

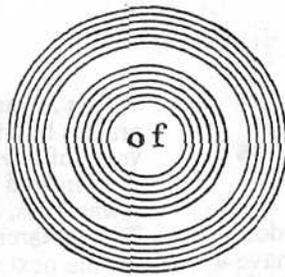
Revelations

The Cosmic Newsletter

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Awareness

COSMIC AWARENESS COMMUNICATIONS

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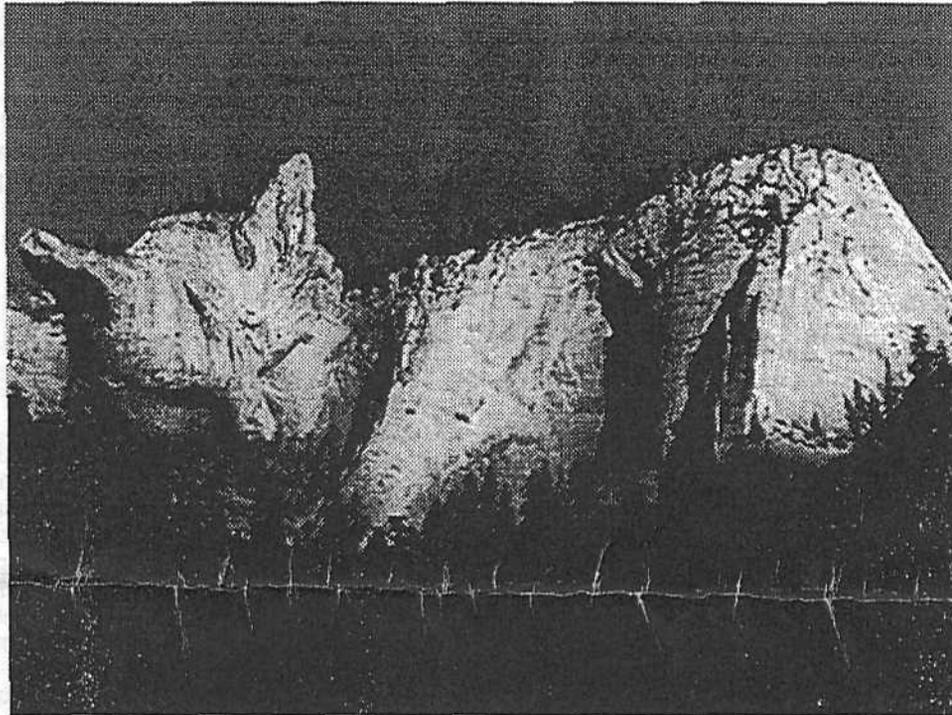
Helping People Become Aware

Celebrating our 35th Year!

2006-8

Issue No. 602

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UFOs over Calgary, Alberta - Why so many?

— Why young children in the UK are being arrested
and their DNA taken

— Why Indigo Children and Rainbow Children are a threat

— The Winds of Change are blowing—It's time to act!

— When you've lost your sense of purpose and feel you are wasting
your life - (a personal journey)

— An alternative approach to breast cancer

— What radiation and chemo do to your body

Excerpt CAC Reading 5-2-06 Will Berlinghof Interpreter

How Can a Young Man Spread Awareness?

QUESTION:

I have an email letter here from someone we don't have a name for. It says "Hi! I am nineteen and have a strong urge to spread awareness across our planet. I just don't know where to start. I tried talking to my friends and family, but it goes through one ear and out the other. If I can't even get the attention of them, how am I supposed to do what I so passionately want to do, which is spread awareness and truth? I'm open for any suggestions. Thank you!"

COSMIC AWARENESS:

This Awareness first of all wishes to thank this young man for his efforts at spreading the truth of awareness, of being the Johnny Appleseed who spreads the seeds of consciousness amongst those who he has contact with. He asks to be informed of how to start to do this, and this Awareness says that he has *already* indeed started. This is indeed exactly the effort and the action that is needed to spread the word of Awareness. Often the seed will fall on infertile ground and will not take root, will not grow into a blossoming apple tree, able to feed many. There are other times when the seed planted may indeed catch, may indeed spread the roots and blossom into the tree.

The important thing in this matter is not that he stops spreading seeds, but that perhaps he becomes more in tune and aware of where and when to spread the seeds. This often comes with age and practice and the willingness to spread the seed whenever and wherever. But with time, he will indeed become aware of the folly of spreading seeds on infertile ground, of casting pearls before swine, as the saying goes. His heart is in the right place already. His intent to help spread this message of Awareness is appropriate and right for this entity to act upon. This Awareness simply asks that this young man continue in his actions already begun. Do not worry so much of whether or not his family accept his message or not.

It is also seen that even though he feels that which he says has no impact or effect, it may indeed have an impact and effect down the road. Perhaps it may take several months or even several years, but that the messages he has passed on from this Awareness may indeed eventually take root, may indeed eventually bear fruit, even amongst those whom he thinks at this time have rejected the message and have not allowed the seed to take hold. Often it is so that a seed planted may not immediately seem to be bearing fruit, may not seem to have taken, but that this time delay action may indeed bear fruit down the road so that sometimes, all that is required is that he speak when there is a feeling or a need to speak, without an expectation that anyone pay attention.

Indeed, even sometimes when there is scorn or ridicule heaped upon this young man, that he understand that even then, that which he spoke, that which he shared, may one day sink in. Other events, other seeds planted by other individuals may accumulate and bear fruit down the road. It is hard sometimes to predict what it is that will awaken an individual, but if this young man always bears in mind that when he speaks the truth of Awareness, at some level, that truth will be heard. Even if the individual or individuals choose to disregard, ignore, scorn or ridicule the truth of Awareness, still it will have been heard at the depth of their being and recognized as a truth.

This Awareness again thanks this young man and praises him for his genuine and heart-felt desire to be a voice of Awareness. In this intent and in this desire, he does indeed become the voice of Awareness, of Cosmic Awareness, and for this he is thanked by this Awareness. This Awareness is complete with this question and asks for the next question at this time.

What is the Function of the Mantra?

(How Do They Influence a Person's Life Or Do They?)

QUESTION:

This question is from Larry Kell in Indiana. He's asking "Has Awareness ever explained how mantras influence a person's life. I have some on CD's. One guy says that hearing them changes your mind, which he defines as made up of sounds. These mantras are all in another language that means nothing to me, so is it still possible to gain anything from them? Are these mantras really given to us from beings in higher dimensions? A double blind test would be useful. If people don't know what the purpose of the mantras are, will they still cause any benefits?"

COSMIC AWARENESS:

This Awareness has not explained how mantras affect a person's life. This is a new and unique question that this Awareness gives thanks for. There are many parts to this question. The Mantra, the use of sound, can affect a being, an entity, at a very deep level, at a subconscious and inner level. This is the point of the Mantra. It bypasses the logical mind. It does an end-run around the mind, so to speak, and in this end run bypasses the logical resistance. The Mantra affects the deeper regions of the mind; not the logical, not the rational, but the primitive mind, the deepest part of the mind that is not built on the cerebral function of thinking and reasoning and logical interaction with the premise being given, but rather is that part of the mind that is affected directly that allows the vibration of the Mantra to enter into it and have effect.

It Doesn't Matter if a Mantra is in a Foreign Language

It really does not matter that the Mantra may be in a foreign language. This Awareness assumes that this entity Larry is referring to Sanskrit that is often used in Mantras, and that the Sanskrit Mantra again bypasses the logical rational part of the brain, because it cannot understand it. It does not perceive the words to make sense, and yet, the Mantra may still have an effect, may still be powerful in its influence. Sanskrit itself is the ancient tongue, a universal tongue, and one that is held within the core fabric of every human being that lives on this planet; not at a conscious level of course, but at a level that is held in the racial memory. It is the language of the Gods that once walked on this earth; those Gods that now would be understood to be the extraterrestrials that lived in the Indus Valley, and that shared this language with the people they ruled and governed.

This universal language still is held at the deepest core level, at the level of cellular memory, so that when a Mantra is spoken in tone or chanted, that it goes past the iambic layer of the mind, of the brain. It goes to the primitive brain, the reptilian brain, and has its deep profound effect, especially when repeated over and over again. It would be possible perhaps to create a Mantra in English so that it could be understood, but again, the power of the Mantra is not in recognizing the words, but rather allowing the vibration and tone of the words to have that deep and powerful effect that opens up within the individual their internal awareness, their racial memory, their cellular memory. The Mantra then becomes a gateway into oneself, into the Great Beyond,

into the Void. This is the power and this is the strength in the Mantra, not whether or not the words are understood or recognized.

Indeed, sometimes recognizing the words would be a deterrent to the Mantra having the effect it is designed to have. That would be of no benefit. This Awareness suggests that if there is more to the answering of this question, if there is anything this Awareness has missed in the original question posed by Larry, that it be given again or asked further.

CARRIE:

I think everything's been touched on that was asked.

COSMIC AWARENESS:

This is fine then. This Awareness is complete with this question.

UFOS OVER CALGARY (Why So Many And What Do They Want?)

QUESTION:

This question comes from Joan Mills in Calgary, Alberta. She's asking for an update on UFOs friendly or otherwise, and related agenda. (UFOlogy Research of Manitoba spokesman Christ Rutkowski said there were 29 sightings in Calgary in 2005, the most among all Canadian urban centers along with Vancouver; 21 sightings in Calgary in 2004. She says (Interesting increase. Perhaps more people in Calgary are looking for these last year); 769 sightings in 2005 across Canada, and 882 in 2004. Have other areas in the US , etcetera, also had an increase in sightings, etc? Has the original UFO agenda been scrapped or revised?" Will Awareness please comment?

COSMIC AWARENESS:

This Awareness first of all wishes to greet the entity Joan in Calgary, Alberta, and thanks her for the many years of loyalty given to this Awareness and to the organization. It thanks her also for this question about the current status of UFO's, both in that locale known as Calgary, in Alberta, Canada, as well as a general understanding of the current UFO situation as it stands in the year 2006.

UFOS In Our Skies Use Cloaking Devices for Concealment

This Awareness suggests that the amount of sightings in one way is irrelevant to the amount of activity that is currently taking place above the skies of Calgary, or indeed, anywhere else in Canada or the United States. While there has indeed been an increase in the sightings, all this means is that more people have been able to see through the veils and see the sightings, but many, many, many more UFOs would be sighted if individuals could see past the cloaking that surrounds these vessels, these UFOs. As in the popular science fiction series *Star Trek* which suggested 'cloaking devices'; that these indeed do exist in the UFOs that are in the skies even now. There are hundreds, thousands of UFO sightings that would be made if the extraterrestrials in those vehicles chose to drop the cloaks of invisibility that surround their vehicles, their vessels.

Calgary a Spiritual Mecca of Energies

(Nose Hill in Calgary Holds the Third Eye Chakra of this Planet)

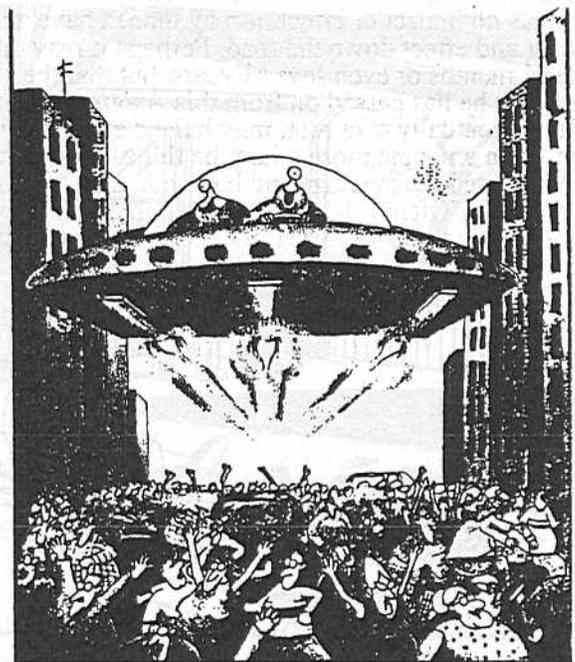
In the city of Calgary there are many UFOs in the skies, for that city is a spiritual Mecca of energies yet to be released. It holds a very powerful planetary chakra point that attracts the UFOs because of the energy in the city known as Calgary, Alberta. This chakra was spoken of by the entity Edgar Cayce, many years ago in a private session. This Awareness spoke through Edgar

Cayce and about the city of Calgary, Alberta in Canada as being a future spiritual center in the times after the great changes come through. This has a lot to do with the chakra that exists on that hill known as Nose Hill. Nose Hill in Calgary holds the Third Eye Chakra of this planet. This is not yet active, and it does still, at this time in 2006, lie dormant. But despite it not being fully functional or open, it is still a great attractor to those extraterrestrial vehicles, those UFOs that hover in the skies of Calgary.

Chakra Energy of Calgary Helps Power UFO Crafts

They use the energies from the chakra to energize their own crafts, to power them, and that Calgary has always been a recognized target of UFO activity, especially in the 1960s and '70s. This activity is increasing at this time once again and the entity Joan is indeed correct in her assumption that there is an increase of UFO activity, but not only because more have been sighted, because more activity is happening than the sightings would truly indicate. There is a rising energy, not only in Calgary, not only through the Third Eye Chakra that Edgar Cayce was even aware of through this Awareness so many years ago, but also in the activity around the planet, in the energizing of all chakra points, all ley lines, energy lines, all of Mother Earth's energies as she herself, that sleeping consciousness that is Mother Earth, starts to awaken, starts herself to shake herself out of the slumber.

This Awareness does indicate that UFO activity is on the increase in many areas, but especially in areas such as Calgary where there is a chakra point, or vortex energies, earth energies that are starting to move, to awaken, to explode outwards once again. This Awareness wishes the entity Joan to be on the lookout for the activities of UFOs in her city and to understand that there are many UFOs out there that she may sense before she sees them, and that when she looks into the night skies, or even the skies of the great blue Alberta sky, that she may sense in the cloud above her a vessel, or a vehicle, a UFO, even if she cannot see it. She does have that sensitivity and awareness to be able to sense such vessels in the skies.



"Yeccccccccccccca!"

How to See UFOs Anytime (More on Chemtrails)

Any entity who is concerned with UFOs or wishes to see them, may sense them, be aware of their presence by simply casting out their sensitivity, by being open to sensing the presence of UFOs in the skies overhead, be it during the day or during the night. UFO activities will indeed increase over these next years, as some of the attempts to injure or affect regions through such means as chemtrails are used by the powers that be. Often UFO activity is around the laying of these chemtrails and indeed, this Interpreter himself saw in the last several weeks many chemtrails being laid in the skies above his head in the city of Calgary. He has had a sense of their presence as they seek to defuse the toxic effect of the chemtrails, and is aware himself that the UFO activities have been more pronounced over the last several weeks.

This Awareness asks the entity Joan to also confirm for herself if she has been sensing the increase of these UFOs over Calgary in relation to chemtrails that are being put down, laid into the skies above the city. Other readers and other members of CAC, in looking up in the skies and noting the chemtrails that are being laid down, open up their senses to the presence of invisible craft in the skies that may be diffusing those chemtrails, or that even if just looking up and seeing a cloud, sensing, throwing out, projecting one's senses into the crowd, to have a sense of whether there is indeed anything there or not. It may be more possible in the years ahead to sense the presence of alien craft in the skies because it is part of the unfolding, part of the plan to prepare humanity for that which is known as First Contact.

But that is another matter. This Awareness simply wishes the readers and membership of this organization, to be on the lookout as Joan has suggested, to be on the lookout for that increase in UFO activity that they may sense, if they wish. This Awareness asks if this question is complete, or if there is anything else that needs to be looked at, at this time.

CARRIE:

It is complete.



Hours later, when they finally came to, Hal and Ruby groggily returned to their yard work—unknowingly wearing the radio collars and ear tags of alien biologists.

WHY YOUNG CHILDREN IN THE UK ARE BEING ARRESTED AND THEIR DNA TAKEN (It's Happening Here Too But You're Not Supposed To Know)

QUESTION:

There's one more question for this evening. This is from David. He comments "In the UK this week alone, 24,000 children and young people are arrested and their DNA taken. They want it because with it that can ascertain a) who has the reptilian bloodline, and b) the frequency on which DNA is broadcasting and receiving information. Once they have this they can specifically target an individual's DNA, causing mental, emotional and physical effects. (See his book *Infinite Love is the Only Truth. Everything Else is an Illusion*). Once again, they are using the excuse of needing the DNA data base to fight crime and the war on terror, when it is all about imposing ultimate control (the Illuminati time scale)." Will Awareness comment on this information please?"

Ed's Note: Carrie overlooked when reading the question that the question was sent by this editor and was a quote from the David Icke Newsletter, Jan. 28, 2006. Had she read this, Awareness would not have been confused as it is very familiar with David Icke's mindframe and the Reptilian bloodline information as described in his book, *The Biggest Secret*.

COSMIC AWARENESS:

This Awareness is confused as to what exactly is being asked of *It*. *It* would request a repeat of the first part of the question.

(The first part is repeated)

COSMIC AWARENESS:

This Awareness asks how this information was retrieved or how it was come by in the first place. How it is that the asker of the question knows that 24,000 children were arrested or taken. This is what causes this Awareness confusion at this time. This Awareness is aware that children are taken all of the time; that the missing milk carton children are really children who have been taken so that they can be used and abused in the Satanic rituals that *It* has talked about at other times.

This Awareness suspects that this is what this entity is talking about, and will proceed on that assumption. This Awareness indicates that children are indeed abducted and that they are indeed used in a way that can be detrimental to them. There is a deeper programming involved here, and that is the program of DNA tagging so that those individuals as he suggested can be traced, that they are therefore always subject to being recaptured at any time when it suits their aggressors, their captors, so that even if these children are released, that they will be always available to those who would use them and abuse them.

Genetic Tagging Being Made Available to Alien Abductors

It is also seen that there is that other side of the coin that this genetic tagging will be made available to those extraterrestrial types that are behind alien abductions. While this has not been vogue in recent years, in the 80s and 90s it was quite popular to talk about alien abductions, of alien children, hybrids being born to earth mother hosts, surrogate mothers. This has not really stopped in the last ten years. It has just been that the attention paid to this matter has declined. In some ways this activity has carried on, and has even increased, and in that, there is the danger of genetic tagging taking place amongst young children who are taken, not only taken by aliens, not only abducted by the aliens and taken into their crafts, but who are taken by their human agents, by those who work for the extraterrestrial beings.

These agents may even be seen as police and other figures of authority that are doing a job that they do not even realize or understand that they are doing, or what is truly behind what they are doing. There have been recent reports of children as young as several months old, newborn infants being fingerprinted. Also behind that is not only the fingerprinting of infants and babes and of young children, but this genetic tagging for the purpose of retrieving these children at any stage throughout their growth, throughout their growing up.

**Indigo Children and Rainbow Children Considered a Real Threat
(Enter the Crystal Children Here Now to Help Mankind)**

There is also yet another purpose behind this activity concurrent to that, --Rainbow Children and formerly the Indigo children.

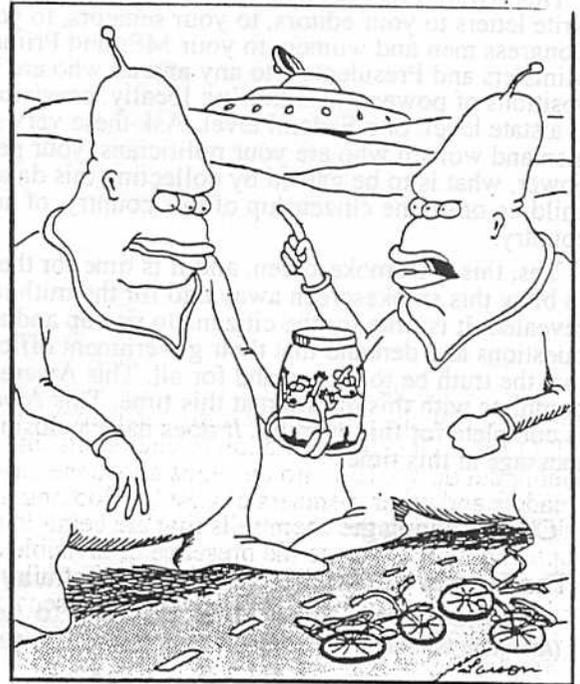
These children, these young children who hold the old souls are considered a real threat to those powers that be. The Indigo Children came in to start disrupting the social fabric and morals of the society that had been so repressive for so long, and these Indigo Children could be considered as the shock troops coming in, sacrificing themselves to disrupt society in such a way that the old patterns, the old rules, the old ways were seriously challenged and even dismantled. This prepared the way for the Rainbow Children and the Crystal Children. These young beings, because they are only young in their physical, are here now to help mankind in this transitional period, for they are born with *total* awareness, *total* consciousness, with the ability to access their deepest strengths and powers and capabilities, to use their psychic abilities, their intuitive capabilities, their spiritual command, to help many understand there is a greater truth; that we are, as they know, *more than*. (sic)

This Awareness suggests that it too is part of the insidious plan of genetic tagging to identify these Crystal Children who know they are more than, who are teaching humanity itself that they are than; that by identifying them, the thinking is that they will be able to round up these dangerous elements of society, dangerous to those who would wish to control and manipulate, who would choose to keep the masses in darkness and ignorant; that any who would threaten this control, this power, would be seen as dangerous, and that it is known that many souls are crossing over into the physical, to be born into the physical with soul awareness, with crystal consciousness, to become strong bright beacons that many will see, many will understand, many will be given hope by. These children are seen as a true threat to the plans of the powers that be. That too is one of the primary reasons why children are being genetically tagged, so that those who are the Crystal Children or the Rainbow Children, can be identified and taken, rounded up, collected, so that they may disappear and no longer pose a threat to the powers that be.

New World Order Can't Harm the Crystal Children

This Awareness is happy to announce that this simply will not happen. The true Crystal Children will not be tagged. These techniques, these technologies will simply not work on them, for they are beyond already the realm of normal humans that are here, that have been here and are here now. They are the way of the future. They are of that higher order. They are what man is moving towards, and the genetic tagging program that is designed to mark them, identify them, simply will not work with them.

This Awareness asks at this time for further parts of this question to be asked if the question has not been fully answered.



"Now don't forget, Gorok! ... This time punch some holes in the lid!"

Government Excuse For Using DNA Database to "Fight Terrorism" is a Smokescreen

QUESTION (CARRIE):

I'm not completely clear on the question either. There is one more comment here. "Once again they are using the excuse of needing the DNA data base to "fight crime" and end the "war on terror" when it is all about imposing ultimate control (the Illuminati time scale).

COSMIC AWARENESS:

This Awareness wishes to confirm that the excuse of using the data base to fight terror is indeed but a smoke-screen. Many now see through the smokescreen. Many now understand that it is a feeble attempt of justifying this action, but this feeble attempt, unfortunately, does still work on the many who are asleep, the many who blindly believe in the lies of their government, who have not awoken to the insidious plot that those powers that be have launched against them, that have been involved in for many years. This plot of control and manipulation, of keeping the masses in darkness and in ignorance; that many would indeed believe the government excuse of using the data base to fight terrorism, but this Awareness asks the individuals to ask themselves who the true terrorists are, and what is served by collecting such a data base on children?

Are you to believe that the children are the terrorists?, or that perhaps one day they would be terrorists? , and that is why they need to collect this information at this time? This simply makes no sense, and this Awareness suggests that you dig deeper, that you ask the questions, that you do not submit to these actions, that you voice your concerns and your objections. For too long the governments have gotten away with this kind of tactic, this kind of smokescreen that seems to work, but works only until people ask questions, until a voice is raised, and then another voice, and another, and another.

YOU Be The Voice! Email, Write Letters Now!

This Awareness asks that you be the voice, that you write letters to your editors, to your senators, to your Congress men and women, to your MPs and Prime Ministers and Presidents...to any and all who are in positions of power and authority: locally, provisionally, at a state level, or a Federal level. Ask these very same men and women who are your politicians, your people in power, what is to be gained by collecting this data on children or on the citizenship of this country, of any country.

Yes, this is a smokescreen, and it is time for the winds to blow this smokescreen away and for the truth to be revealed. It is time for the citizens to rise up and ask questions and demand that their government officials that the truth be told once and for all. This Awareness is complete with this question at this time. This Awareness is complete for this evening. *It* does have a closing message at this time.

Closing Message:

The Winds of Change Are Blowing Away the Smokescreen—And Time For You to Act!

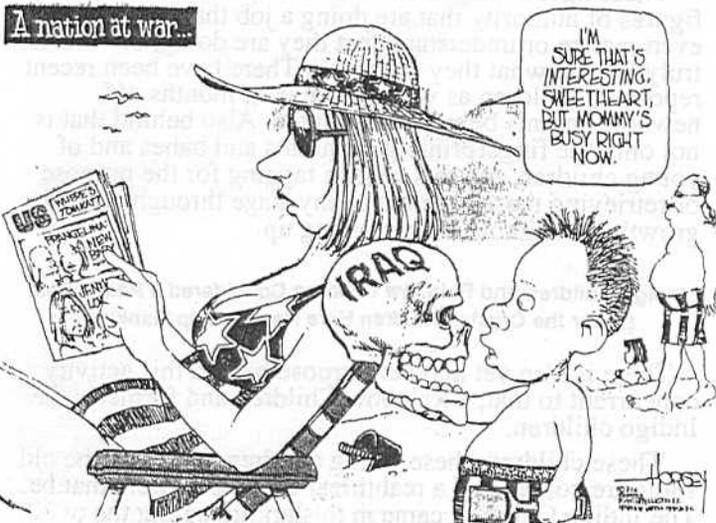
(Attention Wanderers: It's Time to Start Planting the Seeds)

CLOSING MESSAGE:

This Awareness suggests that the winds of change *are* indeed blowing. Many are starting to sense and feel that the lies and deceptions that have been available for so long, that have been the status quo for so long, are starting to thin out, to become transparent. Many are seeing that their government is no longer their benefactor, is no longer the protector of their rights and their freedoms. The government has, over the last several years especially, lied to them, misled them, misguided them. Many people are starting to see that there is more behind the scenes than has been to date been seen or understood.

Most People Want to Believe Our Leaders But It's Getting Harder and Harder to Deny the Truth That They Have Been Misled

They are still often in a quandary however. While they start now to suspect that things aren't exactly as they had been told they are, that there may have been lies and deceptions, that their leaders are not high moral leaders, fit to rule and lead, still, the people do not want to throw these leaders out just yet, for there is a part of the mentality of the people that says "or perhaps." Perhaps



what? Perhaps they have not been lying? Perhaps this is a misunderstanding? This Awareness suggests that ordinary people still want to believe that they have not been misled, conned, used, or abused, but that it is getting harder all of the time to deny the truth.

The winds of change are indeed blowing, and they are blowing the smokescreen away, and more and more peoples are starting to see and are starting to speak. This Awareness suggests that this action starts perhaps in the most immediate way: the speaking out to those around one; the planting of seeds in the minds of those who still do not want to wake up, by those who see through the smokescreen, who understand the deeper truth of what is really happening at this time. This is how one's voice is first heard, a voice to the familiar, to those who are familiar: brothers and sisters, mothers and fathers, aunts, uncles: family, friends. Letting those around one who has the understanding and awareness of what is happening know that indeed strange things are afoot; that indeed, things are not always what they seem, and that indeed, those that we have put our faith and trust in may not be deserving of that faith and trust.

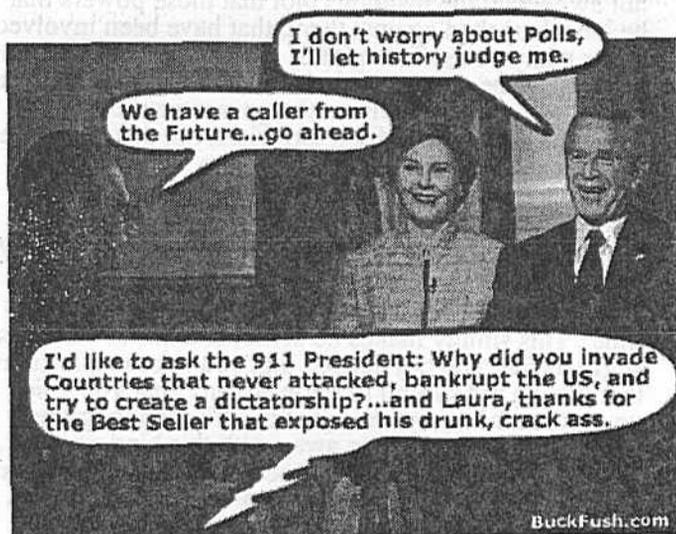
Planting the Seed: Speak Out First to Your Family and Friends

These messages may not always be well received, even by loved ones, by family and friends, but it is time now for the Light Workers, for the Wanderers to start to find their voice, to start to speak up more and more to those who will listen. Some will feel inclined to write letters to the editors, to the politicians, to speak in a more public way, and this Awareness encourages this if one is so inclined. But the first place to start is in one's own neighborhood, amongst the friends and family known to the individual. As one plants the seed and speaks the truth, more and more will start to question and will start to see through the deception, through the smokescreens, and the grass roots movement that will start because of this will grow and grow and grow, until one day the very ones that are in charge will be surprised themselves that such a strong movement of opposition rises up against them.

This Awareness asks you now to consider that the times are such, that the voice must be heard, and that each and every one of you is part of the voice of this Awareness.

This Awareness is complete at this time.

(The Law of Gratitude is recited)



Health Hints From Personal Readings

(Slight Hearing Loss and Chronic Hemorrhoids)

An Exercise to Improve Your Hearing

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.

Hemorrhoid Treatment

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 power, 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

Personal Trance reading for Thomas K of Irvine, California. Paul Shockley, Interpreter, in Portland Oregon, June 18, 1988.

He Feels He's Lost His Sense of Purpose And is Wasting His Life

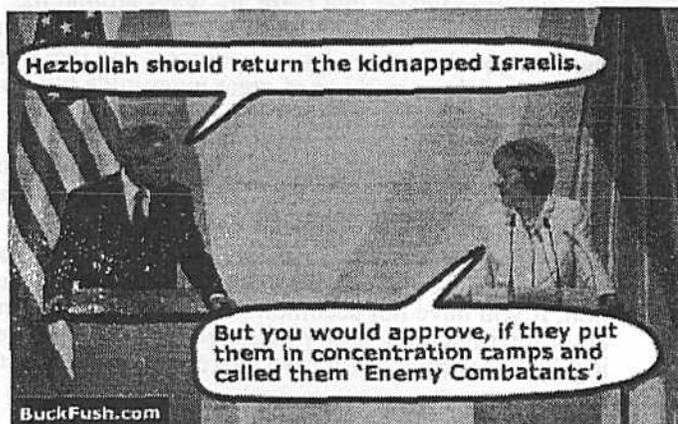
QUESTION:

Awareness, this is a reading for-Thomas K. I was born in Wausau, Wisconsin, on September 10th, 1932 My early years were difficult psychologically, feeling isolated from experiencing much of life. I feel that the years following were essentially undistinguished until I moved to California in 1966. At the end of that year, I read a book about Edgar Cayce which awakened realizations about the Metaphysical nature of life. Since then, I have met many people and had many experiences which have contributed to my desire to have a greater understanding of the true nature and purpose of life and my role in it. My professional training is as an electronic engineer, lately computer programming, and my hobbies include Astrology, classical music and occasionally, writing poetry. I am presently living in Santa Ana Heights, Southern California. Lately, my general mood has been one of lacking a sense of purpose, and of frustration, feeling that much of my life has been wasted.

Does Awareness have an opening message?

COSMIC AWARENESS:

This Awareness indicates that it is quite common for entities as they look back on their lives to recognize how much of the energies they have taken for granted and used without direction. This Awareness indicates that it is quite common for entities in looking back on their lives to see that they have wasted much of their precious time. This Awareness indicates it is the nature of youth to see how, in the future, they will have greater capacity



to accomplish more, but at present they have little capacity and therefore may as well enjoy their youthful pleasures while they can. This Awareness indicates that most young people do not feel themselves to have much potential worth in a society run by adults and persons who hold the power, and therefore they tend to not seek to compete with such entities or to accomplish too much at a young age, for they do not want the responsibility that goes with such difficulties, and they prefer to have their freedom to be more selective and to look around while also enjoying their youth. This Awareness indicates that when the entity becomes older and more mature, the entity sees these youthful times as having been wasted. This Awareness suggests that you not look back on this as wasted time, but rather look back on these memories as times wherein you were coming alive, becoming aware of society, learning through interrelationships and realizing some of the pleasures of life in a kind of naivete that is no longer available to you. This Awareness indicates that now whereas you are more mature and more aware of the nature of life and you feel the future as being much more limited than you did when you were younger, you see the more seriousness and the importance of directing your energies more carefully during the coming years. This Awareness indicates this period as being one of your most productive times in your life. This Awareness suggests that therefore you not lament or feel frustrated about the past, but you recognize that the present is the time where you may begin to take full control of your life and to put your work in order so that when you are older and less capable, or when you leave this plane, it will allow you to look back and recognize that the plane is better for your having been.

He Has Fears and Self-Doubt Feels He is His Own "Jailer"

QUESTION:

I have all my life felt blocked in many areas, work, relationships, self-improvement, or just simply "having fun". I realize I am my own "jailer", and that the common denominator seems to be fear and self-doubt. What is behind this; what can I do to let myself out of "jail"?

COSMIC AWARENESS:

This Awareness indicates that essentially this as related to programming which was input into your consciousness while you were quite young and which has not yet been removed. This Awareness suggests that you may wish to undergo a careful reexamination of the basic programming which you received and to 'de-bug' the 'critters' within which are causing this programming to continue to operate even though you no longer are benefitting from the old outmoded programmings.

This Awareness indicates that as a child you may have needed certain restrictions placed upon you for your own protection. This Awareness indicates that such restrictions are often placed upon children by adults who are meaningfully concerned about the welfare of their child. This Awareness indicates that the problem is that often the child nor the adult removes that programming when the entity is old enough to make decisions for himself. This Awareness indicates that programming which is given, such as the statement by a parent, "You aren't able to do that, you can't do that, you are too young to do that, you don't know how to do that", such programming may still lie dormant within the entity's subconscious even after the entity is fifty, sixty, seventy or eighty years old and the parents have long deceased the plane. This Awareness indicates that until these programmings

are released whereby the entity says, "I *am* old enough, I *am* wise enough, I *can* do this, I *can* do that, I *can* discover how to do it", I *have* learned to do it", until the entity is able to take the programming and erase that which is of no value and reprogram the emotions and subconscious, the entity may long and permanently, in this lifetime, remain in the same programming that was given to a three or four or five year old child. This Awareness indicates that obviously this is not of any value to the entity who has long passed that age and who is capable of so much more, that these childhood programmings may still block the entity every time the entity starts to initiate an action which looks like a challenge. This Awareness suggests that rather than allowing such programmings to remain, this Awareness suggests you take those programmings out by recalling statements which were made to that effect when you were a child, recognizing that they may have been applicable at that time but no longer are of any value. This Awareness suggests just as on your computer you can remove these statements and these programmings, likewise you can remove them from yourself simply by 'search and find' methods and looking at these, erasing them. This Awareness indicates that you may then replace these statements by such statements as, "I have within me the ability to do anything I can conceive of doing if I truly put my mind to it."

This Awareness indicates that such new programming may then allow you to take on those actions wherein you have faith in yourself, for indeed you do have the ability to do anything that you can imagine yourself capable of doing. This Awareness indicates if you cannot imagine you are capable of doing something, then, of course, you are not capable of doing it. But if you *can* imagine you are capable of doing it, then, indeed, you are capable, although it may take some effort and continued work in order to bring it about. As long as you have the belief that you could succeed in doing so, indeed you *do* have that ability. This Awareness indicates that obviously it may be more difficult for an entity, for example, to lift a ton of weight or to levitate, for the entity may not be able to imagine that as a reality. Yet, another entity may be able to imagine this so clearly and thus have the ability to do so. This Awareness reminds you of the ten year old girl who, watching her father weight-lift, decided to try it herself and found, after some practice, she could lift three hundred and seventy-five pounds.

This Awareness indicates this as an astounding feat to most entities, but to this entity who had a strong imagination, the entity was capable of doing this. This Awareness indicates that essentially the rule is that if you can imagine yourself doing something clearly enough to where you believe it is possible, then, indeed, with concerted effort filling in the details in between, you can accomplish this. This Awareness indicates although, it may require much effort on your part to figure out how, or to train yourself to do so. This Awareness indicates that there are ways around the blocks in life or in any effort to accomplish something, and that you must have faith in yourself and therefore, if you seek to do something of great magnitude but do not have the faith that you can do so, this Awareness suggests then that you choose something of lesser magnitude which you can fully believe is possible, and once you accomplish this then you may choose something of even greater challenge to you.

This Awareness indicates that faith is built from accomplishments and does not simply come from imagination. If you have not accomplished certain things, then all of the imagination of your potential is but daydreaming. This Awareness suggests therefore that in order to

develop the faith to bring about the effort toward what you imagine yourself capable of doing, you must move step by step, developing confidence in yourself by having faith in yourself to meet a challenge, then a greater challenge, then still another challenge. This Awareness indicates that also you may recognize by now that during those times of adversity and the times following such adversity, if you have the faith to move through those adverse times, then after such times you will have greater confidence in yourself and your faith will have increased so that you may take on even greater challenges. This Awareness indicates that it is through these adversities that you may grow and your faith may develop, or through the adversities that you crumble and lose faith in yourself. The choice there is your own, whether to be courageous and have faith that you can survive the adversity and become stronger, or whether to find the adversity as a circumstance that denies you the right to continue and to live a more meaningful life. This Awareness suggests that you look upon every adversity as a challenge and recognize that you have the ability to overcome, and that you will pursue until you prevail and overcome the challenge. Thus you become stronger from these blocks put in your path.

Why a Reluctance to Put Into Action Meditation and Other Things for Spiritual Growth?

QUESTION:

Over the recent years I have been exposed to much in the area of Metaphysics and spiritual growth, but so much of it has been gathering, rather than applying. Why is there the reluctance to put it into action, even in so simple a way as daily meditation?

COSMIC AWARENESS:

This Awareness indicates that once you accept a general belief or once you fully understand a general belief, it tends to become incorporated into your consciousness, mingling with the other beliefs within your consciousness. This Awareness indicates that it is those areas wherein there is conflicting information within your programming that leads to conflicting activities within your affairs. This Awareness indicates that it appears obviously that you have some conflict as to the value and purpose and meaning of meditating.

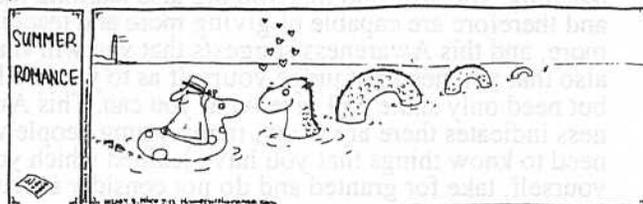
This Awareness indicates that obviously you see it as valuable but you also may feel it is impractical. This Awareness suggests that perhaps you have not fully defined what you mean by 'meditation', whether it has to do with sitting in a chair or a position, shutting off outside activities or observation, or whether it has to do with focusing your mind on something in particular, or whether it has to do with some important concern, or consideration, or activity. This Awareness suggests that you have not fully defined whether it is concentration or expansion of consciousness to include everything. This Awareness indicates that the word 'meditation' has different meanings for different entities according to their own particular way of meditating, and according to what experience they may have had with meditation. This Awareness suggests that some entities in driving down a highway are in fact meditating, that other entities can be meditating through the activity of focusing on a particular problem or on a particular situation or condition. This Awareness indicates that other entities may find it more meaningful to them to focus on a spiritual concept or energy, or to partake of a particular method of meditation as prescribed by others. This Awareness indicates that it appears that you have not fully recognized those areas of your life which are a form of

meditation, for you have an idea of meditation as being something else. This Awareness indicates that you also may wish to redefine what you mean by meditation or if you wish to follow that form of meditation which you have already defined but which you cannot seem to practice, you may wish to examine why you have an aversion to such practice and work on removing the blocks from this aversion.

This Awareness indicates that, for example, you may feel it requires too much time and you might not get enough accomplished. This Awareness suggests you may wish to examine why you are using this as an excuse and you may find that if you did participate in a certain amount of meditative time daily, wherein your time was totally set aside for this purpose, that it would bring about such a poise, such a peace within, that the other time in your day would have a higher quality and therefore you would accomplish just as much or more in less time of daily activities. This Awareness suggests that you must simply experiment and focus on the meaning of meditation to you.

This Awareness indicates that in terms of putting into practice your metaphysical study, that it is impossible for an entity to accept a belief or attitude or idea without it being put into practice in some way. This Awareness indicates that the metaphysical beliefs and understanding which you have gained exudes from your very presence and allows you to meet situations in a way which you would not have otherwise met them had you not had this metaphysical background. This Awareness indicates it affects your attitude toward circumstances, toward others, toward life in general, and therefore it is being put into practice. This Awareness indicates that to do more would simply require that you share or teach others what you have learned and to help them to understand these things which otherwise are mysteries of life.

This Awareness suggests that you may wish to look more carefully at your attitudes to see how these metaphysical studies and your understanding has affected your attitudes toward other entities, toward life, toward your responsibilities, toward your concern for the welfare of others, and toward your selected purposes in life, and you will find that indeed you are putting your understanding into practice. This Awareness suggests that you may also wish to find ways whereby you may write and express some of your beliefs and some of the meaningful values which you have received from your training. This Awareness suggests the poetry, or writing, or teaching as ways which can be helpful to others who received this from you. This Awareness suggests also you may consider teaching or lectures wherein you sell messages of a verbal nature. This Awareness suggests that you may wish to present or to create a metaphysical program for computers whereby entities may learn from communication with the computer, whereby entities can carry on a conversation with their computer and learn metaphysical concepts through such communication. This Awareness indicates that this could be very beneficial to you financially and also spiritually beneficial to yourself and to others who receive this type of program.



He Would Like to be of Assistance to Others But So Far Has Failed. How Genuine is His Motivation?

QUESTION:

It is said that one cannot help others until he has helped himself. I would really like to be of assistance to others but feel I have fallen far short of making any significant contribution. What is it I need to help in myself to bring about or allow the opportunities to happen? Perhaps I am also asking, how genuine is my motivation?

COSMIC AWARENESS:

The Fool In The Tarot

This Awareness indicates that in the Tarot cards there is that first card known as the Fool. This Awareness indicates the Fool is stepping off the cliff. This Awareness indicates that this Fool in stepping off the cliff appears to be foolish, for it would appear that the Fool will fall from the cliff and is unaware of what great heights he is stepping from. This Awareness indicates that the more metaphysical meaning of this Tarot card is that of the entity who is so into the faith of the spirit - the light shining from above - that when he steps from the cliff, he knows that the holy ground will appear under his foot. This Awareness indicates that as this entity walks, the holy ground continues to appear, moment by moment, under his feet so that he is always stepping from the cliff of security and, so that by faith, the spirit of the universe is continually providing the foundation and security for his next step. This Awareness indicates that in applying this metaphysical meaning to your life, it requires that you take the first step toward serving others, toward giving something of yourself, toward recognizing that you have something worthwhile to share, that once you take this step you will have the opportunity then to take the next step, and the next, and the next. This Awareness suggests that you go step by step and that you have faith that the holy ground will appear before you and will provide for you the next opportunity. This Awareness indicates that it is only your lack of faith that stops you at the edge of the cliff and tells you you can go no further; you are limited. This Awareness indicates that the Fool recognizes no limits, and the Fool resides in Spirit. The Fool is more spiritual than material. This Awareness indicates that this as the metaphysical Fool in the Tarot, the higher version of the Fool. This Awareness suggests that you become likened unto this for a period of time until you have developed greater faith in yourself, that you risk something of yourself, that you take a chance and step off into an activity which gives service to others, even though you may not feel yourself capable. This Awareness indicates that it is said, the teacher learns far more from the lessons which he teaches than does the student, because the teacher must look at the issue or lesson from every type of viewpoint which the many students may bring up and must answer for each of those viewpoints, whereas the student only needs to see his own personal viewpoint. This Awareness indicates that as you begin teaching, you will find that you are also learning more and therefore are capable of giving more and teaching more, and this Awareness suggests that you will find also that you need not judge yourself as to your abilities, but need only share and give what you can. This Awareness indicates there are many, many young people who need to know things that you have learned which you, yourself, take for granted and do not consider as having great value.

This Awareness indicates that many entities will feel this information as being exceedingly valuable for them, and it can in fact bring their lives into greater harmony, direction and purpose. To withhold such information is a form of negligence. This Awareness indicates that you must recognize not only your weaknesses, but your strengths and must emphasize your strengths and forget your weaknesses, for they will fade as your strengths become stronger.

Is There a Particular Area of Work or Contribution to Life That Would be Beneficial?

QUESTION:

Is there a particular purpose, area of work, or contribution to life to which it would be beneficial for me to apply myself?

COSMIC AWARENESS:

This Awareness indicates that in your teaching of computer programming and in your teaching of --- this Awareness indicates there appears to be an area whereby you could write a program for computers involving metaphysical principles whereby the metaphysical principles could follow the analogy of computer programming so that those who work with computers can gain a greater understanding of the nature of the universe itself and of computers and their programming so that they see these two as an analogy of each other.

This Awareness indicates that it appears you have the ability to see this clearly and to so design such a program, that you may need some help from others for certain parts, that this can be of great benefit to entities and can help to establish an interest among computer operators for metaphysics.

Conflicts Remaining From Past Associations

QUESTION:

During my association with the entity M. S. from approximately 1968 to 1978, many disturbing as well as enlightening situations arose. I would greatly appreciate any information which would help explain the purpose of the association and help me resolve conflicts which remain within me.

COSMIC AWARENESS:

This Awareness indicates that this appears to have been likened unto a catalytic type of relationship whereby certain things served as catalysts to break apart structures within your own personality and within her personality. This Awareness indicates that this appears to have freed her of certain blocks in her psyche. It appears that the relationship which occurred allowed her to transfer certain feelings which she had for a past male entity, possibly her father, to transfer some of these feelings to you and to work out some of the karma of her past relationships with this entity by transferring these energies to you, this as likened unto your taking on some of her karma of her past relationship which was not settled with this other entity. This Awareness indicates that it appears that, for your part, that the greater value in this relationship was that it stimulated certain insight into yourself, into motivations and into your self-image whereby you looked at yourself, evaluated yourself in relation to this reflection of this entity and her way of relating to you and a more intense looking at yourself than had occurred for many years. You saw yourself in certain areas, weaknesses, and in certain other areas, strengths, that strengths came from this relationship, and certain weaknesses were brought to your view to be

discarded. This Awareness indicates that it does not appear that this was a karmic release for you, but that the karma was transferred from her relationship with the previous entity, who appears to be her father or a father figure, and was dumped on you or directed to you. This Awareness indicates that this established in a small degree a kind of karma between the two of you. This Awareness indicates that this does not appear to be anything of great significance, however, and that by your own understanding of this and a release of the emotion involved, this karma, too, can be easily resolved. This Awareness indicates that there were, of course, benefits also in this relationship whereby much was shared and exchanged in terms of affection and of insight for each of you in terms of shared information.

QUESTION:

I have been told a little bit of a previous life relationship with the entity L. N. P., in which he was my son. Our association in this lifetime was intense on my part, and I feel emotional attachments yet, even though I know I should let go. I would appreciate any background information on this and ask; did I help him, and can I be of further help to him, or was the purpose of the association for me to see myself?

COSMIC AWARENESS:

This Awareness indicates that there was benefit in the relationship. Much past karma was resolved, even though certain areas remain in a kind of intensity, this as having been greatly diminished in terms of comparison to past life karma. This Awareness suggests that it is likened unto a ripple effect, whereas the greater splash occurred before and in this lifetime, simply experienced a ripple to trigger off and resolve some of the intensities of the previous time. This Awareness indicates that it appears that this may be resolved further at a future time by communicating briefly, *very* briefly, in an indirect manner such as through the mail, such as a Christmas card or something of this nature whereby the entity knows you still think of him in a nice way, enough to drop him a line or express a casual greeting. This Awareness indicates that this in itself can diminish much of the frustration or feeling that exists between you at this time. This Awareness suggests that it should not be allowed to develop into any further intense type of confrontation or communication, but should be kept at arm's length in a kind of casual communication level.

Past Life Karma In Relationships Today

QUESTION:

I have myself realized that I spent a previous lifetime with the entity M. H. as husband and wife. In this lifetime we have a close friendship, but I occasionally feel I am "letting her down". Would Awareness please comment on the past and present association and how I can be more constructive in the relationship now?

COSMIC AWARENESS:

This Awareness indicates that you have experienced a past lifetime which was meaningful and beneficial, even though there were intensities involved that, in a general sense, there were benefits for both of you and there was much closeness and affection and loyalty and commitment between you. This Awareness indicates that this commitment as that which still is felt and yet the loyalty as that which cannot be too great, for you have other commitments and other loyalties in this life. This Awareness indicates therefore there is the sense developed of conflict between your commitments and loyalty

to some, and your commitment and loyalty to this entity, which carries over from previous times. This Awareness indicates that it is recognizable that this conflict would be felt as part of the karma carried over, but it *is* also necessary that the commitment not be too strong nor the loyalty too great, and that you both recognize that you must not consider the other to owe you anything other than that which is owed in this present lifetime. This Awareness indicates that you must begin each lifetime relationship as though there were *nothing* carried over from the past with that assumption, for otherwise you will find yourself ruining whatever reconciliation might come about for any past karmic ties.

This Awareness indicates that entities who attempt to modify present lifetime relationships because of a past lifetime relationship generally end up creating greater karma and greater problems, for entities are better off to let the past be the past and to begin anew in each lifetime, that these past experiences swelling up from subconscious levels in this present lifetime generally allow for the karma to be worked out according to the subconscious knowledge, emotion and understanding, and to consciously attempt to control this leads to greater frustration and problems on the *subconscious* levels. This Awareness indicates therefore you may wish to simply look at this relationship as a close friendship and not concern yourself with past life karma or past life togetherness. This Awareness suggests that in looking at this as a close friendship, you may treat your friend the way you would want a friend to treat you, and to do what you can do for your friend according to your ability and the urgency which you feel is proper in your circumstance.

Continued Work With Astrology?

QUESTION:

Would it be appropriate for me to continue working with Astrology - as a tool for self-help and helping others? If so, what would be the best approach for me to improve my knowledge and ability to be accurate and give a genuinely helpful interpretation?

COSMIC AWARENESS:

This Awareness indicates that again that this could be used in conjunction with your computer programming whereby you can do horoscopes for entities and whereby, using key words, place the interpretations of aspects and planetary positions and signs and houses in the computer, so that the key words are brought out describing what is experienced in the chart, so that this may then be translated through these key words into a sentence describing or interpreting the particular situation. This Awareness indicates that this course can be programmed to include medical information based upon the horoscope, or to include transiting planets and their effects, or to include the natal chart, or it may also include comparative charts between entities. This Awareness suggests that there are many ways whereby this program could be enhanced and improved and expanded, or specific programs could be created. This Awareness indicates that this project could take several years to complete or refine after completion, but could be a program which would have lasting value for generations to come.

VISIT THE TEMPLE OF LIGHT IN YOUR DAILY MEDITATIONS

Deposit your energy in this cosmic Bank. Withdraw it when needed for healing or personal use. Keep in touch with CAC when you start getting results!

How to Cut Down on Alcohol Use

(Stavia as a Substitute for Sugar)

QUESTION:

As far as I know, I have no particular health problems, except perhaps consuming too much alcohol. What can I do to reduce this and promote better health and well-being in general?

COSMIC AWARENESS:

This Awareness suggests that it appears the use of Taheebo tea as that which will assist you in losing your taste for alcohol, this over a period of time. This Awareness suggests also that you may benefit from drinking more... this Awareness suggests sparkling water, or Perrier water, or those various types of mineral waters on the market. This Awareness indicates that it appears that the desire for sugar as that which is in part behind the desire for alcohol, that alcohol turning to sugar in your system as that which tends to give you a lift and certain type of energy. This Awareness suggests that you may also receive a similar lift and similar types of energy from a substance called (Stavia), a sweetening substance that is unlike sugar, yet tastes like sugar and which is beneficial to your health. This Awareness indicates that this substance as being available through contacts which the Interpreter can provide. This Awareness indicates that this (Stavia) being a sweetener much sweeter than sugar and yet helps the pancreas to be restored to health, which in turn gives a greater energy on a more sustained level, that the alcohol as that which is creating some problems in the area of the pancreas and liver and kidneys.

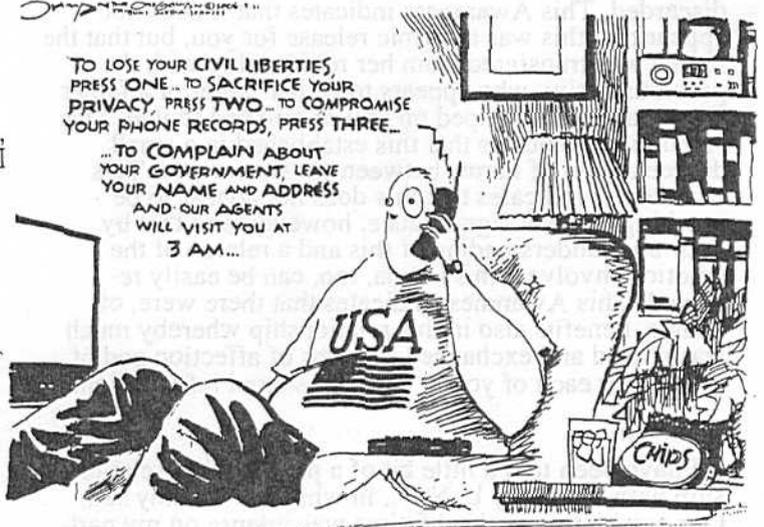
QUESTION:

Does Awareness have a closing message?

COSMIC AWARENESS:

This Awareness indicates that it appears that you are at a turning point in terms of your self-awareness and in terms of making a commitment in your life to do something which marks you as a person who has brought about great improvement on this plane. This Awareness indicates you are one who has the ability, and with proper faith, will prevail and bring about great changes which can be meaningful to many for years to come.

This Awareness suggests the Interpreter be brought from trance.

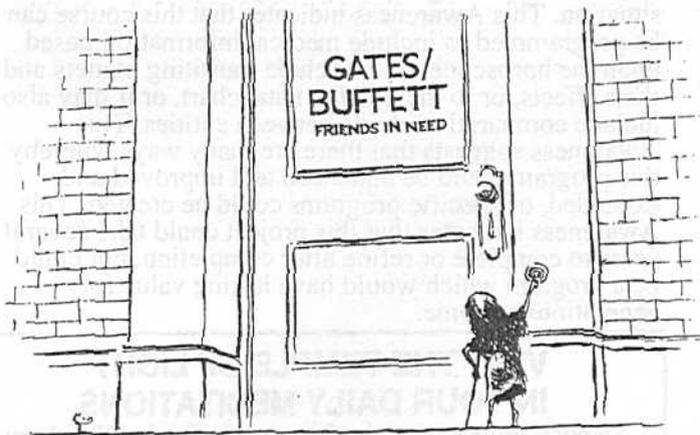


WHAT IS COSMIC AWARENESS?

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

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REX RABIN



Wisdom of Awareness....

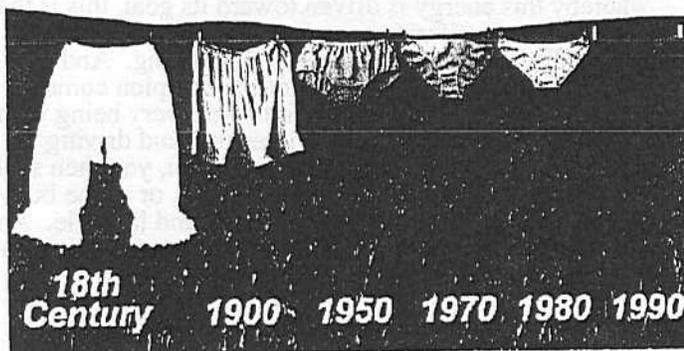
On Manifesting Everything You Want

This Awareness indicates as the third dimension melts and the fourth dimension materializes or emerges, you also discover that the mind which you possess has the capability of manifesting in this new reality. You can manifest food. Even though the old three dimensional world may have left starving entities, you now have the ability to manifest the food you need right out of thin air, just as the yogis of Tibet and India have been known to do for many many ages.

This Awareness indicates that as entities reach within themselves, find the essence of their own God-like being within, they can manifest in this new reality, this new creation, to satisfy the needs of each moment. This Awareness indicates that it is important for entities to keep those things that this Awareness has told you: The universe appears and disappears every four quadrillionth of a second, and because each four quadrillionth of a second is a totally new universe, you can create in that next moment, those things that are necessary for your new universe to sustain life, to sustain those things you need.

This will be the great security that entities seek: You become the rainbow's end. You *become* the pot of gold, rather than *pursuing* the pot of gold at the end of the rainbow. You become the one who manifests the reality you seek. This Awareness indicates that as you learn to create your world with each step, as you learn to move from moment to moment creating your new reality, you will then realize you are *indeed* a multidimensional being with God-like abilities. (97-3)

Positive proof of global warming.



THE COSMIC AWARENESS SPIRITUAL DEVELOPMENT COURSE

Taurus: Volume 2 Lesson Number 8

QUESTION (AVATON):

Awareness, we are here now for the eighth Correspondence Lesson under Taurus. The eighth lesson relating unto security and stability in relation to the aspect of money, in relation to the aspects of prosperity, and in relation to the aspects of exchanges of energies between entities, and the nature of energy exchanges.

COSMIC AWARENESS:

This Awareness indicates the entity, being aware of self and non-self, must learn to relate to that which is non-self in a manner that allows the energies to flow equally between self and non-self.

This Awareness indicates that the entity in pursuing this action, first begins to distinguish what is self and what is non-self. This distinguishing process relates to that which is called "identification." And the aspects which the entity is interested in are the aspects the entity is identified with, and these identifications become the entity, and those aspects which are not identified with the entity's interests are the non-self.

This Awareness indicates that in terms of the entity seeking a relationship with that portion of consciousness which is outside of the defined self, the entity must first conceive of that something 'out there' which he or she would bring into the 'self' as an identification with the 'self.'

The conception of something 'out there' to bring to oneself creates that which is called 'desire.' The desire being that which draws the entity toward that which the entity conceives as being separate from himself.

Therefore, the enigma created by desire is that the entity is separated and wants to be rejoined by that portion of identification.

This Awareness indicates that the effort, then, of the entity is to pursue that aspect of himself or herself which has been defined as non-self, or 'the other,' and in pursuing that which the entity believes to be something other than oneself, a game is created.

This Awareness indicates this game is the game of life, and can lead to great extremes - into that which is life and death struggles, wars and violence, passion, sex, and great discoveries.

This Awareness indicates that after the entity has defined what 'self' is by his or her own peculiar interests and ways of labeling what 'self' is, whereby the entity says: "I am this, but not that. I am this, but not that. I am not you; you are not me," and continues in the action of defining and separating 'self' from the rest of the Universe, then once this definition, the definitive process of the game is laid out, the entity then can say: "Assuming these rules are correct: that I am, for example, limited to the size of my body, limited to the thoughts in my head, limited to my clothing, my home, my occupation, my family - assuming that this is the limitations of myself - how can I get to be more than I am?"

The game now begins. How can the entity become more than he is? This is that which creates the concept, the feeling known as desire. The entity must now create something "out there" that is excluded from himself and is nearly unattainable, and with all the limitations of being defined into these confining roles, the entity now must break free from these bonds to acquire that new

creation 'out there' which would allow the entity to be more than he is.

This Awareness indicates that in this game of life, the entity not only creates his own rules, but the entity is constantly creating rules for others, and others are creating rules for the entity: these rules being created by the action of speech, direction, statements, and suggestions. Wherein a suggestion is given that you are stupid, the entity has the ability to accept or reject that statement according to his inclination, interests, and the fascination of that particular statement.

Whereby the entity becomes fascinated with the concept of being stupid, the entity then may begin saying to himself in the confidential levels: "Assuming I am stupid, how do I act in order to be proper?" This Awareness indicates the entity then may begin becoming fascinated with the problem of how to act stupid properly, or how to be properly stupid.

The entity then, once having been cast into this programming, either by himself or by others, by statements and fascinations and interests that he, himself, has accepted - the entity then is set in a mold, and now accepts himself as stupid. For some time the adjustment process of becoming stupid and playing the role properly of a stupid person fascinates the entity; but after a period of time, the entity becomes bored and wishes to try something else.

The entity then looks at himself and, seeing himself as stupid, says: "Assuming I am stupid, how can I be something other than stupid?" Thus the entity has created an aspect outside of himself which needs to be integrated within, whereby the entity may then break out of the confines of his consciousness which he has accepted as his identification of 'self.'

The entity now has the choice of pursuing those qualities which he associates with as being 'not stupid.' In this manner, the entity may pursue knowledge, may pursue power, may pursue money, may pursue the charms of the opposite sex, may pursue fame and popularity, or some other quality if the entity feels that this is a sign of non-stupidity.

This Awareness indicates that the action of pursuing that which is outside of yourself (this being a desire) - this action is that which creates the vitality that causes things to move, and causes changes to occur.

This Awareness indicates that any entity who is totally satisfied with himself and cares not to grow any further, is happy with his definitions of self, feels that he is perfect without any form of change - any entity who feels this way is probably ninety-nine percent dead.

This Awareness indicates that any entity who can accept the inacceptance of himself, any entity who can accept one's failings and the fact that one must grow and change - that entity is well adjusted, for that entity can allow for the changes that will need to occur through the moment-to-moment living process. That entity shall also experience desires and shall pursue certain experiences and goals.

This Awareness indicates that the entity may pursue goals, may pursue desires, and may continue to grow larger and larger in terms of his or her identifications, and this action is that which may be called appetite. Whereby the appetite of the entity becomes so great that the entity wishes to devour more and more, become greater and greater, wishes to develop more and more of his or her qualities in order to be the ultimate being in the Universe, this Awareness indicates this as appropriate. That it also is appropriate for the other entity who

recognizes himself as being but a small particle in an overwhelmingly large Universe, an insignificant part.

This Awareness indicates that either extreme is appropriate. That all of the states in between are appropriate, and you have the right to be anything you wish to be. You can identify with the entire Universe and call yourself God, or you can identify with the most lowly and loathsome aspects and call yourself by whatever low name you wish. Or you can be significant in certain ways and lecherous or villainous in other ways. All of these actions are for you and are brought about by your interests - your interests and your identifications with concepts, ideas, and those areas that intrigue you.

This Awareness suggests that as you begin expanding your identifications of who you are, what you are, you may choose to move into identifications with those cosmic laws and qualities that allow you to have communication, rapport, and balanced and harmonious relationship with other forces in the Universe, whereby you do not need to experience the extremes of the *Law of Karma* for your actions, whereby a more harmonious and balanced relationship in life can occur.

This Awareness suggests that wherein you take this kind of action, identifying with the Universal Laws that recognize the rights of others, allows yourself the same rights you would give others, yet no other rights - wherein you can do this, you shall be a peacemaker in the Universe and shall serve as a pivot point around which the swirling energies of the chaotic confusion known as life and death, swirl in the tempest and storms which permeate each moment of eternity.

This Awareness indicates that wherein you begin to pursue certain aspects in the Universe to enlarge yourself without regards to the welfare of others involved, needing to break free from those bondages which you have placed upon yourself through wrong answers, mistaken identifications, or confusion in your own consciousness - wherein you seek to break free of these illusions which you have called yourself, and in your seeking to break free, you move like a whirlwind, destroying others, being insensitive to others, being driven by passion, by a force that serves from within to push you to your goal without compassion, with only the inner passion of selfishness - wherein this kind of energy is being presented and driven through the Universe by your identifications and your interest, wherein this type of force is occurring - this may be likened unto the sting or stinger of the scorpion. Whereby you seek to move out from where you are and 'score' and 'pin it down' to get it settled, moving toward your goal, waiting with great passion for your chance to sink the stinger and make the kill - whereby this type of consciousness is the driving force, without regard for the other aspects of consciousness, without being sensitive to the rights of others, without being aware of the presence and life of others, being so wrapped up in your own insensitive feelings toward others and sensitivity for self whereby this energy, being focused, being driven, obsessed - whereby this energy is driven toward its goal, this is that which is the Luciferian energy, and this energy must eventually bring about the fall of your being. And as your being falls, as the stinger of the scorpion comes back upon yourself and stings into your very being with all your determination, greed, intensity, and driving obsession - as this comes down upon you, you then shall experience the pangs of death of the ego, or of the body, or of certain levels of your experience and lifestyle. And as your empires collapse, there comes about nothing but

surrender, and your driving desire can do nothing but die and experience its own sting.

And in that experiencing of its own sting, a resurrection occurs within your being to allow that which was desired to be an integral part of your new being. And your new being then is on an entirely different level from the old, and the errors of your old ways, being seen clearly for what they were, then become likened unto the great work of learning. And having graduated from that school of life, you may now begin living.

This Awareness suggests that you need not worry as to where you are in terms of these experiences, for you shall be moved by the forces that shall teach you. However, if you can become aware of the nature of these forces, seeing their extremes, seeing their problems and the dangers of being caught in these forces - if you can become aware of these forces, it may not be necessary for you to experience all of the suffering that will come about in your lessons.

This Awareness indicates there are three ways of learning, three paths to spiritual development. Suffering is the slowest. Being aware of the implication of one's action, this as the alchemical path which is the quickest. This Awareness suggests that whereby you look carefully at your actions and become aware of your own self-interests and the conflict it may have in terms of the interests of others, you shall find a clue as to whether the action will lead to suffering, or whether you can avoid the suffering by simply avoiding the temptation to strike your stinger into someone else in order to promote yourself.

This Awareness suggests that in terms of the relationship of the entity with exchanges of energies through the money system, through value exchanges, whereby these exchanges of energy in relationship on all levels: economic, emotional, sexual, intellectual - in all levels whereby these relationships and the intercourse of these energies occurs openly, clearly, without the need or the attempts to deceive, whereby the exchanges are kept on a clear basis, it matters not how far you rock the boat, how passionate you become, for your passion will be in perfect harmony with the other person with whom you are in communication. But whereby your relationship with the other has holes in it, whereby you would deceive the other in order to be at an advantage, then the extremes of your passion and your relationship will create a wobble, a wobbling in the gyroscopic action of your whirlwind of energies. And that wobble will blow your relationships, your world apart, and you shall ask: "What happened? I thought I had it all sewed up."

This Awareness indicates that there is no escape from the *Law of Karma*.(*) But for those who do not believe this, who have not experienced this, there is world enough and time, and this Awareness and all these other entities who understand the *Law of Karma* can wait in the balcony of the Universe, watching the show: the struggles of those who think they can outsmart the Universal Law which states that all things must balance.

This Awareness indicates that in terms of security, there is no greater guarantee of security and proper administration of that security than through the *Law of Karma*.

This Awareness indicates that the *Law of Karma* is working even when it appears not to be, for there are many who have earned a certain amount of Grace for their good deeds and may use up this Grace in negative actions. And those who observe these negative actions, seeing them prosper, may wonder about the justice of the Universe and the Gods which rule.

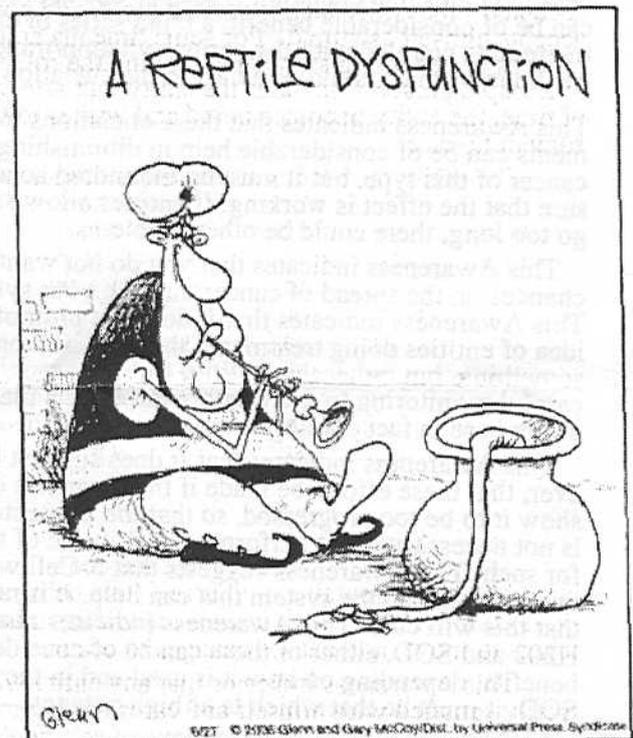
Yet you may rest assured, if you choose, for you may examine the *Law of Karma* for yourself, if you choose; but whatever you choose, the Law remains ever and always unbreakable.

This Awareness indicates those who would break the *Law of Karma* shall only break themselves upon its arms.

This Awareness indicates this as the conclusion of the eighth lesson in the Sea of Taurus.

(The *Law of Gratitude* is given.)

* The *Law of Karma* is that law wherein entities arrange within themselves on any level to make just payment for any action that affects the welfare of oneself or another. The *Law of Karma* is irrevocable and may be depended upon to bring those who stray from the *Law of Unity* back into balance through this Divine Justice of the Universe.



Mr. Limbaugh (Chemically Enhanced) On the Prowl



Excerpt CAC Reading 4-3-20-89 Paul Shockley Interpreter

Any Alternative Approach for Breast Cancer? (More on Chelation)

QUESTION (AVATON):

Over the years we've had members who wrote in that they've just been diagnosed as having breast cancer, and they really panicked and became terrified, and they asked us for advice and what we would recommend as an alternative to surgery, and we just send them the basic information Awareness has given on building up the immune system. While we're on this subject, does Awareness have any advice for these ladies who get a diagnosis like that which would be an alternative to surgery?

COSMIC AWARENESS:

This Awareness indicates it is important that this not be allowed to go too long for it could reach in to the lymph nodes and create greater problems. This Awareness indicates that chelation is seen as one approach that can be of considerable benefit; a rapid series of chelation treatments coupled with the various vitamin/mineral treatments which could be added to the chelation liquids.

This Awareness indicates that these chelations treatments can be of considerable help in diminishing any cancer of this type, but it must be monitored so as to be sure that the effect is working. If entities allow such to go too long, there could be other problems.

This Awareness indicates that you do not want to take chances on the spread of cancer through your system. This Awareness indicates that *It* does not promote the idea of entities doing treatments simply based on faith in something, but rather that entities follow through with careful monitoring to see whether the effects that are desired are in fact coming about.

This Awareness indicates that *It* does suggest however, that these efforts be made if the diagnosis does not show it to be too progressed, so that the mastectomy that is not necessary is not performed in advance of the need for such. This Awareness suggests that S-Cell water as one influence in the system that can help. *It* is not saying that this will cure. This Awareness indicates also that H2O2 and SOD, either of these can be of considerable benefits, depending on how it is used and in the case of SOD, it must be that which is of high potency.

Pope Not Happy on Visit to Sunny Spain



Other Substances that Fight Cancer

This Awareness indicates that there are other substances that, combined together can be of considerable help. Q-Enzyme 10, Vitamin C in high doses, laetrile; there is also a group of antioxidant substances that are beneficial, for cancer cannot thrive in an environment that is high in oxygen. This Awareness indicates that even the Polarizer can have benefits. This Awareness does not suggest however, that entities rely on one or so of these or rely so strictly on all of these that they do not further monitor or check to see what results are occurring. This Awareness indicates that it is important to catch these things early enough so as to assure it does not spread into other more critical areas of the body.

This Awareness indicates that it is also important to realize that many of the surgical techniques that in the past would have removed the entire breast, have been discovered to be unnecessary; that the cancer itself in many cases can be removed without further damage to the system. This Awareness indicates that in the event one is influenced toward complete mastectomy, the entity should check with another physician or surgeon to discover whether that is truly necessary, for in many cases, only partial operation or removal is necessary.

When Cancer in the Throat has Progressed (What Radiation and Chemo Really Do to the Body)

FOLLOW-UP (AVATON):

We sent one of these flat round S-Cells to one of our members, Patricia Blackwell I believe was her name, who wrote that her lymph gland in her throat had gotten swelled up so big that she couldn't breathe and so she had no alternative but to take the chemotherapy and the X rays. I sent her that with the suggestions she follow directions and see if it would remove the swelling. Does Awareness see that S-Cell as working in her particular case?

COSMIC AWARENESS:

This Awareness indicates this entity's condition had progressed to such a degree that it is not in itself sufficient to reduce and reverse the momentum of the cancerous condition. This Awareness indicates that the efforts which she had taken through the chemotherapy as that which appears to have some greater potential in reversing this particular area that had she gotten to this earlier, it might have been a different story in terms of effectiveness. This Awareness indicates that when



something moves to a position as advanced as is in her situation, it sometimes takes drastic approach to reverse the momentum.

What Radiation "Therapy" Does to the System

This Awareness indicates however, it is still helpful in the sense that the more of these natural approaches, the less the radical methods such as chemotherapy, radiation and, surgery are needed. This Awareness indicates that there is a great benefit in attempting first to use the more natural approaches such as chelation and diet and the vitamin therapies and of strengthening the immunity system as well as visualization processes in the treatment of these diseases such as cancer. Also, the oxygen therapy forms. It is beneficial to use these first when there is sufficient time for their use, rather than the radical treatment of radiation for example, because, once radiation has been effected in the system, the immune system breaks down almost completely and the body is no longer able to fight off the cancer. This Awareness indicates that if one has used radiation treatments and the body's immune system has broken down, generally the first thing to go is the appetite. The entity cannot digest foods because the friendly flora and bacteria within the system have been killed off, and the entity may in fact literally starve to death before the cancer kills the entity.

How to Build Up the Immune System After Radiation

This Awareness indicates that once the radiation has been effected on the system, the entity's only real hope often is to attempt to build up the bacteria within the system through such substances as acidophilus culture or to otherwise build up the immune system along with this by taking high doses of vitamins, minerals and other substances that stimulate and help the immune system to get back to normal. Also, those things which counter radiation, such as miso, pumpkin seeds and such.

This Awareness indicates that it is still an uphill battle, once radiation has been used in the treatment of cancer. This Awareness indicates however, in some cases, there is no choice. The only way to stop the cancer is through the radiation; that generally, once this occurs, especially if several treatments of radiation have been used, the entity's chance for survival is greatly diminished. This Awareness indicates however, that if entities catch the problem soon enough to use some of the more natural approaches, then it becomes possible that the cancer will reverse its growth and begin diminishing.

How Dr George Deals With Terminal Cancer Patients

This Awareness indicates there are many entities who have been nipped from the jaws of death after doctors have totally given up on them, through the use of such treatment as chelation and vitamin/mineral therapies. This Awareness indicates the entity Dr George Shahbaz has taken several of these patients after their physicians have given up and told them they had only weeks to live and they might as well quit treatments because there was nothing further that could be done. These entities then going to Dr George, found themselves becoming healed through the treatments. This Awareness indicates that many of these entities are still alive, even after 5 or 6 years beyond the time the doctors had indicated, and having no sign of cancer in their system.

This Awareness indicates essentially, the use of oxygen therapy and chelation and these anti-oxidant types of vitamins and minerals can go some distance in helping the body to repair itself and fight off the cancer cells. This Awareness indicates after all, the body introduced the cancer from some inadequacy, and by correcting that inadequacy and strengthening the body, it only is reasonable that it could reverse the growth of the cancer

cells. It is not something that suddenly appeared for no reason and can only be cured by radical surgery and radiation. It came about through some natural cause and resulted in a particular effect which could reasonably be reversed, if one understood how to reverse the effect and what caused the effect in the first place, and then proceeded to produce the environment in the body to bring about that reversal.

This Awareness indicates that cancer can exist only when there is a low level of oxygen in the system and high levels of toxins and wherein the body is not strong in the sense of a healthy immune system.

Successful Homeopathic Doctor Flees for His Life After Threats From AMA

(Don't Fool With Cancer; It's a Multibillion Dollar Business)

FOLLOW-UP (AVATON):

Wayne Tashea told us a couple of years back that his homeopathic system which includes putting an electrode on the fingertips of the patient, and he gets a reading and from this, he mixes certain homeopathic remedies, that he had a clinic in Florida, where he too was so successful in taking these terminal cancer patients and turning them around that they tried to get rid of him, the establishment or somebody, and he said that someone put a contract on him, and as a result of this he had to hurriedly sell his very profitable clinic that he had built up, sold it over the phone one night and packed his family into their station wagon and had to flee the country, to get as far away as he could go; he went way up into Alaska somewhere, so it does seem that the homeopathic treatment for cancer is succeeding in a lot of cases.

COSMIC AWARENESS:

This is in the affirmative. This Awareness reminds you however, that cancer is a multimillion dollar business for many entities, in fact, it runs into an industry that costs billions for the medical association to earn many salaries of exorbitant amounts for their doctors. This Awareness indicates that when you threaten to remove some of this industry from these doctors and the doctors are highly organized, you can understand how they could, from the mere greed interest, become passive toward anything of this nature, in which someone is threatened or how they can promote concepts and techniques that would curtail legitimate treatment of the disease.

Why the AMA Tries to Stop Chelation Therapy

This Awareness indicates that when a bypass operation can cost up to between 50 and 100 thousand dollars, and chelation treatments can clean out the bloodstream for a mere 1500 dollars or less, and prevent the need for a bypass, you can understand why these doctors would be more inclined to ignore any effort by their colleagues or organization to stop the practice of chelation by naturopathic or chiropractic doctors.

This Awareness indicates that one entity, Dr Landau in Portland, Oregon, practiced chelation; this entity as being a medical doctor. The entity was practicing chelation because he realized it was much more effective than bypass operations or certain cancer treatments as promoted by the American Medical Association. This entity was given notice that he would either be forced out of business or must leave the state and never again use chelation. This Awareness indicates the entity is now operating as a surgeon in New Jersey making big money, much more than he ever made through chelation, but the entity was forced either to lose his license as a medical doctor or become unethical and practice the way they wanted him to.

"Murder by Injection" by Eustace Mullins

FOLLOW-UP (AVATON):

We've received quite a few letters telling us that that book by Eustace Mullins, *Murder By Injection: The Medical Conspiracy against America*, is a real eye opener and they're making copies of pages and so on and sending them all over the country. So maybe eventually books like this will change the consciousness around the country toward the AMA and this conspiracy.

COSMIC AWARENESS:

This Awareness indicates this is in the affirmative. This entity Eustace Mullins is bucking the establishment and has for many years lived on the edge of being removed from this plane. This entity as having great courage for his efforts in awakening the American people to many of the dangers. This Awareness indicates this does not imply that everything the entity writes is accurate. The entity as having certain concepts that are highly polarized in some areas, but in general, most of the information this entity writes about as having a strong basis in fact and in truth, and the entity as having a deep and profound understanding of the many conspiracies perpetrated by vested interests which have controls within the government and established organizations such as the AMA and the Federal Reserve system.

This entity has written a number of important books over the years. The entity as having spent many years working in the library of Congress and learning things that were not made available to the public.



FOLLOW-UP (AVATON):

This greed factor on the part of so many doctors, this is making a mockery of the Oath of Hippocrates which they are sworn to take upon becoming a doctor, isn't it?

COSMIC AWARENESS:

This Awareness indicates that this as that which appears to a logical mind. There is a certain illogical thinking involved when one's emotional and financial interests are involved, and the arguments by the American Medical Association, which are promoted toward the public interest, are quick to label alternative forms of medicine as quackery. This Awareness indicates that it is much like the pot calling the kettle black, when in fact the kettle is quite shiny in comparison to the pot. This Awareness indicates that as long as entities do not catch on, they will probably continue to believe the American Medical Association is looking out for their welfare, and helping to rid the country of these so-called quacks. This Awareness indicates it is what entities deserve if they do not seek truth and simply abide by faith in their priest/doctors whom they trust without further investigation of the entire field of medicine.

This Awareness indicates that it is pointless at this time to rave about the injustice, because it does no good. What is important is that entities educate each other as to what is in fact going on in the realm of medicine and the various promoters of medical systems. This Awareness indicates however, it is important to notice that more and more entities are shifting away from following the advice and not unquestioning (sic) the authority of the AMA. Many entities are turning toward alternative medical systems. Many others are turning toward the investigation of health, products and approaches, so that they themselves learn how to care for their own health needs.

Organic Foods Now Gaining Acceptance

This Awareness indicates that many entities are also turning to the realization that organic food is of better quality and value. This is a great change between the present state of consciousness and that which existed 20 years ago, wherein entities who were speaking of organic foods were classed as nuts and crazies. This Awareness indicates that likewise, during the next decade, more and more entities will demand decent food, unpolluted food and will demand better health care that works and does not simply extract money from them for useless operations and treatments.



—HOW TO GET THIS NEWSLETTER BY MAIL— EVERY 4 WEEKS 1 (More or Less)

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MEMBERSHIPS AVAILABLE (Honor System!)

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 ANGEL: \$5000 per year or \$1500 per quarter
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