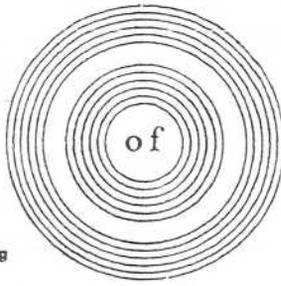


# Revelations

The Cosmic Newsletter

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# Awareness

COSMIC AWARENESS COMMUNICATIONS  
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Helping People Become Aware

Celebrating our 36<sup>th</sup> year!

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**COSMIC AWARENESS:**

This Awareness is ready to proceed on with the questions available tonight. This Awareness asks the energizer Shari to present the first question.

**WHAT CAN WE DO TO SURVIVE THE ACCURSED CHEMTRAILS?**

**QUESTION:**

This first question is from Charles Bowring, in England. He writes: "What can we do to survive the accursed chemtrails?"

**COSMIC AWARENESS:**

This Awareness suggests that the chemtrails are a phenomenon that is happening in the western world at this time. In the city the Interpreter lives in they are often seen in the skies, and to try to avoid them is not possible either, so that what is the best course of action is to prepare yourself as best you can in the physical, the mental and the emotional realm, so that a person is in good health to a degree. The pollutants, the viruses and the agents embedded in the chemtrails will not have the same effect that they would on those people who have impacted immune systems, who are emotionally fragile, and who have a mental mindset that is prone to being controlled and manipulated, to falling victim to the fear mongering that is happening on this planet at this time, especially in the western world.

**A Strong Constitution is the Best Defense**

This Awareness suggests that the best defense against the viral agents embedded in the chemical trail that is laid down in the skies above the cities and towns in the western world is a strong constitution, a strong mental constitution, physical constitution, and emotional constitution. Starting with the mental constitution, it is imperative that we see that the chemtrails are laid down so that individuals will succumb to them by feeling that they can and will do them harm. The belief that they will not cause harm is not simply being naïve and ridiculous in denying that they have power or potency, it is instead choosing to believe an alternative scenario is possible, that they will not have a great effect; that your own state of health will create the conditions around you and within you that give you greater health and greater vibrancy.

The belief that these accursed chemtrails can have a deep and disastrous effect indeed plays into the hands of those forces who are laying them down in the skies, above the heads of those who are affected by them; those who have them happening over them. It would help immensely to negate the power of the chemtrails in the mind first and foremost, with the thoughts that "They will not harm me! They will not affect me! My health and well-being is so strong and my immune system so finely tuned and so resilient, that whatever agents are included in the chemtrails will have no effect on me!" This is what this Awareness suggests. Sharpen your mental mindset against chemtrails, so that even though they are seen above you, you do not succumb in the belief that gives them power over you.

Then, moving to the physical, this Awareness has suggested in the past and does so again, that you take care of your physical well-being, and improve it to a point where it is strong and resilient. This is seen to be achieved through using good food and nutrition, of exercising, of taking measures to help improve the health in all ways, shapes and forms, as one can possibly

do. It is imperative in these times coming, these times that are indeed upon the people of this planet, to have as good a state of physical health as is possible.

This would involve an awareness of the foods that are eaten and their nutritional components and their makeup. This would have to do with exercising or doing walks or doing what is necessary to improve the physical health. This would also be advantaged through such practices as meditation or yoga, or a martial art that could focus the mental as well as improve the physical. This is seen as highly recommended by this Awareness so that individuals have a strong physical constitution as well as a mental constitution that is also strong.

**Take Care of Your Emotional Needs**

Finally, this Awareness speaks also to the emotional constitution; that it is very important to deal with the emotional issues of one's life, especially those held at unconscious levels that have effect at the deepest level; those ground beliefs that may affect us emotionally need to be examined and brought to the surface so that they can be examined. This Awareness suggests that if the individuals are in the position to do so, that they find someone that they can work with who would take them or lead them, into deeper investigations of the unconscious, of the subconscious, of that which is Huna known as the low self.

It is imperative to create a working relationship with the low self to first and foremost establish good emotional health, for it is the low self that holds the key here. The low self holds the records to past events and situations where core beliefs were formed, where memories were first initialized, that are held by the low self and these memories need be accessed so that they can be expunged, so that they can be released, so that they can be healed. This Awareness suggests that it is imperative that humans also take care of their emotional well-being as well as their physical and mental well-being.

There is much here that can go even deeper, but at this time, in relation to the question, this Awareness suggests that the best way to overcome the accursed chemtrails is to have a strong mental, physical and emotional constitution and this will give greater overall physical, mental and emotional health to the individual, which will help them indeed withstand any agents or viral contaminants contained in a chemtrail. This Awareness is complete with this question and wishes to move on.

**The Drunvalo Melchizedek Energies**

**QUESTION:**

This question is from Jon Locke, Chattanooga, Tennessee. He writes: "I have three questions for Cosmic Awareness now that Pandora's box has been opened. #1) Has the government or secret government discovered the Hall of Records under the great pyramid, or any device or artifact that they are keeping secret? #2) I have heard from Drunvalo Melchizedek that some members of the secret government see the dimensional shift is coming in the future and know they cannot make it unless we are all one, so they are allowing the secrets to come out and for people to talk freely in hopes that someone out here can find the solution. Is this true? #3) Is the work of Drunvalo Melchizedek true, concerning the Merkaba and how it can help us to safely go through the dimensional shift coming on or about 2012?"

**COSMIC AWARENESS:**

This Awareness first wishes to establish the name of the entity referred to in the question as Drunvalo Melchizedek, a high placed interdimensional being of great power and given voice and personality in this reality through that person who hosts him and speaks for him, who indeed channels him. The Melchizedek energies have been important energies in the unfolding of humanity throughout the ages and has been carried and channeled by many individuals. One of those individuals was that being known as Thoth, and that this was a very important individual and character in Egyptian times, and was known as the Magician.

The Drunvalo Melchizedek energies are very important ones at this time to bring certain information and knowledge onto this plane of existence that is available at this time. This Awareness, having clarified the pronouncement of the name, the energies around the Drunvalo Melchizedek energies, would wish for the first question to be repeated, so that this Awareness can give answer.

### Has the Hall of Records Been Discovered?

**QUESTION:**

“Has the government or secret government discovered the Hall of Records under the great pyramids, or any device or artifact which they are keeping secret?”

**COSMIC AWARENESS:**

This Awareness first wishes one and all to know that the secret chambers under the great pyramid and under the sphinx has been known for eons and has been available for eons. The secret governments do indeed know of the chambers under the pyramids, under the sphinx itself, and that the Egyptian government is that government which currently holds the possession of the land and the possession of those areas under the pyramids and the sphinx, but this does not mean that individuals have been able to penetrate into these secret chambers, for there is much involved in this matter.

#### There are Portals and Guardians and Secret Sealed Chambers

There are portals involved. There are guardians involved. There are secret chambers involved that have not even yet been discovered, nor are likely to unless one has the capability of walking through solid matter, for these secret chambers are completely sealed chambers and the only way that they can be entered is by going through the solid matter of the walls that separate them from one chamber to another.

There are those beings known as the guardians of those chambers that guard against the penetration of these chambers, that guard against any wonton intrusion into the depths and into the inner heart of these secret chambers. These guardians are given the task to destroy those who seek entrance in their ignorance of trying to physically intrude into those regions and those chambers that they do not belong in, that they do not have a right to enter, for they have not earned the right, they have not the vibration or energy or the understanding to enter those chambers, nor to claim the prizes that lay beyond the walls and the portals.\*

These solid walls that have been spoken about can be opened with the right use of codes, the right energies, the right understanding and knowledge that would create the portals that would open a doorway, so to speak, through solid walls into those chambers that lie beyond, and this would require certain individuals who are destined to enter the portals to indeed go there to those

areas in Egypt under the sphinx, and those individuals have not yet appeared.

#### Why Dark Force Entities Couldn't Penetrate the Chambers

The secret governments have indeed tried to penetrate deeply, have breached some of the walls, but this has caused certain individuals their lives as they have tried to go through into those chambers, only to be destroyed by those entities that guard the chambers and by their inequality of energies that could match the portals. It is seen here that basically, a certain vibrational energy or note is needed by an entity to pass through the portal. To not be at the proper resonance with the energies of the portals would consume the individual who attempts to go through such a portal, would literally burn them to a crisp and incinerate them as they try to pass through a portal that they are not in alignment with, that they are not in attunement with, where their resonance are not of an equal strength or vibration with.

The secret governments indeed know of these chambers, have great desires to get within the chambers to retrieve the treasures, the artifacts, the knowledge that lies beyond, but at this time has been stymied. The Egyptian government has been for many years attempting to gain access to the deepest inner chambers and has yet to be successful in their attempts and endeavors. It is seen by this Awareness that a time is coming when there are those who could be considered 'chosen ones' who are here to do exactly that, to go into the deepest chambers, to retrieve the information and understanding, but these individuals do not have an affinity with the secret government, and are not at their disposal, are not agents of the secret governments or the powers that be.

These individuals will be guided to go to the pyramids when the time is right, when the information is needed, and when it is time for that information to be released. This Awareness reminds the readers of *Cosmic Awareness Communications*, who have been members for a long long time, of the information Cosmic Awareness released many years ago of the individuals who chose mummification to bring their consciousness to the world through a slow time-release process of countless of hundreds and thousands of years, to this time, this place.

#### Mummy Consciousness Now Being Released

This is coming together at this time; those entities who chose thousands of years ago to undergo a mummification process, where their consciousness was contained within the mummified body, so that the consciousness could be released at a time when it was needed, and a time when it was seen that it would be to the best effect to be released, and that time is now. Those entities who gave themselves to this process are themselves being released; their consciousness rather is being released, and much wisdom and knowledge is being returned onto this plane, to those individuals who are ready to receive that knowledge, who are here to receive that knowledge, and it is those individuals who were chosen specifically for the task of going below the pyramids and the sphinx and entering the chambers and retrieving the information, and the artifacts and the knowledge that is there, and disseminating it to those others who are to use that knowledge and wisdom, and the tools and artifacts that are yet to be released.

This time is upon this planet, upon those who are ready to do this, to go into those hidden regions. The time is now, and those who would do this, who are drawn to do this, will awaken to this and will be drawn to the pyramids, as well as other secret places around the world that have not been disclosed, that are still held

secret. Many of these secret places will be discovered by those who are here to discover them.

This Awareness does not wish to give more information at this time on this matter; that when *It* speaks of now" being the time, *It* speaks of it because this is the time frame where this information must be regained; the tools and artifacts must be also reclaimed and brought into use at this time, and this Awareness does not wish to tip the hat, so to speak, to give too much away at this moment, at this time. *It* simply wishes the readers to understand that great events are unfolding, and that the times for great changes are upon the planet, upon the world at this time.

This Awareness is complete on this question and asks to go to the second question.

### Illuminati Now Allowing Secrets to Come Out?

#### QUESTION:

I have heard from Drunvalo Melchizedek that some members of the secret government see the dimensional shift is coming in the future and know they cannot make it unless we are all one, so they are allowing the secrets to come out and for people to talk freely in hopes that someone out here can find the solution. Is this true?

#### COSMIC AWARENESS:

This Awareness suggests that the previous answer is relevant to this question also. There are those who have as their total purpose of being here at this time, to bring forth this knowledge, to bring forth this understanding; that it seems implied in the question that the secret governments, the powers that be, are deliberately allowing this information to come through so that they could somehow control it, that they could somehow take it over and make it theirs, using the individuals who are here to retrieve this information, to make use of the knowledge that is hidden, but yet is available and soon will be readily available.

This Awareness suggests that this is simply not the case. Those secret powers will not achieve this goal, for this goal is beyond them. There are forces that are of the highest nature that understand the greater picture; that even the secret governments, the secret agencies and powers that be are themselves part of a greater picture, are themselves dupes in the process of bringing a higher level of understanding and awareness onto this planet. Those forces, those powers that be, who would usurp and use and take over themselves are being usurped, used and taken over by the Higher Powers, the Higher Agencies of the cosmos, of cosmic proportions.

This Awareness suggests that the entity Drunvalo Melchizedek is indeed one of those agents of the highest order who is here to pass on the knowledge to help others retrieve the knowledge, to help the masses awaken to the new order of things, the higher order of reality that is about to break onto this plane of existence. Those agents that would use and abuse and control are in some ways living in a fantasy, living in a dark dream where they see themselves as retaining the power and the control that they have known for so long; that to do so, they have to keep everyone ignorant of what is happening, and the process in itself is one of bringing light and awareness to the masses, the highest level of awareness possible, so that all will become conscious, all will become aware.

Indeed, this Awareness wishes to turn around or twist around part of the statement made, that those controlling agents, governments and secret powers try to control by keeping all others unaware, uninformed, unenlightened,

of keeping them ignorant and in a state of fear and imbalance. It is indeed the only thing that they can keep control; keeping the masses dumbed down, ignorant and totally oblivious to the truth. There is however, a growing swell of entities who have raised their consciousness already to such a degree that it is possible to take the next quantum leap. There are hopes here, held by the highest levels of awareness and consciousness that see the possibility as a distinct one that mankind will make that quantum leap, that consciousness will reach that X point, that exponential point of take-off.

#### The Hundredth Monkey Principle Now at Work

This Awareness suggests that the Hundredth Monkey principle is important in understanding what awaits mankind and how the quantum leap can be made. The Hundredth Monkey principle states when that X monkey or that X individual reaches enlightenment, reaches awareness, reaches understanding, that it will open a door on that superconscious level of mankind that will instantly transmit to all of humanity, all sentient beings, a new level of awareness, a greater level of awareness. This comes from an example of a baboon population on islands outside of Japan, where it was noted once that a mother baboon took her food and washed it in a stream.

She then taught her mate this practice, so that the grit and dirt could be removed from the fruits they were eating, and relieve the grit and dirt on the teeth that was wearing the teeth of the monkeys and baboons down. This mate taught this trick to yet another baboon and this other baboon to yet another baboon and so on, until it was noted that the hundredth monkey learned the trick and that the next day, other baboon colonies on other islands were also washing their food. This principle of the Hundredth Monkey expresses that principle that an exponential point, an X point can be reached, and when that is reached, that consciousness itself will shift and change. This X point is being approached, so that even though those powers that be think that they will always hold control, are themselves misinformed and misled.

#### Dark Powers are Under an Illusion: They Can't Stop the Events

When enough beings become consciousness and aware to the very secrets and the knowledge that is being released, then they themselves will also have their own consciousness shifted, will also find that they have a new awareness, a new understanding of things that would help them also participate in the newer level of awareness, and that new order of understanding that would be available to the earth plane at that time. This Awareness suggests that it is illusion on the part of the powers that be to think that they can stop the events that are currently unfolding, to stop the progression that is inevitable; the light, that will come on to this darkened planet, this place of ignorance and fear and misunderstanding, to light up the skies, to help the understanding of the individual become the understanding of the collective.

This Awareness suggests that the times ahead are indeed glorious ones for this expansion of awareness, for this dawning of a new age of consciousness, and this Awareness suggest that if the individuals truly understood what awaits them that there would be great rejoicing already at the prospects that lie ahead. This Awareness feels complete with this question and asks to move on.





## HE'S BEING SEDUCED BY A VERY SEDUCTIVE FEMALE FROM VENUS

(The Sex was Otherworldly but He Wants Her Out)

### QUESTION:

This question is from Howard Harris, San Francisco, California. He asks: "Has Awareness given any info on monatomic gold? In attempting to open to higher Light beings I have also been fooled by imposters. One such imposter is a very seductive female, who I in my belief, thought she was a highly evolved ET from Venus. While the sex was otherworldly, but now having seen through her lies and deceptions, I won't have anything more to do with her, but she will not take no for an answer. I can still feel her hold on me. I wish to be free of this entity, as her acts of seduction are very distracting and disturbing. Can Awareness help me to expel her from my aura field? On a somewhat brighter note, it was told to me that my beloved is not embodied on the planet, but is awaiting my return to her, after my completion of my earth assignment. Margo, I am told is her name. I feel both saddened and gladdened. Please consider my request for Awareness' help. I am a Wanderer, one of many of the ground crew."

### COSMIC AWARENESS:

This Awareness suggests that this entity, this individual Howard Harris note the usual hooks with strands coming out of them, and that these strands come together, are braided into a single twine that runs to the entity mentioned by Harris. This entity is to understand that these hooks, these implants, can be destroyed, can be burnt clean, so to speak, by visualizing himself standing in this white flame. It is seen by this Awareness to make a ceremony of it, to see in his mind's eye, himself approaching a white flame that is burning on a sacred altar in a large chalice that he can step up and in to.

This Awareness suggests he create his own ceremony of this in his own mind, but that basically the most important part of the ceremony is to step into the large open chalice or bowl that contains the white flame, and allow that white flame to purify his auric field, and specifically to visualize those three regions where the implants are hooked into, to see the flame literally incinerating these implants and the cord that goes out from them to a point where they come together in this braided cord, and that this braided cord itself is melted all the way back to that woman who would have put in those implants in the first place, not causing her harm, but simply in a strong statement of denial, denying her right to intrude in this manner, and destroying these implants once and for all.

This is what this Awareness recommends to this entity. This Awareness wishes to move on with this question.

### His Soulmate Margo is Waiting for Howard

(Light Workers Need Not be in a Hurry to Pass Over)

### QUESTIONER:

On a somewhat brighter note, it was told to me that my beloved is not embodied on the planet, but is awaiting my return to her, after my completion of my earth assignment. Margo, I am told is her name. I feel both saddened and gladdened. Please consider my request for Awareness' help.

**VISIT THE TEMPLE OF LIGHT  
IN YOUR DAILY MEDITATIONS**  
Deposit your energy in this cosmic Bank. Withdraw it when needed for healing or personal use. Keep in touch with CAC when you start getting results!

### COSMIC AWARENESS:

This Awareness is a little confused at what the request for help is unless it is that request already dealt with in the first part of this question, and if that is so, then this Awareness would move on from this question. But before doing so, this Awareness does indeed have a comment to make on the entity's perception that his soul mate, soul partner, twin flame, whatever one wishes to use as that term to signify a spiritual partner existing on another plane of existence, is indeed an accurate perception and understanding. This individual's soul partner, as this Awareness would choose to name her, is indeed available, but not in a physical manner.

### Don't Wait for Your Soulmate; Have Relationships Now!

But this Awareness would also state that this should not preclude this individual Howard Harris from involving himself in appropriate relationships, should he find one that would work for him on this earthly plane. It is not the intent or the purpose of individuals who have soul partners on other planes of existence to go without connection or partnership or love in this physical dimension. That is one's choice of course; that his soul partner does indeed await him, but she does not hold that this would mean he is to do without on this plane of existence. She asks only that he become more aware of his choices as has been seen in his choice of this inappropriate sexual partner that he is now dealing with on that energetic spiritual level of things. It is completely open for an individual in this physical existence to have physically intimate relationships that have a deep connection at the emotional physical sexual levels, as well as hopefully mentally and spiritually. That even if one soul partner exists in another plane of existence, this does not preclude an individual male or female from still having a good time in the physical. This is not sanctioned against by this Awareness or any other level of spirit in the sojourn that is the physical journey of life.

This Awareness wishes this entity great luck and great fortune and great love, both here in this physical, as well as in the beyond, as well as in spirit; that he is indeed fortunate to know that his spiritual partner is there waiting for him. This Awareness does have one slight warning however; that this individual should be very careful in rushing his physical incarnation, thinking only of his spiritual partner, his soul partner that lies beyond this physical reality, for this physical reality is that reality that he needs to navigate at this time, in full focus, with full intent. To distract oneself with thoughts of spiritual partners waiting for them beyond the vale of this physical existence can sometimes be a distraction and an imprudence, an interference to accomplishing one's life purpose, the purpose for choosing physical incarnation in the first place.

### The Physical Life is NOT a Waste of Your Time

This Awareness does give a warning to any and all who would think that the life that awaits them beyond the vale, passed the crossing from physical into spirit is more important than their choice of being physical at this time, for having chosen a physical existence at this time. This is indeed one of the New Age follies that this Awareness wishes to comment on at this time. Often, those who would consider themselves New Agers or even Wanderers, seem to think that the physical is inconsequential, a waste of their time, a distraction to them, an abomination to their spirit being. This is a misconception. Each and every being who resides in the physical body, in a physical life at this time *chose* that physical life, *chose* that physical body. No spirit being could incarnate into the physical without choosing to do so, without having a life purpose, a life reason that it

wished to accomplish. To come into the physical and then to deny the reason that it chose this physical existence is folly, is an abdication of their true spirit purpose for coming to the physical in the first place.

This Awareness wishes entities to realize this; that they be not so quick in wishing to cross over, to rejoice spiritual partners or to regain their spiritual essence of purity, for they always have that within themselves, and their spiritual partners are available on levels of meditation in this life, and that other spiritual partners are available in the physical, here in this journey that is called the physical journey of life. This Awareness simply wishes those who would call themselves Light Workers, and Wanderers, or Warriors of the Light; those who would consider themselves spiritual, understand that being physical is part of the spiritual journey. As spiritual beings, having a physical existence; the physical existence, the physical journey is indeed part of their spiritual journey and that entities should not be in a rush to get through it as quickly as possible, but rather engage as fully as they can, understanding the physical is an aspect of the spiritual journey, and to avoid it, deny it or wish it to be done so that they can return back into the spirit form is negating the purpose for which they entered the physical existence in the first place. This Awareness is complete with its admonishment, and wishes to move on to the next question.

### **Robert F Kennedy Jr and his Current Mission of Cleaning Up Corruption**

#### **QUESTION:**

This question is from Ethel Burkette, New Egypt, New Jersey. She writes: "What can you see for the entity Robert F. Kennedy Jr., the mission he's on cleaning up some of the corruption in the government; Bush's last election, if rigged, etc."

#### **COSMIC AWARENESS:**

This Awareness suggests that part of the purpose of Robert Kennedy Jr.'s reason for cleaning up the corruption or present regimes in governments, particularly the American government, is to clear a type of family karma that the Kennedy family has incurred over the last several generations, starting with Joseph Kennedy Sr., the father to John and Robert Kennedy. The Kennedy brothers themselves, although having done much to bring awareness into government, themselves were not entirely blameless or totally free and clear of their own personal corruptions and vices.

There is some suspicion that John F. Kennedy was indeed having an affair with Marilyn Monroe, even though he was married at the time, and that his brother also perhaps had a liaison with the same actress. These are personal areas of corruption or failings if you will, not that this Awareness sees them as failings; simply that this Awareness wishes to point out that these two beings also had certain karma that needed to be cleared.

#### **JFK Jr. Also Assassinated: Plane Crash No Accident**

John F. Kennedy Jr., also had as his intent, the desire to free the family name, to free up the family karma, but he went about it the wrong way. He made unwise announcements to the effect that he was going to expose certain individuals, that he was going to bring the truth out of what happened to his father, and that this marked him; this is what marked his execution, for he was indeed executed. The plane accident that killed him and his wife was indeed an assassination, and was brought on because of his lack of discernment or lack of wisdom

in making the announcements that he would expose those who did not wish to be exposed.

This was unfortunate, for this man, John F. Kennedy Jr., could have done an awful lot for his government, for the people of the United States. It was unfortunate that he crossed over prematurely, for it was seen that he was meant to be around for a while longer. His role, that of being a cleanser of the family name...this is not the proper title that this Awareness wishes to give him, but it will suffice for now; has been indeed taken on by his cousin Robert Kennedy Jr.

It is also Robert Kennedy Jr.'s intent and desire to free up the family name, to free up the karma of the family so that those younger members and individuals of the family can go on and go forward to help change the world, to help change their own countries, to help bring forth greater understanding and greater awareness at this time.

#### **Awareness Asks the Membership to Send RK Light of Protection**

This Awareness wishes that it be known that Robert Kennedy Jr. must also be careful of being too presumptuous, too bold, too forthright. There are those still in power who would deal the same fate to him as was dealt to his cousin and to his uncle, and to his own father. This Awareness asks the membership to visualize light and protection around this individual so that those forces that be who would seek to destroy him or shut him down be denied, and that he be protected from such actions against him.

This Awareness wishes to take a moment to put out the energy of this Awareness to this individual, to help in the process of protection...

This Awareness is done sending *Its* energies to Robert Kennedy Jr., and asks to go on with this question if there is more to be answered, or to go on to the next question if possible.

### **Bush's Rigged Election Scandal and Rumsfeld as Scapegoat**

#### **QUESTIONER:**

The only thing else it says is "Bush's last election, if rigged, etcetera."

#### **COSMIC AWARENESS:**

This Awareness at this time does not wish to go into the rigged elections. *It* simply wishes to state that the truth will come out, and when that truth comes out, there will be a tremendous backlash against the individuals involved in this deceit, especially that individual who currently holds power in the United States of America. This Awareness has made comment of a scandal hitting this president; that this is a scandal that has been suppressed several times over and this scandal will still come out and he will be ousted, but that at this time, this Awareness does not wish to speak at length to this issue of the rigged elections.

This Awareness however does wish to make a comment; that *It* made a prediction in *Its* forecast for the year ahead, that the entity known as President George W. Bush would be involved in a scandal that would perhaps cause his impeachment and his downfall by October/November of this current year. This was circumvented by the resignation of the Defense Minister Donald Rumsfeld, and that this action was partially a smoke screen, was an attempt to take heat off of the president and attention away from him. This entity Donald Rumsfeld was offered up as a scapegoat, a

sacrifice, so that the president and the office of the president would not be further looked at or investigated into. This temporary reprieve is but that; a temporary reprieve, and this Awareness still sees an exposure to the illicit acts of the president and those who surround the president and that this will still be exposed in the time ahead.

This Awareness is complete with this question at this time, but that *It* does hold open the possibility to discussing further at an appropriate time in the future. This Awareness can move on at this time.

**QUESTIONER:**

That was the last question.

**COSMIC AWARENESS:**

This Awareness therefore is complete for this evening. This Awareness wishes to take a few minutes to pass energy to both the energizer and the Interpreter, but that this can be done off tape, and therefore does suggest that the tape recorded be paused at this moment.

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.



Moses parting his hair

COVER PHOTO: a totally naked woman wearing paint

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Send Questions for Awareness  
and comments to the editor

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## COSMIC AWARENESS

### SPIRITUAL DEVELOPMENT COURSE

#### INTRODUCTION TO THE COURSE

#### ORIENTATION LESSON NUMBER TWO: Table of Contents

##### Question:

We are gathered here tonight for the second trance lecture on the Correspondence Course. Does Awareness have an opening message?

##### Cosmic Awareness:

This Awareness suggests the message tonight as being considered as an orientation message for this Correspondence action. This Awareness suggests the previous reading may also be considered as orientation material. This Awareness suggests that this message at this time may be likened unto a table of contents for the material which is to follow. That the course shall run in twelve different areas, these each having twelve lessons.

(I) This Awareness suggests the first area of Correspondence lessons shall relate unto the individual: the development of individuality, the integration of the individual in relation to universal forces and environmental forces and social forces.

(II) The second set of twelve lessons will relate unto the individual and his or her adjuncts: those attachments, those identifications, and those possessions of the individual.

(III) The third area shall be twelve lessons relating unto communication and the action of the individual in relation to other forms of life and other vibratory rates in terms of communication of various kinds. This also shall include certain information relating unto the thinking process.

(IV) The fourth set of twelve lessons being concerned with the individual in relation to the setting, in relation to the environment, in relation to the universe as an energy form, the individual as energy, the individual as collective fields of energy, as layers of memory, and layers of experience. This relating unto the psychic body of the individual in terms of that which is often called time and space.

(V) The fifth set of twelve lessons may be related unto lessons regarding the individual in terms of presentation, in terms of dramatization, in terms of setting whereby a glorification of the individual is involved. This relating unto the ego and its expressions. This relating unto creativities and the expression of will.

(VI) The sixth set of twelve lessons as related unto the use of the mind in its action of control: regimentation, ordering, systematizing, and the gathering or dividing aspects of the mind. This in relation also to levels of consciousness.

(VII) The seventh set of twelve lessons relates unto the individual in partnership, in relationship, in agreement, in actions of exchange wherein a balance is felt, wherein harmony may be the key, wherein the individual is associated with the world about, with the public, with the society - this also relating unto counseling and that communication in reaching reconciliation and certain levels of agreement.

(VIII) The eighth set of twelve lessons shall be involved in exchanges of energy in levels of magic, alchemy, sex, social intercourse, import, export, trade, and other forms of energy exchange. This also including certain actions of soul travel and other forms of communication between conscious and unconscious activities. This Awareness indicates this as bringing the unconscious into consciousness.

(IX) The ninth set of twelve shall be involved in the action of expanding consciousness and expanding the individual into new areas of expression. This relating also unto various philosophies and religions wherein the entity expands an awareness of higher levels of meaning relating to such.

(X) The tenth set of lessons relate unto the organization of the large-scale projects wherein the individual begins to understand structural design, engineering, and begins seeing in symbol, larger actions and forms of expression which relate unto types of responsibility that allows an individual to serve many and serve them well through organization and deeper understanding of forces involved.

(XI) The eleventh set of twelve readings relates unto actions of service, relates unto actions of society and of sharing of oneself with many in a way that allows the entity to give up himself and become one with all.

(XII) The twelfth set of twelve classes relates unto the total integration of the individual with all of the parts of one's soul, with the twelve aspects of one's being, with the twelve souls of that individual which are scattered throughout the universe in different planes, so that the individual may begin to discover his or her own multidimensional being, and in this manner, may become more totally integrated with oneself and with others. This Awareness indicates this also relates unto healing and karmic research and discoveries.

This Awareness indicates these twelve areas, which follow the Zodiac from Aries through Pisces, will serve as a map and outline whereby these courses may be presented. This Awareness indicates that there may also be certain instances wherein entities may request any particular set of twelve, to study that particular area in case that area is one which their own life needs deeper understanding of such. This Awareness suggests that in general, the action should flow from Aries on through in order, but exceptions may be made in certain instances.

This Awareness indicates that the first twelve weeks, or twelve lessons, shall begin with exploration of the nature of soul stuff, the beginnings of life, and the beginnings of the individual, this being the first lesson.

The second lesson being the nature of the individual and the life form as it begins to take on its programming from its experience and its environment.

The third being the nature of the consciousness of that individual or life form as it begins to become aware of itself and as this awareness of self begins to relate to concepts of polarity.

The fourth lesson being the individual becoming aware of itself and its environment and its relation to its environment in a manner that allows it to become sensitive to that which is called pleasure and pain. The role of pleasure and pain also being discussed.

The fifth lesson being the action of the individual in its expression, the force as it moves and affects other areas and other forces and other entities.

The sixth being that lesson wherein the individual reflects on its action and begins to discover the nature of expression and the dangers involved in expression.

The seventh lesson being that wherein the individual can begin to perceive a state of poise in regard to personal expression and the nature of one's impressions - the balancing of these two.

The eighth lesson relating unto the individual and the ability to manipulate and create changes through the force known as desire, and the dangers of excess desire known as obsession.

The ninth lesson shall be wherein the individual begins to move into more expanded states of behavior, opening up in more clear relationship and honesty with a certain outspoken frankness that allows the entity to release certain pent-up feelings.

The tenth lesson relating unto the action of goal-seeking, of purpose and direction in life, and how this relates unto every formation of one's individuality, the action of crystallization and what is necessary when one crystallizes in concepts which are in error and which may need to be dissolved in order to move in a more appropriate direction.

The eleventh lesson shall relate unto actions of release, of surrender, wherein the individual becomes capable of letting go of the goals and allowing this direction to be controlled by higher forces beyond the personal will.

The twelfth lesson shall relate unto actions which allow the individual to move deeply into the discovery of his or her own hidden self and the exploration of the deeper meaning of self, wherein one enters deeply into oneself, passes through the eye of the needle, and exits into levels of awareness.

This Awareness indicates these twelve lessons relating unto the sign of Aries and being the first set of twelve. This Awareness indicates this to be followed by twelve similar lessons in the sign of Taurus which relate unto possessions, identifications, and personal adjuncts, as has been previously given.

Question:

Would it be appropriate to ask the question about the first trance lecture?

Cosmic Awareness:

This as in the affirmative.

Question:

One thing that I was curious about. In the context of the information just given, in the first trance lecture Awareness was talking about the concepts of the universe being created every four-quadrillionths of a second, and certain individuals moving into that kind of understanding would then be capable of certain types of manifestation. Would this then be covered in a normal course of these trance lectures?

Cosmic Awareness:

This as in the affirmative. This Awareness indicates this relating particularly to that sign of Scorpio wherein the exchanges of energies are discussed; that this also may be prepared and given in less detail during earlier communications relating unto certain manifestation types of influences. This may be given and referred to in certain areas relating unto the individual: unto the mind, unto possessions, or unto environment and unto creativity. This may be referred to and built upon throughout these readings, whereby entities begin slowly to understand deeper and deeper levels of meaning to this information. This Awareness indicates *It* has given this

information prior to these readings in order that entities may have a new frame of reference on which to build, and these readings shall continue to build upon this frame of reference as the unfolding of consciousness occurs.

Question:

Awareness, is there any special energizing methods that you would suggest we do to create a higher level for these readings?

Cosmic Awareness:

This Awareness suggests that a white candle and magnet be placed at the head of the Interpreter. That seven colors in an arc be placed at the feet. These candles running from red to violet at the feet of the Interpreter. That entities involved in energizing these readings, wherein entities become somewhat tired or bored, may feel free to stand and to move about slightly so long as the attention is being given strong, during these movements, toward the head of the Interpreter. This Awareness indicates that entities also may find that taking three deep breaths shall help to restore energy which is being given. This Awareness suggests that these lessons be given prior to eating, wherein there is certain sensitivity which comes from the stomach area.

This Awareness suggests also that music may be played prior to the trance and that no speaking be allowed for at least ten minutes prior to the trance, wherein entities simply sit and listen to the music as it raises the vibrations.

This Awareness indicates that no particularly heavy trips be involved or concerned with during these readings. This Awareness suggests that wherein there are any heavy personal trips which cannot be placed aside, that these be questioned in a previous reading whereby the energy may be released before energizing for this lesson.

Question:

Is there any particular time which would be ideal for the hundred and forty-four trance lectures to be given?

Cosmic Awareness:

This Awareness suggests that ideally these should be given once weekly or twice every two weeks, wherein the readings can occur in a manner that allows them to be released on a weekly basis or twice monthly. This Awareness suggests that wherein it is more convenient to have these readings each two weeks, that entities should prepare for a lecture on at least two of the lessons. That these lessons may run thirty minutes to forty-five minutes each - this as a general rule and not necessarily being a limitation.

Question:

It is my understanding that the orientation material and the questions about the trance lecture which were asked after the lecture are to be included in the lessons that go out.

Cosmic Awareness:

This Awareness indicates this as in the affirmative. That the previous message may be considered an orientation lecture to lead up to this present lecture to allow entities an understanding of the type of material which they will be receiving. This Awareness indicates that the lectures themselves for these lessons shall begin step by step with the first lesson as

previously indicated. That after each lesson, questions may be asked regarding any information which might be unclear or misunderstood which was given during that lesson. This Awareness indicates that these may be kept to that time which allows the lesson to be completed within less than one hour.

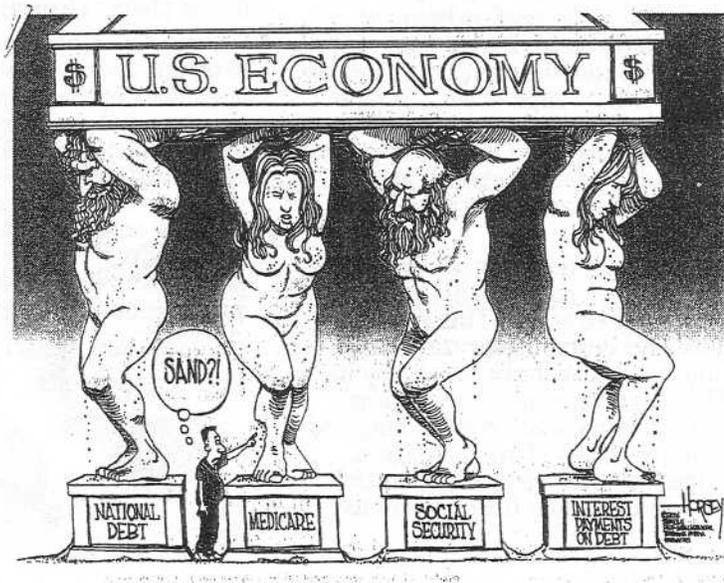
(The *Law of Gratitude* is given.)

Editor's Note: The Cosmic Awareness Spiritual Development courses are made possible through the dedication and channelship of the entity Paul Shockley, Trance-Interpreter for Cosmic Awareness, and are published by Cosmic Awareness Communications, P.O. Box 115, Olympia, Washington 98507, U.S.A. Tuition and membership information is available upon request.

Cosmic Awareness should be heard as well as read. Listening to an actual trance session often raises your own vibrations and enables you to get the multi-levels of meaning Awareness intends. *It* has said in reference to these Spiritual Development Correspondence Courses that entities should lay back, relax, and close their eyes and listen as the trance-session unfolds. As the course progresses, you will recognize what Awareness is telling us.

Don't forget that C.A.C. makes available to the membership these lessons on cassette tape. Each series of 12 lessons is contained on 12 one-hour or longer cassette tapes and come packaged in a handsome book-style album designed to protect them for many years of use. Each series of twelve lessons is currently priced at \$50, which included postage to your home. All moneys received from these tapes go toward paying the costs of production and to further the projects of C.A.C.

If you have been finding yourself wondering lately what you might do to help raise the vibrations of the earth plane, you might consider obtaining this series of Cosmic Awareness correspondence lessons on tape, inviting a few friends in one night each week, and playing a lesson. Have a discussion and tea afterwards. Particularly those entities who have children, or plan to have children or teach children, certainly would gain from this series. Who knows, you may start a group, may start an organization! And if you do, let us know. We can send you further information on getting other Spiritual Development classes started which you could give right in your own home. Think about it!



## Health Hints From Personal Readings (Borderline Leukemia)

### QUESTION:

This is a health reading for Paul M, 12 years old, born September 15, 1965.

When he was six years old he complained of "hurting all over" and having a sore throat after being active at play. The doctor recommended "hot towels."

At nine years of age, he went into the hospital after complaining about the same things. Lymph glands, six or seven, were taken from under his right armpit for a biopsy. They were sent to various states for analysis, but nothing was found - except the doctor said he was slightly anemic.

In 1976, at 11 years old, he went to an allergist who found he was allergic to several things and sent him to a hematologist. It was found by the hematologist that his white cell count was very high - too high. They were going to do a bone marrow test on him, but a week later, after another test, his blood was back to normal.

His present symptoms are: very lethargic, general malaise, weak, tired, moody, appears pale with weak eyes, withdraws deep within himself. These symptoms come and go.

Is there an opening message?

### COSMIC AWARENESS:

This Awareness indicates the entity's health in the past was bordering on leukemia, yet this has moved on and there appears to be a movement toward recovery. This Awareness suggests that the entity be given careful diet with enough protein to keep the energies high; that sugar, particularly refined sugar, be limited from the entity's diet. This Awareness suggests that natural foods be given this entity inasmuch as is possible, preferably whole grain breads, and that the avoidance of excessive use of salt, sugar, and foods with preservatives added be eliminated from the entity's diet. This Awareness suggests that fruit sugar may be used, that this particularly in fresh fruits; that the use of fresh vegetables as also of great value to this entity.

This Awareness suggests that the blood purifier, the Red Clover Combination of Dr. Christopher, that this can be used to assist in purifying the blood. This Awareness suggests also that the use of honey may be used sparingly in place of sugar. This Awareness suggests that the entity be given foods that are high in protein, but that you avoid the use of pork and excessive fats, this avoiding the use of pork, bacon, and pig meat. This Awareness suggests that some beef as being of value to this entity, particularly good quality lean beef. This Awareness suggests also that the entity may receive protein through fish, fowl, and through protein supplements such as the various soy protein products on the market. This Awareness indicates also the use of grains in proper combination as advocated by certain health vegetarian booklets as being sufficient and of value to this entity.

This Awareness indicates that the greater need, even more important than dieting, is a need by this entity to feel he truly is loved and truly belongs. This Awareness indicates the entity does have certain reservations and doubts about his worthiness, particularly in relation to those close to him. This Awareness indicates this as something that came to the entity when quite young and has effected his desire to live fully. This Awareness indicates the entity as feeling somewhat detached and afraid of really living or entering into life's situations.

This Awareness suggests that wherein possible, that much loving, warm attention be given to this entity to encourage the entity and to allow the entity to feel that life can indeed be fun, pleasurable, and of great benefit, and also that the entity has much to offer others in life and therefore has a purpose in living.

### Autosuggestion to Help the Healing

This Awareness indicates that those close to this entity can assist greatly through the use of autosuggestion, helping the entity to speak to himself, encouraging himself and saying those words which are beneficial to his own self-image. This Awareness suggests that those near the entity can also assist in giving such suggestions, suggesting to the entity that he is growing stronger, looks better, appears healthier, and is on the road to improvement and has much to do in the future. This Awareness suggests that those near the entity can assist this entity by discussing things of the future: where the entity shall attend school, where the entity may travel in future days, assisting the entity in making plans for his future. This Awareness suggests that by allowing the entity to look forward in life toward that which is anticipated as enjoyable, this helps to give the entity a feeling, a positive feeling about his ability to continue, as well as hope for and desire for such continuance.

This Awareness suggests that entities speaking with this child not discuss or tell the child that he is too sick to make plans of this type or that type. This Awareness suggests that you always discuss the future as a time when the entity becomes more healthy, and when the entity becomes more healthy, the plan for enjoyment shall be this or that. This Awareness suggests that this then helps to create an incentive for the entity to heal himself.

### Positive Suggestions to the Entity When Falling Asleep

This Awareness indicates also that prior to the entity's falling asleep and shortly thereafter, within 45 minutes after the entity has fallen asleep, those close to this entity can talk to the entity's subconscious, suggesting that the entity shall feel better, shall improve in health, and shall enjoy life greater as the next day begins. This Awareness suggests that when entities speak to this child prior to falling asleep and just after, the filtering device of the conscious mind is placed aside and the suggestions can be assimilated by the unconscious or subconscious mind of the child to allow the child to begin healing himself.

This Awareness shall also assist in this child's healing and shall come to this child during the coming nights and work with this child in his dreams and during his sleep time. This Awareness now wishes to send a healing energy toward this child, that there be a pause as this is given. (Pause)

This Awareness indicates that a resonating electromagnetic energy, a white light as penetrating the flesh and bones of this entity, moving into the cellular structure and assisting in the action of vitalizing and healing the body. This Awareness suggests that entities concerned with the welfare of this child may also visualize the white light entering the cells of this entity, entering among the atoms and giving them greater life and vitality. This Awareness indicates such imagery is greatly beneficial in assisting the healing action and in speeding up the healing action. M780208PB



## HOW TO RELEASE GRIEF, FEAR OR GUILT

### QUESTION:

Jon Strongbow wrote: "Have you asked Awareness about how to release grief or guilt or fear, and feelings like that which cause a person to hide inside oneself and not come out? That would be an interesting question. There are many ways, but who wants to pay a New Age facilitator one hundred dollars an hour to help you? You know the work has to be done by yourself and on your own terms." Could Awareness discuss that please?

### COSMIC AWARENESS:

This Awareness indicates that these are different emotions that are being discussed and therefore would be released in different ways. The release of guilt for example generally as that which may or may not need to be released in a manner that balances the cause of guilt. This Awareness indicates that in the event an entity cannot undo what the entity feels guilty about, then the entity may simply need to ask from his or her own Higher Self, or the concept that he or she holds as a Divine Being, to forgive them in behalf of the person who has been injured by some action that has caused the guilt.

In the event this is not the situation, and is not the approach the entity wishes, the entity may rather wish to follow through on a reasonable level and see that perhaps the guilt the entity feels is unjustified or is merely self-indulgence and serving as an excuse to keep the entity from performing his or her life more productively. This is not uncommon.

This Awareness indicates that an entity may feel guilt about some relationship and one's behavior in the relationship in such a manner that the entity uses that guilt to punish the self and to belittle oneself and also to prevent oneself from having any future happiness because of having wronged another. If the entity were to look at the situation more carefully and without some motive involved, conscious or unconscious, the entity might see that the action which led to the feeling of guilt was perhaps based on a reaction not from intentional harm to another but perhaps only because the entity didn't know what to do, and because of an entity's lack of insight, he or she took the wrong course of action and caused the wrong result, and the entity may have regrets.

The regrets do not need to be perceived as feelings of guilt. One can regret having taken a certain course of action that led to an unpleasantness for oneself or others without necessarily energizing guilt. Guilt is valuable only if you can do something about what you feel guilty over. Guilt is really simply an emotional prodding to make restitution for some action that has been misdone, a misdeed, and if you cannot alter and undo the damage, what good is it to energize and wallow in the guilt. It simply serves as a kind of self-indulgence and perhaps as an excuse not to do something more meaningful with one's life.

This Awareness indicates that wherein one feels guilty at having done something which one cannot overcome or rectify or pay for in terms of damages, one may then make payment for the action by being productive and doing something worthwhile for others, perhaps along some similar line, or perhaps in a direction entirely different, giving service to others to make up for some error given to one whom you cannot undo the error for. (sic)

This Awareness indicates that in attempting to overcome an error one may find it impossible to undo the error or to properly pay for the damage in which case an entity can then perhaps do the next best thing which would be to help others in a similar situation or give service to others as a kind of repayment on behalf of the one who was injured, that others may find benefit as a compensation for the harm that another endured at one's hands.

This Awareness indicates that essentially, this kind of emotion of guilt as that which requires some type of balancing. It relates to a karmic event which needs to be reconciled. This Awareness indicates other emotions, such as grief, have a different nature. The reconciliation of karma may not be present, may not be necessary when they simply have been hurt and may need to express that hurt in some way.

Often an entity will sublimate the pain, not expressing the pain directly, but instead will become bitter and hostile, and expressing a totally different kind of emotion from that which would be the true and honest emotion, thus, the entity who has been hurt becomes vindictive or sarcastic or bitter and hostile toward others in a way so as to vent the pain as anger and as attacks on others rather than to admit and express the honest pain that the entity experiences.

### Dealing With Loss or Grief

It is much better that the entity endures and expresses even privately, if in no other way, the pain and suffering and sorrow. It is important that the emotion be expressed in a clear and direct fashion rather than in a distorted manner such as through some form of bitterness, hostility or sublimated expressions. This Awareness indicates that grief is a natural feeling associated with loss, and the loss can be real or imagined, or the loss can be of something one never possessed, but dreamed of possessing.

The loss, normally however, relates to something which one felt one had and then discovered it was gone, and the entity experiencing the loss, feels a sense of either betrayal or a sense of being out of control of one's destiny and life, therefore, there is more than loss involved. There is also the loss of one's confidence in self, and the loss of one's belief in something or someone, usually including the loss of one's belief in oneself.

It also may include the loss of one's belief in ideals and principles and even values which one holds, therefore, these things can affect an entity very profoundly when a loss occurs, and such a loss results in a feeling of grief and justifiably so, and the grief, if not expressed directly, may be expressed by poetry, art, music, movies, seeing similar situations and listening to the expression of others who have also grief to share. Perhaps if one cannot find it within their own personality type, to express the grief they feel, they can listen to the expression of grief of another and share with that other their loss, and in so sharing vicariously release their own loss.

Thus, occasionally an entity who has lost someone becomes a counselor for others who has lost someone, or will listen to the story of another who has had a similar loss and this can be very helpful to the entity, even if the entity cannot directly express the feelings of his or her own loss. This Awareness indicates that sometimes an entity can feel more comfortable vicariously expressing grief at the loss that someone else endures, whether real or fictional, such as may be found in a movie, or play or real life drama. This may be easier for them, to have a catharsis over some other entity's loss than to have a catharsis over their own loss.

### How the Greeks Used Drama for Catharsis

It is for this reason that the Greeks and other cultures using classics in drama expressed these things to help the masses have cathartic releases by watching the suffering of others and sharing their losses and grief with them. This Awareness indicates that in fact, whether you cry or grieve over the loss of a loved one of your own, or over the loss of a loved one of some fictional character in a play or drama, or in hearing of someone's loss other than your own, the catharsis can be the same and have the same physiological effects.

It is for this reason that often entities in hearing of losses, people having losses become so enraged and feel such grief on their behalf, even though they themselves are not even touched by the incident: A plane crashes, a child is kidnapped, someone falls in a well, an accident occurs, an event in nature, or someone becomes ill and it becomes national news for a few days and masses focus on this and to some extent grieve in behalf of those who are suffering, and that grieving not only is beneficial in regard to the concern for the individual who is focused as the subject of that grieving, but it also relieves the entity's own areas of concern for which the entity has too much restraint to grieve.

Thus, an entity may have recently lost a friend and needs to grieve, but instead of grieving because of the loss of that friend, the entity focuses on the national subject of grief and expresses the catharsis for that entity's welfare, and releases those emotions that have been blocked because of the loss of his or her friend. This Awareness indicates that in this manner entities share and sublimate and vicariously use each other's suffering to alleviate their own grief when they have some blockage to straight clear and direct grieving for their own losses.

This Awareness indicates for example, if one's spouse decides to break up and go with someone else, and the entity's marriage falls apart and the entity is too shocked and too confused with mixed emotions to express grief, the entity could attend a movie or play relating to a similar situation, and could express grief at the hero of that story losing his or her spouse, and in so doing, alleviate much of the agony and pain that is locked within his own or her own loss; this being a vicarious release which can be just as effective as one's own personal grieving.

#### Go to Sad Movies Like "Lassie" or "King Kong"

This Awareness indicates that such losses do not even need to be of a similar nature. One could, for example, attend a play or movie in relation to an animal, such as Lassie or King Kong, or some other sad story and could find themselves grieving on behalf of that creature, and yet that grieving would still alleviate much of the tension and locked-up grief that the entity may be holding, may have bottled up inside in reaction to a problem of their own personal lives, of his or her own personal life.

This Awareness indicates that if an entity has a need to cry, a feeling of grief, but cannot express it, and because it cannot be expressed it cannot be superceded and one cannot get beyond that insidious feeling of grief over the loss of something or someone, it can be beneficial for the entity to vicariously move into a situation in which one becomes involved with others, fictional perhaps for awhile, whereby one shares in a fictional character's problems, or even better, getting involved in the problems of someone else who may be also grieving, someone real. One can quickly overcome the grieving of the past by getting involved with someone else who has problems that need to be solved.

### The Mind Can Only Think of One Thing at a Time

The mind can only think of one thing at a time, and if you are preoccupied with helping someone to solve their problems, you cannot continue to dwell upon things that make you feel depressed or call up reasons for continual grieving. This Awareness indicates that in the loss of someone whom you love, it is natural for entities to move through different stages and emotions. The grieving stage may last for several weeks, even months, depending on how deeply entwined you were with that entity's life.

#### Don't Become a Martyr In Your Grief

If it goes beyond a year, even the most deeply entwined life should not go beyond a year or so of grieving. If it goes beyond such a point, one must recognize that one is obsessed, not with the loss of the individuals, but with the indulgence of the suffering of the loss, and if one indulges oneself excessively in the suffering, it is a kind of martyrism. It is a kind of attitude that cries out: "Help me! I'm suffering from the loss of my loved one! I deserve something for doing this!", and many entities get into this kind head-space, get into this kind of thinking that because they are suffering, they deserve something for it, and they do not want to stop. They have been perhaps encouraged when friends give them things to help them through their suffering, when friends give them special attention to help them through their suffering, they want that to continue.

#### Long Indulgence in Grieving is Abnormal

It is important for people to realize that this must not continue, because it can become an abnormal attitude and not something that is part of the natural process of recovering from a loss. The natural process of recovery includes a period of grieving, but not an indulgence in continual grieving for an unreasonable length of time. The entity must at some point move beyond the grieving and into starting new actions, new projects, meeting new friends, and carry on one's life along new lines.

This Awareness indicates that one of the best ways to overcome that indulgence of grieving is to get involved in a relationship with someone who has their own grieving and not tell them about your problems and your losses, but listen only to theirs, and listening to theirs, you will gradually begin to reflect on yours in a different way, seeing them as a mirror to yourself and eventually tiring of too much of their grieving, you will also want to cease wallowing in your own grieving and you may find yourself wanting to get active with other people who are more concerned with life and what is happening, and what is occurring around and about, and as you find yourself involved with them you may become more and more busy with interactions, interrelationships and projects that occupy your time, your thinking, your energies and give you a new beginning in life.

## 7 YEARS OF DRINKING ALCOHOL

(How Long Does it Take for the Body to Restore Itself?)

#### QUESTIONER:

This particular entity claims his so-called pain that he's been going through stems from the fact that he says that he got involved in alcohol drinking for some 7 years or so, and he believes that he's ruined himself, and his favorite line when you ask him what he needs, is something along the line that he would like to restore his body and mind to its divine condition.

#### COSMIC AWARENESS:

This Awareness indicates that it does take time to recover; that the body totally renews itself, *totally*, every 7 years. Some parts restore themselves within seconds or

minutes or hours or days, or weeks or months, but everything has been totally renewed at least once in 7 years, and only the memory as that which reaches back to drag up the past through those 7 years, and if one does not hang on to those memories and drag them with them, then those things that occurred 7 years prior, need no longer be part of one's life; this in terms of even the physical level.

Therefore, one can totally be renewed, but if the memory seeks to continue reaching back and carrying forth the damages that were done and bringing them into the New Creation, the new cellular levels, the new skeletal levels, then indeed, the entity can retain the damage from the action by recreating it in the renewed body. This Awareness indicates that when *It* speaks of the body renewing itself totally, the bones are those parts which take 7 years. Most of the rest of the body takes much less time, and theoretically, one could overcome the effects of alcohol damage in a matter of approximately a year, if one can also release the attachment, the psychological attachment to the damage done by the alcohol.

#### **Gotu Kola and Phoscholine helps Restore Memory and Brain**

This Awareness suggests you visualize your body returning to normalcy as much as is possible. This Awareness indicates that the brain cells can be totally destroyed by alcohol and in this sense, many of these will never be again usable, but those that remain can be more than adequate, for entities seldom use more than 10% of their brains anyway, and as entities progress in age, they generally do not use as much of their brain cells as do the young children learning new things; - rather, they rely on the old patterns and maintain the patterns that have been developed, but if an entity wishes to help restore the brain cells to a better condition, it is possible, by the use of Gotu Kola to help improve the brain and restore many of the damaged brain cells.

This Awareness indicates that if an entity wishes to restore memory, phoscholine as that which is suggested; that antioxidants can also help by-increasing the oxygen throughout the system and increasing the circulation throughout the system can be- beneficial. This can be helped through the use of salmonic acid, (sp?) gamolyinic acid (sp?) or that which is Evening of Primrose oil; Vitamin C, Vitamin E, beta-carotene, selenium and other antioxidants; EDTA, which is used in chelation; also the avoidance of those foods that curtail or injure circulation.

This Awareness indicates that grapeseed oil, often found under the brand name of canola oil, and olive oil are seen as oils that are beneficial in helping to improve the general circulation. The circulation improvement in a body benefits all of its vitality, including the functioning of the brain, the vision, and other aspects of good health. The organs work better, the skin will be helped, and by improving circulation the immune system is strengthened as well as the general circulatory system, including the heart.

This Awareness indicates that there is also benefit from having a happy attitude about oneself, a healthy attitude. This can come about from having a project that you know you can accomplish but which is a slight challenge. This can come about also from having a healthy and happy relationship with someone whom you enjoy being around, who is uplifting and inspiring to you. This entity needs not necessarily be intimate or really close with you, and can even be a fictional character in a book, or some famous person who inspires

you, or someone who writes to you and communicates with you.

#### **You Need a Petty Tyrant in Your Life**

It would be helpful however, to have someone who is close to you, for this kind of closeness can help very much in giving your life new meaning. It is also beneficial that you have someone in your life who serves as a kind of petty tyrant to irritate and frustrate you here and there. Everyone needs this type at different times especially, for it keeps entities growing, keeps them on their toes, gives them something to mirror themselves without flattery so they can see themselves from the eyes of a critic and not get too enthralled with themselves, and it also creates a challenge for them.

This Awareness indicates that these things help entities to have a more fulfilling life and this improves the health, so long as these things are not to such extreme as to cause damage, for when something becomes unbearable, an entity may need to take time off, or take time out, and get away from the problem long enough to reorient oneself and decide afresh a new approach.

This Awareness indicates that when an entity is in a situation wherein too many factors, environmental, social, financial or otherwise, create too much chaos and misery and the entity sees no clear solution, then it is suggested that the entity may benefit from considering a change of scenery, a different place, perhaps some place where you know someone, and not to be too afraid of packing up and moving.

This Awareness indicates that the entity must also consider whether or not he or she can endure the potential hardships that would be involved in such a move, whether or not he or she has the courage to accept the consequences of such a move, or whether the entity should perhaps stay where he or she is and try to work out the problems as they can be worked out. It is suggested that entities may reevaluate and ask themselves also: "How much of my problems am I actually causing?, and how much are caused by others? Is there a way that I can change my behavior to reconcile some of these problems and make things easier for myself and others?"

This Awareness indicates that often entities who have excessive problems have excessive demands and expectations, and often entities who have excessive demands and expectations have a low self-esteem and expect someone else to fill in for them because they do not expect or feel themselves capable of doing what they see needs to be done. This Awareness indicates there are many things and many factors that entities need to consider. Because there are so many different kinds of entities, there is no way to make rules on this that would-give the generic entity a rule, a generic rule for happiness.

#### **What Happiness Really Is**

All entities must pursue happiness in their own way, with their own best efforts. This Awareness does suggest however, that your own happiness can never be achieved without your consideration of the happiness of others as being part of your pursuit. This Awareness indicates that your own happiness can never be achieved at the expense of someone else's happiness. This Awareness indicates that your own happiness can never be achieved in attempting to sacrifice yourself as a manipulative action to gain something from someone else.

This Awareness indicates that happiness comes best from within, as an attitude that focuses on little things that occur from moment to moment, which, when observed carefully, bring joy, which when ignored are

missed. Therefore, by watching carefully the little things that occur from moment to moment day in and day out that catch the corner of your eye, those little things that bring joy, that twinkle beauty, that offer a harmonious sound, that give you a sense of completeness, a feeling of wonder, that uplifts your appreciation, that reflects something precious to you; when you begin to see these things popping up here and there in various moments: the sunlight through a pane of glass, a shadow dancing under your feet, a twinkle in the eyes of someone you love, a smile forming softly on the cheek of someone you speak to; these little things, these are what bring the greatest joys to those who can see them, and when you see those little things, then your life begins to change in big ways, and major changes begin to occur within your own being, leaving you to be bursting with the joy and wonder of life.

## HEALING THE SHAME THAT BINDS YOU

(John Bradshaw's "Toxic Shame")

### QUESTION:

In relation to guilt. I heard a lecture on the Public Broadcasting television awhile back by an entity called John Bradshaw. His lecture was on toxic shame, but it prompted me to go out and buy his book, which is titled: *Healing The Shame That Binds You*. I'll read what's on the cover. "I used to drink," writes John Bradshaw, "to solve the problems caused by drinking. The more I drank to relieve my shame-based loneliness, and hurt, the more I felt ashamed. Shame begets shame. I came to see that shame is one of the major destructive forces in all human life. In naming shame, I began to have power over it.

"In an emotionally revealing way, Bradshaw shows us how toxic shame is the core problem in our compulsions, co-dependencies, addictions and the drive to super-achieve, resulting in the breakdown of the family system and our inability to go forward with our lives. We are bound, Bradshaw tells us, by our shame. But drawing from his 22 years of experience as a counselor, he offers us the techniques to heal our shame. Using affirmations, visualizations, 'inner voice' and 'feeling' work plus guided meditations and other useful healing techniques, he releases the shame that binds us to our past.



"This is it, Jenkins ... indisputable proof that the Ice Age caught these people completely off guard."

18 "This important book breaks new ground in the core issues of societal and personal breakdown, offering new techniques of recovery vital to all of us." I was wondering in the case of the previous question, if toxic shame is, as John Bradshaw refers to it, is one of the problems of the questioner.

### COSMIC AWARENESS:

This Awareness indicates that this is essentially another term for poor self-image. Essentially it is a poisonous attitude toward self and that the dramatic approach and way of telling the issue has a powerful effect on the reader. This Awareness indicates that this entity's works are highly recommended for those who have problems of this nature, who have problems in regard to self-image and in regard to co-dependency, and in regard to the general problems that often accompany poor relationships with others.

This Awareness indicates that the entity as one who is having some major impact in helping entities to better understand their own way of looking at themselves and getting a new ideas for overcoming some of the areas in their psyche that have served to block them from their full potential. This Awareness suggests that this book can be most helpful to many entities; that co-dependency should not be confused with cooperation. There are many entities who tend to confuse these terms, thinking that if entities are cooperating, such as in projects or in their relationships with one another, there is a kind of co-dependency.

It is possible for entities to depend on one another in a normal sense without being co-dependent in the sense that this entity uses the term. This Awareness suggests that entities in reading this man's works, be cautious that they understand what he means as co-dependency, and not feel that the opposite of co-dependency is independence and selfishness as a way of life, for entities can still be reliable and dependable to each other and cooperative with each other, so that they work as a team.

It is only when one's weaknesses feed off of the strength of the other, or wherein one feeds the weaknesses of another that the concept of co-dependency is active, for as one gets caught in that interchange of energies so that both parties involved feed and find their weaknesses enhancing due to the relationship they hold, where one feeds the weaknesses of the other to enhance those weaknesses and vice versa, where the other also is made weak from the relationship; this is a co-dependency relationship that is unhealthy.

There is considerable confusion among many who become involved in this thinking wherein they do not clearly discern the difference between what is meant by co-dependency and what is commonly considered as cooperation between entities. Cooperation as that which allows entities to have greater strengths for accomplishing things because someone is operating as a helpmate with them toward that accomplishment. This is quite different from the entities who feed each other's weaknesses and thereby strengthen those weaknesses.

Ed's Note: CAC no longer carries the books of John Bradshaw but they are still available. If your library doesn't have it, write to Vikki T. She can order you a copy.

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

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#### MEMBERSHIPS AVAILABLE ( Honor System )

INDIVIDUAL: \$42 per year or \$12 quarterly  
 FAMILY: \$52 per year or \$20 quarterly  
 CONTRIBUTING: \$77 per year or \$25 quarterly  
 SPONSORING: \$144 per year or \$40 per quarter  
 BENEFACTOR: \$500 per year or \$150 per quarter  
 PATRON: \$1000 per year or \$250 per quarter  
 ANGEL: \$5000 per year or \$1500 per quarter