand years ago, or not have been quite as possible.

The only way such an accident might result from negligence in those times would be if the entity were piloting a boat or driving a carriage, and became careless and lost control of the boat or carriage. Today, if one loses control of a vehicle on a highway, it could result in the death or maiming of a great number of entities.

This Awareness indicates that even looking back ten or twenty years, when traffic was much lighter on the roads than now, entities can see that modern technology has increased the danger of traveling those highways, even though the highways have improved and even though the vehicles may have improved in terms of their safety.

This Awareness indicates along with that improvement, the vehicles are made to be more responsive. They are smaller, and the braking works much quicker so that one can stop more quickly. The vehicle, not being so heavy, allows it to be more maneuverable, but at the same time this has occurred, the drivers have become more adept at maneuvering those vehicles in and out of lanes, driving closer behind the car ahead and so forth, so that they help to allow the driver to become more daring in his use of the vehicle so the safety gained is offset somewhat by the nervousness of the driver who uses the modern vehicle much like one may have used sports cars twenty or thirty years ago.

Responsibility and Irresponsibility on the Roads

These entities now tend to drive faster, because the car is more maneuverable and they weave in and out of traffic more easily. This Awareness indicates that it appears that every time something is done to make things safer, there is a negative side that makes things correspondingly more hazardous also.

How You Drive Tells Much About You

This Awareness indicates that much of this has to do with people not really being as responsible as they could afford to be. They prefer to sacrifice or trade off some of their safety and responsibility for the comfort of easier driving or getting home more quickly for the comfort they felt at home, or they prefer to take chances because it gives them some kind of thrill, a sense of being more in control, if they can outmaneuver other vehicles on the road.

There is a kind of competitive spirit that tends to overtake entities on the road, so that in their competition to get their first, they often take chances that could be hazardous. This Awareness indicates that as entities behave on highways, so likewise do they tend to behave in life. Thus, if they take chances on the highway, they also tend to take chances in life.

The Pro and Con In Taking Risks

This Awareness indicates in this sense, many entities become risky in their lifestyle. They take chances with their earnings or they take chances with their behavior, and often gamble here or gamble there, risking here and there. Eventually something is lost that is very precious because they risked unnecessarily once too often.

This Awareness indicates it is important for entities to recognize what is valuable, to learn to keep things in perspective and not to risk (it) for some momentary thrill or momentary benefit. This Awareness indicates of course there are some times where entities need to learn to take a risk. If you are just too cautious in everything, your life will likewise go nowhere until you learn to get out and take a risk of some kind.

The Golden Mean of the Greeks

This Awareness indicates the Greeks had a concept they called the Golden Mean.

It was the mid-point between extremes. The Golden Mean or the halfway point between extremes was considered by the ancient Greeks as the Ideal. This Awareness suggests that entities might wish to consider that Golden Mean in their own lives and try to get a balance so that they do not move into extremes on any issue that is hazardous or which would be unnecessary, and in so doing, they may find that their life runs more smoothly.

When finding that Golden Mean, entities find themselves working just the right amount, playing just the right amount of intensity and energy level, being just harmoniously in balance in terms of one's relationship with others, never getting into great extremes of behavior, balancing one's financial situation as much as is possible so that one does not go overboard in any extreme: being too tight or being too generous. This Awareness indicates that the principle of the Golden Mean by Greek philosophical teachings was that an entity could live the most harmonious and well-balanced life by following the Golden Mean.

This may also be referred to as the Straight and Narrow path, never getting into the extremes where there are hazards and dangers. This Awareness indicates that while this may be the Ideal, there is always room to consider exceptions, such as the potential exception of occasionally taking a risk on something that may be

quite beneficial, but which still may carry some risks. The thing to consider however, is if the risk is there, how well can you survive the risk if you do not succeed? In other words, for example, you wish to invest in some business or stock or gamble some of your assets in hopes of gaining some great reward, consider before you risk whether or not you would be devastated by the failure of your risk.

If You Want to Find Romance You Must Take Risks

This Awareness indicates another example might be something of an emotional level such as an entity who wants to have a close relationship with a certain person, but knows that if he or she makes a move they might alienate that person and offend the person.

Therefore, rather than speaking to the person or asking the person for a date, or for going to lunch or coffee with the person, the entity might instead fail to make any attempt at communicating at all. Such happens with many entities because they are afraid to risk their personal pride or risk the possibility of rejection.

This Awareness indicates that many entities would be better off to learn to risk rejection and put forth the effort for they cannot lose more by doing something than if they do nothing at all in that regard. This Awareness indicates that of course it is risky to put yourself out in a vulnerable position where you might experience rejection, but it is certain that you won't get your wish if you do not at least put yourself out there to try.

In this regard, risk can be very important, and the entity who learns to risk areas and assets and self in such a way that can survive the devastation of loss without a complete collapse, such an entity is likely on occasion to be successful, and such success, when repeated a few times, can be very valuable in terms of leading the entity to have greater benefits and gain in his or her life.

This Awareness indicates therefore, consider risk but risk that which will not devastate you totally. Risk that which you can afford to lose if the risk does not pay off. This Awareness indicates also do not risk carelessly, where the odds are against you. It is better to work slowly, methodically, to gain a little bit at a time over a long period of time than to risk everything in one big action that is not likely to pay off or would be a major upset or event, if it were to pay off.

Make Sure the Odds Are Favorable Before Gambling

This Awareness indicates if it is a very risk gamble, then it is probably not a good gamble, but if the odds are favorable, even though there is some risk of losing, then it is probably a very good gamble, worth taking. One has to keep one's sense of balance when risking things in life, so that one does not confuse desire to win with the odds of winning.

Sometimes an entity will want to win so badly they will ignore the odds, ignore the fact that the odds are against them and they will simply assume because they want to win so badly, that they will win. This Awareness indicates that it is likened unto the entity who says "I have as good a chance as any to win this lottery ticket for the new car! My chances are 50/50 that I will win, because I will either win or I won't! Isn't that 50/50?" This Awareness indicates that the entity's logic fails to consider that there may be thousands of other lottery tickets also for the new car, and the entity has rationalized because he wants to win so badly, to believe that either he will win or won't win, and therefore, he has a 50/50 chance. He believes that he will win or he will lose, and that this makes the odds 50/50. This is because the entity's desire to win is confused with the odds of

winning, and he has confused himself willingly to make himself believe the odds are better than they are.

This Awareness indicates that if there are a thousand tickets sold, the entity may have one chance in a thousand, but by saying: "I will either win or lose, therefore I have 50/50 chance!", he has deceived himself into thinking his odds are much better than they really are. This Awareness indicates in other words, *It* suggests that entities not kid themselves about the odds of the risk they are taking, but they also should recognize that it is sometimes necessary to take risks if you are going to achieve anything at all in life.

This Awareness simply asks you to consider the odds of that which you are risking and be realistic in your considerations, and maybe not risk that which is likely to be lost unless you have good reason to feel your risk is going to pay off properly.

Young Girls Who Risk Their Reputations

This Awareness indicates many a young girl has lost much of her reputation because she risks her reputation on some boy that she wants, and does not realize that he isn't what he appears to be until it is too late for her. He is then gone, and she is left with a broken reputation. This is a kind of risk that is not to the best interest of the entity, yet there may be some entities who need to take a risk because they have been too cautious for too long and nothing has ever come their way, and by taking a risk at some point, they may find something good can come from it.

One must learn to use good judgment in the risk-taking activities but recognize that all of life cannot be lived to its fullest without some risk, and that also you may not live a good life if you risk too quickly, too carelessly.

THE CHANGING SURNAME TRADITION

(The Problem With Naming Baby in Today's Culture)

QUESTION:

A question from Karl Starkweather, in Portland, Oregon. He writes: With the dawning of sexual equality, I have often wondered, what will happen to the tradition of the surname? More and more women are keeping their maiden name when they marry, but this does not solve the problem of the baby's name.

"Being a numerologist, I know this has far-reaching implications as the last name is supposed to indicate the spiritual life of an entity. Does Awareness see a solution to this, or at least, what will happen to the tradition in the future?"

COSMIC AWARENESS:

This Awareness indicates that there can be no solution until there is a pattern regarding how the child will be named in a relationship. In some cases, the woman will want to name the child after the father to assure that the father will be stuck with child-support payments in the event of separation. In other cases, the woman will want the child to be named after her, to assure that in case of a child-custody battle, she will already have the child's last name.

This Awareness indicates that as long as there is a chaotic or unclear tradition as to the naming of the child, as to the use of surnames, there will be continued uncertainty. If this continues far into the future and the trend continues whereby the female retains her traditional family name, and the man retains his name, or wherein they neither marry and name-change becomes irrelevant or inappropriate, then the issue will continue

to be a matter of haphazard decision based on inclination of the parents or their ability to decide together.

In some cases, it may be a conflict as to what to name the child, especially if the father wants the child named after himself, and the mother wants the child named after herself, there may be some conflict regarding the surname. This Awareness indicates *It* does not see the solution available until a pattern of surname use again comes into custom.

When tradition changes, patterns are broken and when patterns are broken, people are often left with an uncertainty as to what to do in lieu of the traditional method. This is such a case.

IS NUMEROLOGY A VALID CONCEPT?

(Is It Really a Science?)

FOLLOW-UP QUESTION (AVATON):

This entity says he's a numerologist. I've often wondered, is there anything actually to numerology? Some call it a science, or is it mostly entertainment and speculation?

COSMIC AWARENESS:

This Awareness indicates it is a very nebulous science. It has less basis of reality than does astrology. It is based primarily on the concept that numbers carry energy. This Awareness indicates that the concept that numbers carry certain energies is relevant in some contexts, but to assign numbers to letters, and assume that this is a factual situation in a universe of energies, is very questionable, particularly because the 26 letters of the English alphabet to which you assign numbers, is not a universal energy or force, but an artificial application.

The alphabet of 26 letters is only applicable to the English alphabet, and there are other alphabets which have used numerology also. The Hebrews, with their 22 letters, and the Egyptians with their 16 letters also used numerology and interpreted their letters by assigning numbers to the letters.

Are these same energies of Egyptian numerology or Hebrew numerology the same as English numerology? Of course they cannot be, because they are different letters, and different number assignments.

Therefore, is numerology actually something associated with energies of the cosmos or is it simply a kind of game in the minds of people? You can assign the letter its numbers, and you can assign the numbers or letters their particular philosophy or meaning, but if numerology depends on what alphabet you use, or what culture you are associated with, it is not a fixed science. It is not something that is being dictated or influenced by the energies of the cosmos. It is simply something the mind plays with.

This Awareness indicates it is likened unto the difference between using a twenty-eight day month based on the moon's position, which is a cosmic energy factor, or using a month that is based on 31 days in some months, 28 days in one months, 29 and 30 days in other months, and calling this calendar something fixed and associated with cosmic energies. It is obviously not associated with cosmic energies because it does not correspond with any movement or energy in the cosmos.

The calendar of the Gregorian origin which is commonly used today began with the thirty day month, and the months that were named after certain dignitaries such as Julian, for July, Augustine for August, and some of the other months, were named for these entities and were given extra days in those months to give the

emperor, the particular emperor after whom the month was named, a feeling of greater importance. It is likened unto the emperor saying: "Augustine had 31 days! I want 31 days also!" Therefore, the calendar was unevenly distributed in terms of its days, and yet it had to all fit within the 365 day cycle, so these extra days helped to make that cycle effective and also with the shortened month, it allowed for the month to be used as a leap year month every fourth year.

But this is totally artificial, a creation of man, not a creation of nature. If one goes by nature, the month is determined by the length of time it takes for the moon to create its circle, to create its complete movement around its orbit.

This Awareness indicates that in this sense, the Gregorian calendar, being artificial, is not something in terms of a force in nature.

The alphabet is in the same category as the artificial calendar because the alphabet is artificial, with different cultures having different numbers of letters, and the assignment of numbers to those different letters is all part of an artificial creation, not something dealing with nature itself.

Numerology Uses Universal Generalities

Therefore, numerology is very detached from natural laws or principles, even though it often can be applied to a situation or to an entity with what appears subjectively to be a degree of accuracy. Most of the terms used in numerological readings are terms of general application that could be assigned to anyone without it appearing to be erroneous.

To say that someone is sensitive or changeable or to say that something is intensifying can apply to almost any situation or any individual if the entity is subjective enough to look at those words and apply them to the aspects of their own self.

This Awareness indicates that it is easy to call forth generalities that are universally applicable to an individual's behavior, personality or characteristics, and if enough of those generalities are given to the person, the person will have to admit "Yes, these descriptions fit me. I have been described better. There are other ways to describe me more accurately, but these descriptions fit me." This Awareness indicates that if you wish to describe an individual whom you have never met, and someone says, "I'm giving you a hair from this individual. Can you describe this entity?", you can always use generalities and say: "The entity is somewhat sensitive. The entity is somewhat intelligent, and is relatively easy to communicate with!", and you can go on and on with these descriptive terms that would apply to anyone.

And if they hand you a hair from someone else, and say: "What do you get from this person?", and you hold the hair, you can use even opposing terms and still appear to be somewhat accurate. You can say: "This entity is not as sensitive as some people, or as he should be. The entity lacks deep sensitivity." Who can argue with that description of any entity? And you can say: "The entity is not as intelligent as he or she could, be!", and who is going to argue with that? It can apply to you, just as the other could have applied to you, if you were the owner of the hairs being analyzed. This Awareness indicates in other words, it is possible to get an accurate reading through numerology as long as numerology stays with the general qualities that are being applied to the numbers, but this Awareness indicates it is not truly scientific. It is more subjective.

It is a subjective application of general terms to allow an entity to get a general idea of the qualities or nature

of an individual. One could throw out totally different numbers and still feel that the individual fit his numerological reading.

In fact, you could switch the numbers of the letters around so that none were accurate or followed traditional letter attachments.

In other words, the letter A, which is generally assigned as #1, or the letter B which is assigned to #2, could be switched so that B becomes #1 and A becomes #2, and you could use this throughout the alphabet to give wrong numbers to these letters of an individual's name and still come out with general words that would apply to the individual's character because the generalities are so broad that any individual could fit under such a definition.

This Awareness indicates for example, the definition of #1 being an entity who initiates and starts things, and #2 being a person who works with others who is in partnership with others who reflects off of others; these terms could apply to anybody and the switching of the number and its meaning from one person to another, would still appear applicable to the individual.

Numerology Much Different From Astrology

This Awareness indicates that it is quite different from astrology, even though astrology often also uses broad terms. Astrology can also pinpoint times of events and describe more accurately personalities and characteristics in a way that is more unique to the individual so that if you read an astrological profile of one sign, and an astrological profile of another, you will know that these two profiles are describing two different entities entirely.

An entity might fit two or three or even four of those 12 types of people, but the entity is not going to fit all of those 12 types, and if you get into the more detailed descriptions of the individuals, such as the planetary placement in the entity's chart, you will see that it is more precise and that these descriptions do not allow it to express or define all individuals accurately, but rather that it defines characteristics of the selected individual, precisely here, precisely there, and in such a way that it pinpoints the major characteristics of the individual according to his or her horoscope and chart.

This Awareness indicates that it cannot apply to very many people unless they are born at similar times, and if you get even more precise in terms of place of birth and hour and minute of birth and the exact time of birth, then the horoscope becomes totally unique to the individual to whom you address it.

IMAGES SUDDENLY APPEAR ON THE SKIN

QUESTION:

A couple of questions from Gloria Kilby, Gresham, Oregon. She writes: "From a reader in Russia, concerning two articles to come out in a publication there, one called 'Marked People', the article cites instances when indelible drawings, ranging from geometric figures to artistic images suddenly appeared on the skins of numerous people." And she would like to ask Awareness to comment on that.

COSMIC AWARENESS:

This Awareness indicates that this is not seen clearly whether this implies a sudden appearance on skin, where it was not there before, or whether this is simply an instance wherein someone got a tattoo and someone noticed it later. This Awareness indicates *It* does not see this as being clarified in the question and does not see this as being a fact in regard to the way the question is

worded in its implication. This Awareness indicates that to discuss this as a valid premise is very difficult because it does not appear to have any true validity in the way that the question implies, as if the entities were sitting at a table for example, with their sleeves rolled up, and all of a sudden an image appears on the arm of an entity.

This does not appear to be valid. What the entity means is not clear, or whether the entity got a clear description of what happened is not clear.

This Awareness indicates it is possible that stories were written just for the sake of writing or telling a story, but it is not clear that there is any validity to this premise.

RADIATION FROM A BEEHIVE?

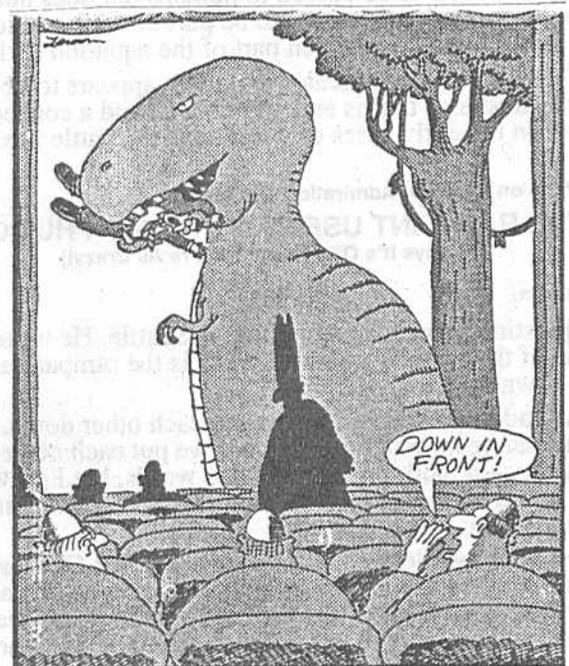
QUESTION (IBID)

Her other question is just as vague. She writes: "Radiation from a beehive. A new phenomenon has been discovered: Radiation coming from cellular structures. It knows no obstacles, can pierce any screen and is perceived by human beings." And she asks if Awareness would comment on that.

COSMIC AWARENESS:

This Awareness indicates that this appears to have some validity; that the structure of the honeycomb in the beehive as that which puts forth certain energies, much in the same principle as the pyramid energies that have been made popular during the 1970's. The movement of ions along corners and lines of the pyramid, to the point, creates an emission of energy at those points, not only at the top of the pyramid, but also at the corners of the pyramid.

This Awareness indicates to a similar degree, but to a lesser degree, the 6-sided cylinders of the honeycomb in the beehive also carry energies along those lines within the hexagon shape, and these are what have been called radiation. It is the ionized energies that come from these lines, from these hexagon shapes.



At the Vatican's movie theater

COWPOX VACCINATIONS AND CANCER

(Dr. Says Never a Case of Cancer in a Unvaccinated Person)

QUESTION:

Health Research, back in 1957 published a book called *The Poison Needle* by Eleanor McBean, and this is a book that stated, among other things, that in the New York press, 26th of January, 1909, W.B. Clark stated: "Cancer was practically unknown until cowpox vaccinations began to be introduced. I have had to deal with 200 cases of cancer and I never saw a case of cancer in an unvaccinated person." Does Awareness see any validity to that statement, to that theory?

COSMIC AWARENESS:

This Awareness indicates that it appears there is some connection with the disease referred to as cowpox, which is an offsprung of syphilis.

This Awareness indicates that it appears that there is a connection with this whereby developed in cows as a disease that later returned to humans through milk and beef, and when it came into contact with certain types of human tissue, it became energized and developed cancer.

Not everyone would be subjected to this because not everyone had those certain compatible energies or substances in their body to trigger the cancer in its reappearance. This Awareness indicates that you may recall that this Awareness once suggested that cancer was passed from grandparents down through the generations to grandchildren, and through the genetics from the disease known as syphilis.

As one researcher noted and stated: "When I treat this girl's cancer, I am actually treating her grandfather's syphilis."

This Awareness indicates that it appears that somehow the cows were part of this formula or equation. This Awareness indicates the human blood and cow-blood being very close, very similar in nature, and the fact of humans eating beef and drinking milk and using dairy products and the fact of cattle having the pox or a type of syphilis; it appears that there is a link in this equation that allows this to be passed to humans but does not necessary require the cattle to be part of this equation anymore. It may have been part of the equation earlier.

This Awareness indicates that there appears to be some substance to this entity's remarks and a connection between the early cases of cancer and the cattle pox.

More on a Mutual Admiration Society...

THE RAMPANT USE OF PUT-DOWN HUMOR

(He Says It's One Reason We're All Crazy!)

QUESTION:

A question from Jon Strongbow in Seattle. He writes: "One of the reasons we're all crazy is the rampant use of put-down humor."

Instead of putting ourselves and each other down, we would all be in better condition if we put each other and ourselves *up*, with praise and good words, but I grew up in a world where, if you haven't received a good insult recently, you feel left out.

"How can we learn to treat each other like Gods, as Awareness asks, when everyone is in so much denial, they feel so powerless that the only way they can feel bigger and better is to put down themselves and others?"

COSMIC AWARENESS:

This Awareness has suggested that entities form a mutual admiration society wherein all who are in the mutual admiration society should put each other up with admirable comments and encouraging remarks. This Awareness indicates that this would be a way for entities to gain great self-esteem through each other's constant encouragement and admiration.

This Awareness indicates however, that most entities do not voluntarily do this, and it might be necessary to put some effort into getting entities involved in such an action. It appears that most entities are more inclined to let things happen as they happen and accept them as they are. This Awareness indicates however, it could be of great benefit for entities to encourage each other at least five times daily, when they live together or see each other frequently; that they compliment each other or encourage each other or give each other some kind of positive feedback and energy.

After a period of time, their attitude toward that person whom they "put up" may begin to cause them to like the person more, and at least they will tend to stop putting the person down, and in this manner, the entities can begin to respect each other more.

This Awareness still thinks the idea of a mutual admiration society in which entities do this consciously and deliberately encouraging each other and praising each other; that this would be of great benefit to those involved.

Ed's Note: For more on the Mutual Admiration Society, please refer to "Revelations of Awareness" issue 95-17 (\$3.00 from CAC).

CHARLES KEATING—A MODERN JEKYL & HYDE WHO STEALS AND THEN PRAYS

(How is a Character of This Type Formed?)

A question from Nicholas Lucia, Oak Park, Illinois. He writes:

"Michael Binstein and Charles Bowden have written a book called *Trust Me*. The subtitle is "*Charles Keating and the Great American Robbery*." A book review by Hiawatha Bray highlights some of the fact dealing with Keating. This is material taken from court records and interviews with Keating and his friends and foes. A "Citizen Kane" for the Nineties emerges from all of these inquiries.

Keating's record is one of greed and corruption. He was a compulsive gambler and kept a craps table in his home in Phoenix. By buying the Lincoln Savings and Loan bank, he was able to lend himself hundreds of millions of dollars in violation of banking laws. The Federal government had to make good the 2.5 billion dollars that savers had lost. But the buyers of his junk-bonds were left holding the bag.

Keating supposedly called black people "niggers" and the San Francisco bank examiners "homosexuals" who were engaged in a "vendetta" against him. But he was a devout Catholic who spent three days in a Yugoslavian peasant hut praying to the Virgin Mary. Following this, he got on his corporate jet for the casinos of Monte Carlo.

This seems to be a Dr Jekyll and Mr. Hyde character, able to shift from one personality to another, without the aid of liquid chemicals. Can Awareness point out how a character of this type is formed, and is it innate nature or environment or a combination that is needed?"

COSMIC AWARENESS:

This Awareness indicates that all entities are dichotomies, are in a kind of contradictory mode in some way, wherein one aspect may be quite gentle, kind and friendly, and at the same time have another aspect that is vicious and cruel. This Awareness indicates that there are greater conflicts in some entities than in others.

Most entities who are able to reconcile the extremes of themselves come into a kind of poise so that they do not exhibit these Jekyll and Hyde extreme aspects, but some entities cannot accept their own extremes, cannot reconcile the yes and no within themselves, and thereby continue to have their inner conflict that creates the entity as a dichotomy of conflicts and oppositions.

This Awareness indicates the entity who can pray for several days and then go off to gamble is simply an entity who through his prayer gives himself a feeling of relief from guilt and a kind of soul-washing experience from the filth of the rest of his life, and then by going off to gamble, he rewards those baser qualities of his life that need and cry out for expression.

The oppositions are both attended to, the conscience has been attended and the flesh wishes and greed factors have been also attended and the entity feels that he has pacified some of his needs. Of course the entity is never satisfied because there is always the inner conflict that never stops, but he has done what he could to reward both of those aspects of himself.

This Awareness indicates that most entities who are capable of crimes against humanity also have certain aspects that are quite loving and tender toward some people, and their gentleness is for them to identify with their own good so that they can express themselves in a more hostile and conflicting way toward other people without feeling totally bad, without feeling they are evil, because they can jump back into their more gentle relationship with their loved ones and feel themselves to be a really nice person.

This Awareness indicates that if you were to interview mobsters or Mafia Dons, you would find that there is a side to these entities that is very much the loving father, the loving husband, and they are very gentle in certain aspects, while at the same time, a phone call can trigger them to order someone's execution.

They do not like that side of themselves, so they make up for it by being especially nice to their loved ones, the ones who know them intimately well, and that part of their life is the part they identify with most. The other part, the part that orders an execution of someone is the part they consider not their own life, but the job they are forced to do in order to provide for their family and their loved ones.

This Awareness indicates that the question reflects the attitude that most entities have in regard to the so-called "bad guy". Most entities think that the bad guy is always bad, does nothing good, and that he is essentially cruel, evil and hard to get along with. They would like to think that they could spot an evil person of this nature simply because the entity would be nasty in terms of personality and they prefer to think that all bad guys have nasty personalities and never do anything for others.

This is simply not the case. Many really "bad guys" are seen as being really nice persons and they may go out of their way to help someone in need. That of course can be something that simply is designed to ease their conscience and give them the impression that they are a "nice" person.

This Awareness indicates most entities want to think of themselves as being a "good" person, and those who are involved in execution of others, especially have much to overcome in order to keep a good self-image, so they have to be especially nice in other areas of their life.

To go and pray for three days would indicate that an entity had a considerable amount of guilt that he needed to overcome at that time, or that he had a deep dedication to help someone. This Awareness indicates that such a deep dedication may be triggered by feelings of having done some action that was improper and caused serious damage to his spirit or soul, therefore, the deep dedication to help someone could simply be an action of trying to balance out the error with a good deed for someone else.

FOLLOW-UP QUESTION:

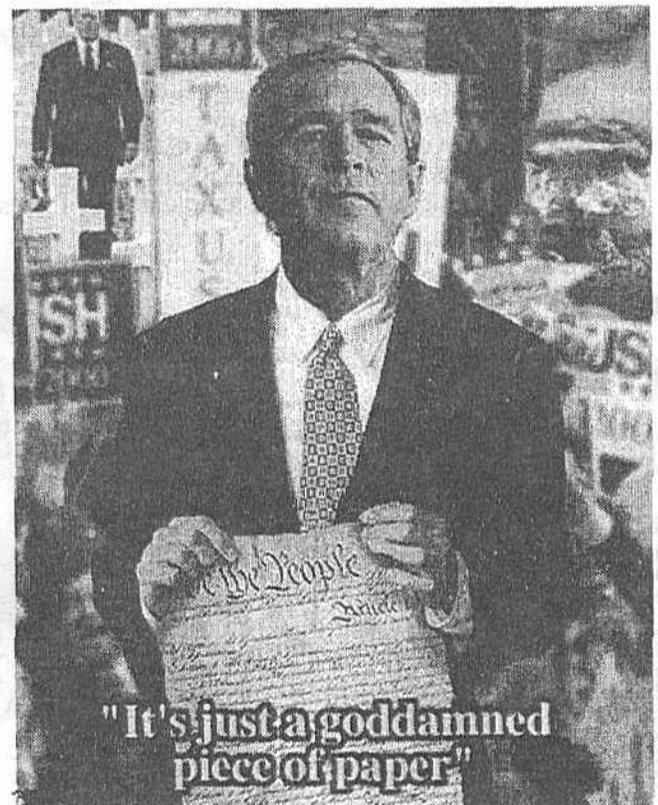
So these so-called Jekyll and Hyde aspects are more or less natural with most entities and it's not necessarily a case where the entity has not effectively integrated all of his aspects?

COSMIC AWARENESS:

This Awareness indicates this as in the affirmative. This Awareness indicates the entity may not be schizophrenic, but the entity may be wrestling with extremes in his own personality, trying to pacify some of the guilt from an extreme action by doing something nice for someone else.

This Awareness suggests the Interpreter be brought from trance.

The Law of Gratitude is given.



Excerpt CAC Reading 8-17-77 Paul Shockley Interpreter

Did Jesus Come to America?

QUESTION:

Janet Ryan, Oeangrove, New Jersey sent in a couple of questions. She asks: "Did the entity, more than one, we know as Jesus, visit America and give his teachings in a similar manner as we now know them? Was this before or after his crucifixion, and when, if this occurred?"

COSMIC AWARENESS:

This Awareness indicates that much has been given on this in previous questioning. This Awareness suggests that reference to the readings of David Worcester in 1967 and '68. That briefly at this time, this Awareness shall... This Awareness suggests that the energies on this type of question as that which disturbs many entities regardless of how it is answered. This Awareness wishes however, to clarify certain information relating unto this.

More Than One Entity Posed as Jesus

This Awareness indicates that there indeed were more than one entity during that time, posing as Jesus.

This Awareness indicate that the name was as popular in those days as the name John is popular today. This Awareness indicates that there were more than one entity who was referred to as Jesus the Christ. This Awareness indicates that even today you have two entities named Krishnamurti, both as being teachers of spiritual paths. This Awareness indicates there is confusion among certain entities as to which is the real Khrisnamurti, and which Krishnamurti is the one who spoke at this or that place.

This Awareness indicates that one entity was crucified, another entity named Jesus, went on into India, studied with the teachers and gurus in the Himalayas, went from there into other regions. This Awareness indicates that there also was an entity who... This Awareness indicates this following information as being that which can be disturbing to entities. That the question has been asked, and that having been asked, the time for answer as appropriate.

Jesus Brought to a Spacecraft and His Health Restored

This Awareness indicates that the entity Jesus of Nazareth as having been watched and guided by forces

from above and upon this plane. That this entity after certain mission was brought to a space craft, revitalized, and restored, and did indeed, appear in other parts of the earth. This Awareness indicates that this use of the space craft for this entity's movement as part of the Divine Plan, whereby these space people were able to bring about certain changes in consciousness upon this plane through the teachings this entity did give.

This Awareness suggests that a future reading on UFO's will reveal more. This Awareness suggests that at this time, this as not appropriate for any further questioning along this line.

QUESTION (AVATON):

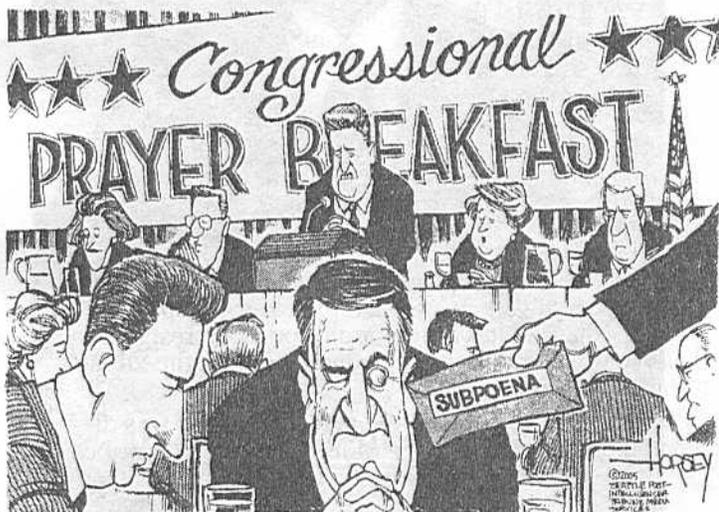
Is it the will of Awareness that this last information not be published?

COSMIC AWARENESS:

This Awareness suggests this as being preferable at this time, that the information is too controversial for the majority of your membership to accept, or to allow. This Awareness suggests that many would insist on more information, others would be emotionally upset, that others would be excitedly pleased, and others would be arguing with one another. That the entire information and message would create much controversy which is not the will of this Awareness at this time, and would be somewhat detrimental to your organization.

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"... AND, AS WE LEAD AMERICA IN YOUR RIGHTEOUS PATH, BLESS OUR DEVOUT COLLEAGUES WHO COULD NOT BE WITH US TODAY BECAUSE THEY ARE BEING INVESTIGATED, INDICTED OR INCARCERATED!"

Health Hints From Personal Readings

(Hearing Problems and Nervous Stomach)

QUESTION:

I also have a slight loss of hearing and chronic hemorrhoids. I would also appreciate it if Awareness would alleviate any other conditions which I may not be aware of.

COSMIC AWARENESS:

This Awareness now looks at the hearing situation. (Pause) This Awareness indicates this as related unto the pituitary, the activities of the pituitary gland or chakra operating in the area of the pituitary. This Awareness suggests that the entity can benefit from meditating after taking several deep breaths of air. This Awareness suggests that ten very slow, deep breaths... this Awareness suggests this be 12, as follows. That the entity breathe in for a count of 12, hold for a count of 12, exhale for a count of 12. This Awareness indicates this be repeated 12 times, that after this, the entity close his eyes and nasal passages with his fingers, placing the thumbs over the ears. This Awareness suggests the entity then allow the mouth to drop open and breathe slowly through the mouth in a natural and quiet breathing manner.

This Awareness indicates the entity concentrate then on the hearing areas, that with the thumbs over the ears, the entity begin to listen to the various sounds within his head. This Awareness suggests the entity listen for the sound of a cricket, the sound of a flute, the sound of a roaring waterfall; the entity may also listen for the sound of galloping horse hooves and the sound of a deep ringing bell. This Awareness suggests that as the entity listens for these various sounds, the hearing shall be affected and the ability to hear shall increase. This Awareness suggests also that this be done daily for a period of approximately 15 minutes to 30 minutes daily in your own privacy, preferably during times of non-stress, after you have completed other stressful chores.

This Awareness suggests that in addition to this, that you give greater attention to your hearing during the waking hours. This Awareness indicates that you listen to the fine, soft, and subtle tones and sounds that exist behind the loud, obvious sounds. This Awareness suggests that you give greater and greater attention to this.

This Awareness indicates the hearing loss as related unto non-receptive attitudes regarding certain forces. This Awareness indicates this appears to be in relation to an action of wanting to shut out a sound or noise or voice which was not pleasant to you. This Awareness indicates that as you shut down on these areas, the ability to hear became less acute. This Awareness suggests that now is the time for you to open the hearing areas, likened unto the opening of one's eyes after the danger has gone which caused one to close his eyes. This Awareness suggests that now is the time for you to become more open and receptive, and in this manner, the openness and receptivity, which relates very closely to hearing and listening, does increase that ability to hear, to listen, and to receive.

This Awareness indicates there appears to be some slight disturbances to the area of the stomach; this appears to relate unto nervous conditions.

This Awareness indicates that chamomile tea be used prior to falling asleep, as that which can be beneficial; that valerian root used in powder form or as tea can be beneficial - that this valerian root be limited to twice or

three times weekly. This Awareness suggests that this likened unto one or two small capsules prior to falling asleep during times of stress or nervousness, this being limited to two or three times weekly. This Awareness suggests this not as an extract of valerian, but as valerian root powder, the powder of the valerian placed into capsules.

This Awareness suggests this to be used during the times of nervousness and stress, and discontinued when this stress has subsided. That the use of chamomile tea can be beneficial to you, particularly in the evenings when you wish to become more relaxed and to sleep; that this may continue indefinitely.

This Awareness suggests that the Interpreter be now brought from trance unless there are further questions needing attention. M780217P



Excerpt CAC Reading 10-24-81 Paul Shockley Interpreter

PROBLEMS AND UNCERTAINTIES AFTER SHE SEES A FORTUNE-TELLER

(How One's Love Life and Sex Life Could be Over)

QUESTION (AVATON):

We have a question from Susie Quick, who's now living in Seattle, and it's a personal question, but it has ramifications that probably are of interest to others, so I shall read her letter and ask Awareness to comment. She writes:

"A little over a year ago I went to have my fortune told by an old English woman who seemed to have psychic powers. Some of my friends had been to see her and she had made quite a few accurate statements and predictions about my friends and their lives. I sat across from the woman in a small room. She did not seem to possess powers of perception which most people do not have. She said she received visions, or images about a person which were manifested to her as she spoke to the person. She said it was important for me to respond to her vocally because she drew insights from the vibrations of my voice.

Without my telling her she perceived that I was divorced, that I was planning to relocate soon, described some aspects of my former marriage, and made other accurate observations about me. I was aspiring to become a professional dancer (and still am, by the way) so I was very encouraged when the psychic told me she saw me dancing professionally in years to come. She added some sensible advice to me about my career,

concerning the fact that I would have to work hard to accomplish my goals, and also that I would have to accept defeat graceful.

She then told me, "You will marry again, but you won't meet your next husband for at least 3 or 4 years," and she proceeded to describe to me my future husband. The image of this man which she portrayed to me at that time included a simple physical description of him, and the observation that he liked the outdoors, both of which appeal to me. I was quite pleased with most of this woman's predictions for me at the time that I received them, and thus tended to accept all of them readily. However, I have begun to feel increasingly uncomfortable with some of these predictions; for instance I am haunted by the psychic's words telling me to steer clear of serious involvements with men for a few years now, because none of them would come to anything. I have begun to realize how frustrating and limited this feels to me, because part of me has accepted and believes in that woman's predictions so completely, that when I begin to feel close to a man in my life now, and begin to fall in love with him, and consider the possibility of marriage, there is a part of me which has accepted this psychic's predictions so completely, that I experience a nagging fear and certainty that any long term relationship I would undertake with a man now, would be doomed to failure, and no man I meet now is really the Right one for me anyway.

It feels to me that as much as I might want to marry now or in the near future, on some deep levels I have accepted that that possibility is closed to me for 3 or 4 years. I realize that the more I believe this, the more it will actualize as true. I have read some of Awareness's statements concerning predictions of the future, and how seriously they should be accepted, and intellectually I agree with the idea that the future is never fixed, and one creates one's own destiny and life experiences as one goes along, however, I am aware that at some deep levels of myself, I have accepted that psychic's predictions about my love-life as unalterable fate.

There are strong feelings of belief in me which have accepted all of those predictions so fully, that I feel inescapably fated to experience exactly what I was told I would experience and am beginning to wish very much that I could be free of such a rigid and unalterable program schedule for my life. I am asking Awareness for help and instruction in this manner, because I would

like to do somewhat of a deprogramming job on myself. I want to effectively reach those deeper levels in me which need to be contacted and changed so that I can once again feel relaxed about my relationships, free to unfold my life as I choose to. I want to dissolve and eliminate the belief that has grown in me that I just have to accept that for 3 or 4 years I must be deprived of any relationship leading to marriage. I want to free myself from my own acceptance of those predictions which I do not wish to be true, but I don't know exactly how to go about doing that. I am asking help from Awareness in resolving this problem. Thank you."

COSMIC AWARENESS:

This Awareness indicates that *It* first wishes to comment on the psychic giving the reading. This Awareness indicates this entity does indeed have certain psychic powers; but this entity also relies in part on muscle readings, and in part on that which is apparent. This Awareness indicates that the entity is sensitive to the tone of voice, to the movement of one's eyes (including the pupils) and can tell when you are open and interested or desirous of something she is speaking of, and the entity also can read expressions and twitches and movements of the customer. This Awareness indicates that these things all give hints and indications which allow the entity to make approximate guesses as to one's interest.

How Psychics Use Deduction and Muscle Reading

This Awareness indicates she is not, for example, unlikely to know that you are presently unmarried, and not unlikely to assume that you have been previously married. In the event that this were in error, and you told the entity, "No, I have not been married," she would then have a quick comeback, stating "Yes, but in your heart, you were close to one, and it was much the same as a marriage." This Awareness indicates this applies to 90% or more of the women of your age bracket who have not been married.

This Awareness indicates that clever psychics can make errors that go unnoticed when they are sitting face-to-face with the entity they are reading for. This Awareness indicates that the look of one's eyes—the pupils in particular, grow larger when an entity is accepting. This indicates to the psychic that what was just said is in the affirmative, is desired, or is acceptable. This Awareness indicates that the pupils grow smaller when the psychic states something that appears not to be acceptable to the customer. This Awareness indicates enlarging pupils may be seen as meaning YES, while pupils that grow smaller may be seen as meaning NO. These are very subtle movements.

Intense Interest Shown by Leaning Forward

This Awareness indicates likewise, when an entity leans forward, even in the slightest degree; this indicates the entity is wanting and waiting for whatever information is coming on a particular subject, this showing intense interest. This Awareness indicates that when the entity leans backward;—even in the slightest degree, or the eyes relax and the entity does not show the intensity of interest; this means the psychic has lost the rapport of the communication slightly. Therefore, the psychic can assume that the customer is not so inclined to accept that which was just stated, and the psychic can qualify or branch into another direction to find that area which again captures the interest of the customer. This Awareness indicates by using these very subtle muscle-reading techniques, a psychic speaking in generalities, can locate areas which indicate they have touched an



identification of the customer, and then can speak in terms of these areas of identification.

A Look at the Figure Can Reveal Much to the Psychic

This Awareness indicates that any sensitive individual can look at your figure and make an educated guess that you dance, and that you dance well, and that you enjoy dancing; and any intelligent individual can assume that anyone who dances well has had dreams or thoughts of dancing professionally. This Awareness indicates that this is not to say the entity is not psychic. This Awareness indicates that there are psychic qualities which accompany sensitivity and intellect. There are also signs such as muscle reading, which often assist psychics who are sensitive to them. This Awareness indicates however, that in predicting the future when sitting face-to-face with an entity, it is often less certain than in reading the past for that entity.

Psychics Know What Men and Women Really Desire

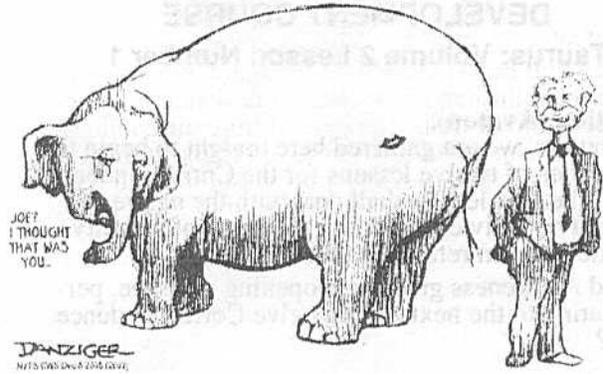
This Awareness indicates most psychics tend to know basically what a customer desires: most male customers who are unmarried desire a mate to fulfill that part of themselves which is not fulfilled. Most female customers who are not married desire a mate to fulfill that part of them. And once it is established that the customer is not married, then it becomes an easy matter to make a prediction that the entity will meet a person fulfilling certain dreams.

This Awareness indicates it becomes a simple matter for one of sensitive and intellectual qualities to see that a person who has a good sense of physical health, much physical vitality would in fact enjoy the outdoors, and would not wish to be tied up with an entity who does not enjoy the outdoors. This Awareness indicates that were you in a wheelchair, unable to walk or move around comfortably, this entity would be more inclined to inform you that the mate you would meet in the future would be an intelligent and sensitive and loving and caring person who would take your places.

This Awareness indicates that it becomes a rather simple matter, when describing an individual in the future, and in the generalities of stating that the entity will like the outdoors. This Awareness indicates that it is also convenient for the psychic that this entity not be approaching too soon, for the reading which states that the entity will appear within a few weeks, may result in your returning to the psychic with doubts and questions about why this entity has not come, and why you have not experienced that which was promised. This Awareness indicates that it is relatively safe for this prediction to state that the entity will appear in 3 or 4 years: by the time this rolls around, you may have lost track of the psychic, or forgotten the message entirely.

This Awareness indicates that what it has been expressing to you in this message is not intended to analyze the psychic's predictions as valid or invalid, but rather to clarify the discerning aspects of your own mind, so that you can look with greater discernment at the situation. This Awareness indicates that if the psychic is correct that you will meet your mate in 3 or 4 years, then it is not necessary for you to be avoiding relationships in the present time. This Awareness indicates that even though you may become involved in relationships in the present time, if indeed your future relationship lies with this entity, then these present relationships will not work out anyway. This Awareness indicates it is only a question of whether you are willing to risk the involvement with the present hassles of relationships or whether you would rather wait until the future by avoiding relationships, experiencing these present times without

Senator Lieberman Mentioned as Possible Replacement For Rumfeld



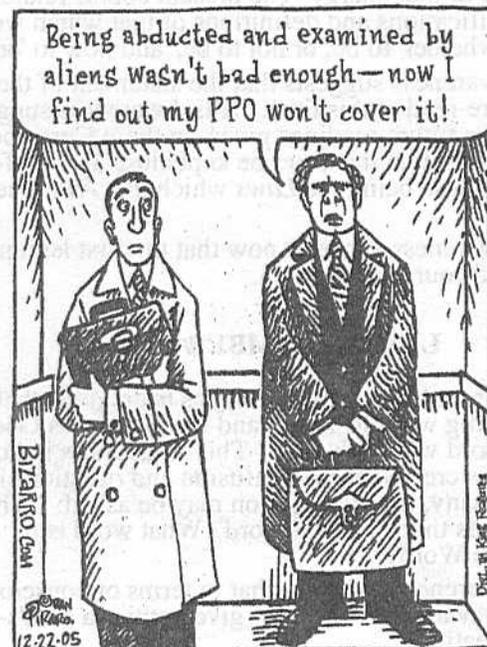
relationships. This Awareness indicates that either may be a hassle: having or not having relationships.

This Awareness suggests that rather than hassle with either of these, that you simply do what you wish to do, and not worry about this prediction. This Awareness indicates that the danger of such predictions is that you may miss out on a very special and important relationship between now and then, simply because of a prediction which may or may not be valid. This Awareness is answering your particular question not for you, but for the many who may read this message: for even if your psychic is correct, other psychics and other entities who receive similar predictions may need to evaluate their own situation, using this message.

WISDOM OF AWARENESS...

ON THE NEED TO BE ETERNALLY VIGILANT

"...One protest or millions of protesting entities over a short period of time may have an effect during that time, but this does not mean that a future time is to be affected by that protest. Entities must ever and always be aware and awake and vigilant in the pursuit of liberty and peace." (82-2)



THE COSMIC AWARENESS SPIRITUAL DEVELOPMENT COURSE

Taurus: Volume 2 Lesson Number 1

Question (Avaton):

Awareness, we are gathered here tonight to begin the second series of twelve lessons for the Correspondence Course. The first lesson shall deal with the nature of stability. The individual finding moments of stability, this particularly in reference to the child.

Would Awareness give us an opening message, perhaps relating to the next set of twelve Correspondence lessons?

COSMIC AWARENESS:

This Awareness indicates the action of the individual moving as a being related unto the concept of an entity: this being that which may be viewed from various points and whereby certain ways of observing may be viewed.

This Awareness suggests that wherein an energy is in movement, wherein an energy is in expression, that the movement is a being, is an experiencing action.

This Awareness suggests that wherein there is the movement which 'is,' which states with all certainty: "I am," and moves in accordance with that 'I am' capacity, this movement is in tune with cosmic energies. This Awareness indicates that wherein the energy begins to reflect upon itself, whereby it questions and asks: "What am I?", whereby it asks itself: "What am I doing?" - whereby it attempts to define itself and state what it is, or what it can be, or cannot be, this then begins creating a dilemma for that energy.

This Awareness indicates that there is a classic question: "To be, or not to be..." This as a question, not of consciousness, but of mind, which creates a dilemma and a choice, where in reality there is no choice, for the nature of essence is such that 'I am' and there is no question of whether to be, or not to be, for the consciousness which states 'I am' cannot cease to be other than that which it is.

This Awareness indicates that the previous course through the 'sea' of Aries related unto the expression and movement of that energy. The present course relates unto identifications and definitions of that which would question whether 'to be, or not to be,' and how to 'be.'

This Awareness suggests that the statement of the first lesson be re-read at this time. This Awareness suggests also that the future readings given on these Correspondence lessons, that the *Laws* be kept close at hand for reference, these being the *Laws* which this Awareness has given.

This Awareness suggests now that the first lesson in this second course may begin.

LESSON NUMBER ONE

This Awareness suggests that it has been given that "In the beginning was the Word, and the Word was God, and the Word was with God." This Awareness indicates that this has created some confusion and questions in the minds of many, for the question may be asked: "What is the Word? Is there a secret word? What word is it? What is the Word?"

This Awareness indicates that in terms of consciousness, this Awareness will now give entities a God's-eye view of creation.

This Awareness indicates that in this beginning (which is now), there is the end (which is now), and this continues indefinitely and eternally, and every moment begins and ends as an entirely new and total creation - this occurring at a rate of four-quadrillionths of a second.

This Awareness indicates that in the beginning (which is now), the nature of God is such that it permeates all of space, and looks out from all eyes within the Universe, and looks into all eyes within the Universe, and these eyes may be likened unto molecules glistening in the dark - searching, looking, and reflecting the light which shines upon them throughout the Universe. These eyes being the twinkling of stars, the twinkling of molecules, the twinkling of societies, the twinkling of cities, the twinkling of atoms and the sub-atomic parts. This Awareness indicates these eyes also seen as dew drops upon the grass, as glistening particles within the clouds, and forming those brilliant glistens upon the sand. This Awareness indicates these eyes do fill a Universe of whatever size the God's-eye view wishes to imagine.

This Awareness indicates the God's-eye view is such that it has at its control the use of many 'buttons' relating unto consciousness: the use of the longitude and latitude button - the longitude button which does allow the consciousness to move in a straight line, the latitude button which allows the consciousness to locate a certain point upon that line, the altitude button which allows the consciousness to move up or down from that point, the attitude button which then moves beyond that point and into realms of new dimension.

This Awareness indicates that altitude button, normally associated with the distance above sea level, may be equated somewhat to the attitude button which is equated to the distance above the 'me' level toward the 'we' level.

This Awareness indicates that from the God's-eye view there is also the magnitude button which can enlarge the entire situation or make the situation smaller, whereby a grain of sand can contain a Universe, or the Universe can be seen in the grain of sand, or the Universe can contain a grain of sand. Whereby there is also the multitude button, which allows a repetition of the image, mixing this with the magnitude button which allows larger and smaller images of the same nature which brings forth the *Law of Correspondences*: 'As above, so below.' Whereby there is also the solitude button, which allows entities making up these various Universes within and without each other to feel as one and to be as one, either alone or atoned (at one with each other). Whereby this can be amplified into a much more intense type of energy, and this being done through the amplitude button, which comes forth from the measurements of 'Om's Law,' and the Om sound amplifying the vibrations to allow those vibrations to move from one Universe to another, from one moment to another.

This Awareness indicates that wherein this may be focused through the fortitude button to energize certain areas of creation, this may be equated to the concept of will, purpose, and direction. Whereby this all can be affected by a lever known as 'interlude,' which allows the concept, image, or expression to last a certain duration from moment to moment, from Universe to Universe in terms of that concept which is an illusion known as 'time.' Whereby all of this brought together and woven into that paradox held by the grid known as the *Law of Gratitude*, which states that "Energies which have been given receive a certain reward," and all of these energies which are given out do, indeed, bring back to themselves the energy that has gone out on that

curved and unequal line, and do bear their own gifts from those areas which have been contacted. This Awareness indicates that the *Law of Gratitude* relates closely to the *Law of Karma* and the *Law of Cause and Effect*, for all of these energies which do go out, do have their effect upon all other energies which they contact.

This Awareness indicates that from the God's-eye view, taking this to the simplest level, each entity can be classed as a 'God.' And from the viewpoint of the entity, the creation of that entity from this particular moment, whether the entity is still in the form of an atom or sub-atomic particle, or whether this entity has molded and amassed an image which is as large as a dinosaur, or as large as a planet or galaxy - whether this entity is identified with the entire Universe as a cosmic being, the entity still begins with the same approach.

This Awareness indicates, in the simplest terms, this approach is such whereby a portion of the Divine Energy, which is this Awareness and all else that is - this portion does look, and in the action of looking, does tend to attempt to see.

This Awareness indicates this as the first error which does begin to create form and the first step in creation of the material plane.

This Awareness indicates that in attempting to see, there is the division of light and darkness; there is the division of the heavens wherein God divided the light from the darkness.

This Awareness indicates that in this attempt to see, there is created the concept of something to be seen, and something which can see. This first concept of attempting to see implies a division, implies a separateness of consciousness.

This Awareness indicates that the absence of the attempt to see is pure 'being,' is the action of 'being,' and there is no need to 'see' when one is 'being.'

This Awareness indicates that a Universe which is 'being' does not need to see itself. But if the Universe tires of being and wishes to see what it looks like, or wishes to see an aspect of itself, then it must create a duality: something which can look and see, and something which can be seen.

This duality is the first separateness. And this which would see is that which has been referred to as the 'seed of Lucifer' - the beginnings of separateness: the Rhyee, that which stepped out of consciousness - separated from the rest of consciousness.

This Awareness indicates this occurs every moment on certain levels.

This Awareness indicates that the next step of the entity in developing its ability to see, is to see more clearly.

This Awareness indicates that the very action of trying to see more clearly, creates a greater distinction of the separateness.

This Awareness indicates that, in actuality from the God's eye view, this is nothing more than an act of creation of that which one is trying to see, for the act of trying to see something more clearly is, in actuality, creating more definite lines to be seen. For the Universe itself is but Consciousness, and the Consciousness is subject to its own manipulations and can form into something which may be seen, or can form into something which would see.

This Awareness indicates this is the nature or the 'Sea of Consciousness,' in which all entities as 'eyes,' as individuals, do swim and have their being.

This Awareness indicates that from the God's-eye view, the Child (whether this be an atom, a molecule, a sub-atomic part, a squirming amoeba, a creature in the forest, a child, a dinosaur, a fantasy from a dream, a corporation, a planet, or a system within a starry sky) - whatever level the entity is - the next step is that the entity, in having learned to see, now feels separated from the part which it sees.

This Awareness indicates that the action then is such that the entity can become interested: the Principle can become interested in what it sees. And this Principle, in becoming interested, can devote more and more of its attention toward that which it sees and toward that which it is interested in.

The Principle can become so interested in that which it sees, that it forgets its own origin and self, and becomes totally wrapped up in that which is of interest to it.

In this manner, the Principle can be devoured by the interest, and the interest can consume the Principle, and the thing which was seen, which was created by the 'looking,' then becomes the trap into which the Principle has fallen, and out of which the Principle must eventually escape.

This Awareness indicates this as the 'fall of Consciousness,' the 'fall of man' into matter, for that which matters is that which is of interest, and that which is of interest begins to matter, begins to materialize and matters - it takes on mass and takes on heaviness, a seriousness, a graveness, a gravity. The gravity collects greater mass, greater density, and matter is formed.

This Awareness indicates this is how a spirit - a portion of the Divine Consciousness - is capable of moving into physical form as an earthbound entity.

The spirit, the energy, the portion of divinity looks and tries to see, looks and seeks to discover something to see: the action of quest, the curiosity, the desire to explore that which is unknown, rather than to experience the action of 'being.'

This Awareness indicates the forbidden fruit of the 'Tree of Knowledge' as related unto this. That this relates also unto the *Tibetan Book of the Dead*(*), wherein the entity, the Divine Being experiencing the Clear Light, having no desires, having no wishes, simply 'is,' and in that 'is-ness,' in that essence, is One with Divinity.

Then there comes about the possibility whereby that Divine Light may see Itself as an experienter of the Divine Light, rather than being the Divine Light - and in being an experienter of that Divine Light, is suddenly separated from the Divine Light.

This Awareness indicates that you understand carefully from this, that wherein you are One with God, you cannot reflect on your experience without separating yourself from God; you cannot be both man and God at the same time. You cannot be One with God and yet be separate as a man simultaneously, unless you can accept those simultaneous levels in your consciousness.

This Awareness indicates consciousness is capable of doing anything it can imagine itself doing. But whereby entities desire to be separate from God, and then desire also to be One with God, and cannot reconcile these two aspects - then, indeed, they cannot do it.

This Awareness suggests that wherein entities are with the Clear Light, and then turn and look toward those areas of lesser lights, and become interested in the lesser lights, and wrap themselves into more and more

concern about the lesser lights, they are on their way toward being earthbound.

This Awareness indicates that the lesser lights and the Clear Light can exist whether entities are in the physical body or not; whether entities have passed over from the physical plane into the after-life states, or whether entities are still in the physical plane, they can be in the Clear Light while being in a physical body. And, in that physical body, can become interested in lesser lights, and can become so interested that the Principle becomes devoured by these lesser lights.

This Awareness indicates that as entities (whether this be the Spirit moving into form to create a child, or whether this be the adult on the physical plane moving through life), the Spirit can still move through these realms of lesser lights and become more and more wrapped-up in the gravity, in the mass, in the magnetism, through the interest and through the looking with the effort to see.

This Awareness suggests there is a difference in looking and not seeking to see - simply looking to look, and looking to see. One implies there is something that you wish; the other is simply looking without a goal of any kind.

This Awareness indicates that the action of looking, without a goal, implies an egoless entity who will discover 'what is,' and will be at peace with the Universe as a portion of the Divine Spirit.

The action of looking to discover, looking to see: this as implying an entity who does not have what it desires and wants more.

This Awareness indicates that this action of wanting more is that which builds the body in the physical form, which allows the spirit to move into the body of the child and grow to adulthood, allows the earthbound entity the opportunity for experiencing these things related unto the images known as matter. This Awareness indicates that this including all of the forces of gravity, all of the forces that are known as substance and stability and foundation.

This Awareness indicates that in terms of the God's-eye view of the foundation, the stability (that which is desired by any portion of consciousness) does begin to draw itself a type of magnetism, and this drawing action of desiring creates that alertness and intensity which begins to develop that organ known as 'hearing.' This Awareness indicates that the action of hearing is closely related unto the magnetism of an entity, that the magnetism is a form of receptivity even as hearing is a form of receptivity.

This Awareness indicates that listening and hearing are two different things. There is the possibility of creating an attitude within the consciousness which listens, and this attitude can persist even wherein there are no organs to hear. This attitude of listening is that attitude which does create a magnetism around the entity which listens. Thus a listener becomes magnetic.

This Awareness indicates that a see-er (seer), one who sees, one who looks, tends to be more radiant and expressive, and the listener tends to be one who draws in energies.

This Awareness indicates that one can listen without hearing, but one cannot hear without listening.

This Awareness suggests that as the actions of radiance through looking, and magnetism through listening, intensify through the concept of being an individual part of the Universe and the need to look and listen - as these are intensified by concepts of fear and insecurity, as

these concepts are developed and these qualities are intensified wherein radiance and magnetism become stronger, more and more appetite comes into being. And appetite draws unto itself greater and greater mass, and the mass which it consumes goes into creating the form which becomes the ever-changing entity, which grows larger and larger in terms of magnitude in the physical form on the earth or physical plane.

This Awareness indicates that is the nature of consciousness as seen from a God's-eye view: this view being that which is yourself, and how you came to be that which you are.

This Awareness suggests that there is one portion of your consciousness which may have forgotten how you came into being, and this Awareness would remind you of that which has been forgotten.

This Awareness suggests this as the conclusion of the first lesson in this 'Sea of Taurus.'

(The *Law of Gratitude* is given.)

* *The Tibetan Book of the Dead*, published by the Oxford University Press. (Also available through C.A.C.)

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.



Seen at Watchersweb.com

HOW DO OFFENDING CHEMICALS GET UP TO THE STRATOSPHERE?

(When They are 4 Times Heavier Than Air?)

QUESTION:

He has another question." Something never mentioned in the ozone hole debate is that the offending chemicals, CFCs are actually four times heavier than air. So how do they get up to the stratosphere? Also, if it really is the chlorine monoxide that is destroying the ozone, then why does no one ever mention the chlorine which is put into our cities' water supply.

"This surely amounts to many tons a day and it simply evaporates into the atmosphere. Unlike CFCs, which have no immediate replacement for all our existing freezers, food coolers et cetera, city water can be purified using existing non-polluting technology; ozone, ultraviolet light and so on."

COSMIC AWARENESS:

This Awareness indicates that these are good questions. This Awareness indicates that it is not seen that the CFCs are the real problem relating to the ozone layer; that there is in fact another situation that may have a more important role in the recent ozone layer depletion; this being the fact that the earth is passing through the photon belt, and that the photon belt is causing this ozone layer problem, and that once it passes through the photon belt, the problem will correct itself.

Farts Let by Termites Are Affecting Ozone Layer

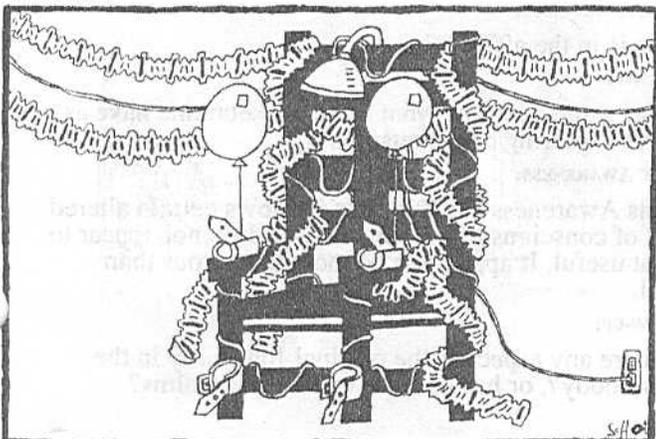
This Awareness indicates this appears to be the greater cause of the problem. This Awareness indicates also, there is seen problems related to other gases caused from the destruction of timber throughout the world, leaving much rot for termites and that the termites themselves emit methane and other gases which rise and affect the atmosphere in a negative way; that the increase of termites due to all of the rotting remains from forest depletion and from the snags and debris left from the cutting of timber; that this too has added to the problem.

This Awareness indicates that the fluorocarbons do have certain gases that rise with certain air currents and latch on to the molecules. This Awareness indicates that this is seen as relating to the volcano eruption of the Philippines and those particles high in the atmosphere, and that these molecules from the fluorocarbons which rise on wind currents and touch these volcanic molecules in the higher atmospheres; this serves to take these fluorocarbons into the higher regions and affect the ozone.

The ozone being approximately 8 miles high, and above. The particles from the volcano soaring many times higher than the 8 mile level.

SCHOT
ALGEMEEN DAGBLAD
Rotterdam
NETHERLANDS

THE WORLD'S VIEW OF US



1,000TH EXECUTION IN THE U.S.A



THE COSMIC LAWS OF COSMIC AWARENESS:

THE LAW OF MAGIC

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

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

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

The Use of Psychedelics for Spiritual Purposes

(How NK-Ultra Backfired on the CIA)

QUESTION (AVATON):

In the last session it ended with a question from Laurie Forti, regarding psychedelics, and there was an aspect of the question I don't believe Awareness answered. I'd like to restate it. "Since the overall effect of psychedelics on the global population seems to have been rather positive, especially for those who figured out how to use them for spiritual purposes, the most obvious question is: were/are Leary and Lilly "double agents?", ie, working for the forces of Light in the bowels of the forces of darkness--the CIA--or are these chemicals actually the chemical implants referred to by Awareness that might turn millions into zombies for the alien conquest?"

COSMIC AWARENESS:

This Awareness indicates that these were not chemical implants used for the alien agendas. This Awareness indicates that essentially, the experiment enlightened many entities much to the chagrin of the CIA and other agencies behind the operation and left the world a little more aware than before NK-Ultra was introduced. This Awareness indicates that there are many entities now who were part of that phenomenon that are involved in politics on some level or another and these entities still have certain ideals and dreams of a better world which can be enhanced as they progress in their political lives.

This Awareness indicates there are also many who went into other directions, spiritual or Family or career activities carrying with them the memories of some of their more spiritual experiences and thus also have an effect on human consciousness. This Awareness indicates that much of the creativity that comes from these

entities has been felt by others outside, even those who were not part of the NK-Ultra experiment, even those who did not take part in the psychedelic drugs, and yet these entities, by being part of and witnessing and experiencing the creativity of those who gave something of themselves, these entities also have gained from the experiences of the psychedelic influence.

This Awareness indicates that many of the great movies that have been released were stimulated from the minds that were opened by these psychedelics and in that stimulation, opened other minds of the movie-goers, so that they too could experience things of a greater opening and greater understanding. Thus the whole world's consciousness has been opened considerably as a result of those experiences in the 1960s that resulted from the CIA effort to control the minds of the masses through drugs.

It is for this reason that the new introduction of the newer and harder drugs such as cocaine were brought in; that these drugs do not open the mind. They distort and close the mind and there is the hope by the Dark Forces that the modern drugs will eventually counter any gain that the psychedelic drugs may have started.

This Awareness indicates that you may wish to keep in mind that George Bush was once the head of the CIA and has been accused of assisting in the movement of drugs into this country, particularly during his early years, through his connections on the oil platforms in the Gulf of Mexico. This Awareness indicates that it was through this Colombian cartel/Noriega connection, that the hard drugs of cocaine began to have its influence on the streets and cities of the United States and it was through these street drugs that crime truly began to flourish in the United States.

Why Would the U.S. Government Want Crime to Flourish?

One may ask: "Why would the government want crime to flourish?" This Awareness reminds you that even under Nixon there was an attempt to create more crime on the streets through the use of drugs when bringing heroin into the country from the Golden Triangle. The purpose being so that the street crimes could justify a national emergency and martial law to crack down on drugs and thus, bring about a true totalitarian state.

This Awareness indicates that the drug laws being proposed today would do away with Constitutional Rights and create new laws that could be used for putting anyone into prison under the guise of drug use. These laws could be used to destroy honest citizens and simply waving a flag, the SWAT squad could say they were involved in drugs and all people, all neighbors would simply nod and say, "Oh, good for you!"

This Awareness indicates that these destructions of the Constitutional Rights are a goal of certain powers in this country and the means for destroying these Constitutional Rights will be through the laws governing the drug crimes. This Awareness indicates that the drug crimes have been helped and sponsored by those same forces that would rid the Constitutional Rights.

The New Entity In Dr. John Lilly's Body

(How Could His Body Remember All Things?)

The Use of Ketamine to Explore Consciousness

QUESTION:

Another question from Laurie Forti, regarding John Lilly. There's a number of questions in here. I'll read the statement and then repeat any questions Awareness requires. "In Dr John C. Lilly's book: *John Lilly, So Far*, it states that 'A new entity entered the body of Dr John C. Lilly at the moment of the automobile crash, on 11:11

on 11/11 87.' (I guess that's the time and date!) "The entity has no memory of the life story of this body; it, this place, and the people present are now an unfamiliar. But the body remembers all of these things. Also stored within it are the records of the previous entities which had inhabited it. Those entities had all forgotten their nature, becoming convinced that they were a human being with a long history; that they were the same as the body.

"The body, could in fact, have informed any of the previous entities that this was not the case, for the body remembers all of their comings and goings." This was from the book *John Lilly, So Far*, and Laurie asks: "What happened here? Was this just a random walk-in made possible by Lilly's extensive use of ketamine, which may have loosened the body's connection to its essence? What use does ketamine have as a tool for exploring consciousness? Or, was this entity sent in to complete Lilly's mission on this planet, because the previous inhabitant had strayed off its prescribed path?"

"Lilly had told of several other physically painful "accidents" that were set up by his spiritual Guides to force him to slow down and get back on the right path. Or, is it true, as this book now suggests, that a single human body, in a single "human" lifespan, plays host to several different entities, each of which fails to remember its own individuality and mistakenly forgets its own past experience and present mission here, because it identifies with the meat body only?"

COSMIC AWARENESS:

This Awareness indicates that it appears the body did detach itself from the entity who originally hosted the body and that other spirits entered and shared the entity's body. It appears that it was a very unusual case of what may be termed multiple walk-ins, and that this body may now have multiple personalities in fact inhabiting it. It appears however that these personalities are in harmony with one another and therefore not causing problems that are normally associated with multiple personality bodies.

FOLLOW-UP(AVATON):

Were any of these entities sent in to complete Lilly's mission?

COSMIC AWARENESS:

This is in the affirmative. It appears in fact that several of these entities were spirit guides helping to direct him, and when his spirit left, they simply moved in to take over and direct the body and projects which they had previously been directing from spiritual levels.

FOLLOW-UP:

Did the use of katamine have anything to do with loosening the body's connection to its essence?

COSMIC AWARENESS:

This is in the affirmative.

FOLLOW-UP:

Lauri wants to know what use does ketamine have as a tool for exploring consciousness?

COSMIC AWARENESS:

This Awareness suggests that it allows certain altered states of consciousness to occur. This does not appear to be that useful. It appears to be more dangerous than useful.

FOLLOW-UP:

Is there any aspect of the original John Lilly in the present body?, or has he gone on to other realms?

COSMIC AWARENESS:

It appears this entity has gone on, but there is still the astral body which carries much of his memory and emotion, and this astral body is still attached to the physical body.

Those Pioneers in LSD Research: What is their Overall Higher Purpose If Any?

QUESTION:

One final question from this entity regarding the psychedelics. Awareness has given some of this information. He writes: "Could the true origin and proper use of psychedelic chemicals be given? Are they used on other planets for spiritual enlightenment? or spiritual slavery? What positions of power and purpose did the entities Leary, Lilly, Dr Albert Hofmann, the chemist who first synthesized and discovered LSD, and Dr Stanislav Grof, author of *LSD Psychotherapy*, have in past lifetimes? It would seem that these four entities are having profound influence on this planet and are releasing tremendous amounts of energy. What is their overall "higher" purpose, if any?"

COSMIC AWARENESS:

This Awareness indicates that the present energy is not strong enough to go into each of these individuals individually. It does appear that there has been some activity of these entities involved in secret schools in the past, whereby there was also some involvement in the ancient priestcraft of the.... This Awareness indicates that this appears to be related to the Temple of Delphi, the Mithraists, and also to the Saint John Cross of Jerusalem, Hospitaliers, and the Knights Templar.

This Awareness indicates there also seems to be a past life connection to some of the priests in Tibet as well as in India. That the lifetimes even reach back into Egyptian periods, on this earth. That these go also beyond the earth plane and touch into other areas. The energies do not reveal clearly these areas; that the energy is not strong enough to see these things any further.

Ergot Used in the Mystery Schools, Knights Templar Etc.

The psychedelics use has been on this earth plane for several thousand years, and the Lysergic Acid is associated with the Knights Templar and Saint John Cross of Jerusalem, the Hospitaliers (sp), dating back to the time prior to the first millennium and the crusades into Jerusalem by these knights from England and that the use of ergot from the rye and from rye bread mold was part of the sacraments used by the knights in the hospitals in Jerusalem during that time and it became part of the secret ritual these entities would indulge in for their insights and rituals that became part of the secret schools.

This Awareness indicates that these things were discovered in part by accident during Egyptian times and handed down through the priests and the knights were given information on this and it became part of their secret rituals in their secret schools.

FOLLOW-UP:

Was their overall higher purpose, if any, in coming together during this time, all these entities engaged in the psychedelic movement?

COSMIC AWARENESS:

This Awareness indicates that the greater purpose at the time was to pull the rug out from under the world conspirators, those who would control the world by war and economic manipulation. This Awareness indicates these same entities who were behind the assassination of

Kennedy, the same entities who were behind the treaties with aliens, selling out the country to the aliens, the same entities who were making war for the sake of economic gain, these entities were also attempting to control the masses and use the drugs and electronic to influence the movement of consciousness, and it backfired in part because these entities becoming involved found something greater than their careers and their material gains in the society.

This Awareness indicates that once they found this higher spiritual essence, they could no longer be slaves to the materialistic world that sought to control them, and they set out to use the psychedelics to free others from their materialistic chains also.

Is Nintendo Linked to Alien Consciousness? (How the Japanese Know More About the Aliens Than We Do)

QUESTION:

One final question from David LeVasseur of Fair Oaks, California. "In regard to the Nintendo Corporation and its video games, is there any link to the alien consciousness and the subject matter of many of the Nintendo role-playing games where the characters often include fighters, magicians, priests, ETs who do battle with Reptilian, half-human half-reptilian beings with the end conquest to save the planet while embracing the Light and opposing the Dark Forces?"

COSMIC AWARENESS:

This Awareness indicates that the Japanese people are much more educated about the alien and UFO phenomena than are Americans. Most Japanese people know about as much in this regard as do those in the Cosmic Awareness movement or Cosmic Awareness readership. This Awareness indicates that television in Japan has quite boldly presented information relating to the potential invasion, has presented information relating to abductions, to the bases at Dulce, even has created simulated pictures and dramatizations of things that go on inside the Dulce bases.

Therefore, the people of Japan are perhaps the most informed of any people on earth in regard to the UFO phenomena. It is for this reason that Nintendo and some of the advertisements for Japanese vehicles will have references to aliens or Reptoids or reptilians in their makeup.

"What do You Want to be Driving When the Reptile Land?"

This Awareness reminds you of the advertisement of the vehicle last year that showed giant alligators dropping from the sky upon the street near the vehicle, with the announcer asking: "What do you want to be driving when the reptiles land?" This Awareness indicates that the advertisement was well understood in Japan. Perhaps the question was: "Where will you be when the reptiles land?" The advertisement was well understood in Japan.

It was easily remembered in the United States and therefore served well their purposes, helping you to remember the name of their vehicle. This Awareness indicates that indeed, the Nintendo incorporated some of this into their games, knowing that most Japanese youngsters are informed of this scenario and thus added for the opportunity to become involved in Nintendo activities dealing with aliens.

This Awareness indicates that it was anticipated that the children in the United States would eventually likewise have similar information and appreciate the content of the Nintendo game. This Awareness suggests the Interpreter be brought from trance.

Thank you (The Law of Gratitude is given)

Excerpt CAC Reading 8-11-77 Paul Shockley Interpreter

HOW THE CHAKRAS FUNCTION (How They Are Used for Healing Purposes)

QUESTION: (AVATON):

Dan, who is present at today's session, and Vikki both have a couple of personal questions. Is it alright to ask these at this time?

COSMIC AWARENESS:

This in the affirmative.

QUESTION (DAN):

Does energizing the brow align the chakras, or does it align the glands, for healing purposes?

COSMIC AWARENESS:

This Awareness wishes to clarify certain information-relating to the chakras; that the chakras being the energy fields around the glands, and permeating the glands. This Awareness indicates that these may be likened unto auras around these glands. That there are four such auras around each gland. This Awareness indicates that this may also be related to other organs within the body. That the kidneys, heart, liver, and other such organs also have energy fields around them. This Awareness indicates that the chakras are these energy fields which permeate and surround these particular glands, that they may be likened unto transformers or condensers in electronics, whereby energy is stepped up or down, the voltage or vibration is intensified or decreased.

Pineal Gland Affected by the Act of Scrutiny

This Awareness indicates that the action of manipulating the brows as that which does have its effect upon the pineal; that wherein the center of the brows, the inside near the nose, comes downward as in the act of scrutiny, this allows the pineal to focus in and scrutinize. The action of the pineal focusing or scrutinizing, calls forth for its greater energies to be expressed.

This Awareness indicates that this, however, does not have any particular effect upon the other glands or chakras.

This Awareness indicates that the focusing action of the pineal is that whereby the energy that is focused is likened unto forcing the chakra out the front of the face and toward that which is being scrutinized.

This Awareness indicates that the other chakras may send energy to the pineal for this action, but the pineal itself cannot draw on these chakras without their consent or without them being opened.

This Awareness suggests that the pituitary is that which sends the energy to the other chakras, to alert, awaken, or open them so that they can give their energy for the action of the pineal or which ever other chakra is being called forth.

How the Glands Work When Danger is Seen in the Body

This Awareness indicates that an example may clarify. This Awareness suggests that a danger is seen: the pituitary is that which recognizes the danger, notifies the adrenals and the adrenals notify the gonads, thymus, thyroid and pineal. The pineal is suddenly focused upon the danger, having the energies of all those other chakras.

This Awareness indicates that in another example: the pituitary recognizes a loved one, sends energies down through the chakras, the gonads, the adrenals, the thymus, the thyroid, and the pineal suddenly focuses upon the loved one with an energy of recognition. This

Awareness indicates the adrenals rather than acting in fear, may act in a manner that asserts ones energies to move toward the loved one. The thymus, rather than acting in a state of vulnerability and fear will emit a radiant energy toward the loved one. The thyroid, rather than wanting to scream out, will wish to call forth unto the loved one.

Problems With Sex Affect the Gonad Energies

This Awareness indicates that the gonads are the energizers which bring in certain locomotive type energies to be transformed for various purposes. This Awareness suggests that in aligning the chakras, the energy fields must be such that no blockage or hang-up exists in the area of sex, imagination, intensities, or emotional expression, love, voice and speaking abilities, thinking or listening.

This Awareness indicates that if an entity has a problem with sex, wherein it has been made overly significant, either pro or con, the gonads shall be malfunctioning. If an entity's imagination is not functioning properly the lydens shall be out of alignment and also functioning improperly.

What Occurs When the Adrenals Stop Functioning

This Awareness indicates that wherein the adrenals are not functioning properly, the entity will be subject to emotional outbursts or emotional situations which are out of control.

This Awareness suggests that there is a difference between emotions out of control, and emotions which entities can express freely. This Awareness suggests that entities who have great guilt feelings about having expressed certain emotions, or have fears of having expressed these emotions, such entities probably are not in tune with their adrenals: The adrenals are not working in harmony with the rest of the chakras. This Awareness indicates that wherein an entity becomes angry or expresses something in a manner that shows a kind of emotion or an emotional outburst, yet that emotional outburst is constructive and beneficial for everyone concerned, (and this can be very touchy) then that entity is probably working with adrenals which are in alignment with the other chakras.

How to Tell if the Thyroid is Functioning

This Awareness indicates that wherein an entity's thymus is functioning properly, the entity shall be able to express affection without fear. Wherein the entity's thyroids are functioning properly, the entity shall be able



to converse with others without fear, or without blockage in speech. This Awareness that this also includes tension in the voice. That wherein the voice is relaxed and the entity can speak clearly and at ease, the thyroid is probably functioning properly. This Awareness indicates that under intense pressure wherein the adrenals are engaged and the entity is shouting or expressing verbally, there may be a kind of tension upon the thyroids whereby the energies cannot flow through quickly enough and tension results. This as an indication that the thyroid, though it may be open, is not open far enough to allow these intensities from the adrenals to flow through properly, that this is often the cause of certain shouts and emotional outbursts through the verbal level.

The Pineal and the Pituitary

This Awareness indicates that wherein an entity's ability to focus on that which is essential and important at the moment, this is an indication that the entity's pineal is open; but wherein the mind wanders, or becomes confused by inability to pay attention or focus, the indications are that the pineal is not fully opened.

This Awareness indicates that wherein an entity cannot listen, does not listen, or is not receptive to what is occurring roundabout, then the pituitary is not open completely. This Awareness wishes entities not to use these tools for judging one another, but to use these tools for discerning those areas whereby they may help themselves, or understand one another more carefully.

Excerpt from CAC Reading 4-13-27-91 Paul Shockley Interpreter

How To Tell Which Self Reveals Problems

QUESTION:

A question from William Gustafson, who asks: "How can I know whether a problem or circumstance in my life is from my High Self, guides or a fixation block within my low self?"

COSMIC AWARENESS:

This Awareness indicates that if you have a problem, either your guides are calling attention to it, your High Self may be presenting it to you so that you can learn from it, or to be deflected by it so that you go in a different direction, or you may have a block from the lower self that needs to be removed.

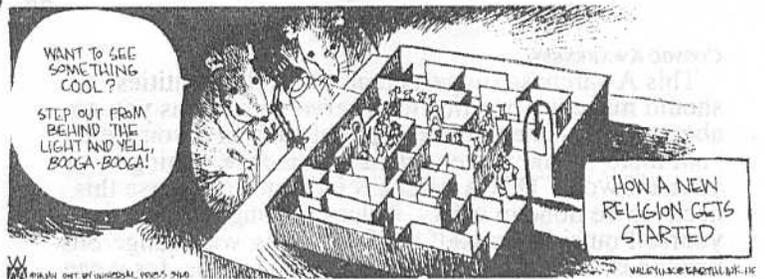
This Awareness indicates that surprisingly, these are all the same. The High Self can direct you if it is a block within yourself, it can direct you to locate or can call attention to that block so that it can be recognized or dealt with. If the High Self is simply trying to send you in a different direction, the block will normally be placed outside of yourself.

Rather than a character flaw or character problem or internal problem, it will be a problem that pops up outside, that diverts you from going where you wanted to go and forces you to go a different route. This Awareness indicates that otherwise, if the problem is within, it is because a Higher Self has made you aware of a problem that you have had within which you may not have noticed before or which may have just surfaced for your focus, so that you must deal with the inner qualities or inner problem before you can proceed.

Techniques to Expand the Low Self

QUESTION:

Another question from William Gustafson. He asks: "What techniques or processes are suggested to fully expand or develop the low self, in other words, to pursue the projection of senses, or the altering of time/awareness. What concepts or practices need to be used?"



COSMIC AWARENESS:

This Awareness suggests that entities may use rituals that have been carefully thought out symbolically to alter programming in the subconscious or may use repeated suggestion to alter the subconscious programming or may, through meditation, create a kind of awareness and influential suggestion. That the self-suggestion or self-hypnosis, whatever you wish to call it, can be used to influence the subconscious.

This Awareness indicates that these would be ways. There are also ways of clearing out blocks and tangles in the subconscious. These may be done through prayer, through psychological analysis, wherein one looks at the problems with a different perspective from what one had when the problem was first formed, such as an adult looking back on a childhood experience and seeing the experience from the eyes of others who were involved at the time, or through careful self-examination or through re-imagining to create a new mental picture of the situation of the past so that it becomes visualized as different than the original.

This Awareness wishes careful self-examination or through re-imagining to create a new mental picture of the situation of the past so that it becomes visualized as different than the original.

In other words, an event which occurred in the past which still troubles you may be re-experienced in your imagination with a better outcome, one that you would like to have had transpire, and in so doing, you can alter the subconscious because the subconscious cannot distinguish the difference between reality and imagination and if you imagine a different story, it will accept the different story, though the different story may need to be repeated if it does not fully accept it the first time.

A Brief Meditation To Do While At Work

(A Meditation to Observe Yourself At Work)

QUESTION:

He'd also like to know: "Are there any brief meditation practices that could be done at work, whenever there are a few minutes and so forth, that will reinforce the attunement with the Highest Good and supplement the longer exercises?"



COSMIC AWARENESS:

This Awareness suggests that you and all entities should make it a practice to observe yourself as you go about your business, observing yourself as if you were "out there" somewhere, outside yourself watching yourself work. This Awareness indicates of course this needs to be done in safety. *It* does not suggest you put yourself outside yourself while working with dangerous machines, or in areas that could be dangerous, for it can serve to distract you.

This Awareness suggests, however, that it can be done for moments at a time during breaks or during those brief moments between work situations, but by observing yourself as you move about, and go about your business, looking at yourself in present time with the memory of other times, with the memory and recognition of other experiences of yourself, you may find it extremely enlightening as to what you are doing and where you fit into your total lifespan.

This Awareness indicates that you look at yourself from consciousness, observing the consciousness that is within you, doing your work. In other words, you project yourself out into consciousness some distance away and watch yourself doing whatever you are doing. If you can practice this for even a few minutes there will be many unusual insights, feelings and experiences that are unique for you.

Visualize Yourself as a Clock in the Room Watching the Workers

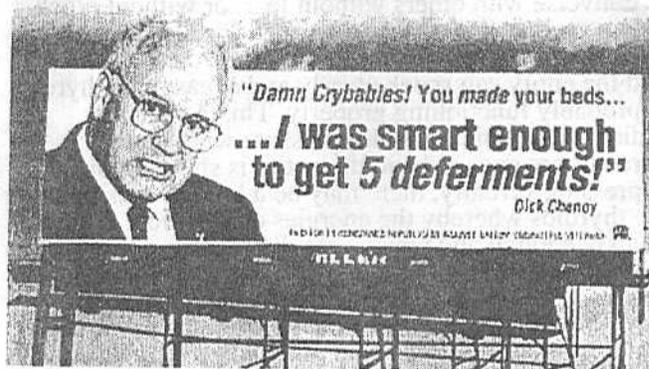
This Awareness indicates that you may, for example, visualize that you are a clock in the room and are watching the workers in the room; that this action will give you great new insight into what is occurring in your reality. This Awareness indicates it can help you to experience flashbacks in your life. It can bring these flashbacks into your present moment with a sense of absolute attunement and reality, a merging of time.

This Awareness indicates that it can also allow you to feel memories and experiences from other time zones and other spaces as though they were present with the time zone and space you presently observe. This Awareness indicates by continuing such meditations over a period of time you will have further unusual experiences and will gain new insight and understanding of your reality.

Letting Go of Attachments Freaked Her Out**FOLLOW-UP QUESTION (VIKKI):**

Along the line of letting go of attachments: Awareness, I was at party, and involved in a conversation where I was teasing a friend, when I was surprised by a volley back that felt like an attack. It was a minor incident and the conversation moved on, but my mind kept going back over it. When I got home that night it was the only thing on my mind and it kept coming up, especially as I was trying to fall asleep at night, on the following night.

I knew my response was way out of proportion to the event, so I kept trying to reason out why I was still so upset by it. I got down to the emotional level where it seemed it hit some very core threads. I had felt attacked buy someone whom I thought I could trust, and be at ease around. I felt betrayed. At this point, something snapped and I found myself sobbing as if from my soul. Deep anguish that certainly didn't fit party chit-chat. So my questions are: What other level or past-life significance did this incident hit?, and is there any negative charge left there, or did this release it?, and does this kind of deep intense significance to a surface experience come into play in the lives of many people?"

**COSMIC AWARENESS:**

This Awareness indicates that *It* does not see the incident in a past life. *It* does, however, see that the incident did reflect in a karmic manner to a past-life incident that was basically resolved in that instance, and that the teasing action may give you a clue as to the past life relationship you had with this entity. This Awareness indicates that it appears there was a close relationship with this entity in a past life, wherein this was a pattern of the relationship and that this entity did not accept the teasing action any further in this lifetime.

This Awareness indicates that it appears the karma was alleviated by the incident and by your depth of feeling and sense of remorse that followed, and by the fact that you did not seek revenge or to carry on a vendetta from the incident.

This Awareness indicates in other words, you stopped the wheel of karma on the situation.

**--HOW TO GET THIS NEWSLETTER BY MAIL--
EVERY 4 WEEKS! (More or Less)**

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MEMBERSHIPS AVAILABLE (Honor System!)

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