

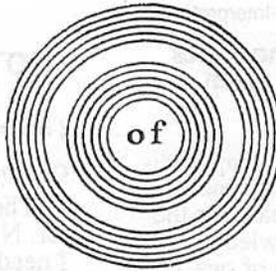
Revelations

The Cosmic Newsletter

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Awareness

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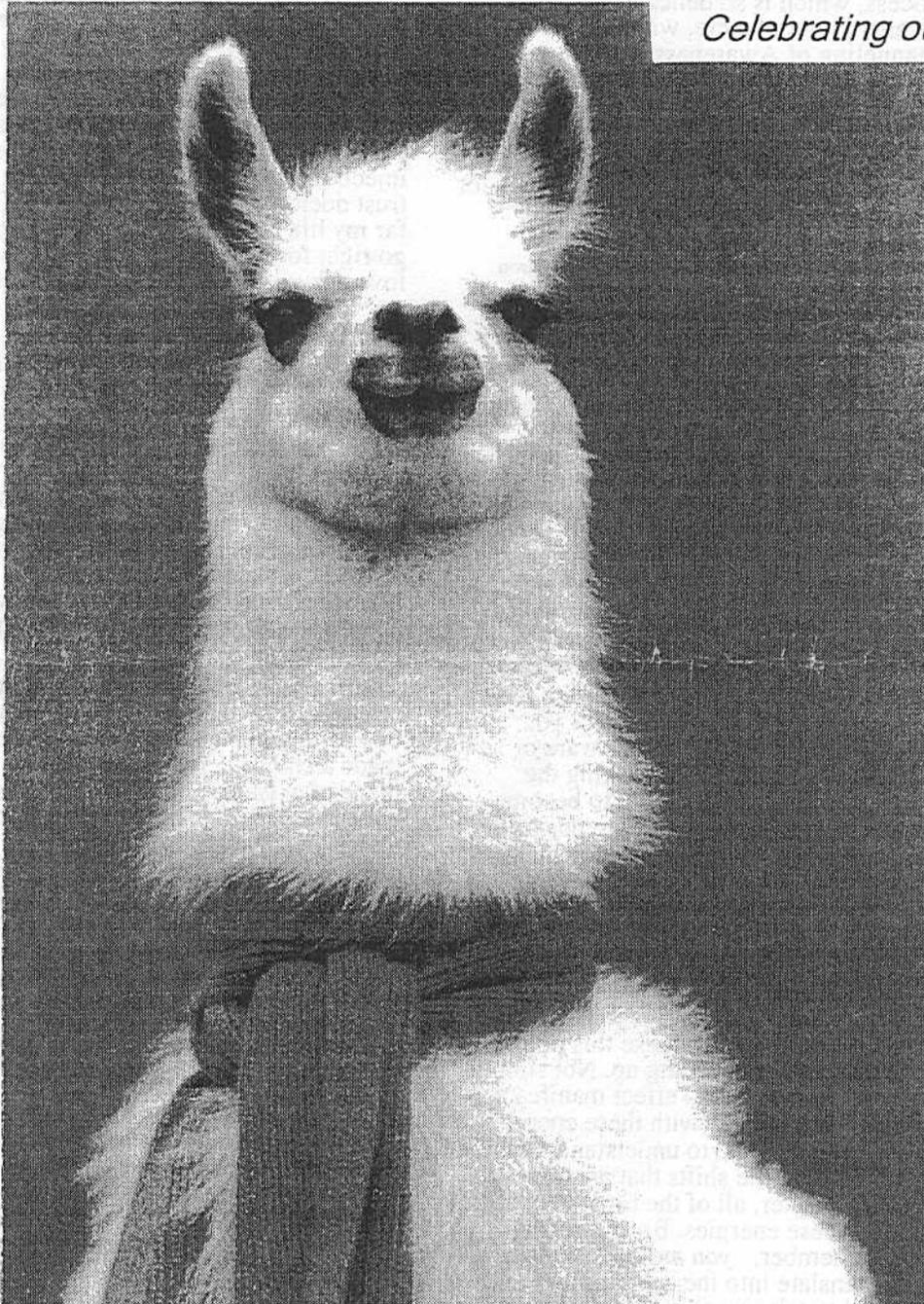
Helping People Become Aware

2006-9

Issue No. 603

\$3.00

Celebrating our 35th Year!



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The Cosmic Awareness Spiritual Development Course

TAURUS: Volume 2 Lesson number 9

You Are Responsible For Your Thoughts (They Can Instantly Manifest in the Times Ahead)

OPENING MESSAGE:

This Awareness has an opening message. It appreciates the coming back together of the energizer and the Interpreter. It understands the need for a break, for the energizer in particular, and It always acknowledges and encourages working with the understanding of one's needs. In this process, which is so delicate and balanced, to push when the energy is not there, will not lead to success in the channeling of Awareness, and the information that *It* has to present. However, *It* is most appreciative that the opportunity has once been taken up to do this sacred work, this profoundly important work, and to provide the opportunity for the Interpreter to reconnect, to expand his capacity to be a strong voice for this Awareness, and for this, this Awareness says "Thank you!"

Many Strange Psychic Events Are Occurring at This Time

This Awareness wishes at this time to talk about the times that are happening on the planet. These times are crucial times, and many strange events are starting to transpire. Before the sessions began today, the energizer and the Interpreter were discussing how quickly events were manifesting, how deeply things were being picked up on that later proved to be so. This is part of the acceleration of the psychic events that are occurring on this plane of existence at this time. This Awareness wishes the membership to be aware, that events such as these will transpire quickly. Often a thought of someone or thinking of an event will be followed immediately, within minutes often, by that person phoning or that event happening.

In The Times Ahead Your Thoughts Can Instantly Manifest

This is a crucial time for experimentation with the power of thought, and to realize how powerful your thoughts are, and how important it is to be aware of what you are thinking. This Awareness is not asking the membership to monitor their thoughts, but to become more crucially aware of how when you have positive thoughts, or how when you have negative thoughts, they will draw action upon them. Often the events are inconsequential to a degree, but it is important for the membership to understand that in these times ahead, especially, it will become more and more the norm to have your thoughts instantly manifested, instantly acted on, instantly brought into reality.

This Awareness simply wished to make this point at *this* time; that the energies are speeding up. Not simply the timeline, but also the energies to effect manifestation. It is a wonderful time to play with these energies, to be amazed by these energies, and to understand that this is indicative of the changes, the shifts that are currently taking place, faster and faster, all of the time. Play with these energies. Enjoy these energies. Be amazed by these energies, but remember, *you* are the *source* of these thoughts that translate into the energies and it is very important indeed to take responsibility more and more for your thoughts, especially those thoughts that may be of a negative attitude or nature towards oneself or others, especially in the times ahead.

That concludes this opening message by this Awareness. We can now proceed with the questions.

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!

" NOTHING SEEMS TO GO RIGHT WITH ME DOWN HERE"

(Spasmodic Dysphonia: His Speech Cords Aren't Working Right)

QUESTION (CARRIE):

The first letter is from Timothy J. Griffin, of Rochester, N.Y. He says "I am writing to you. I need your help. I need an answer from Cosmic Awareness. This is urgent to me. Could you tell me what is wrong with my throat? I went to the doctor. I have even gone to the hospital. It's very hard to talk. They say I have spasmodic dysphonia, where my speech cord, or whatever you call it, is not working right. Does CAC have any answers they can give me? Is there any way I can care for my throat? They want me to take botulinum toxin injections. Would this help? I don't know. It's hard to trust doctors these days. Could CAC please help me? So far my life has been hell on this earth. Nothing seems to go right for me down here. I will be back. Don't worry. I love this wisdom." That's the end of the letter.

COSMIC AWARENESS:

This Awareness points to *Its* opening message in relation to the thoughts and attitude expressed by this entity Timothy. The entity expressed that "nothing goes right down here for me" and this Awareness at this time, before *It* answers the question regarding the throat, wishes very much to point out that it is this entity's attitudes and beliefs that cause things not to go right for him in this life. Before he can begin to heal the issues around his throat, he must first heal the issues around his life. He must first become totally aware of his negativity and his negative beliefs about "nothing going right for him down here."

This Awareness wishes at this time to express in the strongest terms, that *every* entity, *every* being that is on this earthly plane at this time has *chosen* to be here, has made a choice before ever entering into the physical plane of existence, to come into this physical plane of existence. There is no accident to this choice. There are no accidents in terms of being born on this planet. *Every* child ever born, every child ever born chose to make the transition from spirit into the physical. This being said, it is not an accident that this entity Timothy is alive on this physical plane at this time.

He, as well as so many others who may hold that being here on the physical is too much, too high a demand, too imposing, too daunting, need to understand the simplest truth of all; that he and *every other* human being on this planet at this time, and at any other time of this planet, *chose* to be here. This Awareness offers to this entity Timothy the advice that he needs to look deeply at his resistance to living at this time, to being on this planet at this time, as if perhaps his whole being here is some hideous ghastly mistake. It is as much his decision to truly understand he chose to be here, and that it is also imperative that he realize that it is this reluctance to be here that is causing such deep problems for him at this time.

A Personal Ceremony to Reaffirm His Choice to be Alive

He *does* need to reaffirm his choice to be on this planet at this time. He *does* need to make the choice once again in this life, at this time, that he is committed to loving this life; that he has made the choice to be here for a purpose, even if that purpose at this time does not seem clear or evident to him. This Awareness suggests very strongly that this entity Timothy does a personal ceremony where he affirms his choice to be alive at this

time. Part of this ceremony could entail seeing himself, visualizing himself in the womb-space. If he so desires, he can reenact this rebirth by putting a blanket over him, getting a feel of being in that enclosed space of the womb, feeling all his resistance to being alive at this time, of being born at this time, and then, to call for the Highest Guidance to help him understand his resistance, to help him understand his reluctance as to why he does not want to be here at this time.

This Awareness suggests that this entity Timothy call upon his High Self energy to be his guide and his mentor, to provide insight and awareness to first and foremost why he is reluctant to be here at this time, and why, equally, it is important that he choose, from his heart and from his soul, to be born again in full compliance to his original intention of being born in this physical universe on this physical plane at this time. It is also important that this entity Timothy confirm to his low self, his desire and intention to be born, and to command the low self to cooperate with this choice and to affirm it and to hold it to be so, for it is often the low self that acts as the saboteur, because it feels that it is simply complying with the energetic request of this entity, of not wishing to be here, of having it confirmed over and over and over again because of the belief held, that nothing works down here.

So, it is imperative that he also communicate his desire and his intent to be reborn, to truly and freely choose, strongly choose to be born, and that the low self is instructed, over and over again to support this decision and to affirm the life choice that he is making. As this Awareness has suggested, this can be visualized, or enacted with a blanket over the entity that is loose enough that it can simply be thrown away or thrown off when the entity makes the choice to be born, to choose life versus that reluctance to live life. When this symbolic choice is made and the visualized birth occurs, or the blanket is thrown off and the entity enters back into the world, that he will take it and symbolically the subconscious, the low self will take it that a new choice is being made, and that new instructions are to be followed that supersede the previous instructions.

It is this changing of attitude and the changing of beliefs that will make it more possible for this entity to feel that he is truly part of life, that he truly wishes to partake in life. It is this that will change his life. This Awareness now asks that the first part of the question regarding the throat be stated again.

(QUESTION ASKED AGAIN)

How Can Timothy's Throat be Healed (Another Use for WainWater)

COSMIC AWARENESS:

This Awareness sees several factors affecting the throat chakra. Part of the problem is this entity's reluctance to speak his truth, to be a voice, or to have his voice heard. Energetically, the throat charka is blocked and it does need to be cleared and strengthened. One suggestion that this Awareness has is that substance WainWater, the Silver Colloidal Water sold by CAC would be a very good thing to use in helping to heal the throat itself, especially the spasmodic condition of the throat. This Awareness suggests that this water be used on a daily basis and perhaps used twice a day at least to gargle with. Gargle as deep down into the throat area as possible without swallowing the WainWater at first.

This is to be spit out the first time, and then a bit more to be taken, and swallowed. The initial gargling is to remove negative energies and the buildup of the toxic

elements around the throat. The physical condition is one that is real, but that it is preset or preceded by an energetic imbalance, an energetic condition that later manifests as the physical condition. This entity has a lot of fear around being heard, around speaking out, for events and because of events that have happened to him in previous lifetimes; lifetimes where when he was free of voice, when he spoke out, he was punished for doing so. On one occasion it is seen that he was hanged for speaking his truth.

This is seen to have happened in England in 1275. This is the date this Awareness is seeing at this time. He spoke out against a corrupt leader, a corrupt ruler, and he spoke vehemently his opinions of that leader, and for this he was hanged. The present condition around the throat chakra has a lot to do with the choking of this man's voice and of this man's life in that time in 1275, England. It would be advantageous for him to do a past life regression, if such is available to him by anyone who does such regression work in his area, about this particular life.

If this is not possible, that this entity simply meditate on what has now been given to him, and see himself no longer living that life. See himself taking the noose off of his neck, removing it from around the neck, and throwing it away. Seeing White Light first bathing the area of the throat chakra, and then a beautiful blue energy bathing the throat chakra, for blue is the color of the throat chakra. It is then seen a third color of the entity's own choice, even a combination of colors, to bathe the throat chakra. Also recommended is not simply the throat chakra, but around the entire throat region, where the noose crushed the life and crushed the throat of this entity.

At this time, this Awareness chooses to send healing energies to Timothy J. Griffin, to your throat, and to help reinforce your proactive life choices. This Awareness does this for this entity now. (brief pause) This Awareness is complete with the healing energies being sent to Timothy Griffin at this time.

It has one final piece of information, and that is in regards to the procedures the doctors have recommended to this entity. While this Awareness is not in a position to say "No! Do not take this medicine!", It is at least in a position to suggest that alternative techniques and therapies be tried first; those already suggested as well as the Wain silver colloidal water, WainWater; and anything else that the entity himself may feel could be beneficial to his throat.

To follow the doctor's recommendation is not seen by this Awareness as being particularly ultimately effective as a treatment for his throat condition. This Awareness would recommend the entity first and foremost try some of the suggestions given to him today. This Awareness wishes Timothy the greatest luck in the healing of his throat and the acceptance of his life. This Awareness is complete with this question at this time.

COLLOIDAL GOLD: IS THIS THE PHILOSOPHER'S STONE?

QUESTION (CARRIE):

The next question comes from Alan Purcell, and he's from Youngstown, Ohio. He has a couple of questions actually. He writes: "According to the book *Lost Secrets of the Sacred Ark*" by L. Gardner, David Hudson rediscovered the Philosopher's Stone, or mana, the light powder gold, a super conductor that levitates, teleports and brings new life or extends it. Question: Can colloidal gold do the same thing?"

COSMIC AWARENESS:

Colloidal gold is a very powerful substance and has many amazing attributes but it cannot do the same things as the white gold powder, the Philosopher's Stone energies. It can be taken up one more notch through a special energization of the substance, so that it could do that which is reported in the book; that the Philosopher's Stone does perform. But no, by itself colloidal gold does not do this. It is simply not quite a high enough frequency. That does not mean that it does not have great properties and great restorative powers, great healing powers, but it simply will not do what is suggested in the book by the substance described by the author. This Awareness is complete with the first question.

DID INFRASOUND BRING DOWN THE WALLS OF JERICHO?

(How "The Sound of the Trumpet" Really Worked)

QUESTION:

Okay. The next question is: "Did infrasound bring down the walls of Jericho?"

COSMIC AWARENESS:

This Awareness suggests that vibrations brought down the walls of Jericho. If that is what is meant by infrasound, then yes, infrasound did bring down the walls of Jericho. The biblical version is that the trumpet was sounded and it was the trumpet that brought down the walls, thus suggesting that sound indeed did destroy the walls of Jericho, but it was more than one trumpet. It was more than the simple physical sound of that one trumpet. There was a device used at that time that converted the sounds of the trumpets into a tangible force. It is seen that the device used was of an extraterrestrial nature and that it amplified the sound of the trumpet being blown to a point where it became a tangible force with enough strength and power to vibrate the stones apart, to bring down the mighty walls of Jericho. It was not understood or known how to describe this device in ancient records so it was considered adequate enough to simply describe it as the trumpet or the sound of the horn that brought down the walls of Jericho. It was indeed more than just a single trumpet blast. It was through this device just described that caused this event to occur. This Awareness is complete with this answer.

THE BEST WAY TO MAKE HYDROGEN GAS FOR A HOUSE OR CAR?

QUESTION:

Thank you. Allan has one more question. "What is the best way to make hydrogen gas for a house or car? I have removed the resistors from my spark plugs. I use Champions because they unscrew at the top without breaking, and shake out the spring and black thing, and put in a 9/16th copper wire, then turn down the idle to 500 rpm, I get 15 % better gas mileage. I also use 12 Volt light bulbs to vaporize the gas as it goes into the carb. So back to the original question: What is the best way to make hydrogen gas for a house or car?"

COSMIC AWARENESS:

This Awareness sees an issue of a magazine; *Popular Mechanics* or a science digest of some description that has the very answer in it that this entity is seeking. This Awareness *Itself* does not have a ready answer for you because the Interpreter's knowledge of chemistry does not allow this Awareness to provide the details to the

answer that that this entity is seeking. *It* does see an issue of this magazine printed in the 1970's, the date, May or March, 1974, as being relevant and containing an article that answers this entity's question. This Awareness wishes to pause for a moment to see if there is any more information to this answer that *It* could provide.

This Awareness sees that some form or some kind of converter is needed to produce the hydrogen gas this entity is asking about. Again, *It* does not have that information because of the Interpreter's lack of knowledge on this subject matter, and so therefore would like to move on from this question.

This Awareness is complete with this question at this time.

MAN-MADE SPHERES MADE 2.8 BILLION YEARS AGO FOUND TODAY IN SOUTH AFRICA ROCKS—WHAT AND HOW?

QUESTION (CARRIE):

Okay. There's one more question. This question is from Larry Kell. It doesn't say where he's from, but I believe he's from Indiana because he regularly writes in. He sent in an article about grooved spheres that are found in South Africa, so I'll read the article, and then his question.

"Over the past several decades, South African miners have found hundreds of metallic spheres, at least one of which has three parallel grooves running around its equator. The spheres are of two types: one, of solid bluish metal with white flecks; and another which is a hollow ball filled with a white spongy center.

Roelf Marx, Curator of the Museum of Klerksdorp, South Africa, where some of the spheres are housed, said "The spheres are a complete mystery. They look man-made, yet at the time in earth's history when they came to rest in this rock, no intelligent life existed. The globes are found in pyrophyllite which is mined near the little town of Ottosdal in Western Transvaal. This pyrophyllite is quite soft secondary metal, with a count of only three on the Mohs' scale, which was formed by sedimentation about 2.8 billion years ago.

On the other hand the globes are very hard and cannot be scratched, even by steel."

The sphere with the three parallel grooves around it are too perfect to be anything but man-made. The Precambrian mineral deposit where the globes are found is dated to be at least 2.8 billion years old. At this time simple microscopic cells were all that were alive on the earth. But this is obviously not true. Who created or left behind these magnificent spheres? Obviously artificial and stronger than steel, what was their purpose for the people who visited and left them behind in time?"

Larry's question is: "What are these spheres and who left them here 2.8 billion years ago?"

COSMIC AWARENESS:

This Awareness does see that these spheres were indeed constructed and are not natural stones of this region. The presumption that they were man-made is slightly incorrect, for these spheres were not made by men, but by the extraterrestrials that lived in that area at that time. They were part of machinery that was used for mining purposes. It is seen that this area was mined and farmed and lived in by extraterrestrial beings that came to this planet many billions of years ago.

These were the Anunnaki that the author Sitchin wrote about in his series of books **The 12th Planet**. They were here, mining the area of South Africa and they had machinery that would levitate the loads or cause vibrations to shake the grounds apart, and to remove the gold and gold dusts that they were seeking to mine. The stone with the three grooves seems to have come from a device whose purpose was to levitate the rocks up and away.

The Anunnaki did not practice physical labor. They did not take a pick and shovel and whack away at the ground to remove the materials. They used vibrational energies, not unlike the energy used to vibrate the walls of Jericho down, as related in the previous question. But in this case, the stones used in the vibrational devices separated gold from the other minerals that the gold would be found in, and it would extract it in a process that would pulverize to dust the other material, thus extracting the gold filaments, the gold pieces found in the rock.

It is this dust falling away, the pulverized mineral falling away, that went on to create the present mineral content of that region, and sometimes the machines broke down and the casings would split apart, and these balls that were inside the machinery would fall into the dust, or even if alien mechanics repaired these machines, these balls would be considered as useless and simply be discarded into the dirt on the ground. Once the gold was extracted from these areas, they simply moved camp, moved the mines, went elsewhere.

It is seen that the activities in this region were not deep mining shafts so much as withdrawing gold that was in the dirt and in the minerals on the surface. Once the gold was all removed, then there was no reason to stay in those areas, and they simply moved on. The stone with the three grooves is seen to be in a machine that was like a cart that the gold would be loaded into and this levitation device used by those who did this mining work, that this is seen to predate the times of genetic engineering, when human beings were created for the sole purpose of doing this manual work, this hard labor, by their standards.

In reference to the balls, once again, that they were part of the machinery used for the purpose of mining the gold. By our standards now, this is quite amazing, but for the Anunnaki these balls were little more than ball bearings that are used today in machinery, and so for them, they were not exceptional or noteworthy to any large degree, which is why they could be discarded so easily and without any thought. Had they ever thought to think ahead in time, billions of years later, when that dust that these balls were thrown in had coalesced into a semi-solid mass, into that softer rock, to be found by present-day scientists and searchers, they would have indeed thought their joke was indeed very funny.

This Awareness feels complete with this answer and simply asks if more is required for this question.

CARRIE:

I feel it is complete.

COSMIC AWARENESS:

Good. This Awareness is done and complete with this question and asks if there is any other questions today.

CARRIE:

No. That was the last one.

COSMIC AWARENESS:

Good. This Awareness wishes to take a pause in the tape recording before presenting *Its* closing message. (pause of unknown length)

EXTRATERRESTRIAL PRESENCE ON EARTH TO BE REVEALED SOON

CLOSING MESSAGE:

This Awareness suggests that many oddities will surface in the times ahead; that many discoveries will be made that strongly indicate that there was history before the history that is called 'modern history,' 'modern times.' By scientific reckoning, the creature known as Homo Sapiens has only been around for a relatively short while, a relatively short time; a million years is the common reckoning, and yet, this is completely inaccurate. There have been several incarnations of humanoid life on this planet.

In answering the proceeding question, it is seen that there has been an extraterrestrial presence on this planet for a very long time, and that this force, this alien presence, still feels that it has ownership of this planet, although at this time, these beings choose to stay hidden. The extraterrestrial presence is one that is still largely unconfirmed in the present day world. This too will soon change, as this time of transition brings forth more and more evidence of extraterrestrial presence on this planet, at times so far back, so distant, that it staggers the mind and causes incredulity, a disbelief that this could be so.

Extraterrestrials Still Claim Ownership to Earth

There are discovering yet to be made that will shake the modern scientific world that it will be impossible to deny the truth that modern humans were not the only beings on this planet; that there were others before modern man. There were those known as the Atlanteans. There were those known as the Lemurians. There are those who even now live deep within the planet itself who have been here for millions and millions of years, and there were those extraterrestrial types who visited this planet, who harvested the foods from this planet, the minerals from this planet, especially the gold, who created humans through their genetic engineering process and programs, who worked with other extraterrestrials: the Sirians, and others also, to create human-kind, and who still feel that they have a right to claim ownership on this planet.

This is of course in reference to the wandering extraterrestrial types known in Zecharia Sitchin's book **The 12th Planet** as the Anunnaki. This may not be the correct pronunciation, but the beings that Zecharia Sitchin* referred to as being those same that were here so very long ago. In these coming times with the transition, the shift in consciousness and awareness, the revelations that are yet to be made, the discoveries that are yet to be announced, will indeed begin the process of shaking up human consciousness from the somnolentic state that it has been in for so long, that state of being asleep.

*All Sitchin books are available from CAC.

There are many things coming in the not too distant future and this Awareness suggests even in the months ahead, that will begin this shake-up; that will work in conjunction with other mass events that could quite possibly also happen in the not too distant future, that will force mankind to reconsider his role on this planet and even his position as the ultimate on the chain of consciousness on this planet. This is all part of the unfolding, and this is also part of a process of understanding that as consciousness shifts, it will be open to

these discoveries. It will be open to being taught new ways, new attitudes, new beliefs.

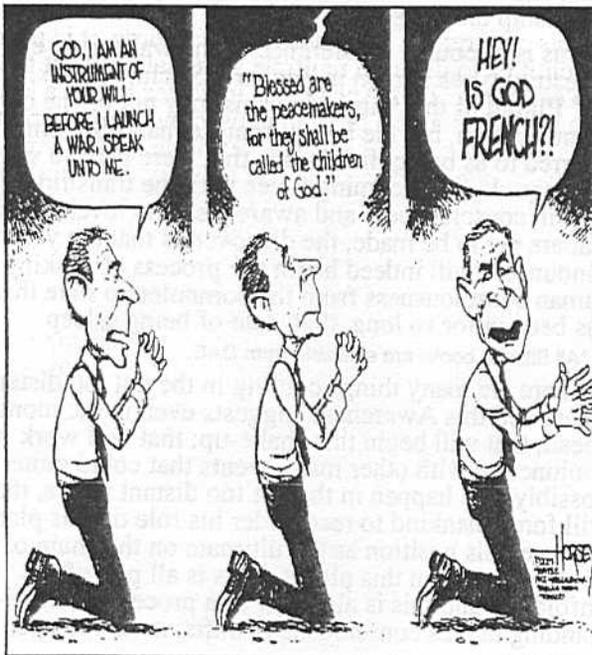
To bring this full circle, mankind will realize how its very thought process plays such a huge role in the creation of this world, and in the creation of any one person's personal life. It is seen that there will be a return to this planet of those extraterrestrials who seek to help mankind and of course, womankind, to realize the great power of the mind and of the heart, to teach how to use the mind effectively and responsibly, to open up to vast truths that have been hidden for so long, like these ball bearings from those ancient technologies that were buried in the sand that became the mineral around them.

These are indeed exciting times, but they are also times that can be very frightening to those who would remain closed and ignorant, those who would refuse to open up to both the ancient discoveries and the future discoveries that are yet to transpire on this planet. This Awareness invites all to hold a light attitude, to be open to the many things that are to be revealed, to hold a strong understanding that this is a time of flux, this is a time of transition; that many things that were once held to be so will be proven to be not so. It will be imperative and important for people to be willing to look at life differently, to be open to the revelations and to the new ways and even the new beings that will make their presence known in the not too distant future.

The Voice of Awareness Will Be Heard by Many

This Awareness wishes all to know that *It* is part of the process, and that *It* is being made more available at this time, not only through this Interpreter, but to all of those who would wish to understand Awareness, to open up to Awareness in these times of change, these times of transition. The voice of Awareness will be strong in these times, and will be heard by many and spoken by many. There are many interpretations of the Voice of Awareness and of what *It* has to say, but that for now, *this* voice is complete for today. This Awareness gives thanks for this opportunity to speak. This Awareness is complete at this time.

(The Law of Gratitude is given)



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

Details on the CAC Internet Domain:
<http://www.CosmicAwareness.org>

Excerpt CAC Reading 9-3-96 Paul Shockley Interpreter

MULTIPLE PERSONALITIES AND HOW TO DEAL WITH THE DISORDER

QUESTION:

A question from JD in New York. She writes: "I am quite familiar with the cause and purpose of multiple personality disorder, what it is, but I'd like to know, in mechanical terms *how* the alternate personalities form and develop and the best way, in some specific detail, to help someone driven by a lifetime of abuse, driven into this unfortunate condition.

"What is the best therapeutic objective and the basic means of healing?"

COSMIC AWARENESS

How Personalities Develop

This Awareness indicates multiple personalities can develop when an entity experiences something beyond his or her ability to cope. The development of a different personality allows that personality which was over-stressed to have a break. It simply is a way by which the personality can escape for a short time by letting another self come through.

That other self may not have much of a personality to begin with but can gradually develop into a different personality over a period of time. This Awareness indicates it is cultivated. It is developed. It is not something that was already present necessarily, nor is it necessarily an invading spirit, although it can, on occasion, become a total spirit entering an entity's body when the entity's host steps out of the picture.

This Awareness indicates for example, imagine yourself undergoing extreme stress from some kind of punitive action or torture being placed upon you by some associate or person in contact with you. You reach a point where you can no longer stand the abuse. This Awareness indicates that when it reaches such a point that you feel you must escape, even though you feel that you can't escape, that efforts to escape would lead only to more abuse; if you simply escape into a non-recognition, it is likened unto a state of denial, and wherein your personality may be screaming and begging to be left alone, suddenly it realizes "This is not working. It is not having any reasonable effect" and it just stops.

And at this time it is as though it gives up, and then you simply look up at the person, change the mood or change the attitude totally, and say something like "Are you through? Are you having fun?" or something to that effect. Essentially, it is not really another personality yet. It is just another attitude toward any abuse, but given that this may have effect on the perpetrator of the abuse, it may be used again at another time, so that the next time you have reached a point where you are begging for mercy, screaming to be left alone, you give up and then turn to the entity and say "Is this all you know how to do?"

Then you speak further to the entity: "Why are you doing this? Does it give you some kind of excitement? Do you get aroused by torturing me?", or something to that effect; gradually you will notice that you are starting to develop a kind of character in responding to the abuser that is different from your own fearful character, and you find that this character has a better approach for dealing with the abuser, so that after many experiences of this nature, your character begins to learn of ways to handle the abuser, and a new type of person-

ality begins to take place.

Like an Actor Getting Into the Mind of the Role

It is much likened unto an actor who develops a character to play a role. This Awareness indicates if you have ever done any acting on stage, or in school, you may have experimented with the character on the page and found that the character is quite different from yourself, and you cannot play this character by being yourself. You have to get into the mind of the character on the page, in the script, and in getting into the mind of a character in the script you have to find what motivates this entity.

What is the entity's basic attitude toward life and toward those whom he deals with within the script of the story? Gradually, you begin to get a feeling for the character. The character is calm, never gets excited, always knows how to handle the situation, and you begin to take on those qualities when you identify with or think about that character.

It is as though you become a different personality. Then of course, when the play is over, you can switch back and be yourself, your usual self that you have cultivated over many years of being who you are. This Awareness indicates that personalities develop, they don't simply appear intact. They develop over a period of time.

You Can Develop Several Personalities Within Yourself

This Awareness indicates that you can develop several personalities within yourself and pull them up, just like role-playing characters of a play and become multiple personality without that much difficulty if you have learned the ropes to developing a different personality, but the personality starts from inside each of the personalities, not saying to yourself for example: "Oh, I think I'll be flitty and light and talkative in this personality!"

Rather, you look into the concept of another entity who is flitty and light and talkative, and you wonder "What makes this person feel this way? How does the person actually feel inside?" You then take on those feelings, and the feelings give the attitude of the person. You develop and work with that attitude until the flitty light talkative aspects begin to emerge.

Remembering Mrs. Doubtfire

This Awareness indicates in other words, it is possible for entities to develop multiple personalities that they can call upon. This Awareness indicates this is a kind of gimmick. It is also a technique used by actors to play different types of roles. If you recall the entity Mrs. Doubtfire, you can see that this entity was a totally different personality from the man who played her in the movie, and you can also see how he had to take on a different attitude when playing her.

This Awareness indicates that these actors are able to shift from personality to personality, not by putting on the trappings of a personality, but going into the basic attitude that leads to those trappings, those outer appearances. This Awareness indicates likewise, an entity that becomes possessed by different personalities, takes on different attitudes for different situations, and the different situations allow the entity to become a different personality, as needed for the entity's own survival or for the entity's relaxation, wherein the entity who is under stress can now relax and let a different personality come forth to handle the strenuous part that is not desired by the host personality.

Sometimes the Entity Forgets Who His Real Self Is

This Awareness indicates that gradually an entity may develop such strong personalities that they tend to forget



the other personality entirely. They get into the role-playing so well, that they no longer have any aspect of their true self, or the original personality involved, and when they come out of the role-playing mode of the second personality, they may not even remember what occurred in that second personality when that second personality had control of the body.

It is possible for multiple personalities to inhabit the same body, use the same brain, and not remember what occurred from one personality to the next. This only happens however, when these personalities become so polarized and extreme in their own being or role-playing that they are totally immersed in the one personality or the other.

This Awareness indicates most entities, most actors, are capable of realizing and knowing who they are. They identify themselves as an actor, and therefore they know that underneath all of these personalities is the entity who is the actor, and they don't ever lose that realization, that they are acting. But, if an entity were not identified as an actor, having that as their primary identity, they could very easily shift into these different personalities and consider any one of them as being their primary self, then shift out and into another, and feel that **that** is their true self.

Some Hints When Working With Multiple Personalities

This Awareness indicates in working with multiple personalities, it might be helpful to work with them as though they were actors, to work with them as though they were actors playing different roles. You can explain to them that they are very good actors, and that the role they play when they are 'Mary' is quite a different character than the role they play when they are 'Joan' or 'Julia', and ask them to play Mary for two minutes, then shift to Joan, and then shift to Julia after two minutes of each character.

See what you can do in terms of getting them to look at these characters or personalities as though they were roles that the actor or actress is playing. Work with them as actors or actresses and see what kind of reaction you can get from them when you ask them to play the role. Then when they are in the role, you can ask them, "What is the basic feeling that Mary has about herself? What is the basic feeling that Joan has about herself? What is Julia's basic core belief about herself?"

The Jane Roberts Core Beliefs Concept

This Awareness indicates thinking in terms of the Jane Roberts' material in which she speaks of 'core beliefs', applying this concept to the roles of the various personalities, try to find the core belief of each of the characters that become personalities within the entity. Look for what the core belief is that is surrounded by the trap-pings that is known as the personality of 'Julia' or 'Joan' or 'Mary'.

Working in this way you can gradually find the essences of each of the personalities and help the entity herself as she begins to discover herself and her many role-playing parts, and keep reminding her that she is an actress, and that the actress is good at the roles she plays. Then you may also look to find out why she likes those different characters.

Do not condemn her for having the characters. Just find out why she likes them, why she plays those roles and what it does for her in general. How do each of those characters help her in her survival of her own being? Do they help her when she is over-stressed? Do they help her when she feels insecure? Or, do they help her in some way of getting out of certain kinds of intimidation, or feeling shy?

Each of the characters will do something for her. Try to locate what it is that she gets from each of the characters and help her to see this also. This Awareness indicates this is a way to start working with her. There may be other things you can discover as you progress in studying these aspects of the entity, as though the entity is an actor playing roles.

This Awareness indicates for example, one possible consideration is: Does that particular role allow you to escape responsibility for other things the other characters do? Can you accept responsibility for everything you do in your life, regardless of what role you play? Can you play roles that are not hindering to your general life? Can your characters all be fused into one character so that you are a composite of all of these characters? Can you be both aggressive and timid at will? Or must you shift totally into different personalities and role-play to do so?

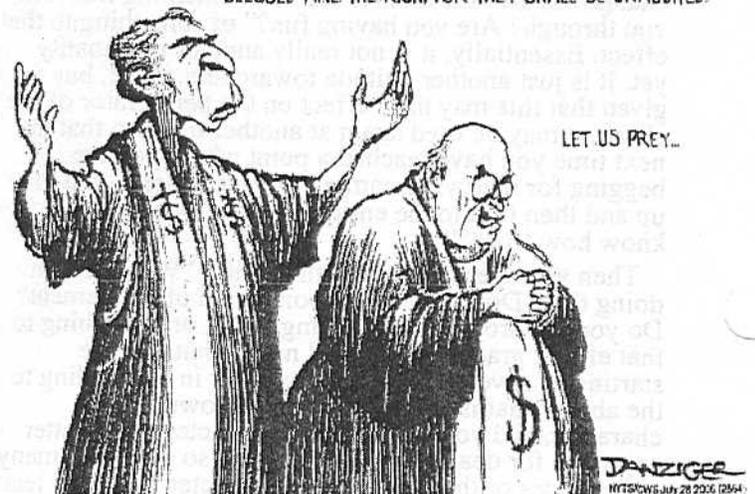
A Personality Can Have Two Extremes

This Awareness indicates that many entities do not realize that a personality can have two extremes and be a kind of dichotomy; that they can be both aggressive and timid, and be one personality. They may think they can only be aggressive if they are acting out the role of an aggressive person, and they may want to show timidity at some point when they feel they have been overly assertive, and that it is obnoxious to someone. Then they shift into the timid role to appear to be more pliable and easy to relate to.

This Awareness indicates that if they can find a way to balance this or use it without shifting personalities, then they can gradually become fused into one more complex personality. You do not have to be a simple personality, one dimensional, then shift to another active

Bush Administration Cuts IRS Accountants for High Income Taxpayers

BLESSED ARE THE RICH, FOR THEY SHALL BE UNAUDITED.



DANZIGER
NYTS/OWS July 28 2006 (254)

personality that is also one-dimensional. You can have a fusion of personalities that create someone who is more complex, but more dimensional in expression.

If you can help the entity to understand this, then these personalities need not be subjugated and brought out in turn, and the entity can be all of them at once. This Awareness indicates the important thing would be to help the entity see that Julia-Mary-Joan is *one* person, gradually bringing these persons into one, using the entity's given name or chosen name to signify all of them together.

Essentially, the word 'name' means 'essence'. The essence of a being is expressed in the name of the being. Therefore, you may wish to get a name that signifies the composite of all of the personalities into one, and help the entity develop a character that fuses all personalities under that name.

Should One Be Completely Frank With the Prime Personality About the Others?

FOLLOW-UP (AVATON):

She also asks: "Is it best to be completely frank with the primary personality about the others?"

COSMIC AWARENESS:

This Awareness indicates it is best not to see the various personalities distinctly as separate. It is best to see them as creations of each other, and to help each become merged with the other. Find a way whereby they can compromise with each other.

It is as though you have three extreme parties that do not get along, and you want to bring them together. You want them to like each other, to come together and to relate with each other. Do not put them one against the other under any circumstance. Have them relate to each other.

This Awareness indicates if there is one primary personality that appears to be the true self of the entity and has been recognized over most of the entity's life as the true host or true personality, then have this personality work to absorb the other two, not to get rid of the other two. This Awareness indicates by absorbing the other personalities, the one personality may begin to fuse with the others.

When a Spirit Invasion Occurs (And How Do You Know?)

This Awareness indicates in the case of spirit invasion, wherein there is a different spirit trying to inhabit the body, you may find a different approach. It is difficult to know whether the one is a spirit trying to inhabit the body, or whether it is a creation of the original personality in an effort to escape some kind of unpleasant experience.

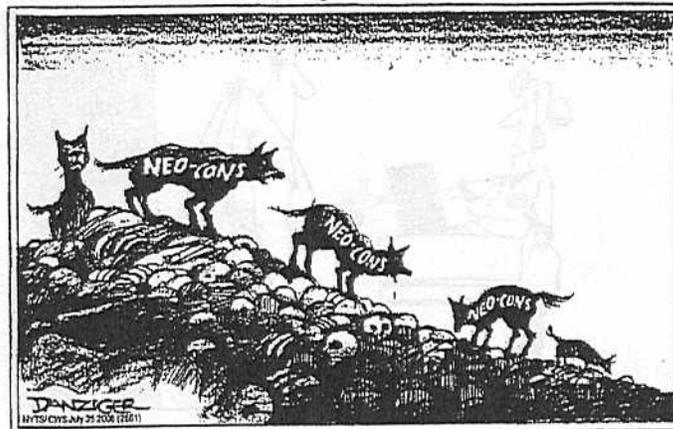
First, it is suggested that you try to find out when these personalities began to emerge. What was happening to the entity at the time? If it appears that there was some kind of heavy crisis, pressure against the original personality, then it may be a form of escapism, wherein the personality creates a different character to slip into in times of stress.

However, if the entity was not under stress at the time the personality began to emerge, you may wish to find out where and why this personality came in, and if there was some kind of new experience in the entity's life that might have triggered an invading spirit to enter into the body of the entity.

Drugs and Drink Blow Holes in the Aura Inviting Spirits

Was the original personality indulging in drugs or drink? Often drink and drugs blow holes in the aura which allow spirits to enter and have an effect on the body. This is a way of inviting invading spirits into your essence or body, and the invading spirit may then

The Dogs of War



actually be an intruder from outside rather than a creation of self.

This Awareness indicates in such a case it is important to strengthen the aura of the entity. Get them completely away from drugs or drink, and away from anything that would enter the aura. Strengthen the aura, strengthen the immune system as much as possible. This Awareness indicates that this becomes a totally different approach.

This Awareness indicates then you may help the original host to recognize when they have a weak aura, they must regulate the blood sugar level so that they do not get too tired or too weak for too long. This Awareness suggests also the use of Vitamin B 12 helps to keep the energies strong and helps to diminish opportunities for invading spirits. B 12 helps to keep entities from schizophrenic disorders, or split personalities.

This Awareness indicates this is dealing more with a physical approach than the psychological approach of concerning yourself with role-playing and the development of personalities through the action of role-playing purposes of escape. This Awareness indicates that there are benefits from a good healthy diet, along with the B 12.

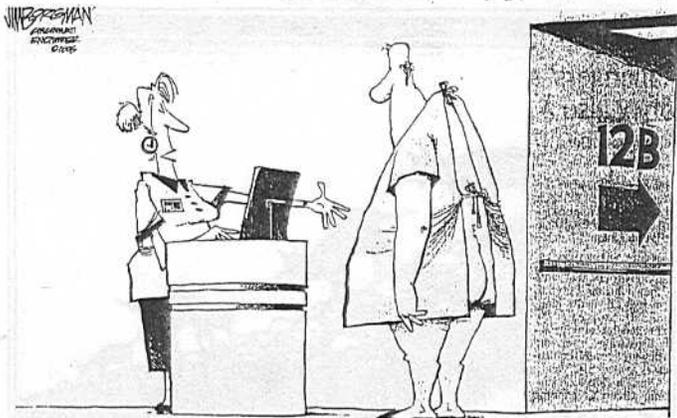
Use Vitamin B-12 Shots for the Entity

It is suggested that the B 12 may be taken as shots; that a doctor can administer these, or you may find a doctor that provides you with needles and a vial of B 12, or in an emergency, it is possible to get these things from veterinarian shops for animals. There have been many entities who use animal B 12 shots with no hazard for these are available with the same kind of purity, although this is not something that you would want to do yourself, or be involved in. It is possible however, for entities to purchase B 12 for their animals, and needles, and inject it in themselves. This would not be considered illegal.

This Awareness indicates it is a very cheap way of getting B 12 shots. If you can find a doctor who will provide you with the ability to give yourself B 12 shots or give the B 12 shots to an entity, then this would be the way to go. This Awareness indicates it is expensive to go in for a B 12 shot each time because you would also need to have a doctor's appointment.

At \$30.00 or more for appointment it can run you into great expense, but when the B 12 vial or bottle costs about \$15.00 to \$25.00, and the needles cost about 50 cents each for injection of B 12, it is relatively inexpensive, but not all doctors will provide you with the B 12. You may find it available in some pharmacies. If you can, this would be a good approach.

This Awareness indicates that it is difficult to get benefits from B 12 when taken orally. It is found also in beef, and some entities can benefit from eating more



"THE URINALYSIS RESULTS WERE FINE AND YOUR COLONOSCOPY CAME BACK CLEAN... YOU ARE NOW FREE TO BOARD THE PLANE."

beef, but many entities do not eat beef and therefore have a difficulty in getting B 12, but B 12 is very helpful in avoiding the multiple personality that relates to schizophrenia.

FOLLOW-UP QUESTION (AVATON):

If An Invading Spirit—How Can You Tell?

Is there some way a person can determine for certain whether one of these personalities is indeed a created personality, or an invading spirit?

COSMIC AWARENESS:

This Awareness indicates you can ask, but you may not receive a clear answer. You can ask the entity: "Is this a personality you created? When did this personality start to emerge?" You can ask the entity: "When did you first notice that there was another aspect of yourself?" And you can ask: "What was occurring in your life at the time this personality began to emerge?"

This Awareness indicates there is no device that can measure whether the spirit is an invading spirit or whether it is but a creation of your own psyche. This Awareness indicates it is simply a matter of probing by asking questions, and hoping to get honest answers. There is the possibility of having to look for what happened in the person's life at the time the personality began to emerge, and perhaps you can get some hint at the time as to whether the entity was seeking to escape.

If the entity was seeking to escape from the general reality, then they might have been open to drugs or drink, or to illusions and fantasies which could allow the aura to be weakened and allow invading personalities, but even that is not proof. There is no sure way. You can give the entity B 12 and see if it benefits. You can work with the entity as though the entity were an actor and see what effect that has, if it is beneficial.

This Awareness indicates if you wish, you can even work with some priest or exorcist to try to get the spirit out, treating it as though it were indeed a demonic possession, however, this should be considered a last resort. This Awareness reminds you we are speaking of generalities and hypothetical situations, because there is no real personality involved in this discussion. This is simply hypothetical and it is difficult to give specifics when you are speaking in generalities and hypothetical situations.

FOLLOW-UP (AVATON):

She's been working with an entity who just turned 20 named Anthony Santiago in New York.

COSMIC AWARENESS:

This Awareness indicates she should find out about his background, whether he has been involved in drugs. If he has been involved in drugs or alcohol heavily, there is a possibility of an invading spirit. If he has simply had a rough, difficult childhood, there is a possibility that the entity simply created multiple personalities to deal with his complex life.

FOLLOW-UP (AVATON)

So, most of these multiple personality cases occur because of the physical or sexual abuse as children?

COSMIC AWARENESS:

Not necessarily. It can be emotional abuse also, however, much of the abuse would be physical or sexual and could more easily develop from these situations. It is a way by which the entity copes. The entity may feel that any sexual abuse is evil and the entity, rather than facing the guilt, will slip into a different personality and let that personality be the recipient of the abuse.

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.

Wisdom of Awareness...

ON THE STORY OF LOT'S WIFE

..."Essentially the esoteric meaning of this story is that wherein an entity looks back toward the past, toward that which is one's past roots and being, looking back and longing, that entity tends to crystallize and age more quickly than those who move from past experiences on into the present experiences, looking forward and being capable of moving on into the future." (89-9)

ONE MAN'S COLLATERAL DAMAGE
IS ANOTHER MAN'S
SON...



Health Hints From Personal Readings (Insomnia and Nervous Tension)

QUESTION:

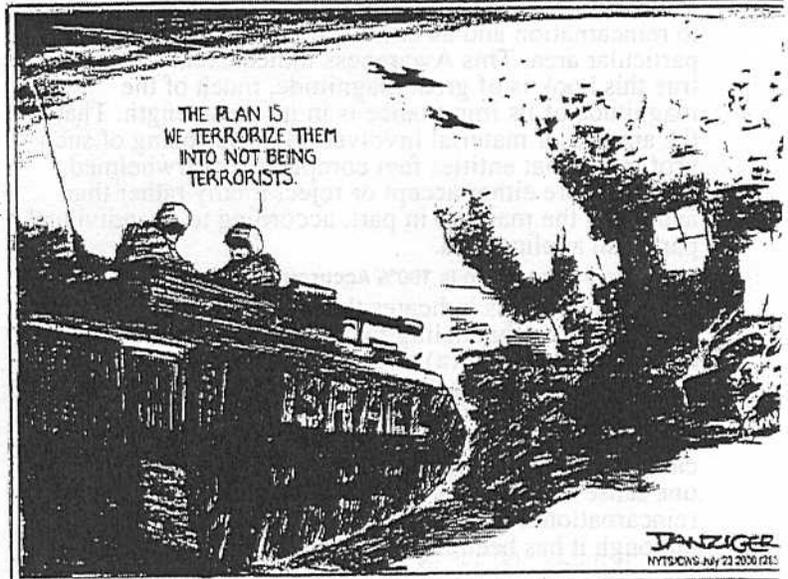
My main concern in life right now is my insomnia and nervous tension. I am on multivitamins, cod liver oil, sleep therapy, and use a pyramid over my bed. I am feeling slightly better, but haven't broken through. What is the best therapy? And is a pyramid effective in capturing universal force?

COSMIC AWARENESS:

This Awareness indicates there are several factors involved in the insomnia. This Awareness indicates there is a deep, a very deep feeling within you which associates sleep with a loss of control, that there is a feeling that if you fall asleep, something dreadful might happen. This Awareness indicates this appears to be related unto an event in childhood, wherein while you slept, an entity left, and when you awoke, you felt responsible and blamed yourself for having fallen asleep, feeling that had you not gone asleep, the entity would not have left. This Awareness indicates this event appears to have been a very traumatic experience for you. This Awareness indicates that this event was reinforced by other events in which adverse conditions came into being during the time of your sleeping. This Awareness indicates this has created a kind of blockage within your psyche which attempts to ward off sleep in the same kind of intensity as one would ward off dangers.

This Awareness suggests that you begin reprogramming your mind with the suggestion that sleep is restful and good, and that wherein you receive the proper sleep, that you shall benefit from this. This Awareness suggests that the suggestion may include also the realization that the events of staying awake out of fear of loss of control, has created for you a greater loss in terms of energy and expression in your lifetime. This Awareness suggests that in order to effect this action, you must run through all of your affairs and to satisfy yourself that there is no great impending danger in any of your affairs if you were to fall asleep. This Awareness indicates that you may if you choose, contact any persons necessary wherein you feel an anxiety relating to that person, and communicate with that person before going to bed. This Awareness indicates this action may alleviate these fears and anxieties to allow you to fall asleep with greater ease.

This Awareness suggests also that deep breathing and visualization as being important. This Awareness suggests that each night as you prepare to fall asleep, that you visualize the most beautiful ideals you can conceive of; that you visualize that which you would consider as being your view of what heaven must be like, that you visualize your idea of utopia, that you visualize the highest and best world imaginable, and that this vision be held as you fall asleep and move toward sleep status. This Awareness indicates this will assist you in having more comfortable dreams and in having greater ease and happiness upon awaking. This also shall tend to create an attitude within your life whereby you have greater joy and happiness, even in your awakened state. M770422PB



Excerpt CAC Reading 5-7-15-83 Paul Shockley Interpreter

IS REINCARNATION AN ACTUAL FACT?

(The Book *Oahspe* Claims There is No Such Thing)

QUESTION:

A question from Dan Chilinski of Toledo, Ohio. It's a pretty long question. Let's see: "Could Cosmic Awareness please answer the following question on reincarnation, and why the book called *Oahspe* by John Ballou Newbrough, born June 5th, 1828, in Springfield, Ohio denies it?"

Concerning reincarnation, this book claims there is no such thing, and that many dead earth spirits who believe in reincarnation when they were alive on earth "watch about when children were born and obsessed them, driving hence the natural spirit and growing up in the new body of the newborn, calling themselves reincarnated, and that these ignorant dead earth spirits professed that when they previously lived on earth, they were great kings, queens, philosophers, or whatever."

Most occult books of the 19th century and early 20th century will make similar statements about reincarnation, implying that there is no truth in this, or that it is done through unnatural forced means by ignorant dead earth spirits who believed this doctrine when alive, and when dead, they find some means of forcing out the natural spirit in the newborn, and force themselves in. So, I would like to know if it is true that reincarnation is an unnatural forced process as mentioned above, or is this true in only a few cases, or is this book *Oahspe* mistaken on this question altogether?

The dead earth spirits who transmit this information through the medium claim they have been dead 100 or 1000 or 5000 years, and in all their searching have never found any truth in reincarnation other than what I mentioned above. This book *Oahspe* looks like high quality occult material, and one of the best occult books I have ever seen from the 19th or early 20th Century. It doesn't contradict what Cosmic Awareness says on other matters concerning the occult except for this reincarnation thing."

COSMIC AWARENESS:

This Awareness indicates that this as being in part brought about because of the entity who channels this

information as having certain personal feelings in regard to reincarnation and as discolored his channel in this particular area. This Awareness indicates that while it is true this book is of great magnitude, much of the magnitude of its importance is in its great length. That the amount of material involved in this as being of such profundity that entities feel completely overwhelmed, and therefore either accept or reject totally rather than analyzing the material in part, according to its individual parts and applications.

Not Every Channeling is 100% Accurate. Some Truth in Oahspe

This Awareness indicates that you must recognize that even though a channeling may be of great value, not every detail of such (a) channeling will necessarily be 100% accurate. This Awareness indicates that there are always those ripples in consciousness that distort a channel no matter how clear so that error to some degree can always be present. This Awareness indicates that in one sense the message given in this *Oahspe* in regard to reincarnation *does* have some degree of validity, although it has been highly polarized and exaggerated to the point of not being an accurate description.

Percival's *Thinking and Destiny* Has More Information

This Awareness indicates that the energies associated with reincarnation, whereby departed spirits enter in, enter into a small child, this in actuality is a description of the way whereby the conscious mind of a departed entity enters into the body of the subconscious, the body inhabited by the subconscious. This Awareness indicates that this being the total sum conscious of the departed entity who is in the process of reincarnating. This Awareness indicates that a better description of this process may be found in Percival's *Thinking And Destiny** in which the subconscious and the conscious and the superconscious known in this entity's channeling as the Triune Self, are brought through various experiences into unity.

*This book available from CAC. See our book Price List.

The subconscious being that part of the entity which represents the lower self or the animal self which inhabits the body. The conscious, or Doer, enters into the body, often at an age of approximately 3 years old, at a time wherein the child suddenly takes on a personality. There will be seen a definite change in the entity's behavior and a personality will begin to manifest. This Awareness indicates that this is when the Doer takes hold of the body and actually enters on a more permanent basis.

This Awareness indicates that previous to this time, the Doer may hover around the body, allowing the subconscious, the emotional aspects of the entity to create and build the body according to its design and plan, the Doer or conscious mind waiting until the vehicle is built before entering. This Awareness indicates that the confusion experienced by the entity who was channeling for *Oahspe* is only in the interpretation of what constitutes a spirit or soul, and the entity appeared to consider the spirit or soul as a kind of second body.

This Awareness indicates that in actuality the spirit or soul is the sum consciousness, the total consciousness of the entity and it may create a form or body, a second body for itself to use, as a disincarnate spirit, or it may move as fragments, without a physical body. It may even move as a kind of mental structure from place to place as Thought-forms, and reassemble a physical vehicle or second astral or second body vehicle at a different time.

Reincarnate Simply Means Entering Again Into the Flesh

This Awareness indicates the soul is capable of remaining in a form, physical or spiritual form, or is

capable of shattering and changing its form. It may even dissolve its form for a period of time while it changes into something else. This Awareness indicates that reincarnate simply means entering again into the flesh, and the spirit has many ways whereby it can enter into the manifestation of that which appears to be physical.

This Awareness indicates that the major difference between dimensions, whether one is in an astral or physical or mental or etheric type of body or embodiment has to do with the elements that are used in creating that embodiment. This Awareness indicates that in the physical flesh the use of carbon and other chemicals as being of great significance. That in the higher or more subtle frequency levels, these chemicals are used infrequently or in refined manner or wherein the chemicals are altered considerably so that greater emphasis on the more refined gaseous type chemicals are accentuated over the more gross material chemicals.

This Awareness indicates for example, in the etheric level, there is (a) greater amount of hydrogen involved in the body, whereas in the physical level, the greater proportion of carbon is that which creates the manifestation known as the physical body. This Awareness indicates that in terms of the reincarnation, it is only a question of the energy and desire that a spirit may have as to whether it wishes to put forth the energy to enter into a particular embodiment on a particular plane, or if the entity having little energy or inclination or desire, simply wishes to remain passive on the plane where it presently is.

This Awareness indicates that as these rules apply prior to embodiment in the physical, they also apply during embodiment in the physical. That some entities in the physical are continually pushing, creating and affecting energies to move to another plane. Other entities are content with being in the physical and therefore, coast with the flow of events. This Awareness indicates that entities pushing heavily to enter into another plane, asserting the energy necessary, depending upon how much energy they put into that action of entering into that particular plane, will often influence the lifespan in that plane.

How an Entity's Lifespan is Determined

This Awareness indicates that entities' lifespans are not determined by their will at the time of entry, but are highly influenced by this. This Awareness indicates that entities in a particular life-plan may increase their lifespan or decrease their lifespan according to changes in their consciousness during that lifespan.



Contradictions That Occur In Occult Books (Why So Many Spirits Claim to be Jesus)

FOLLOW-UP QUESTION:

Dan has a follow-up question on this subject, most of which I believe has just been answered in the first question, but I'll read it anyhow, and see if there's any more Awareness wants to add. "Concerning reincarnation, I will quote from another occult book from the early 20th Century called *True Gospel Revealed Anew By Jesus*, received through James E. Padget, born August 25th, 1852, in Washington DC, by automatic writing between the years 1914 to 1923, a book published in four volumes.

"Jesus and others of the high spirits state that the soul cannot be separated from its spirit body once it has been acquired through incarnation and that only souls without spirit bodies can be incarnated". It also states somewhere in the book that dead earth spirits cannot see the soul until after it has been born, and until that time, none can see it, but only sense its existence, like wind blowing.

"It states that: "Once a soul becomes incarnated and assumes an individualized form or personality, it never thereafter loses that individuality, and hence never again returns to its condition of preexistence, and can never again become reincarnated in the existence of any human being". The spirit authors of this book, who claim to have been Jesus Christ, his apostles, and other famous Biblical characters insist over and over again throughout these books that there is no such thing as reincarnation.

"Now again, I would like to know why the authors of these occult books written in the 19th or early 20th Century with spirits who claim to have been dead thousands of years, and therefore should know the truth, keep on insisting there is no such thing as reincarnation? I have read other occult books besides the ones mentioned above from the 19th and earliest 20th Century, and they almost without exception insist that reincarnation is not true. Why is there so much contradiction on this question of reincarnation in occult books?

"One spirit author says yes, there is reincarnation, and right away will tell you all about their past lives, and another one, dead thousands of years will insist that reincarnation is not true. Of all the contradictions that appear in occult books, this one on reincarnation appears the most. I have found out when reading occult books that the newer ones being written from 1960 to present day will almost without exception indicate that there is reincarnation. The 19th and early 20th Century occult books will deny it.

"Were the spirits in the 19th or early 20th Century more stupid or misinformed on this question of reincarnation than the more modern occult sources today? Could Cosmic Awareness please clear this mystery in contradictions on reincarnation that appear in occult books? Clear it up?"

COSMIC AWARENESS:

This Awareness indicates that it is not possible to fully answer the question of how entities perceiving different dimensions or different frames of reference to reality, having conflicting interpretations of reality, how these entities can clear up the misunderstandings. This Awareness indicates it is much likened unto the entities viewing the elephant from different frames of reference or from different sides. Each interprets according to his own ability, according to the amount of wisdom available to the entity, according to the evidence available to the entity.

Many Spirits Speaking Through Mediums Were Astral Shells

This Awareness indicates that many of the spirits that were speaking through these various mediums in the 1920s, many of these spirits were not of the highest. Some were but astral shells. Some had delusions of grandeur, claiming to be Jesus. This Awareness indicates that there are so many mediums who channel Jesus that it is astounding that entities could assume every one of these or the particular one which they read was actually Jesus being channeled.

This Awareness indicates that this becomes even more strange when these Jesus's that are being channeled do not verify or recognize each other, or the messages of each other.

The Spiritualist Movement Was Seen as the Work of the Devil

This Awareness indicates that in regard to the concern which many of these early mediums felt toward the concept of reincarnation, entities must realize that in the Western world, the spiritualist movement was looked upon by the strong Christian Protestants as being the work of the devil.

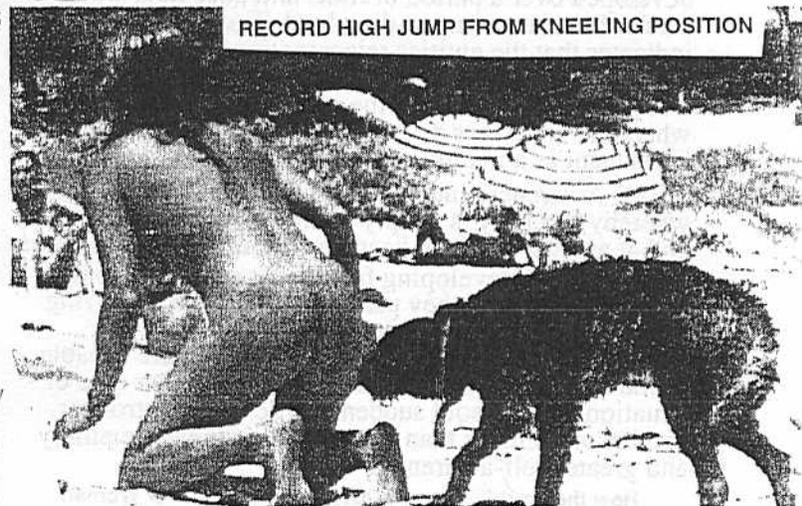
This Awareness indicates that there was often a flow whereby entities who have been involved in Christian doctrine would become interested in the occult or secret doctrines and enter into spiritualism, to explore this area and bring with them their own prejudices from their Protestant background.

Most References to Reincarnation in the Bible Were Removed (Forces of Ahriman Desire to Keep the Masses Ignorant)

This Awareness indicates that it is well known that during the past several thousand years, during the past two thousand years roughly, the references to reincarnation were taken from the Bible and have not been allowed as part of church doctrine, and entities who have been raised on church doctrine are not easily accepting of concepts that are totally alien to church doctrine.

The Greatest Secret of Ahriman is Revealed

This Awareness indicates that the early spiritualists often attempted to bring messages that would be palatable to those who were from other faiths who were entering as new entities into the area of the occult. This Awareness indicates also that it should be noted that the Forces of Ahriman attempt and desire to keep the masses ignorant of the possibility of movement between planes, between dimensions. This being the greatest secret of Ahriman, the secret that it is possible for entities from other dimensions to manifest into the physical dimension.



RECORD HIGH JUMP FROM KNEELING POSITION

A new world record in the high jump from a kneeling position was set yesterday at a beach in southern France. The picture above was taken just a few seconds before the jump took place.



This Awareness indicates that the concern about reincarnation, the idea of spirits dying and coming back into the physical form, moving back and forth through dimensions, as that which borders very dangerously close to the concept of spirits manifesting in physical form without moving through the birth process. This Awareness indicates that apart from these concerns, there is seen the ... This Awareness indicates that the question ... there is an energy in the question that has not yet been addressed. This Awareness suggests that the question be repeated.

AVATON:

Well, it's a long question, it has many questions. Let's see. He basically asked *why* the authors almost unanimously denied reincarnation.

COSMIC AWARENESS:

This Awareness indicates that in part this also is in that with any movement; there tends to be precedents set whereby beliefs become fixed. Entities depend upon the authority of another, and the assumption, once established, is not easily broken. This Awareness indicates that there was during this period of time, a kind of general dogma among spiritualists that once you died you went into another plane, and remained in that plane awaiting for your loved ones to come also.

This Awareness indicates that in regard to the concern about the development of the soul, this Awareness indicates that there is much which is true in regard to this interpretation in the question, whereby the soul is developed over a period of time, and once developed cannot be taken away or dissolved. This Awareness indicates that the entities reincarnating into the physical form often are developing souls but it may take a number of lifetimes for the soul to fully develop to where the entity has an individuality that is fixed and permanent as a mature soul.

This Awareness indicates that there is no circumstance whereby an entity is simply at one moment a non-soul, and at another moment becomes a soul. That souls are in the process of developing from spirit according to the experiences which they pass through as spirit, moving for thousands of experiences through one type of situation till reaching a level whereby they are capable of making a kind of quantum leap into another type of situation and the soul suddenly is developed stronger, and becomes more than it was, having greater memory and greater self-awareness.

How the Soul Eventually Develops Into a Man or Woman

This Awareness indicates that this soul may still be rudimentary in nature, may still require great effort to grow and to develop further. This Awareness indicates that over eons of time this soul may develop into that

which is the subconscious of an individual. That as the soul develops through a series of individual lifetimes, this magnetic center moving in and out of many different physical forms or body embodiments, the soul begins to increase in its ability to reason, and as it becomes more and more capable of reasoning it begins to throw off the emotional or astral aspects of itself and move more and more into the mental vibratory rates whereby it then becomes a mind, a soul developing into a personality, into a mind, into an individual or what may be termed a man or woman.

This Awareness indicates that when this soul, now as an individual, seeks to reincarnate into physical experience, it enters as a personality capable of acting as such. This Awareness indicates that it may also be in close harmony with other energies developing along its own path, this being a new soul or a deeper part of their own soul, vibrations that are rising and emerging in pursuit of the conscious mind. This Awareness indicates that it is likened unto the conscious mind delving into the sea of consciousness, the subconsciousness, and therefore these two minds as one.

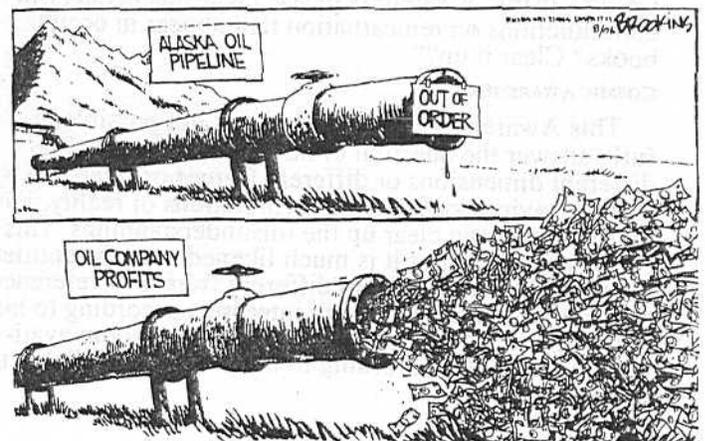
This Awareness indicates that as these minds continue further evolution, they may reach that point wherein the conscious mind transmutes and becomes a Christ Consciousness, the subconscious transmutes and becomes conscious and takes on a realization that there is still more subconscious energies following. This Awareness indicates that in this sense, the movements are in constant flux upward, occasionally making quantum leaps whereby transmutations occur, souls become personalities or become completed and other souls are seen as being rudimentary or in formation, but these souls as magnetic energies move in and out of physical embodiment, in and out of astral, in and out of mental and etheric embodiments.

If this Argument was Valid It Would Deny the Story of Jesus

This Awareness indicates that the souls are in most instances in the process of developing, but to say that a developed soul cannot return to the physical form would be the denial of the story of Jesus coming into the flesh. This Awareness indicates that whereas this entity, the Son of God was said to have moved into physical form, if the argument that the soul, once completed, could not again return to the flesh, if this argument were valid, then one would have to conclude either that the story of Jesus entering into physical form as the Christ was false, or that the soul is not bound by the ... This Awareness indicates that the message became lost. That the energies as being unclear for completion of the message.

This Awareness indicates however, that in the review of the message, the movement of the argument should be relatively easy to reconstruct. This Awareness indicates that the Interpreter's energy at this time is such as to require that he be brought from trance.

Thank you. (The Law of Gratitude is given)



THE COSMIC AWARENESS SPIRITUAL DEVELOPMENT COURSE

Taurus: Volume 2 Lesson Number 9

QUESTION (AVATON):

Awareness, we are here now for the ninth Correspondence Lesson under Taurus. The ninth lesson relating unto the action of the individual in terms of his or her security as the individual begins to expand his or her life in an effort to seek out a meaningful occupation, career, or direction for expression that will bring forth the kind of lifestyle that is desirable.

COSMIC AWARENESS:

This Awareness indicates in essence, the action of the individual is to search for truth. This being applied as a lifestyle, searching for that which they truly feel satisfied in pursuing as a career, as a purpose, as a direction, and as a place for their life to be lived.

This Awareness indicates in the action of pursuing this kind of lifestyle which is true to themselves, the entities begin wondering about the nature of truth.

This Awareness indicates that as various entities, pursuing what is true for them, come in contact with one another, an exchange of viewpoint can be shared, and from this exchange, entities begin to understand each other's philosophies of life - the philosophy of one person being different from the next. This Awareness indicates as these philosophies are shared, entities have the opportunity of being free and open with their philosophies, or with identifying with their philosophies and seeking security through their own philosophy. Those who would seek security, the promotion of themselves, the sustenance of self, the maintenance of the self through their own particular philosophy - these entities naturally want their philosophy to stand up to criticisms without falling. Therefore, the entity having put his own life at the stake of the philosophy, basing his or her life on that philosophy, hoping that this particular philosophy will give the entity the 'truth' in terms of the Universal Experience whereby the entity can sustain himself or herself without threat to personal security - this philosophy of the entity can become as valuable and as precious to the entity as the material foundation, the monetary foundation, or the relationship the entity has with others. And this precious philosophy of the entity can become so valuable to the entity that the entity would stake his life upon that philosophy. And wherein this entity feels a threat, the entity can even go so far as to fight to the death to preserve his philosophy.

This Awareness indicates the entity, moving into even greater extremes, can not only reach that level of consciousness whereby the philosophy would give the entity the feeling of security, would allow the entity to fight to the death to preserve that philosophy, but the entity can even go so far as to fight to the death anyone who would not accept the philosophy. In this manner the fanatics come into being: the 'true believer.'

This Awareness indicates entities who wish to study the nature of the 'true believer' may read the book by Eric Hoffer. This Awareness suggests that this true believer, the fanatic who sees his viewpoint as being valid, will tend to see all others as either supporting to some extent his viewpoint, or as opposing that viewpoint. The true fanatic cannot simply allow others to have free thought. He must control that thought, either to fit into his own way of thinking, or to be excluded from his way of thinking and outcast from his society.

The true believer cannot simply allow consciousness to search and to discover. The true believer cannot allow consciousness to question, but must spend all of his or her time giving the answers and programming others to think along the same lines as the true believer.

This Awareness indicates that the security that comes from having your beliefs all sewed up, buttoned down - no way that these beliefs can escape or be overthrown - the security of the mind that is all made up and has no more questions is a kind of security that can only be termed as awesome.

This Awareness indicates the awesomeness of an entity who approaches a totally new situation, having his or her mind already made up before even coming in contact with the situation - the awesomeness of such programming as that which can only lead to tragedies and intense polarizations and suffering for the lives of many.

This Awareness suggests that the entity who does not approach the situation with the mind all made up, the entity who can approach a situation with an openness ready to discover 'what is' at this particular moment, in this particular situation - the openness to discover 'what is' - this is the consciousness of an entity who is capable of Cosmic perception and of discovering truth.

This Awareness indicates that the entity who thinks the truth has been glimpsed, who feels that he or she or some other authority has seen the truth, and therefore the truth is already determined - this entity in entering any situation will see his truth in every situation whether it is there or not, for this is what the entity is looking for and is projecting upon the situation. This Awareness indicates the fanatic, the true believer who feels that Gloffism is the only way and that only those who follow Gloff shall be saved, and only those who sacrifice to Gloff or who give of themselves to Gloff or who slay the enemies of Gloff or who chide and condemn those who do not believe in Gloff - this entity will see in every situation the workings of Gloff, whether Gloff is there or not.

This Awareness indicates that in terms of philosophies and the security that entities receive from these beliefs, from the philosophies of science - this Awareness suggests the material scientist, basing his entire scientific program - all of the works and accomplishments of science down through the ages relating unto the concept that matter 'is' and life came out of matter - all of this type of concept and belief has created a certain type of security, but is but one cornerstone of consciousness. And until all of the other cornerstones are seen, no firm foundation for philosophy can be laid.

This Awareness suggests that opposite the cornerstone of science there is another cornerstone: this being the science known as metaphysics - this having many names and many aspects. Out of this cornerstone is the belief that all matter comes from consciousness and all forms are created out of the sea of consciousness, and all of the sea of consciousness permeates and fills the Universe, and entities within that Universe, living in physical forms, are but the reflections and cells of the Universal Being which lives.

This Awareness indicates another cornerstone is another philosophy which is based on the concept that matter and space are the same, consciousness and matter are one, and all things exist simply as energies and vibrations, and it is only the naming and workings of the mind which make a distinction. This cornerstone believes in the power of the Word and the power of the mind to create, to describe, to form and structure the



Universe. This Awareness indicates this cornerstone related to that which may be called the occult. This being used in a very broad sense to include all forms of suggestion.

This Awareness indicates at another cornerstone of the Universal Philosophy is the cornerstone which says "I am." And this philosophy, this cornerstone based on the recognition of individuality, the recognition of self, has many levels on many plateaus relating unto personal self or to the Universal Divine Self and to the entire array of the Hierarchy system of Beings and Deities in between. This Awareness indicates these Deities ranging from those whom one admires in one's own family, to heroes of literature, to heroes of philosophic teachings, to heroes of religion, and to concepts of the abstract (for even concepts of the abstract and Universal Laws can serve as heroes to entities). This Awareness indicates that this cornerstone allows the entity to feel separate and insignificant in relation to all others, or allows the entity to feel in tune, atoned, at one with the Universal forces - the personalities that make up the Universal Deities. This cornerstone also includes those demons which personify the negative aspects of the Universe and its forces.

This Awareness indicates these four cornerstones are but the extremes of different ways of looking at the same thing: the same thing being that which is in the center, the center being that which is life - the life being that which 'is.' In essence, life is what it is, and you can see it as it is, from moment to moment, without having an opinion about it. Or, you can step out of life into a cornerstone of your philosophy, any particular philosophy, and view of life from outside, not seeing it as it is, but from a particular viewpoint of one of the corners, and in viewing it from that particular corner, you can think you have the whole thing figured out, either from the point of view of the scientist in whatever particular niche of science you are into, or from the particular point of view of the metaphysician and whatever little niche that means to you, or from the viewpoint of the concept of deities and demons, personifications, literatures, and identifications of the individual in the 'I am' concept. Or, you can look from the center rather than from the corners, looking at 'what is' in this particular moment, not trying to see 'what is,' or to have an opinion about 'what is,' or to be able to relate the truth you have discovered about 'what is,' but simply looking at 'what is' and allowing your perception, your awareness, your awesomeness of the moment to overwhelm your entire being with the total experience of living.

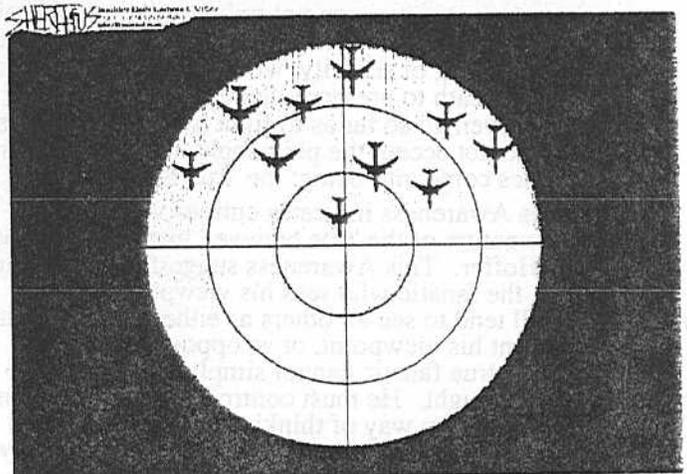
This Awareness indicates that wherein entities can totally enter into life, there is an energy field that brings life into the body of the entity and gives the entity a regeneration, a rejuvenation, and allows the entity a

fresh breath of life. But few entities can totally enter into life, for they prefer to stand outside of the experience of reality and talk about life, think about life, relate to one another about life or about ideas, philosophies, and things. And in this manner they miss out on the actual living, for they spend so much of their time thinking about what they did, or about what they are going to do, or about what they would like to do, or wishing they had not done it in this or that manner.

This Awareness indicates all of these thoughts about life may serve as that which is likened unto a computer in your spaceship called 'being,' and this computer may give you answers - and these answers may be valid, based on the particular viewpoint of the philosophy, but none of the computerized answers from any philosophy is a substitute for the actual living. And the action of entities who become so wrapped up in thinking about life and in watching their computer (the mind) function, watching the mind answer this or that question - these entities begin losing their being to the structure of thought and the structures that are based upon thought and are built around concepts and ideas. And these structures can, indeed, become but cannibalistic formations which devour the entity.

This Awareness indicates that the armies of the world, gobbling up entities for slaughter on foreign fields under the concept of some philosophy based on a desire for greater security - the religions gobbling up entities to sacrifice themselves, their friends, their labors for some cause, some holy guru, some divine deity that has moved on and is now but an abstract reality in the minds of the fanatic followers - the organizations, the corporations which gobble up entities in their labors and talents, bringing these entities up for the regurgitation of products to be placed out and spewed upon the public at enormous cost and greater growth for the corporation - the philosophies of political forces and economic forces: these monstrous beasts with their mouths gobbling up entities of the earth are nothing compared to the beast within the entity's own head.

This Awareness indicates these four beasts are but small creatures in comparison to that beast which is within the entity who does not know that he can be free from his own thoughts and beliefs. This Awareness suggests that entities who can look deeply at the beast within themselves - the beast that believes and never questions its beliefs, the beast which knows and never doubts itself - wherein entities can look clearly at this beast and laugh at its absurdities, these entities are free indeed and know the truth. And the truth can never be pinned down by a philosophy, but is an ever-moving attitude which cannot be put into words: the attitude of



"...mass murder on an unimaginable scale."

questioning, the attitude of asking, the attitude of openness, the attitude of "I don't know." For that attitude that states "I don't know" is an attitude that is receptive to the moment and can absorb everything that is occurring in that moment, and can digest and learn. But the attitude that reaches the moment with a mind already made up, that says: "I know the answer," pushes away any truth that moment might be bearing as a gift and forces its own truth upon that moment.

The attitude of the closed mind may be likened unto a sword being thrust into the heart of the moment. Whereas the attitude of an open mind, receptive to discovery, may be likened unto the open arms of an entity awaiting the delivery of life into its arms for examination and discernment and discovery.

This Awareness suggests that entities in pursuing the truth, whether this be for some abstract philosophical cornerstone of a scientific nature, metaphysical, religious, or personal nature - whatever the purpose of pursuing a truth - understand that there are as many truths in the Universe as there are words to describe those truths, and there are no such things as lies. And understand also in the Universe, that there are as many lies as there are words to speak, and there is no such thing as truth. And entities who can understand that enigma, that paradox that truth is false and false is true, can begin to understand that these are but toys of the mind, playthings for the beast, and the reality 'is,' without opinion as to true or false.

The reality is what 'is.' And whereby an entity can discern what 'is' at any particular moment, that entity sees what 'is'; but when the entity attempts to label his point of view, his discernment as truth, the entity immediately creates the likelihood that what he has spoken as being truth will be misinterpreted in the process of relating it to another, and shall, in its final conveyance, end up being false.

This Awareness indicates that no outside philosophy or force can give entities the truth, but entities can discover what is happening in each moment by looking, without any preconceived programming or opinions, and without forming any opinions about what one is experiencing or seeing in that particular moment.

This Awareness indicates this as that which is essence: the 'is-ness' of a situation, the 'is-ness' of a moment. It 'is,' regardless of what is said about it. It 'is,' regardless of any opinions.

When entities can accept the moments which God has given them, without having to do anything about the moments in terms of philosophizing, categorizing, or opinionating about those moments - when entities can accept these moments of life given by whatever force gives these moments, those entities are living in a state of essence.



Health Hints From Personal Readings (Poor Eyesight: Its Cause and How to Improve It)

QUESTION:

I have had very poor eyesight ever since a small child. How can I improve it? What caused it?

COSMIC AWARENESS:

This Awareness indicates this related unto the Tridocea, whereby the fire element of the Tridocea as lacking, whereby the water and air as being dominant. This Awareness indicates this relates somewhat unto the air element of the Tridocea also. This Awareness suggests that in more understandable terms, this related unto certain aspects of the circulatory system and the nervous system, whereby the circulation did not provide adequate energy throughout the system to allow the nerves to develop properly in all areas.

This Awareness indicates that this relates also unto certain attitudes and frustrations which occurred during childhood, and this affected the capability of giving full attention to that which was before you as a child. This Awareness indicates this related unto an action of the psyche blocking out certain areas of experience which it did not wish to include in the experience, this creating a blocking of vision or failing to see the situation clearly as a result of feelings of shutting out the reality of that which was attempting to enter the experience.

Attitudes That Close Out Unpleasant Situations in Life

This Awareness indicates that entities can often affect their eyesight by such attitudes of trying to close out unpleasant situations from their lives. This Awareness suggests that wherein an entity truly wishes to hear all that can be heard, see that all that needs to be seen, and is willing to take the positive or the negative experience, but simply desires to know the truth and the whole truth in regards to these experiences, such entities being open to reality are unlikely to experience the kind of attitudes which shut down visual or audio perception.

This Awareness suggests that there are also certain effects relating unto vitamins and minerals, whereby the body is deprived of certain nutrition which could assist or hinder the vision or hearing of the child, depending upon



whether this vitamin or mineral group is present or absent. This Awareness indicates however, that this plays only a small part unless this as being of a prolonged nature.

Horoscope Reflects Problems Relating to Vision

This Awareness suggests that attitudes play a greater part in terms of the vision and hearing processes of the child. This Awareness indicates this also relates unto the horoscope of the entity, that this horoscope reflects not only the problem relating unto vision and hearing, but also will reflect the attitude that accompanies this.

How to Begin to Improve Your Vision

This Awareness suggests that in order to improve your vision at this stage, you may begin sincerely seeking to see all that can be seen, regardless of whether it appears pleasant or unpleasant. This Awareness suggests that once you are willing to face that which is out there, whether this be pleasant or unpleasant, then your attitude will become more open to seeing.

This Awareness suggests that also during times of subjective consciousness, such as prior to falling asleep or just after awakening, and during emotional times during the day, or during meditation wherein you are of a subjective level, you may give suggestions to yourself that you are opening yourself up to healing by higher levels of consciousness, by the spiritual forces of the universe, by this Awareness, and by the spiritual entities who are assisting you, that you may enjoy complete and healthy vision in your life. This Awareness suggests that as you make these suggestions that your vision is improving because you are becoming open to such improvements, this shall begin occurring in very subtle levels at first, but gradually becoming more complete. This Awareness suggests that this continue over a period of approximately six months, wherein at each opportunity you give yourself these suggestions.

This Awareness indicates that It will visit you during your times of sleep to assist in improving your vision. This Awareness suggests that the use of proper minerals and vitamin supplements as also being beneficial to you. This Awareness suggests also a good eyewash being used, particularly an herbal eyewash, the Dr. Christopher eyewash as one which can be very beneficial in assisting the improvement of your vision and the area surrounding the eyes. This Awareness indicates this may be ordered through Dr. Christopher's herb shop in Provo, Utah.

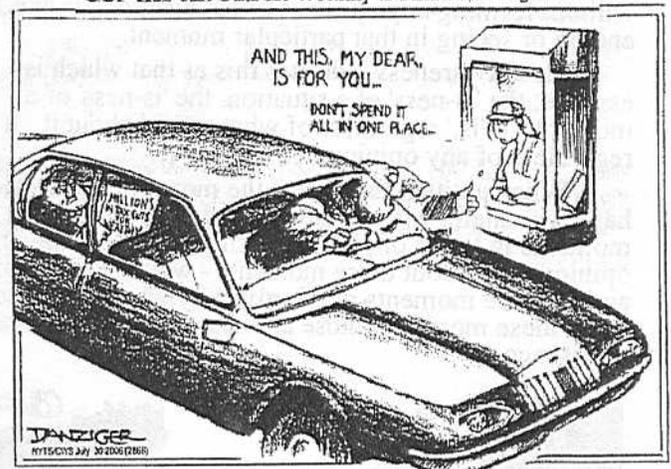
Start Having Intimate Conversations With Yourself (How to Truly Heal Yourself)

This Awareness indicates that the intimate conversation you have with yourself regarding your vision whereby you speak to the atoms and cells of your eyes, speaking in terms of attitudes and in terms of feelings, suggesting these atoms begin to improve your vision, begin taking the steps necessary to bring your health back into harmony, this can also have a great effect. This Awareness suggests that entities may benefit various organs of their body by simply directing these organs through their atoms, which have a kind of receptive communication with the central brain of an entity. This Awareness suggests that the brain of an entity can send suggestions to the brain within the cells, within the organs, and within the atoms, for all are interconnected, and these atomic brains, the cellular brains, and the organ brains do have a certain response to the communication sent by the central nerve feeling attitude and command action of the brain of an entity. This Awareness suggests that when this is clearly understood and when entities can send these messages with the realization that the messages are being received and being acted upon, then these atomic, cellular, and organ brains shall become more responsive.

This Awareness indicates that when an entity sends a message to a cell, but does not believe the message is having any effect, *the lack of belief* accompanies the message and negates the message. This is a kind of negation wherein the message is sent with the information crossed out. This Awareness indicates that this would be likened unto a king sending a message to a certain general with the message X'ed out by the king; the general simply cannot act on that kind of order which has been negated by the one who sends the order. This Awareness indicates in this manner, entities having the opportunity to send an order, yet doubting their order will be carried out, simply deny the possibility of that order being carried out. This Awareness suggests that wherein an entity sends an order to the organ, cell, or atomic levels of their body, they must expect those orders to be carried out, or they will not be carried out.

This Awareness suggests in relation to your vision, that you send orders to your cells, to the atomic levels of your being, and that you *expect* those orders to be carried out. In this manner you are being in control of the body and the parts, and in this action, by continuous repetition, the parts of your being become more responsive to your commands. This Awareness indicates that often the parts residing under the command of a scatter-brained central nervous system do not respond immediately, that the parts often rebel, but wherein the focus, direction, and order is repeated again, again, again, and clearly each time, eventually the parts - the organs, the cells, the atomic levels begin to realize the central nervous system has ceased to scatter its brain-waves and truly means what it is saying, "We had better respond appropriately, or it will continue sending this message and this message is beginning to annoy me." This Awareness suggests in this way, the parts begin to respond and line up with the central nervous system commands in order to silence the energies of that central nervous system; so that they may have more peace, they become obedient. F780623PA

GOP Ties Tax Cuts for Wealthy to Minimum Wage Hike



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

REVELATIONS OF AWARENESS is a cosmic newsletter, published by Cosmic Awareness Communications, P.O. Box 115, Olympia, Washington, 98507, U.S.A. (A not-for-profit organization). Membership fees and donations are deductible from your Federal Income Tax. Try to remember Cosmic Awareness in your will if you wish to have these messages preserved and available to others in years to come. ("How many have you served, and how well?" is the question we will all be asked at the Passing Over).

MEMBERSHIPS AVAILABLE (Honor System)

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