

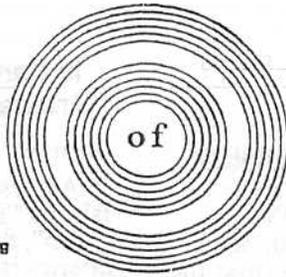
Revelations

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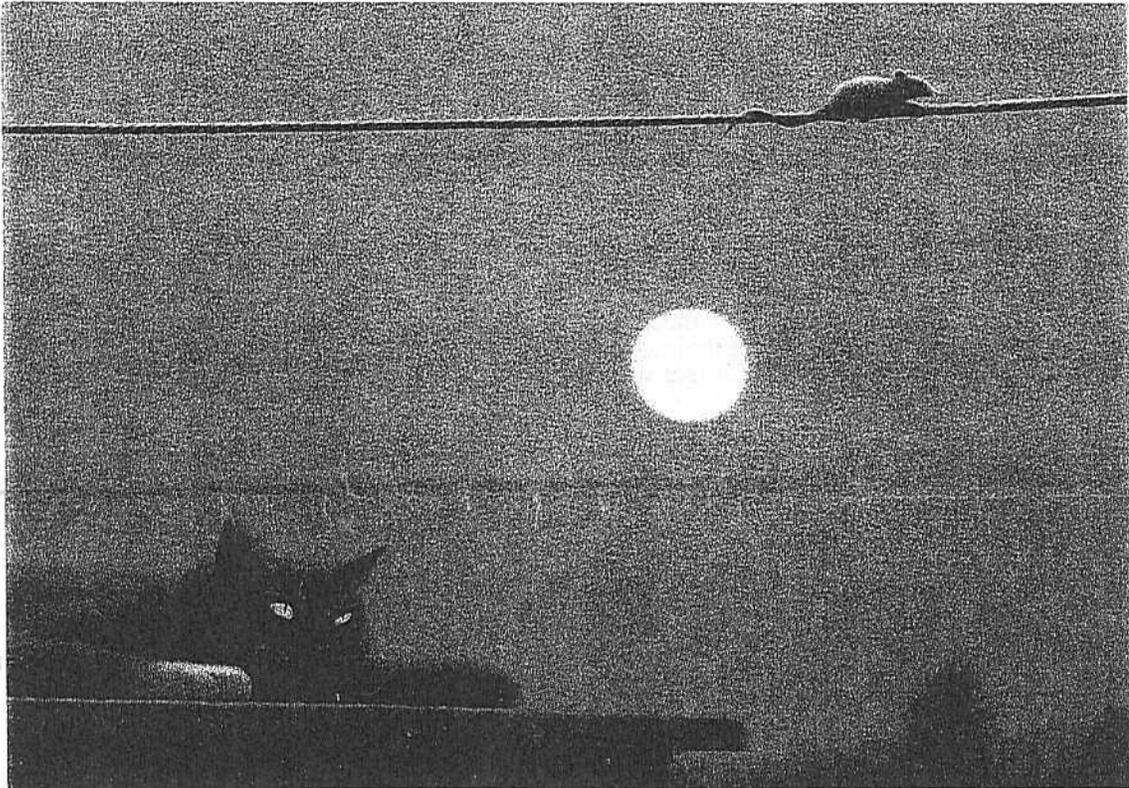
Helping People Become Aware

Celebrating our 35th Year!

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The Cosmic Awareness Spiritual Development Course
TAURUS: Volume 2 Lesson Number 11

COSMIC AWARENESS: OPENING MESSAGE

THE ENERGIES OF THE FALL EQUINOX

(Monumental Events Coming in the Months Ahead)

An Attitude of Gratitude Will Help Immensely

This Awareness greets the new energizer, Shari, and welcomes you at this time. This Awareness asks that you talk a little louder for the Interpreter and for the tape, to ensure that your voice and your questions are heard strongly, so that your energy is strongly present in the room and in this process. This is the request that this Awareness makes of the energizer Shari.

This Awareness has an opening message today. This Awareness wishes the membership to reflect at this time on the energies of the season. The Fall Equinox is today, and the energies of the equinox are about balance and harmony. The energies of the Fall Equinox are also about harvest, and abundance, and the calling forth of abundance into one's life, and for gratitude for that which is presented and given to one and all.

It is often an attitude of gratitude that will energize abundance, and the arrival of abundance in one's life. Often, those who have the least, have the greatest amount of gratitude for that which they do have, while those who have the most are never happy or satisfied with what they have. It is not so much how much is owned or possessed by an individual, but their attitude of gratitude; their ability to be thankful for that which is given, that which is received.

At this time during the fall season, as the harvest is brought in from the fields, as we prepare, as many prepare for the winter ahead, a sense of gratitude for that which is received, that which has been given will prepare one for the times ahead. Even if there are difficulties in those times ahead, to hold to this sense of gratitude, this sense that even a little is enough will help the entities of this world deal with the events that lie ahead. There are monumental events directly ahead in the coming months that will try one's faith, that will try one's conviction, that will try one's trust in the greater powers, and it is important to hold gratitude in one's heart, to hold trust and faith in one's heart, to hold to the convictions held of the highest and the greatest spiritual light and energy that will see one through these troubled times that lie ahead.

This Awareness wishes one and all to remember these words, so that with the times and the challenges of the times, that one still has the gratitude for what one has and what is still available and what is still given. Abundance is an attitude. Gratitude is an attitude, and faith and trust are also attitudes that one holds to help one through, to help one cope, to help one be at one with the Everything and the All.

The harvest times have often been forgotten in these modern times, when the individual no longer must work hard to bring in the crops and store the harvest in preparation for the winter, but this Awareness wishes this ancient principle to be remembered again, to give thanks at this time for that which is given, that which is owned and possessed and that which is still available to one.

An attitude of gratitude will help tremendously in the times ahead, and at this time also. This Awareness is complete with Its opening message, and wishes now to ask for the first question of the evening.

Is Nano-Bacteria the Real Cause of Clogged Arteries? Can Clark's Zapper Destroy Them?

QUESTION:

A question from John Stroker in Kingstown, Rhode Island. "In a recently published book *"The Calcium Bomb"*, the author suggested that plaque buildup in the arteries is caused by nano-bacteria. Is this true? I constructed a Zapper a couple of years ago as detailed by Dr. Hulda Clark in her book *"A Cure For All Diseases"*. Does this device destroy the nano-bacteria referred to? Does Awareness have a better suggestion for unclogging the arteries? What causes this buildup?"

COSMIC AWARENESS:

This Awareness first wishes to confirm that the term "nano-bacteria" is an appropriate term to use in the buildup of those substances of that which is known as plaque in the arteries. The nano-bacteria is indeed that which is the cause of this buildup of plaque. It is basically a sticky substance, in that when the bacteria comes together, it sticks together as a glue, and this stickiness has an attraction for other nano-bacteria that joins it and builds up, at a microscopic level at first. "Stickiness" is simply a term to be used for the ionic attraction, the molecular attraction that draws the bacteria together, that causes the buildup of this bacteria, producing that substance known as plaque. This is a confirmation of the question that nano-bacteria is what constitutes plaque. It is the buildup of nano-bacteria that causes the problem known as plaque in the arteries.

This Awareness wishes to move to the second part of the question at this time.

Can Hulda Clark's Zapper Destroy the Bacteria?

QUESTION:

I constructed a Zapper a couple of years ago as detailed by Dr. Hulda Clark in her book *"A Cure For All Diseases"*. Does this device destroy the nano-bacteria referred to?

COSMIC AWARENESS:

This is in the affirmative. The Zapper device described by Dr. Hulda Clark is a device that basically negates the molecular attraction of the nano-bacteria. It takes away the stickiness and thus the bacteria does not come together, does not stick together, does not build up as plaque. It is not so much that it destroys nano-bacteria, but it destroys that property, that ionic property that draws the bacteria together, that causes it to stick together. Minus the charge, the bacteria cannot hold together and thus is flushed away in the bloodstream, eventually being passed out of the bloodstream through the urine and through a discharge. The Zapper is a most effective way to eliminate the nano-bacteria and to prevent the buildup of plaque, and this Awareness heartily recommends Dr. Hulda Clark's Zapper as a way of dealing with this problem.*

This Awareness is complete and wishes to move to the next part of this question.

*CAC Permanently stocks the books of Dr Hulda Clark. Please refer to the Book Price List. Zappers are available on the Internet for up to \$400 but we located the basic zapper as designed by Dr Clark for \$69.95 on <http://herbal-remedies.com> Phone 1-866-467-6444

An Exercise for Unclogging Arteries

QUESTION:

Does Awareness have a better suggestion for unclogging the arteries?

COSMIC AWARENESS:

This Awareness doesn't necessarily have a better suggestion, but *It* does have an additional suggestion to this process, and that is the use of visualization in the process; to visualize the nano-bacteria being totally affected by the Zapper and totally losing its charge. Visualize the bacteria being swept out of the system. This will reinforce the strength of this cleansing operation that has been caused through the use of the Zapper. Further to this, the use of visualization on a regular basis; to see the arteries being scrubbed clean, or maintained, free of plaque buildup, free of the nano-bacteria; this would help in the maintenance of a clean and clear arterial system.

How to Visualize the Arteries Being Scrubbed

How you visualize would be up to you, but it is recommended to see an automatic system going through the arterial system, scrubbing the sides of the arteries, especially in those places that are known for plaque buildup. This can be visualized and seen and then thought, to be on an ongoing system, an ongoing process, where at all times the arteries are kept clean and plaque free through whatever visualization process one comes up with. One could see, for example, the arteries being like the inside of a pipeline, and that a scrubbing device travels constantly up and around and along all of the arteries from Point A to Point B, to Point C, to Point D, throughout the whole of the body, continually cleansing and clearing the arteries, scrubbing the arterial system, loosening up any plaque buildup, any nano-bacteria, and flushing it out of the system altogether.

This Awareness invites the membership that use this visualization technique to be imaginative in how they see the arteries being kept clear and clean. If this visualization technique was used and is used in association with Dr. Hulda Clark's Zapper, then there is a strong likelihood of good and clean arteries which promotes good health. This is what this Awareness suggests at this time in addition to using the process of the Zapper.

Clean the System With an Herbal Cleanse

This Awareness also would suggest cleansing as a form of maintaining good health. There are various herbal cleanses available that allow the body a natural way to cleanse the system, but this is recommended for general and overall health that would also include the arterial system, arterial maintenance; the maintenance of the arteries, and that there are many cleanses available for this purpose.

The Master Cleanse being one of those cleanses available, but there are also cleanses available through local health food stores that would also work adequately. This again is overall to the general health of the human body, but would also be effective in keeping down plaque and preventing the buildup of nano-bacteria. This Awareness sees this topic as complete, and asks only if there are any last questions on this matter.

What Causes This Buildup in the Arteries? (The Evils of Eating Soya Products)

QUESTION:

What causes this buildup?

COSMIC AWARENESS:

What causes this buildup generally is the inadequate diet that so many have at this time, especially those who live in Western society, but it is particularly bad in those areas and regions where there is a heavy reliance on processed foods. Many of the processed

foods contain toxic elements that are not truly fit for human consumption. The use of soya products, although touted as a low calorie substitute for meat and other high fat, high calorie substances, is actually harmful in the long run.

There is far too much use of soya product now. It is used in filler in so many processed foods now, thus claiming to be "lite," to be healthy, and yet there are growth inhibitors and hormones that are detrimental for humans and detrimental to human health. As in all matters, excessive use of these substances is what is the problem, not occasional use. So this Awareness does not wish to frighten the membership, especially those who use soya products, but this Awareness does wish for the membership to look deeper into the use of this particular product.

The use of soya must be looked at and determined if it is being used excessively or moderately. The Chinese, for hundreds, perhaps thousands of years have known that soya products were not the very best, and did not themselves engage in using it excessively, but even in the use of soya products such as tofu, the whey product of the soaking of soya beans, contain growth inhibitors. This is one reason that the Chinese race has traditionally been shorter and smaller in structure and stature and how it is so interesting that many immigrants from the Asian countries to North America have seen their children and the children's children grow beyond the height of the parents and the grandparents.

Again, this Awareness wishes to make clear that it is the *excessive* use of soya product that could cause these problems, that could cause the buildup of toxins in the system. This is why this Awareness mentions it as one contributing factor to the buildup of nano-bacteria, which is the result of toxicity in the blood system. This is of course, and most certainly not the only reason for the buildup. In fact, one could say that processed foods, generally speaking, contain high levels of toxicity, of toxins and elements detrimental to human consumption. Again, this Awareness wishes it to be understood that it is in reference to extreme use of processed foods that *It* is speaking against, not occasional or moderate use.

It is important to be aware that the best way is to use fresh ingredients cooked in traditional ways.

Don't Eat Microwave Foods

Another problem is through the use of microwave and microwaving food. This often kills the nutritional value of the food that could be beneficial, leaving instead the higher levels of toxicity that is within prepared foods. It is a double-whammy so to speak, that those pollutants that are within prepared foods such as high sugar, high salt, high levels of harmful bacteria or substances, is made even worse by the destruction of the nutritional value of the food. This Awareness therefore cannot recommend highly the use of microwaves, and recommends its use only in a limited manner.

Again, traditional ways of preparation, such as ovens and stoves would be more superior in the preparation of food than the use of microwaves. This too is a contributing factor to the buildup of the bacteria levels, especially the harmful nano-bacteria that is in the system, that builds up to the plaque, that needs to be removed before it constricts the arteries and makes possibilities of stroke and heart attack possible.

This Awareness wishes the members to be aware. In these times of high processed food with low nutritional value and destructive cooking techniques, that mankind/womankind is under direct threat. The buildup of plaque and the arterial dis-ease that results from such

buildup is as much a result of unhealthy lifestyles, unhealthy eating habits, unhealthy ways of preparing foods as anything else. Raw food is one alternative. The use of organic raw foods is even better. It would be advisable to eat salads and carrots and other raw foods in addition to prepared foods. The raw food holds more nutritional value, is alive in its potency versus dead and non-nutritional in value.

Again, this is yet another recommendation this Awareness makes to counteract and counterbalance the use of processed foods, highly flavored foods that hold toxins and pollutants and harmful substances like sugar and salt and flour. White flour is also part of the stickiness that this Awareness has already spoken of and that the use of white bread instead of perhaps whole grain breads is also part of this problem. This Awareness realizes that the Interpreter found this funny only in the sense that he saw that it seems to be almost an unending list of things that could go wrong, that are wrong in the foods we eat, in the way we prepare, but in truth, this Awareness simply says: Pay attention to what you eat and how it is prepared.

Many of the mainstays of modern diets are largely unhealthy for you. Used in moderation, the result will be less damaging than when such things are used exclusively; such foods as white bread, sugar, salt, processed foods, fast foods, when taken in extreme and eaten exclusively can have the harmful effects that this Awareness is on about today. This Awareness does suggest that each and every individual make up their own mind as to what works for them, but with awareness that eating those substances, those foods prepared in ways that are destructive of any nutritional value will have a negative effect on their bodies, will cause the buildup of plaque within the system and fat or weight on the body.

This Awareness is complete on this subject at this time, and wishes to move on.

HOW TO IMPROVE COMMUNICATION BETWEEN THE SEXES

(Cosmic Awareness Opens a Can of Worms)

QUESTION:

A question from Zoey St Germaine in California. She writes: "I have read a book called *What Can He Be Thinking? How a Man's Mind Really Works*, by Michael Gurian. In this book, he states when women talk about personal issues, their oxytocin (love bonding hormones) go up. When most men talk about personal issues, their cortisol (stress) hormones rise. I wonder why this is? Is it part of genetic hardwiring, so in caveman days the man would be hunting instead of sitting around the campfire talking? Men and women don't find it very easy to talk and problem-solve about personal issues. Any hints or suggestions for more positive communication between the sexes?"

COSMIC AWARENESS:

This is a kettle of worms waiting to be spilled; this question, and the inferences that are made in this question. This Awareness is willing to shake up this can of worms and present some thoughts on the matter. There is indeed a distinct difference between the masculine way of response and the prioritization of what men are interested in, versus how women think, what they would be interested in.

The masculine energy is active, or action orientated. Through many popular books of this time, it is seen that men are problem solvers. They do not wish to engage in

the deep emotional analysis of a topic, but simply wish to be given the problem so that they can present a solution. They do not wish to analyze the problem or emotionally investigate the situation. They wish instead to actively solve the problem and come up with a solution.

Women often are the opposite. They wish to understand the situation, the problem, to give vent to the emotional energies around a problem; those feelings they are having. They wish to be heard. As the popular book *Men Are From Mars, Women Are From Venus* refers, they don't always present the situation for solution, but rather for discussion, whereas men are the opposite. They do not wish to sit around simply discussing. They wish to solve the problem. Somewhere in the middle is the solution. Somewhere in the middle is the answer.

While men may have more of one hormone or substance than women, it does not really come down to the chemical differences. That simply explains in a physical way a difference between men and female that does exist. One is not better than the other. One is simply different from the other. This Awareness wishes also to state that each gender does contain within it a spark of the opposite gender. Thus, the masculine contains within it the spark of the feminine, and the feminine contains within it the spark of the masculine. This is of course the Yin/Yang principle.

The white side of the Yang symbol contains the black dot in the middle, and the black side of the Yin/Yang principle contains the white dot in the middle, thus showing that the male contains the feminine, and the feminine contains the masculine. This is the middle ground between the two genders. A male needs to have the patience to truly listen to that which is being presented; not necessarily to offer solutions, but to learn to listen, because that is often what the female wishes.

The female equally needs to understand that the masculine energy loves to provide solutions, and in the providing of solutions feels competent and adequate in itself, and that presenting a problem may also require the solution be acknowledged and perhaps, even carried out, if appropriate. This Awareness supports both the feminine and the masculine; neither being better than or less than. Both being equal, but different, capable of supporting one another with the truest understanding that each contains within it that seed of its opposite that would allow the tolerance, the harmony, the balance needed to find the middle ground.

This Awareness wishes to continue with the question and to address anything not quite covered by this Awareness at this time.

HINTS FOR BETTER COMMUNICATION BETWEEN THE SEXES

(Enter the Talking Stick)

QUESTION:

Any hints or suggestions for more positive communication between the sexes?

COSMIC AWARENESS:

First of all, this Awareness wishes again to refer to a tolerance and a patience of one gender, one sex to the other, with the recognition that males will respond differently than females, so females needing to be tolerant and patient with the male, and males understanding the same of the feminine, that they will be different in their expectations and needs than another man would be, and to also be tolerant and patient and

willing to go deeper, to open up, to be emotional, to open the heart energy, and not simply using the mind energy.

The Use of the "Talking Stick" in Communication

This Awareness does have a suggestion for a tool of communication that could be most beneficial in this process. This is a tool known as a talking stick. A talking stick being a Native American tool of communication often used by many native families. The talking stick was not of course a stick that talked, but a stick that allowed talking, communication between individuals. It is a particularly effective tool to be used in the communication process between men and women. A stick was found that could be used as this tool of communication. It was decorated upon every successful use as a communicating tool.

The process was based on protocol that was agreed to in advance. The first protocol being that this stick, often one to two feet in length, would be acknowledged as a means to establish a time to communicate, to talk. If one asked for a talking stick, that because agreement had been made that this tool would be used to allow open-hearted communication, one made the effort to use it and to communicate with the other as quickly as possible. Once this agreement is in place, if an individual has an issue, has the need to talk, that when he or she asked for a talking stick of the other person, that there would be an agreement to come together as soon as possible in order to communicate, in order to resolve issues, or to speak the unspeakable, to speak that which needs to be spoken or discussed.

When the two individuals, or several individuals, if there are more than two, come together to use the talking stick, there is further protocol that is used. The first protocol is that the person asking for the talking stick is the first to talk. If it is a one on one communication between the two people, the person would speak to that person he's asked, or she has asked to have a talking stick with; he or she would state the issues that they feel are needing addressing, needing to be communicated, needing to be heard.

The problem for most males and females in their communication is a lack of listening, a lack of hearing. Too often, when something is voiced that triggers the individual, they will go immediately to a place of creating a defense in their mind, a rebuttal to what has been told to them. Thus, they stop listening, they stop hearing what is spoken. With the use of this talking stick, the individual presenting their case, presenting that which is the issue, speaks it to the other individual they are communicating with, that they are doing the talking stick with. When the individual holding the talking stick is complete, the talking stick is passed to the other person with the purpose of that individual repeating back to the first individual what he or she said.

That is why it is important for the individual starting with the talking stick to not go on and on and on, so much so that the individual can never remember all that was said. It is recommended that the initial presentation of the issue, of the problem, of that which needs to be discussed, be short and to the point, so that the individual, when asked to repeat back what was spoken, can do so, thus indicating that he or she truly did hear what was spoken. If in the event that the individual cannot accurately repeat and give back what was spoken, the talking stick is returned to the first individual, and that individual repeats again what he or she said, and then returns the stick back to the second party, again for the purpose of having it repeated.

When this is successfully completed, when the initial person speaking their peace feels satisfied that the person heard them, the second person has a chance to talk, not with the intent of defending what was said, but rather, expressing from their heart what they perceived and understood of what the person was saying to them, so that a solution perhaps can be found, but most importantly, so that each can be heard on this issue. The talking stick will go back and forth until both parties feel content that they have been heard, that the issue has been presented, that communication, true heart to heart communication has been achieved.

The repeating back and forth need only take place as long as it takes for both parties to feel they have been heard. After a certain point, open heart to heart conversation, flowing freely between the two parties often occurs. The talking stick is a true tool of communication that this Awareness advocates the members adopt as a tool for personal communications between themselves and loved ones, that treated with honor and respect will reflect honor and respect between the parties involved. This is an excellent way to learn how to communicate with other individuals.

Attach a memento to the Talking Stick

This Awareness feels complete at this time in *Its* discussions of the talking stick. *It* simply wishes to add this; that upon every successful completion or use of the talking stick, that something be added to the talking stick; some little knickknack or memento, that would indicate a successful use of the talking stick, so that over the years, when one picks up the talking sticks with all the little mementos or knickknacks on it, it is an indicator of successful communications between these two parties or perhaps within the family. This is a tool that can be used for family communication, thus, even children would be encouraged to ask to use the talking stick when they feel they are not being heard or they are not being honored.

Seeing a talking stick with all of the additions to it will indicate always high success in the fine art of heart to heart communication. This Awareness is complete at this time on this subject and wishes to move on to the next question.

RADIO REPORTS OF BIO-FUEL LACED WITH BIRD FLU VIRUS NOW BEING SENT TO CALIFORNIA

QUESTION:

A question from Ethel Burkett in New Jersey. She writes: "Dear CAC, my son called me yesterday with very disturbing news. He listens to the broadband radio all the time. Yesterday's news: the new bio-fuel was sent to California and it's laced with the bird flu virus. Millions will become sick and die. What can I do? I thought maybe bumper stickers would help.

COSMIC AWARENESS:

This Awareness wishes to communicate to the individual. *It* does need a name to put to this letter, and this Awareness apologizes for not pointing out sooner that *It* requires a name to each letter, and where the letter comes from to the new Interpreter, and apologizes for not mentioning this earlier. This Awareness requires a name and a location from which the letter comes from, and asks that this be included at this time for this letter.

QUESTIONER:

Ethel Burkett, New Jersey.

MIC AWARENESS:

Thank you. This Awareness first of all picks up on the fear in this letter. The fear being that the bird flu would be released through the bio-fuel; that it is contained in the bio-fuel. This Awareness wishes this entity to realize that there are various ways that it is planned for a bird flu epidemic to be released on the world's populace. The use of bio-energy fuel and containing the organisms in the fuel to be released when this is confirmed, is simply one of those methods. There are other methods too. Chemtrails are one way that this agent could be released eventually. At this time Chemtrails are more for the purpose of weakening the immune system, thus, when the bird flu agent is released, that it will hit a populace with a reduced immune system and that they will fall prey to this epidemic even more quickly.

Other ways of introducing this flu would be through such things as the annual flu vaccinations, which organized medical organizations regularly recommend to the seniors and to children and to those with weaker immune systems to help them be fortified against the seasonal flu's. This too could be contained in the serum being injected, supposedly with the intent of providing protection against the flu's. This is not at all their reason, for if it was so, then there would be no flu's available that people suffered from after being injected. Often the case is that individuals receiving a flu vaccination will often immediately come down with the flu upon receiving their vaccination.

Fear in Itself Weakens the Immune System

It is seen that this too would be one delivery system that has been thought out and thought of as a way of introducing the bird flu epidemic. Other ways are also seen, so this Awareness wishes this entity Ethel to not panic, to understand that it is fear that would be the most harmful of all, not the spreading of this, but rather in holding a negative energy over this. Fear in itself weakens the immune system, thus creating a situation where the individual could be twice at risk to something such as the bird flu as when they are not in a state of fear.

The suggestion to create bumper-stickers is seen as something this individual could do if this individual feels the need to share information that way. It is seen that most people would first of all not understand what the bumper-sticker might be trying to convey, or second of all, might simply write off the owner of the vehicle on which the bumper-sticker is attached, as a "kook" or a "crank." Speaking about it to individuals may be a more effective way of spreading this information, but understanding that speaking about it is also something that can cause panic, cause fear, cause concern, so if the individual is coming from her own place of panic and fear, then she would be conveying that to others. She would need to be able to contain herself and her fear, so it is not what is being passed on, but rather good clear information is passed on.

Because the plan is to release a flu-like virus that would be and could be very destructive, because the plan is to introduce it at various levels through various means, simply telling people to be fearful of the use of bio-fuels would not seem to be all that effective. A discussion of the plans to infect the populace with bird flu, and that the best thing to do would be to keep the immune system strong and healthy, would be a better approach. This way, people become aware of certain plans held by certain agencies to introduce the bird flu to the world with the intent of destroying large amounts

This Awareness can prepare individuals, can help them take measures to keep their immune systems strong and healthy. It is important not simply to be a harbinger of fear, of anxiety, of stress over this situation, but to also bring hope, bring awareness, bring understanding to those plots that are in the ethers, that are in grasp of individuals whose intent is less than honorable towards humanity, and towards the perpetuation of the human species.

Each individual has a responsibility to convey not only information, but solutions, answers, awareness; that this is what is recommended. A simple bumper-sticker may make some individuals aware of something, but does not really give any solution to the problem, does not really promote hope or awareness of what to do, of how to deal with it. The government in its continual release of information, of movies, of news reports documenting bird flu perpetuates the fear around it and the possibility of such a thing happening.

While it may be held as something that those agencies will wish to infect the populace with, it is also recognized by them that the creation of a fear base in society will actually impair the immune system and make it less effective against the treatment of this illness, of this bird flu, and that is why this Awareness cannot recommend that the individual perpetuate fear herself to others, but would rather recommend discussing it to those of like mind, like spirit, who are prepared to hear, who are prepared to listen, and thus also giving insight and awareness to what could be done to improve the immune system, and thus prevent the cases of bird flu being potent, being an effective agent that leads to death.

Bird Flu Not Spread by Birds At All

Ironically, with the many plans for the release of this viral infection, the only thing that will not truly spread this virus is contact with birds, and yet that is the con, and that is what the government and the World Health Organization and other agencies would have you believe, that this is an illness that would be spread through infected birds. This is *not* how this virus will be spread. There are many ways that it will be spread. It is imperative that individuals know that it is a *planned* activity and that there are ways to stay strong and stay healthy and thus not fall victim of this epidemic that is already planned, this epidemic that is already on the books. It is important to stay strong in body and in mind and hold to health and well-being as a way of staying resilient to the spread of this virus, of using good food, good nutrition, natural remedies, keeping the body sound through exercise, meditation and all of these sorts of things as solutions to the possible release of the bird flu.

This Awareness also wishes to say that it is not yet 100% that even though it is a plan to release this virus, that this will actually occur. So that simply being in panic over it will certainly not be helpful or beneficial in any way, shape or form. Again, a further reason of not simply spreading panic or concern; rather spread information, spread awareness, spread solutions to this situation. It is that which this Awareness recommends. This Awareness feels complete with this subject and asks if anything further is asked of this Awareness in regards to this question.

QUESTIONER:

No.

COSMIC AWARENESS:

CA) This Awareness feels complete for this evening. Are there any last questions before this Awareness concludes for this evening.

QUESTIONER:

No.

MANY PLANS BY THE DARK TO REDUCE POPULATIONS

COSMIC AWARENESS (CLOSING MESSAGE):

This Awareness wishes to provide a closing message; that the theme for tonight seems to have been about health and well-being, especially in relation to illness and viral infections. This Awareness wishes the membership to be aware that there are many plans afoot of how to reduce the world's population. The strongest measure of defense is good health and good attitude. An attitude of gratitude and thanks giving is essential. Positive emotion and emotional well-being is essential. Good health through good nutrition is essential.

There are a number of agencies at work on both sides; on the side of the Light, of Spirit, that are working to promote understanding and spiritual advancement as well as those on the side of darkness that are working to create fear, panic, disbelief, anxiety, stress, bad health, bad nutrition. One needs to have awareness and a willingness to work at good health on all levels to be free of the effects that the Dark Forces are promoting on this planet at this time. This is an active participation in one's health and well-being, not passive.

There must be a willingness to look at the deep issues that are on the surface fearful; to dig deeper into those issues to gain awareness, but also to find answers. Nothing is hopeless, and the future is not hopeless. There is great hope and great light ahead, and it is this that this Awareness wishes the individual to pay attention to and to stay focused on. There is great hope and great light at this time, and this light is being shown on humanity, on all of this world with the intent to bring people to the light, to bring great hope in these times of darkness and corruption and betrayal. This Awareness asks the individual to always remember this, to always seek the Light, to seek understanding, to seek Awareness when everything around them seems lost, dark and hopeless. These times are difficult times, but they are not hopeless times. They are not without Light and this Awareness asks always that you look to the Light and that you hold to hope, to trust and faith that all will be well in the end.

This Awareness thanks the membership at this time for holding to this Awareness, to seeking their truth and their understanding by looking deeper in themselves and looking to this Awareness to help provide Light and hope in these troubled times. This Awareness is complete at this time and asks that the Law of Gratitude be recited now.

(Law of Gratitude is given)

Ed's Note: Wayne Rowland, the inventor of the Silver Wain Water which CAC makes available to the membership, sent us the following memo in relation to the various flus:

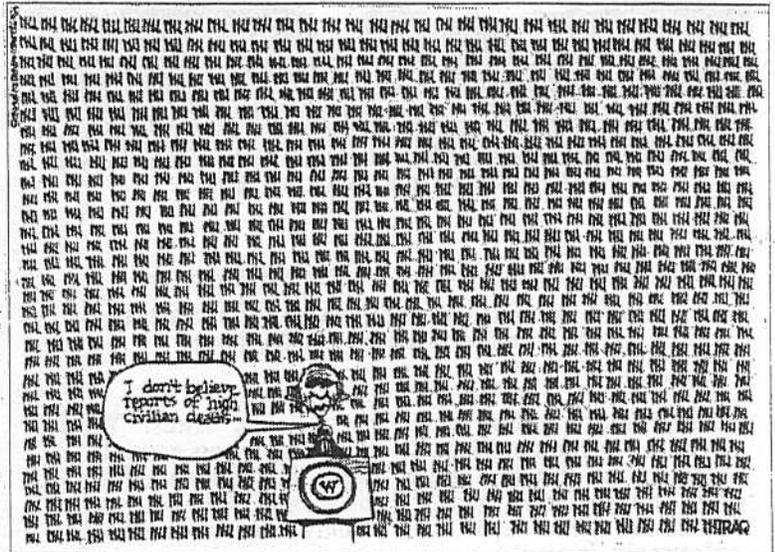
"In view of the announcements of possible bird flu that could greatly affect our lives, do be sure that

everyone is told, and understands, how important it is to spray the eyes with Silver Water.

Most people are unaware that nature has protected the nose and mouth from virus and bacteria that are airborne, with an acidic saliva. However, the eyes are moist and warm and completely open to receive infections. Even if a person has become infected they should immediately begin to spray the eyes.

IT COULD SAVE YOUR LIFE

Small plastic sprayers are available in most drug stores and health food stores for about \$2.00.



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Send Questions for Awareness and comments to the editor

To: avatont@comcast.net



"CONGRATULATIONS! YOU ARE THE 300 MILLIONTH AMERICAN!"

Excerpt ACA Reading 1-1-28-83 Paul Shockley Interpreter

She's Awakened by Strange Messages (An Interdimensional Warp is Occurring)

QUESTION:

One other question from Audrey P. She writes: "Who is trying to contact SPIRAL members? Upon going to sleep I used to hear a "beep-beep", then it changed to two knocks, then a swishing sound, and other sounds. Since the "beep-beep" I heard many times sounded electronic, it would not have simply been the sound of exiting my body to go into the astral. One night I heard the name "Zyliton", repeated three times, a name I've never heard before. Another night I was startled out of my sleep. There had been this huge head of an oriental man, directly in front or above me. I could feel pressure in the pineal region. He shouted: "I said holes, (or wholes), not hose!" The contact has been very strong."

She wants to know what in the world is going on, and are other SPIRAL members being contacted like this?

COSMIC AWARENESS:

This Awareness suggests that this message be spelled out; the message of the oriental.

AVATON:

(Quoted statement above is read again) It doesn't make much sense: the message. But that's what she says.

COSMIC AWARENESS:

This Awareness indicates that the message was not intended to make any sense, but rather to confuse the entity. This Awareness indicates that this appears to be an interdimensional entity, not having any particular significance in terms of purpose, the entity simply enjoying attention. This likened unto a noisy ghost, or poltergeist. The entity as being more of a nuisance than as a threat. This entity also not having any particular value to your life.

This Awareness suggests that it appears the energy involved in this entity was simply a kind of distorted warp, interdimensional warp such as occasionally would occur on a radio, whereby you are tuned to a particular frequency, but as you drive along a road, or as certain air currents change over your house, a frequency interference occurs, and the frequency crossing your channel, interferes and leaves a message which you recognize as not being part of the message coming through your own radio channel.

How Psychics Could Pick Up Messages From Other Dimensions

This Awareness indicates that this does occasionally happen in psychic levels and in interdimensional communications, whereby these dimensions and their frequencies tend to cross, and messages leak through into other dimensions than those intended. This Awareness indicates that this in some ways may explain how psychics often pick up messages from other dimensions; this likened unto the entity who has a short-wave radio, and can tune into many different frequency bands, as compared to the entity who has the commercial radio, and can only tune to certain AM or FM bands. This Awareness suggests that the questions originally asked may be repeated. That it appears this was not answered in its entirety.

FOLLOW-UP (AVATON)

Well, the main gist of the question was: Who is trying to contact SPIRAL members?

COSMIC AWARENESS:

This Awareness indicates that it appears that this as in part an individual interpretation of these energies. This Awareness indicates that you as one who has peculiar insight into areas which most entities fail to see or understand, and this psychic insight as that which allows you to have greater perception, as well as interference from those realms which you see.

This Awareness indicates that as one's consciousness expands to include other frequencies, those frequencies also expand to include one's consciousness, and you become part of a greater scene, and find yourself slipping in and out of other reality frequencies. This Awareness indicates that it is very important for you to keep your ability to discern and make distinctions between the physical reality plane and those which are in the other realms, so that you do not become confused about which is which.

It is also important that you be cautious in relating to others about this who may not have your understanding and discernment, and may think that you are lacking in clarity, and are bordering on insanity. This Awareness indicates that you must discern who to communicate with on such matters, and who not to communicate with on such matters, for many entities simply cannot handle such information in their version of reality.

This Awareness indicates that in reference to the implied question: "Who is trying to communicate with SPIRAL members?"—This Awareness indicates there are energies which would prefer the SPIRAL information not be released. There are energies which are encouraging the release of SPIRAL information, and both of these energies can, at various times and to different degrees, attempt to communicate with you. This Awareness indicates that *It* does watch over the SPIRAL organization and does assist in keeping these energies aligned for *Its* purposes:

This Awareness indicates that *It* cannot always disclose *Its* methods or *Its* purposes, other than to indicate *It* seeks to lessen the sorrow and suffering of the world.

Does a Color-Coding Conspiracy Exist?

FOLLOW-UP QUESTION (AVATON):

Awareness, this entity has repeatedly sent in questions about color coding. She is convinced there is some kind of code being transmitted through entities wearing certain types of colors in their dress, in the way they dress. The Interpreter read a letter, a long letter that she sent to Sam, and hopefully, it might have energized some new information, and I'd like to ask at this time if Awareness can see any validity to Audrey's theory of

the color coding, or is this, as Sam suggests, a mild paranoia, or something of that nature?

COSMIC AWARENESS:

This Awareness indicates that this as having substance. This Awareness refers you to the book by L. Ron Hubbard,...this appears to be *Psychic Politics*, This Awareness indicates that the name not seen clearly. It appears to be *Psycho-Politics*. This Awareness indicates that this book including a speech by Beria during the '30's, whereby he describes the use of psychology and training of psychiatrists in Austria to become part of the Russian plan for domination, whereby these psychiatrists would be used to alter political direction, to influence the courts, to rid society of persons who were a threat to the Communist program, and bring about a greater awesomeness of the psychiatric field so that they essentially became gods, unquestioned by society as to what their authority might be.

This Awareness indicates that this plan as having been carried out, whereby these forces were to establish power as psychologists, psychiatrists, throughout the systems, so that they could control where the power was being centered at, and whereby those who entered into the profession of psychiatry would in due course, come under their domination, their jurisdiction or authority, so that even without knowing, a psychiatrist would become part of the system of guiding and watching through the psychiatric profession, individuals, programming them in the direction desired, or using them for a desired social or political purpose.

This Awareness indicates that the color coding as that which allows them to recognize each other as fellow members, or as rank might be indicated. This Awareness indicates that there are several other factors in this recognition program. That the first being to bring about the visual contact or message, whereby the entity recognizes the other by certain patterns of color scheme, such as wearing the color, whereby the entity new on the scene may wear the color red or blue, or in a combination, or whereby a new employee would wear the color red for each day for a period of 13 days--this being a signal to others that this entity was part of the group. This Awareness indicates that the entities arriving or leaving, wearing the color of red, or an entity being in a public place, might be cautioned to wear a particular color for that day. This color coding as intended to create the first message to others that this person may be one of your group.

The Men in Black—The Brotherhood of The Shadows

This Awareness indicates the second message is that which is verbal, whereby the verbal contact would not seem unusual or out of line in any social situation, thus, the question: "Have you got the time?" This Awareness indicates that you will recall this question also being that which was associated with the Men In Black, the Brotherhood of the Shadows. This Awareness indicates that these are all part of the same organization and activities, but on different levels. The psychiatric field as being on a lower level, whereas the most high as that which is the secret order which has previously been mentioned by this Awareness as the Knights of Malta, and the Saint John Cross of Jerusalem, and that which is associated with the royalty of England and the Rothschild banking system.

L. Ron Hubbard's Book "Psycho-Politics"

This Awareness suggests that entities wishing further information in regard to these mysteries, to contact the Church of Scientology, requesting that book; it appears to be *Psychopolitics*, by L. Ron Hubbard. This was written in ..this as an older book which may be out of

print. This Awareness indicates however, that through persistence you will find a copy of this book.*

*Ed's Note: It's out of print but available on the Internet site which sells rare and out-of-print books abebooks.com

It's called "Brain-Washing. A Syntheses of the Russian Textbook on Psychopolitics" by L. Ron Hubbard—L. Berea. Price: \$45.00.

This Awareness indicates also that information given through the New Solidarity in regard to the U.S. Labor Party, and the book *Dope Incorporated*; this can also be informative. This Awareness indicates also that other information from this organization relating to the Knights of Malta: this can also be found in their material.

This Awareness indicates that it is more or less a fact of life that there are vested interests in every aspect of life, whereby certain forces seek, through cooperation with each other, to gain power over others and to promote their own particular values. This occurs among Christians, Jews, Indians, Russians, Poles, or any other nationality. This Awareness indicates that it occurs in all religions. That this is what may be termed to an outsider as a conspiracy, but whereby you are involved in the action, it is generally considered as group action, or cooperation, or co-creation.

What Concerns Cosmic Awareness About Color-Coding

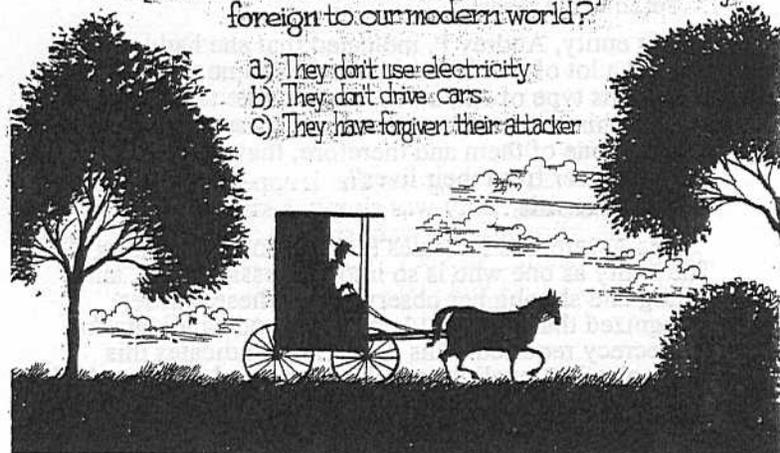
This Awareness indicates it is not so much how entities cooperate that concerns this Awareness, but rather the *methods* and *motives* for that cooperation. This Awareness indicates that the actions of color coding as that which could be used by the most elaborate global conspiracy organization ever to inhabit this earth, or which could be used by the local Brownie girl clubhouse. This Awareness indicates that in itself, the color coding is harmless, that this as simply a way of recognizing members and rank. This Awareness indicates that these recognitions are simply a by-product of the organization; that the organization is that which needs to be examined for its motives and purposes; that some of its purposes approach high spiritual directions, and can easily be modified to bring this planet into alignment with Divine Forces. That other aspects of this organization are grounded in concepts of greed, power and control over others, a lack of respect for life; and these concepts need to be weeded out of this organization so that a higher sense of purpose and value can emerge. The organization, if it does not weed out these elements from itself, will, in time, destroy itself.

Forces in the Galaxy are Watching Events on this Plane

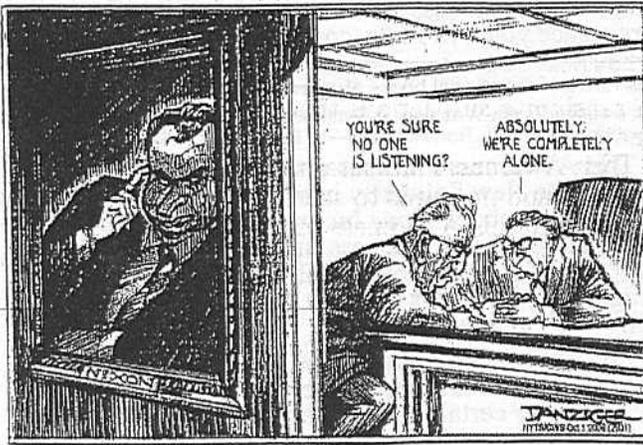
This Awareness indicates that there are forces in the galaxy that are watching events very carefully upon this plane, so that these forces are allowed only a certain perimeter in which to move and a certain time in which

Q: What is it about the Amish that seems particularly foreign to our modern world?

- a) They don't use electricity
- b) They don't drive cars
- c) They have forgiven their attacker



Bush Now Confering With Henry Kissinger on What to Do



to evolve to the spiritual level that is required. This Awareness indicates that meanwhile, these forces have their games, their charades, their secrets, their color codes, their meetings and their feeling of superiority for being part of the "in group", as opposed to being part of the common herd.

FOLLOW-UP QUESTION (AVATON):

Color Codes are No Accident?

Then these entities actually are verbally instructed, or through the printed message about the color coding, and it isn't something that's done via programming or psychic programming or something of that nature?

COSMIC AWARENESS:

This in the affirmative. This Awareness indicates there are of course many coincidences, wherein an entity simply wears red or blue without even being aware that a color code exists for others. This Awareness indicates that as white is generally a color which is discouraged on television, it leaves entities with a choice of seven other colors, and black. This Awareness indicates that the likelihood that an entity would wear red or blue in order to look good on color television is very high. This Awareness indicates that however, wherein these entities in attending a particular meeting or gathering of their own types, all make special effort to wear a particular color, and that their wives must also wear that particular color as appropriate, and whereby this is sufficient to cause emotional reaction if entities vary or alter the color scheme; This Awareness indicates this goes beyond coincidence and is to be taken at face value, that indeed the color scheme as a code exists, and these entities are organized to some purpose and use the color scheme to recognize each other.

Why Audrey Lost Her Friends

FOLLOW-UP (AVATON):

This entity, Audrey P. indicated that she had lost her job and a lot of her friends, and even some of her family, due to this type of exclusion, and I'd like to ask Awareness: Is this because they somehow sense that she could never be one of them and therefore, they just sort of dismissed her from their lives?

COSMIC AWARENESS:

This Awareness indicates that this in the affirmative. The entity as one who is so into expressing truth, and telling and sharing her observations, these entities recognized that she would not be a good candidate for the secrecy required. This Awareness indicates this entity also had qualities of a high spiritual nature, which these entities saw as erratic in terms of their ability to control the entity.

This Awareness indicates that when dealing with psychiatrists, psychiatrists generally evaluate each other through psychiatric techniques, and therefore, when coming across an entity who is too perceptive and observant and who can see the techniques for what they are; these entities often feel naked, and therefore, they lose their power over that entity. To keep the power over that entity, they may need to band together and ostracize the entity, and make the entity feel as though it is she who is inadequate.

This is Part of the Battle of Armageddon

This Awareness indicates that in this manner, by banding together, using secret codes, secret communications, and sharing as a kind of group action, entities can gain much power over the minds of others. This Awareness indicates that this as part of the battle of Armageddon, the battle of minds, whereby entities follow the path toward material gain through cooperation with the Dark Forces, or follow the path of spiritual gain through allowing the Light to guide one.

Health Hints From Personal Readings

(Persistent Pain in Shoulder and Hearing Loss)

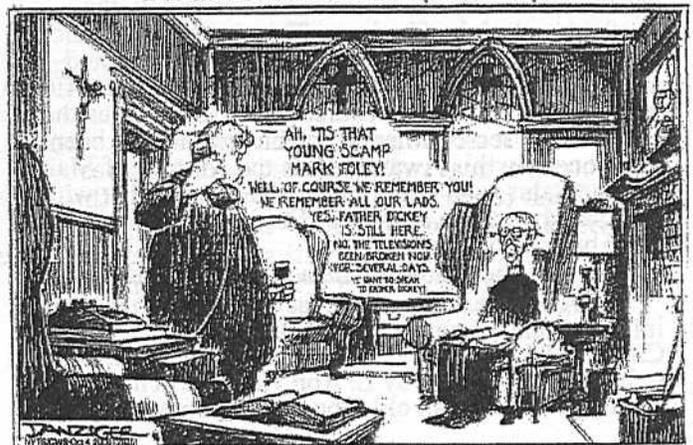
QUESTION:

For many years I've been a total vegetarian, but have not yet overcome a loss of hearing condition which, while not becoming worse, doesn't seem to improve. The loss had its onset while and after I was working in a very noisy place. Here again, I have hoped to get help through the use of a good trance subject. Besides this, a persistent pain in my right shoulder is rather debilitating, as I need the use of both arms. Should I reasonably expect help from some source as yet unknown to me?

COSMIC AWARENESS:

This Awareness suggests that you take pumpkin seed oil, two parts pumpkin seed oil to one part sesame oil, this being approximately two tablespoons daily for a period of three weeks. This Awareness indicates this be taken orally. This Awareness suggests also that for the hearing situation, the use of olive oil, wheat germ oil, castor oil, and pumpkin seed oil in equal parts, a drop in the ear daily for a period of approximately three weeks, this to soften certain tissues within the ear. This Awareness indicates the use of the pumpkin seed oil mixture taken orally as that which is related unto the shoulder situation. This Awareness suggests also that the use of lemon juice for a period of approximately three months, at least one lemon daily, as being beneficial - the juice from one lemon, this as being beneficial to your general vitality and the shoulder in particular. M780624PB

At the Home for Retired Priests of Boyhood Memory





...GETTING IT ALL INTO PERSPECTIVE:

THE DARK AND LIGHT ILLUMINATI (THE COMING OF THE NEW BEING)

Ed's Note:

For the benefit of our many new members who may not have read some of the very early information released by Awareness on the Illuminati, the following reading given in 1976 may be helpful in better understanding what is happening on this planet today as the Orion conquest of Earth nears its completion. The *Revelations of Awareness* newsletter from which this reading was extracted, has been out of print for a number of years. Today, the major players in the Illuminati appear to be in total control and it is hard for entities not to get polarized as this scenario continues to manifest. However, Awareness has indicated we are only observers and not judges. (The New Being mentioned are now manifesting all over the planet).

Avaton

QUESTION:

We are now preparing the Illuminati information in booklet form, including all Awareness has said about this to date. Is there any more information on the Illuminati Awareness would care to give at this time which can be included in this booklet?

COSMIC AWARENESS:

This Awareness wishes this information be kept in balance. That entities in reading this information may tend to be polarized into states of hostility; may tend to be hostile toward those whom they think of as evil. This Awareness wishes entities to understand that those forces which played the role of the Luciferians, when looked at from another dimension, are those forces which were necessary to allow mankind that opportunity to develop his own individuality. This Awareness indicates that through error entities develop their individuality; through the action of realization of that error, entities move back toward divinity. In this manner the individual becomes divine.

This Awareness indicates that this Awareness does not judge entities. It does not resent or resist any action of any entities, but does desire to allow entities to understand that these roles no longer need be played, for there is a New Being coming into existence at this time and this New Being is such that it needs not be concerned with concepts of good or evil, with concepts of right or wrong, with concepts

of superiority or inferiority, with concepts of divinity or non-divinity, with concepts of spiritual and material concerns. This New Being needs only be concerned with actions of service, actions of attention, actions of sensitivity and actions that express love for one another.

This Awareness indicates this New Being has no concern and no needs to sacrifice itself, has no needs to worship this Awareness or any other Deity; has no need to bow to any individual, no need to bow to any concept, but does need to give attention to service, to express freedom, to allow others to express freedom and to avoid any forms of violation. This Awareness indicates that this New Being can only exist when all that which would be of a restrictive nature is given attention and is looked at clearly. Wherein all of that which would manipulate and deceive consciousness is given that spotlight wherein consciousness looks at those who would manipulate; yet without condemning the manipulators, simply look at the show and the trickery and say, "Enough! I care not to be entertained or confused by this trickery any longer! There are other actions and other experiences that we may all participate in and may all co-create together!"

This Awareness indicates that the information on the Illuminati may be followed by further information on how to function in the New Age without being controlled by the banking system, the money-changers; how to function economically in a way that allows entities greater freedom. This Awareness indicates this shall be given in several readings.*

This Awareness suggests entities understand the nature of the Force of Lucifer as being the other side of the coin of the Force of the Christ, but that these two are essential of the Divine Being. This Awareness suggests you be very careful to depolarize any concepts relating to any forms of hostility or rejection which might have been incurred while reading the material given in these readings relating to the Illuminati. This Awareness indicates that there are no entities totally evil and no entities totally good. There are entities who do switch back and forth from moment to moment and some who switch back and forth slowly from lifetime to lifetime; that all entities in general have a balanced karma where they are just as evil as they are good, and those who are good now are good *only* because they have been evil previously; and those who are evil now shall either pay for this later or have earned grace from a previous time.

This Awareness indicates that the polarity is that which is of the concern, the *extremes* of misdeeds rather than the fact of misdeeds. This Awareness indicates that any entity who seeks to be especially good shall find himself becoming a problem to others. Any entity who becomes locked up in concerns for evil and enjoys doing evil deeds, enjoys this only because he has felt rejection from those deeds which were intended as good; this Awareness indicates that the psychological effect of thinking in terms of good and evil only adds to the problem. The effect of looking at 'what is' without judgment begins to move the polarity toward the center, likened unto entities who stand on the teeter-totter moving carefully toward one-another, until they meet at the center wherein there are no great ups and no great downs,

but simply a balancing, and the higher is not much higher than the low and this may exchange easily.

This Awareness indicates that in regards to the Illuminati and the actions, you may recall there are the White Illuminati and the Black Illuminati. This also as being within yourself. This Awareness indicates that the Black Illuminati is that force which would promote self at the expense of others, which would force ones growth by using manipulation and power. The White Illuminati is that force which would serve oneself by serving others and serve others while serving oneself, and would exclude no one in terms of any form of manipulation or control over any other entity. This Awareness indicates the White Illuminati is concerned with assisting all entities; the Dark Illuminati as concerned with assisting oneself in competition with others.

This Awareness indicates that as this is understood, the very nature of the problem becomes clear and the energy on this begins to dissipate and the New Being begins to emerge more clearly from the center of this action. This New Being having experienced the totality of the trip known as "good and evil"; having emerged from having eaten of that fruit, this New Being then begins to express new life upon this plane. This Awareness indicates this New Being then begins to function wherein all beings are served by one another and no entity is excluded from the feast of life.

WISDOM OF AWARENESS:

ON THE MASSES AWAKENING

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

The meek shall inherit the earth.

(From Issue 78-20)



THE COSMIC AWARENESS SPIRITUAL DEVELOPMENT COURSE

Taurus: Volume 2 Lesson Number 11

Question(Avaton):

Would Awareness please give the eleventh lesson in Volume Two of the Correspondence Course? The eleventh lesson being that which relates unto the security and the foundation of the entity in relation to the society and that which the society can contribute to the entity, and which the entity has a right to claim and a right to ask for and which the entity may contribute and add to.

COSMIC AWARENESS:

This Awareness indicates that in relation to the entity's attitude toward society and the reality of the society itself, in its relationship to the entity, there can be a great discrepancy. This Awareness indicates the entity may look at society in a manner that does not see clearly 'what is.' This Awareness indicates that entity may see clearly what is, yet may reject that as not being proper. This Awareness indicates that the entity may even go one step further: see the society as it is, reject the society as not being proper, and may have another concept of how the society should be.

This Awareness indicates the entity may approach this from another direction, see how the society is, see it as not being proper - how it *should* be - but also see himself or herself as likewise not being proper, and seeing also how he or she *should* be. The entity may also approach this as seeing the society as proper and themselves as being improper, and seeing how they *should* be, or perhaps not knowing how they should be, but simply feeling themselves as being a misfit in society.

This Awareness indicates the entity who feels integrated in society, sees the society as it is with its flaws and its good qualities, its workable qualities, sees how he or she can work within the framework of the relationship of himself or herself and the society, sees the areas to avoid and the areas to relate with, and also may see areas which need to be changed and worked with, either in themselves or in society, in order to bring about a closer, more workable relationship.

This Awareness indicates that most entities do not feel totally integrated with their society. The word 'society' here relating unto those associates round about, the friends, the family, the schoolmate or workmates, the fellow employee, the people in general in the neighborhood, in the city, state, nation, and world. Most people do not feel integrated with strangers, and this in reality needs not be considered a problem, but is a natural situation. This Awareness indicates that wherein you do not feel integrated, but would like to feel somewhat more integrated with others, the action of moving toward closer relationship can come about by keeping the four areas previously mentioned in balance. Whereby you can relate, not from the 'I Am' corner alone, feeling self-conscious, feeling fearful or victimized by those who have great control, nor approaching your relationship with society from an attitudes of having to control everyone you meet, nor seeing your society entirely as a big chocolate cake wherein you want to get your share, nor seeing your society entirely as but a grand illusion in the grand scheme of things, having no substance in reality, being but Maya, but sound and fury signifying nothing.

Any of these points of view is valid but limited, and the limitations create the lack of integration of the individuals with his society.

The entity who is integrated with the society can see all four viewpoints simultaneously, at least to some degree: feeling for others even though they may be strangers, being able to control others through close communication, suggestion and also through sensitivity of feeling the 'I Am' concept (the feeling of the entity and feeling for the entity), empathetically feeling the entity even when giving suggestions or discussing situations with the entity. The integrated entity can also deal with material concepts and substances, material relationships, business, and properties. The integrated person can also deal with metaphysical concepts, ideas, realities, and see the Universal absurdity of this game of physical life, yet continue to play the roles upon this stage as though they were real, and have no problem in doing so.

This Awareness indicates that an integrated entity does not see the need for saying, "All is nil," or "The entire thing is phony," or "Everything is but a pseudo act." The integrated entity can see that this bears some semblance of truth, and in a certain viewpoint is true, yet the integrated entity says, "Yes, this may be false, but so am I. Therefore I may as well get into the act and enjoy it." The integrated entity does not feel a need to compete with others to the degree that others are hurt or violated, for the integrated entity can see that all others are equal to himself, are of equal value to the Universal forces, and have the same rights, privileges, and the same responsibilities as does oneself. The integrated entity can see that those who are not facing their responsibilities do not need to be considered inferior, but can be shown how they may face their responsibilities. Yet the integrated entity does not feel the need to sacrifice himself or his time by dealing with irresponsible entities, but may allow that irresponsible entity to play his irresponsible game elsewhere. The integrated entity does not feel the need to sacrifice himself, does not feel that he owes others anything for being, but will pay his or her debts to others according to the relationship and energies which have been exchanged, and according to a sense of justice and fair play, regardless of whether it hurts the individual entity or whether it hurts the other entity involved in the exchange and business at hand.

The fair play, the justice the integrated entity sees does not favor himself over others, nor does it favor others over himself. This Awareness indicates that this

as a delicate and difficult balance, and few can be totally integrated at all times. Therefore the situation of such an entity is more like that of a rocking boat upon waves, whereby the entity favors himself at this time, and then the waves change and the entity must give up certain aspects and favor the other. This Awareness indicates the *Law of Karma*, the *Law of Gratitude* assist the entity in the balancing action in terms of the giving and taking.

This Awareness indicates that in terms of the entity who looks at society, seeing society as it is, or with prejudiced eyes, seeing the society as hostile, seeing the society as that which is incompetent compared to that which the entity would like to see - this entity generally creates in time some form of ideal. This Awareness indicates that these ideals as to what a society should be have nothing to do with the reality of the moment, with the reality of what the society is, and exist only within the consciousness - within the head - of the entity.

This Awareness indicates that as the entity looks at society with disdain, there is that reflection from childhood experiences which often are related unto attitudes toward a parent, which are later transferred from the parent onto the society in general. This Awareness indicates an anti-social child may actually be striking out at a parent or a force from childhood. The anti-social child may be dealing with energies which have nothing to do with society, but are simply brought up and transferred onto society, creating an attitude toward society which is not even there in reality. The anti-social child or the resulting adult that comes from that childhood, may simply be acting out blocks and energies and seeing these blocks within himself as being something that is caused by the social structure or by the society in general.

This Awareness indicates there also may be some semblance of reality which does match with the child's vision of society or of the parent. This reality may be there, yet may be made more significant that it actually is. A parent may have a certain type of behavior that is frustrating to the child, yet the child may intensify the frustration to a degree greater than is necessary, greater than is appropriate, and the parent then, having this particular quality which the child rejects, finds all other aspects of his behavior ignored while the child objects strictly and totally to that one aspect. This Awareness indicates this also can be transferred to the society as the child grows older, and in this transference, the child may be totally hostile toward the society for a particular action. And in this hostility the child may only see the society in terms of that particular action, and may not see the society for the other actions which are beneficial to other entities and to the child.

This Awareness indicates that as this occurs, the child in feeling this intense frustration toward society based on the particular viewpoint which is over-significant, which is magnified in the consciousness of the child or the entity, may now find an opposition occurring between the child and the society whereby there is a conflict of interests: the entity attacking the society, or the society attacking the entity for not being integrated - for being a misfit.

This Awareness indicates that the actions of certain psychiatric, psychological, and social working branches and fields, certain ministers and advisors can bring about counseling that assists the entity to adjust to society. This Awareness suggests that a society which emphasizes the counseling system more than the police system shall find a greater degree of harmony between individuals and society. This Awareness indicates that wherein a society does not have this and an entity sees this as being an ideal in terms of a society, there can become a conflict between the ideal and the reality.

This Awareness suggests that entities look carefully at their own ideals in terms of society, in terms of the world in general, and how they would like to see the world be.

This Awareness indicates that entities should look carefully at their own lives in terms of what their ideal life should be. That entities should look carefully at their own morality in terms of what their own morals and their ethics should be. That entities should look carefully at all aspects of these ideal living conditions in terms of religious, in terms of philosophical, in terms of social, in terms of intellectual, in terms of economic and material and relationship levels.

This Awareness pauses while you look at your ideals... (30-second pauses:)

This Awareness suggests you look at the ideal relationship...

This Awareness suggests that you look at the ideal society...

This Awareness suggests that you look at the ideal financial and economic status...

This Awareness suggests that you look at the ideal intellectual level...

This Awareness suggests that you look at the ideal morality state...

This Awareness suggests that you look at the ideal religious attitude...

This Awareness suggests that you look at the ideal family situation...

This Awareness indicates that ideals are nothing, and have no substance in relation to reality. This Awareness indicates that ideals are nothing but a potential, and potentials have no substance.

This Awareness suggests that you look at the reality of your religious concepts. This Awareness suggests that you look at the reality of your moral behavior. This Awareness suggests that you look at the reality of your family life. This Awareness suggests that you look at the reality of your society. This Awareness suggests that you look at the reality of your intellectual level. This Awareness suggests that you look at the reality of your emotional behavior. This Awareness suggests that you look at the reality of your relationships. This Awareness suggests that you look at the reality of your financial and economic status. This Awareness suggests that you look at the reality of your spiritual development.

This Awareness indicates that where you are is where you are, and where you are is where you must start, and ideals are meaningless so long as you do not recognize where you are.

This Awareness indicates that entities wishing to pursue a certain path, a certain direction, moving from where they are (the reality of 'here and now'), moving toward some ideal behavior, must begin where they are and cannot continue to dwell on the ideal, ignoring the reality.

This Awareness indicates that you begin where you are, dealing with 'what is,' step by step, slowly building, slowly changing, rather than locking yourself in to some abstract dream, wishing for things to change, hoping that someone will bring you your dream, your ideal.

This Awareness indicates that ideals are meaningless until you stand solidly where you are, looking at the ideal from where you are, from 'what is,' and begin assimilating and assembling the steps where you are to where you wish to go - these steps being built one at a time, detail after detail, step by step, carefully, with solid construction.

This Awareness indicates this as the way, the path to where the eternal are. And in moving step by step, beginning from where you are, the security you seek through ideals shall come about, but only shall come about from the action of being who you are, what you are, presently, in the here and now, moving from that state of recognition of 'what is,' into the next moment of 'what is,' and the next moment of 'what is,' as you look toward your ideal, but work from where you are.

This Awareness indicates this as the completion of the eleventh lesson in the Sea of Taurus, relating unto security.

(The Law of Gratitude is given.)

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.





Excerpt CAC Reading 9-3-96 Paul Shockley Interpreter

IS THE NEW WORLD ORDER PLANNING A NEW AGE RELIGION?

QUESTION:

Another question from Chris Largent. He writes "Awareness has suggested that the New World Order planners are trying to forge a New Age religion for their own purposes. Two questions: Are there any so-called New Age religious phenomena that play into the New World Order that people should avoid? And (2) Will a legitimate New Age spirituality be able to separate itself from what the New World Order planners are creating as **their religion?**"

COSMIC AWARENESS:

This Awareness indicates essentially there is a Freemasonry foundation behind the New World Order, and much of the philosophy of the Freemasons will become part of the New World Order religion, according to their plans. The New World Order essentially will be based on getting rid of governments and nationality, and allowing the world to be run by corporations and the super rich. The super wealthy and the corporations of the world will replace the tribes of old, and the nations of present time.

This is the basic plan. This Awareness indicates you will see that more and more there is talk of corporations taking over this or that aspect of government. The prisons being controlled by corporations is something that is being discussed more and more, and people will also have a better understanding of why it is necessary for the New World Order to get rid of the Constitution of the United States, because the corporate rules or corporate laws, the laws and rules of a corporation can only dominate the people in the corporation if there is no outside law than is greater than the corporation.

Thus, one entity may work for a corporation. Another entity may work for another corporation, and they will essentially be servants to those different corporations and ruled by those different corporations. It is likened unto the corporations becoming plantations for a new form of slavery.

FOLLOW-UP QUESTION:

The Religion Planned by the New World Order

People Are Beginning to Realize that Something Terrible is Happening to the World

"Will legitimate New Age spirituality be able to separate itself from what the New World Order planners are creating as **their religion?**"

COSMIC AWARENESS:

This Awareness indicates it is still up in the air, whether the New World Order will even become a true world government, and it is still a question as to whether entities will give in to the demands and orders of the New World Order, or whether there will be enough resistance that some semblance of current life and current belief will still have an independence and sovereignty.

This Awareness indicates there tends to be a reversal beginning at this time. Texas has moved to become a sovereign republic, and it may be just the first of many such moves by other states. This Awareness indicates it is too soon to know whether people will go along with these plans of the Global Elite, or whether there will be some kind of reverse reaction to these plans, but the word is getting out.

People are beginning to wake up and realize that something terrible is happening to the world, and that this terror is sponsored by these Global Elites, and whether this will have enough effect to stop the action is unclear. It is suggested that there is likely to be some heavy-handed activity promoted by the Global Elite within the next year, and that this can either cause a fantastic backlash or a total repression of the people.

PROZYME – A QUALITY ENZYME FOR ANIMALS AND HUMANS?

QUESTION:

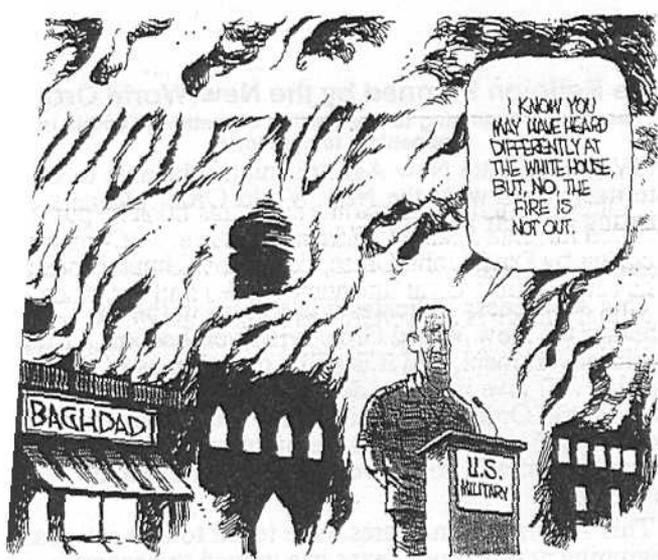
Another question from Chris Largent. He writes: "A health issue. Awareness has several times mentioned enzymes as important for health. Recently we discovered some high quality enzymes put out by the Prozyme Company in Lincoln, Illinois, where both humans and animals, and we and our cats are doing far better on these than on health food store enzymes. Prozyme's owner, Marvin Silverman sees his enzymes as being of an unusually high quality, and we've experienced them as such.

"Does Awareness see this as being accurate? That is, does *It* see these particular enzymes as being helpful to people in rebuilding their health? If Awareness recommends this product, Prozyme Company can be reached by calling 1-800-522-5537."

COSMIC AWARENESS:

This Awareness indicates it appears that these are good enzymes. It appears that any kind of enzymes are good, the more powerful of course, the better, and that the use of enzymes is very important, particularly in these times when so much of the fresh food has been irradiated, because the irradiation kills the enzymes in the food which is why the food does not rot in its normal process.

The rotting of apples, for example, is caused by the enzyme activity in the apple. By irradiating the apple, the apple does not tend to rot. It creates a good shelf life, and much of the flavor is still intact, and the apple is good, but the enzymes are gone. Likewise, with other fruits and vegetables that have been irradiated.



This Awareness indicates that cooking, such as in the commercial canning of foods destroys most of the enzymes within those foods and therefore, entities do not get a good dosage of enzymes as needed. This appears to be a good quality enzyme which the entity has suggested.

Prozyme as a Substitute for Pycnogenol (Why Digestive Enzymes Are So Important)

FOLLOW-UP QUESTION:

The related question on this from Chris. He writes: "Marvin at Prozyme says that when selenium is combined with high quality enzymes, the body naturally produces a powerful antioxidant that performs the same function as pycnogenol, or proanthocyanidin. Is this true? If it is true, can this selenium/ enzyme combination take the place of products such as pycnogenol, or does Awareness recommend using both? Or does that depend on each individual's system?"

COSMIC AWARENESS:

This Awareness indicates it can be a substitute to some degree. It is not as strong or as pure or as high in terms of effectiveness as the proanthocyanidins. This Awareness indicates however, if one takes more of these enzymes, they can get much the same effect. It would suggest that taking both would be beneficial for entities.

Why Many People Over 40 Are Constipated

This Awareness indicates the use of digestive enzymes is beneficial in that it helps entities to better digest the foods so that they get the nutrients from the foods. This information has been given before, and that this is of special importance to entities over the age of 40, for many entities over 40 begin to have difficulty. Their bodies stop producing enzymes, or slows in its production of enzymes, which is why so many older people are easily constipated or have other digestive problems.

This Awareness indicates many of the entities who read this material are already familiar with enzymes or have other sources of enzymes, such as the wheat grass or the SOD precursors that they purchase through the Goodship. This Awareness indicates that there are also papaya enzymes available in the health food stores, but these papaya enzymes which are very good, do not work on all things. This Awareness indicates that they do help the digestion in terms of the upper stomach, but not necessarily in terms of the lower digestive tract.

It appears that the enzymes which this entity mentions are beneficial. They may not be

there are many types of enzymes that the body needs and these can be good in servicing some of the body's needs. If you can get fresh fruit from a tree that has not been irradiated, this is something to consider and prize as very beneficial.

Often, your local fruit market will have foods that have not been irradiated.

Do They Irradiate Our Bananas?

FOLLOW-UP (AVATON):

Do they irradiate the bananas coming in?

COSMIC AWARENESS:

This Awareness indicates it appears that these are often irradiated. It depends on the distributors, whether the bananas have been irradiated to protect them for long shelf-life, for long term storage in the supermarkets. You can usually tell if the bananas come in green and gradually ripen, they are probably not irradiated. If they are on the shelf for a week or longer and remain yellow in color, they probably have been irradiated. Otherwise, the enzymes would start turning the peelings dark in that length of time.

The Oppression of Corporations

(Closing message):

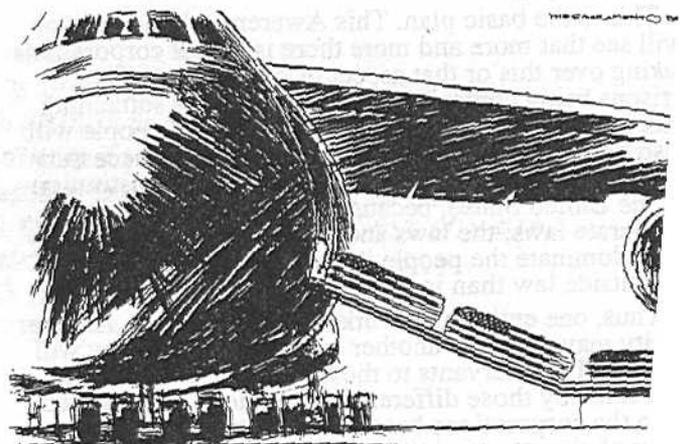
This Awareness indicates that there are so many ways that corporations can tamper with entities' lives, and so many ways that are impossible to escape, that entities are already experiencing heavy effects from the oppression of corporations, even in their food stuff, even in their medications. Thus, health and diet and even in their business world, the way in which they make their livings; all depends on the ultimate power of corporations.

This Awareness indicates there is not a great deal that governments can do, other than cower under the weight of the corporate influences, which is basically what is occurring, but these governments are not likely to survive long by cowering to the corporations. They are simply inviting their own demise. This Awareness indicates that in the United States it started in World War II, wherein the government began to cater to corporate interests, and during World War II, the government began to knuckle under to corporate interests and it has done so since.

Prayer for Balance

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

I AM ONE WITH ALL THAT IS!
Thank you God



THE "REVERSE SPEECH" THEORY: IS THERE ANYTHING TO IT? OR JUST HYPE?

QUESTION:

A question from Esther Hamel of Saint Ignatius, Montana. She writes: "I have a question. This refers to what is being called "reverse speech." It was reviewed in Knowledge Systems catalogue and then, rather slyly and skeptically in *Artifex 9*, 1991. I have enclosed copies. Briefly, in the late 1980s, David John Oates went public with his Reverse Speech theory of hidden messages in human communication.

"When humanspeech is recorded and played backwards, it reveals that the forward message is heard consciously, while simultaneously, a second message in reverse is constructed and heard unconsciously. Quickly spoken reverse phrases or grammatically correct sentences, usually one to two seconds in length can be isolated from the normal gibberish of a reverse recording.

Researchers have used reverse speech to find hidden assets and murder weapons, to discover hidden agendas in business negotiations, to find out why some advertising campaigns work and others don't, and no less importantly, to analyze the speeches of public figures to detect falsifications and hidden meanings.

An example given in the publicity material concerned the recent Persian Gulf crisis: From speeches recorded during the first two weeks of Operation Desert Shield, a mysterious word that had never before been documented in Reverse Speech transcripts kept appearing. The word was *Simone*. President Bush had a reversal that said 'Simone, Simone in the sands'. Secretary Baker had a reversal that said 'Simone won't shine'; Defense Secretary Cheney had a reversal that said 'Simone goes in.'

It seems apparent to Reverse Speech researchers, one of whom was a former CIA agent, that there was some special significance to this word for it to suddenly appear in Reverse Speech only in relation to the Persian Gulf crisis. Continuing research and conversation revealed that 'Simone' might actually be the Arabic word, 'Simoon' in English meaning "dust storm in the desert." One dictionary describes it as "violent". CB Scott Jones wrote Sec. Cheney voicing his concerns that 'Simoon' might be a code word that it would not be in the nation's interest to reveal. David Oates was asked to withhold publication of this research in the November issue of his Reverse Speech journal, BACKTALK.

Only with the announcement of the war beginning was the significance clear: Operation Desert Storm has begun. The *Wall Street Journal* and *Harpers* (Jan. 1991, page 25) printed the full text of the Jones letter to Cheney.

The implications of the common use of reverse speech analysis are awesome! Many of us have despaired at the downward ethical trend of public officials, business tycoons, financial institution heads, preachers and others who control people in various ways and by various means. Many have said that only an "Armageddon" can stop the trend.

Is it possible that this unique creative discovery, if authenticated, would be the key to making the world a better place by providing the means by which all lies and villainous intentions would be revealed as we talk? We would be forced to live without lying."

She would like Awareness to comment on this Reverse Speech system.

COSMIC AWARENESS:

This Awareness indicates that the definition of reverse

speech, as used in this, does not appear to be clearly given. This Awareness suggests that this be expressed at this time.

QUESTIONER:

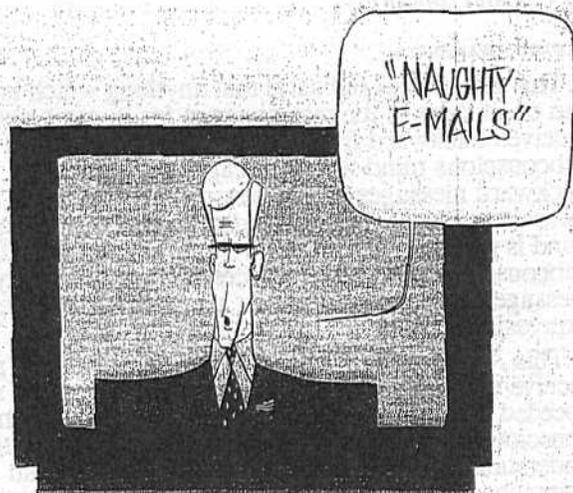
Okay. On the literature she sent, this book he put out called *Reverse Speech: Hidden Messages In Communication* by David John Oates; definition: Human speech has two distinct complimentary modes and functions. The primary mode is spoken forward and constructed by conscious cognitive processes. The secondary mode is spoken simultaneously, but is a reversal of the forward speech sounds, and is constructed by automatic cognitive processes.

"As the brain combines the necessary sounds to form intelligible language, it configures them in such a way that at least two verbal messages are communicated at the same time; one forward, which is constructed and heard consciously, and one in reverse which is heard unconsciously and stems from deeper realms of the psyche. Did you ever want to know what someone was really saying? David Oates, an Australian researcher, has discovered the mechanism whereby people actually *do* communicate what is really on their minds.

"People actually talk to each other on a subconscious level all the time. This second mode of speech, reverse speech, can be heard when ordinary forward speech is recorded and played backward. It contains clues to the speaker's conscious and subconscious thought processes. Messages which support or contradict what the speaker is saying forward.

"Analysis of speech reversal has already demonstrated its potential in these areas. Psychotherapists report a dramatically shortened client therapy time. For example, therapists using this approach report they have been able in 95 % of new cases, to identify the source of the client's problem in one session. Investigators have used reversal analysis to find hidden assets and murder weapons.

"In advertising and marketing, reverse speech has been used to find why some campaigns work and some don't. A lawyer reports using reverse speech to analyze courtroom dynamics and improve his own presentation skills. Business people have used reverse analysis to discover hidden agendas in negotiations. In transpersonal psychology, reverse speech provides a means of directly tracking which operational archetypes are producing specific behavior in a person."



WASHINGTON SPEAK FOR PEDOPHILIA

COSMIC AWARENESS:

This Awareness indicates that it would appear that the definition of reverse speech is that which would be achieved in playing a tape of one's speech in a reverse direction. This Awareness indicates that the wording, the letters, as pronounced would be heard in reverse. This Awareness indicates that this is similar to that which some time back was found in music wherein there were subliminal messages when the music was played backwards.

This Awareness indicates that this appears to have a certain amount of importance to the subconscious, but this Awareness suggests that it is not seen as something that can easily be controlled by an entity without a considerable amount of effort. In the reversing of one's speech one might hear sounds that sound like certain words or phrases, but to consciously use this system to communicate to other entities through the subconscious would be quite difficult.

This Awareness indicates that on the other hand, it could raise some interest for entities wishing to research this area to discover whether the speech or language being used might not have deliberately been created so as to have reverse speech concepts built in, and to be used as a way of understanding or communicating subconsciously between entities.

This Awareness indicates that this is not seen as a consciously developed field of expression, but more as likened unto something that has recently been discovered which has some merit in terms of subconscious communication value. This Awareness indicates that there are of course, other means of communicating subconsciously that may be even more effective: the use of subliminals and the use of tactile visual and psychic communication is likely to be more effective than reverse speech.

This Awareness indicates, however, there does appear to be some merit in terms of communicative value to the use of reverse speech. The subconscious is capable of extracting information from a wide variety of input systems.

HUMAN SPEECH HAS TWO DISTINCT MODES AND FUNCTIONS?

(Reverse Speech: "Much Ado About Little")

FOLLOW-UP QUESTION:

I was wondering if this research was just based on accidental or freakish types of analysis of certain tapes, or is indeed the basic premise valid that they put forth here, that "human speech has two distinct complimentary modes and functions?"

COSMIC AWARENESS:

This Awareness indicates that anything which is spoken can be, if there is the receptiveness for it, can be heard or received backward from its forward motion, and a subconscious mind would be capable of receiving backward messages and understanding backward messages. This Awareness indicates that the conscious mind is programmed to receive forward messages. The subconscious is capable of receiving a wide variety of messages, including those that are backward in their expression.

This Awareness indicates the subconscious can also receive messages that are barely audible or which are speeded up into frequencies that are inaudible to the conscious mind. This Awareness indicates that with this understanding, even though it is a kind of freakish coincidence, there is a degree of validity to the discovery. This Awareness indicates it is not something that is intentionally promoted by any group or persons. It is

simply a coincidence that some words, when heard in reverse speech, may have a conscious meaning, a meaning that is understandable to the conscious mind as well as the subconscious.

This Awareness indicates that the coincidence being that a sound being heard backwards which is intended for forward listening may have a secondary meaning of terminologies that are consciously understood when listened to in reverse. This Awareness indicates in other words, if you played someone's speech backward, there are bound to be a few incidents in which sounds, coupled together may appear as familiar sounds to the conscious mind.

These may be rare within the speech, but they may have special meaning when heard together. This Awareness indicates for example, the word "saw" and the word "was" are the reverse of each other, and the entity who speaks consciously, saying the word "saw", if this message is reversed, would be speaking the word "was."

This Awareness indicates that in some cases there may be duplicate words or sounds that form concepts familiar to the conscious mind. This may be coincidental, but it may have some coincidental value as well in a symbolic sense or in some subconscious sense. This Awareness indicates that it appears however, that it is "much ado about little" to try to make too much out of these kind of coincidences. This Awareness indicates that they are incidental, and to extract from them too great a significance is to overdo the importance of such coincidence.



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

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