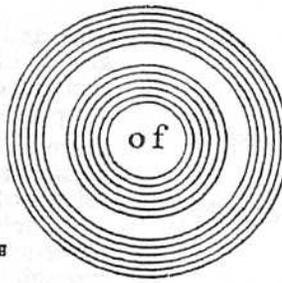


Revelations

The Cosmic Newsletter

E-mail: CosmicComm@aol.com
INTERNET DOMAIN: www.CosmicAwareness.org
FAX: 360-352-6294



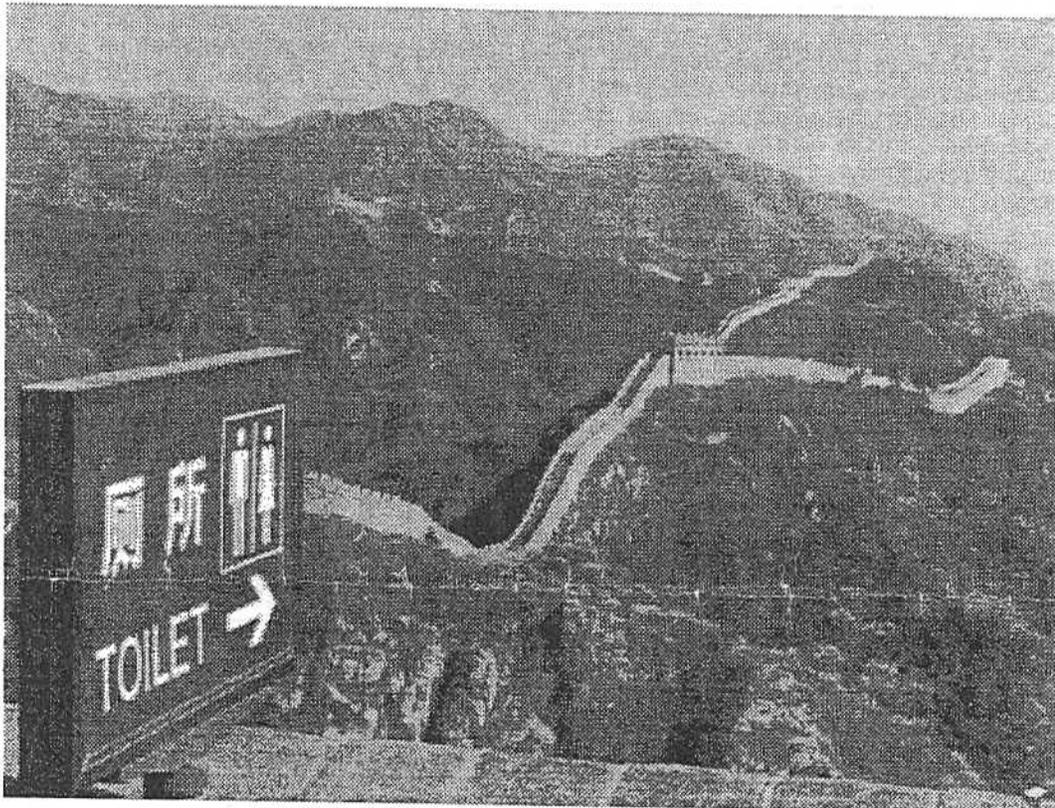
Awareness

COSMIC AWARENESS COMMUNICATIONS
P.O. Box 115, Olympia, Washington 98507
Helping People Become Aware

Celebrating our 36th year!

2007-6
Issue No. 612

\$3.00



Index is on page 5

Mormon Professor Blows Lid Off World Trade Center Collapse
(How and Why the Buildings Were Destroyed)

- That ominous bulge beneath Yellowstone Park
- Why an epidemic of kidney stones in Iraq?
- A National Identifying Card by 2008
- The Mark of the Beast makes its public debut

The Cosmic Awareness Spiritual Development Course:
GEMINI: Volume 3 Lesson Number Four

COSMIC AWARENESS:

This Awareness is ready to resume the series of questions that are available at this time.

That Ominous Bulge Beneath Yellowstone Park

QUESTION (TAMI):

These are all articles send by Avaton requesting a comment. The first one is called "Yellowstone Bulge: Geothermal Activity Focus of USGS Study. Billings, Montana: A newly discovered surface bulge in Yellowstone National Park might be responsible for some unexpected geothermal activity in recent years, according to a study by US Geological Survey Scientists. The bulge, about 25 miles across, rose five inches from 1997 to 2003, and might have triggered some thermal unrest in Norris Geyser Basin, including a sudden rise in temperatures, new steam vents and the awakening of steamboat geyser.

The findings are part of a paper published Thursday in the journal *Nature*. Charles Wicks, one of the USGS scientists who worked on the study, said much of what happened beneath the park's surface remains a mystery, but more is being learned about the Yellowstone caldera, the huge bowl-shaped collapsed volcano in the middle of the park that last erupted 640,000 years ago.

Geologists discovered the dome in the North rim of the caldera several years ago, and Wicks and others used satellite images and other tools to track its swelling.

Wicks and his colleagues theorize that molten rock moved out of the caldera and beneath the area of the inflating dome, which has been named the North Rim Uplift Anomaly. The floor of the caldera sank as the molten rock left. About the same time some unusual activity began occurring in and around Norris Geyser Basin according to the USGS findings.

Steamboat Geyser erupted in May, 2000, after nine years of dormancy, and they erupted five more times between 2002 and 2003. The nearby Porkchop Geyser also sprang to life after 14 years of dormancy.

Ground temperatures at Norris, the hottest and most unstable geyser area in the park, rose so high in 2003 that Yellowstone officials closed some boardwalks out of fear that visitors might be burned, and just north of Norris, near Nymph Lake, a series of steam vents churned and emitted white clouds of gas. Scientists studying the shore of Yellowstone Lake found that the caldera has been rising and falling for at least 15,000 years, sometimes swinging more than 10 feet.

Henry Heasler, Yellowstone's lead geologist said research about the heaving caldera could play a role in predicting volcanic activity and help ensure the public safety.

"We've known that the caldera breathes" Hessler said. "Now we're starting to get a much better idea of those respirations." Comment please.

COSMIC AWARENESS:

This Awareness sees that the area known as Yellowstone Park is indeed a highly active geological area for geothermal activity. The caldera underneath the park is as described. To a large scale, this article is very accurate in its descriptions, and this Awareness does not have a lot to add to that description of the events that are occurring. *It* wishes to point out that the caldera under Yellowstone Park has been around for an awful long

time, and this anomaly that is described where the ground lifts up as the earth itself breathes is also an accurate description of the process.

This Awareness wishes to add this to the description given of the events. This is a way for built-up energies to be siphoned off of the main caldera, thus allowing for a release of pressure, especially through the geysers that erupt, releasing immense pressure in the form of the super-heated waters that are expelled from the surface through the geyser's activities. When the basin fills, it is a kind of overflow area that allows the built-up magma to escape from the caldera proper into this overflow basin which then allows the heating of waters in that area which are then released as the geyser activity.

This process is indeed what is preventing the giant caldera underneath Yellowstone Park from building to such a point that an explosion of cataclysmic proportions would occur. It prevents this situation from taking place, so that in many ways, the lift and fall of the lands in the area described are really indicative of the safe release of the pressures in that area. This Awareness likens this area unto the area described in the Northern California/Southern Oregon region, where there is another caldera, another buildup of magma under the surface.

Of the two, this Awareness sees that the Oregon/California caldera is by far the more volatile one, and has the greater risk of being released in a cataclysmic event, but there is a connection to the activity in Yellowstone Park, so that if one shifts and explodes, the other may also be released, but to a far lesser degree, or the release may be subterranean, seeing large flows of lava leaving that area. As the caldera in the Oregon/California is released, the caldera in the Yellowstone region will be somehow drained.

The cataclysmic event around that would actually be the falling of the lands into a big pit, a big hole that is created as the caldera under Yellowstone National Park drains fairly quickly, and the land would subside quite rapidly into that hole that is vacated underneath the land. In the geological process of things, with hundreds of years, that basin would fill again and the lying lands rise again, but that would take millions of years, certainly hundreds of thousands of years, as the last great explosion in that region was some 650,000 years ago, and while this figure sounds like a long time ago, in geological terms, in the terms of Mother Earth's age, this is an event that happened fairly recently in her own history of things.

**Underground Tunnels Used by Aliens Run Beneath Yellowstone
(They Have Means to Release Built-up Pressures)**

This Awareness now wishes to talk about something else that *It* sees in this region that is quite unrelated to the events described in the article. This Awareness has spoken before of the underground passageways, the underground tunnels that have been bored out by certain extraterrestrial beings who have been in cahoots with the government, and the government has allowed them to build these tunnels through the various regions, and they indeed crisscross the United States and up into Canada and down into Mexico. One of the primary passageways passes very closely through to the Yellowstone area. *It* does pass through it, and therefore, some of the activities that are caused in the Yellowstone Caldera are results of some of the activities of these extraterrestrial Greys and Reptilians.

This is not seen as primary event, but is somewhat associated with the release of the energies in the Yellowstone region, so that their efforts and their tunnels are not destroyed in a cataclysmic event, but these beings *do* have the technology available to safely vent off energies

and pressures as they build up in the area that would have an adverse effect on their own tunnels and underground transit systems. It is seen by this Awareness that the releasing of some of the overflow from the main Caldera of Yellowstone park into this uplift anomaly are caused by the extraterrestrials themselves, who released the buildup of pressure because it was becoming crucial to their operation, and then they further allowed that pressure to be siphoned off and released into underground streams of magma and lava, and released also in the superheated waters that form the geyser system of Yellowstone National Park.

This Awareness adds this to the picture at this time to help the readership to understand that there are forces available that can indeed dissipate the buildup of volcanic activities and pressures under the ground and are doing so at this time if it is of benefit to them to do so. They do not do so at this time to alleviate any situations that could occur that would have adverse effects on the human population on the surface, but should it be required and should an agreement be made with the proper authorities, this is another way that those energies could be dissipated. Alternatively, they can also trigger these events to occur, and if that was their agenda and if that was their need, they might do this instead, which is why the government tries to keep on even terms with their alien partners who they have entered into contracts with, those whom they have made treaties with.

The governments still do not have the same technology, and are not at a level of technology that the aliens known as the Greys possess. This activity has seemingly been dormant for a long while now, but there is still activity happening both below the surface and above the surface. It is not seen by this Awareness that there will be any particular venting of those volcanic energies, nor any particular deliberate release of those same volcanic energies by the extraterrestrials, who seem to be more involved in a neutral position at this time. This is a good thing, but it is something that could shift and change, especially as the approaching agenda has it that alien contact is something that is on the books for times ahead. This is another matter, another question, another story, and this Awareness is complete with the answering and comments on the articles presented.

SILICON IMPLANTS TESTED IN OHIO

(The Mark of the Beast Makes Its Public Debut)

QUESTION:

The next article is called "Mark of the Beast Makes US Debut: Are You Next?" An Ohio company has imbedded silicon chips in two of its employees; the first known case in which US workers have been tagged electronically as a way of identifying them. City-watcher.com, a privately video surveillance company said it was testing the technology as a way of controlling access to a room where it holds security video footage for government agencies and the police. Imbedding slivers of silicone in workers is likely to add to the controversy over RFID technology, widely seen as one of the next big growth industries.

RFID chips, inexpensive radio transmitters that give off a unique identifying signal, have been implanted to pets or attached to goods so that they can be tracked in transit. "There are very serious privacy and civil liberty issues of having people permanently numbered," said Liz Macintyre, who campaigns against the use of identification technology. And what the US media is saying about this story; quoting the AP: "Tiny silicone chips are imbedded into two workers who volunteered to

help test the tagging technology at a surveillance equipment company, an official said Monday, February 13th.

"The Mexico Attorney General's office implanted the so-called RFID's, or Radio Frequency Identification Chips, in some employees in 2004 to restrict access to security areas. Implanting them in the workers at city.com is believed to be the first use of technology in living humans in the United States. Sean Darks (sp), Chief Executive of the company also had one of the chips imbedded."

Please comment.

COSMIC AWARENESS:

This Awareness does see this as part of the overall scenario that the powers that be, the elite, have for the human race. This is indeed part of the enslavement of humanity, the enslavement at least of those who would survive the mass-depopulation plans that are also part of the scenario. It has long been seen and held, that the powers that be feel that there are too many extra individuals on this planet who are simply using up their precious resources and taking up space that they request and require for themselves. This is known, and this Awareness has spoken of this many times, and there are many sources of information that address this issue and talk on it in great length.

This Awareness does not wish at this time to simply go on and on and on about this matter, but wishes instead to refocus attentions here. There are choices to be made now at this time of division, at this time of separation. This Awareness has spoken at length recently about the division of the two planets: Planet A and Planet B, as *It* chooses to call them now; the Ascension Planet, and the Planet Below Ascension. It is a time of choice for many many individuals, both consciously and unconsciously, as to the direction that they wish to take, both as individuals and as a collective.

The Process of Awakening is Accelerating Rapidly (Oprah Winfrey and the Release of "The Secret")

The collective is also in various levels and degrees; there is the family collective, there is the community collective; there could be a city collective, a regional collective, a country collective, a collective of the whole planet. These are all levels of consciousness of the masses. There has been started a process of awakening that is accelerating rapidly, but this Awareness sees this process as an event that recently started up and has a lot of do with the release of information at a mass-level through that show known as Oprah Winfrey. The release of information around the DVD movie "The Secret" has gone out to the mass-public, and the public is starting to become aware, is starting to open up to another way of thinking.

The response to the original show that Oprah Winfrey ran was so great that she returned several of the guests the following week, thus indicating and showing that the interest is indeed out there to radically challenge the perceived conceptions held for so long by so many, that it is possible to create everything that you want and need in your life, but this is a radical concept for most, and one that is a threat to the powers that be, one that the powers that be would rather crush and choke off rather than allow to happen, to emerge in the consciousness of the collective, at whatever level of the collective.

The most important level to start with is that of the individual, and each individual now must choose which direction they wish to go, how they wish to create and what they wish to create in terms of their lives and their

reality. This Awareness, through previous Interpreters spoke that *It* was not willing to energize the negative, to give any strength or power to those who would manipulate and control and use the collective, the masses. *It* still does not wish to empower them, but *It* does wish to elucidate, *It* does wish to enlighten the readership, to add *Its* voice to the voice that is growing, that voice that is speaking out against the control and the manipulation of those powers that would enslave the planet, and would murder off many innocent ones.

It's Time to Choose a New Alternative, Create Another Reality

This Awareness wishes all to understand that this is a time to focus not on the strength of those that are in power. It is a time to *recognize* it, but to choose *other* alternatives, to create *another reality*, a reality that will be enhanced, as more and more people open up to this new reality. That is why the events of recent days with the information being released on the Oprah Winfrey show is so significant, so powerful, that many are now speaking of this who did not previously speak of it.

This Awareness, through the Interpreter, sees an event that happened to a friend in the United States, who said to the Interpreter recently, that she was the only one in her small town in Iowa who knew of "The Secret" and had no one to talk to about it, no one to share this information with, no one seemingly interested in it, and yet, just the other day as she was walking along with her sister, overheard two elderly women talking about "The Secret" talking about getting it and watching it because they had seen it on the Oprah Winfrey show. Such is the power and the impact of this exposure, and the positiveness of it, to releasing this information on a mass-societal scale that will accelerate quickly and become a real voice against the powers that be, and that the reality of this happening will be in alignment with the A Planet's energies.

Already those who are aware of these events are themselves aligned to the energies of the A Planet, the Ascension Planet, and those who are not, who are still ignorant to all this information, this new way of thinking, are exhibiting the understanding of those who choose to stay below and behind. Those who choose to stay focus and lift their own awareness upwards and to start seeing things differently, and start creating differently, will experience a drifting away from those who hold things to be different, who do not accept this new reality, this new truth, and they will start to fall away as friends and associates and colleagues.

As the Two Levels of Consciousness Become More Extreme

Even members of families who do not hold this as their truth will start to fall away, and as the process accelerates, the dropping away will become more pronounced, although as the energies shift and change substantially, and the separation between the two planets, the two levels of consciousness, becomes more extreme, it will start to feel like many just cease to be part of one's life. Even the memories of others who were once part of their life will start to fall away and a seamless continuity will be created that doesn't even see that there used to be many who did not believe as they did, and that those who are around them are all those who share this new belief, this new concept, whether it is that of the Ascension Planet, or that of the planet that stays below Ascension, behind Ascension, who do not choose to rise up, but who choose to go deeper into the densities of consciousness, of separation, of materialism.

Both Sides Will Become Unaware of Others Who had Been in their Lives Previously

Both sides will become unaware of others who had been in their lives previously. It's as if they simply went

away, and are not thought of anymore. There's no significance to them anymore. There's even no real need to think of them anymore. This is how that process will proceed in the next few years, and that is why it is so important for many to start awakening, to start asking questions, to start making choices. While this Awareness on one level supports the sharing of such information so that we become aware of it ("we" being the collective), that they choose not to go in that direction, they choose not to focus on that energy and instead, once such information is heard, rather than to go into a fear state or even an anger state against those who would do such things, that instead, the attentions and energies be refocused to holding a space where such things will not materialize in their reality.

This is not a way of denying it, or of being in denial. It is a choice to see consciousness expanding, awareness increasing, and with that increase in awareness, the vibrations will also increase, or visa versa, the vibrations increase which cause a greater awareness to open up. One way to do it is when one hears such reports, to visualize such things being exposed for what they are, and that people become aware of these plots and say no to them, and in this process, those who are behind it, will start to lose their power, for the people will say no.

Politicians Notice When Enough Stand Up and Say "NO!"

This Awareness spoke the other day of how when a small percentage stand up and say "No!", politicians do start to take notice, and when more and more say "No!", the politicians will join the bandwagon, so to speak, and support the popular movement, the masses.

This is indeed where the masses have power, if they awaken to it, and this awakening is part of the unfolding of events that is occurring on that planet that is choosing Ascension, and those who are involved in that Ascension process, both individually and on a planetary level. It is all right to gain information of the conspiratorial type, to know who was behind the bombings of the World Trade Center buildings or the subway train in England, or the train in Madrid, or even several years ago: the social club that was bombed in Bali, the Disco bar. It is okay to have such information of such events, but it is not okay to simply attribute it to the actions of that power elite, although they may be behind it.

It is now important that each individual who becomes aware of such information, who is understanding of such, see the greater picture, and understand that even these types are working for a greater result than they themselves even understand or know, and that each individual choose the highest experience, choose to strive for the Light, and to illuminate the events and circumstances to whatever degree they can, but to choose also to experience a new reality, a new truth.

As Creator Beings It's Time to Create the New Reality

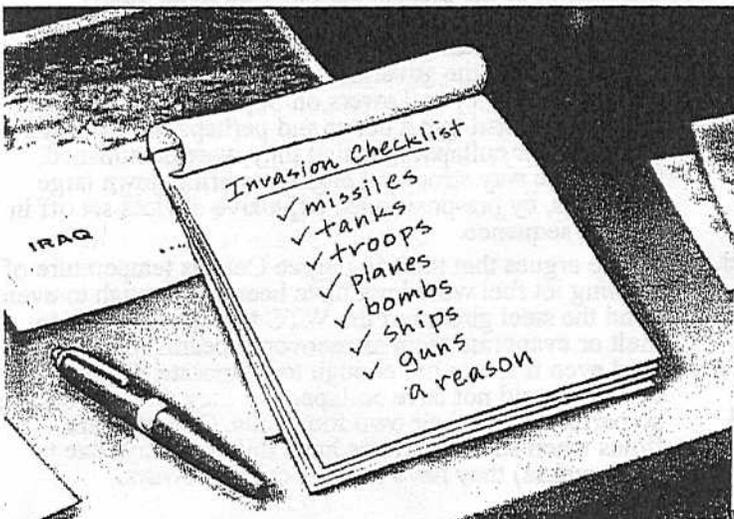
This Awareness says that you are Creator Beings, and as Creator Beings it is time now for you to begin to truly create the reality that is in alignment with True Spirit, that is Your True Alignment. While information as presented in this article are important to see and understand and be aware of, this information must also be put in context to the greater picture and to the individual choices that each and every one of the readership much make and each and every human being must make at this time, either on a consciousness level or at an unconscious level. That is what this Awareness wishes to emphasize at this time.

This Awareness is complete with this article and *Its* comments towards it.



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.



Health Hints from Personal Readings

(About alcoholic beverages)

This Awareness suggests that this be avoided by you for some time. That the use of alcohol in your system weakens your aura, makes holes in your aura and allows alien forces to invade and cause trouble to you. This Awareness suggests that you be very cautious in relation to being around others who are involved in the use of alcoholic beverages, that as much as is possible for a period of at least one year, you will benefit greatly, your life shall become much more meaningful and prosperous if you move away from any contact with alcohol as a beverage or those who are involved in this. This Awareness indicates this does not mean that you must condemn those who are using this, but rather that you would be more benefited by avoiding contact with any form of alcoholic influences. M770626P

IN THIS ISSUE

That Ominous Bulge Beneath Yellowstone Park	2
Silicon Implants Tested in Ohio (The Mark of the Beast Makes Its Public Debut)	3
Health Hints—About Alcoholic Beverages	5
A National Identifying Card by 2008	6
Mormon Professor Blows Lid Off World Trade Center Collapse	6
Why an Epidemic of Kidney Stones in Iraq? All About "Walk-Ins"	8 10
Are Pleiadians 30 Million Years Ahead of Us Spiritually?	11
Health Hints: Head, Liver, Bladder, Stomach, Prostate	12
The Cosmic Awareness Spiritual Development Course GEMINI: Volume 3 Lesson Number Four	13
The Cosmic Laws of Cosmic Awareness: The Law of Karma The Law of Karma—Simplified The Law of One	16
The 144 Light-Pulse Exercise-Meditation for Healing Earth	17
Concerning the Use of the 144 Light-Pulse Meditation For Personal Gain	17
Those Deteriorating Missiles in Old Silos Did U.S. Bomb Japan to Destroy Aliens?	18 18

Cosmic Awareness is once again asking you to please send Questions we can ask Awareness for possible inclusion in future issues of this newsletter. By mail please send to Vikki T or the editor at CAC PO Box 115, Olympia, WA 98507.

Or please email to the editor <avatont@comcast.net>

A National Identification Card by 2008 (If You Don't Want One Then Start Energizing Options)

QUESTION:

This next article reads: "British legislators approved the introduction of National Identity Cards on Monday, February 13th, in a vote that was seen as a key test to Prime Minister Tony Blair's power. The House of Commons voted 310 to 2079 to pass the controversial Bill which would make it mandatory by 2008 for people to pay for identity cards when they apply for passports. It must still be approved by the Upper House to become law. The biometric cards will store information that identifies fingerprints, irises and faces. Blair's government argues that card will help it fight terrorism, organized crime, identity theft, illegal immigration and other problems, but some legislators in Blair's own Labor Party joined opposition politicians and rights activists in condemning the Bill.

They say the costly card will erode civil liberties without improving national security, quoting CBC News." Editorial note: Surely the US will have this by the end of President Bush's term with the way he is eroding civil liberties. Please comment.

COSMIC AWARENESS:

This Awareness first wishes to comment that these plans are again part of the overall plans that the powers that be have had for many years, that they are driving towards completing. As previously stated, this information is correct, and accurate. This Awareness again states *It* is not interested in simply energizing this plan of events. To be aware is one thing, to energize is another. While both England and Britain, as well as the United States have plans for identity cards to be available by 2008, which would be next year, this does not mean that these plans will come to fruition.

This Awareness wishes all to realize that the choice that each and every one faces is whether they wish to live in a reality where such things are the norm, where such things are every day occurrences and are the truth of their reality, or if they wish to create a new reality, one that supersedes the projections of those who are in power, the plans of those powers that be. It is each and every individual's choice at this time to look beyond the reports, to look beyond the exposures that are taking place more and more to the plans of the powers that be; that is why the governments are so anxious to control the Internet, for so much information is being released that many are now accessing, that many are now aware of some of the plans and some of the actions that have been taken by the powers that be, who at the same time, through subterfuge are trying to mislead people into believing it was another group responsible for the actions, in this case, the dreaded Arabs, the terrorists, those who would take away liberty and life and home and happiness.

This is the slight of hand action that this Awareness has talked about before in terms of the powers that be, and that while it is extremely important to wake up to these slight of hand actions, it is also now important to realize that being so focused on this issue, on this matter, will in itself create energy around it, will in itself create a reality around the information and understanding provided through such articles and documents. This Awareness maintains that a very fine line must be held, a line that allows information and awareness to come forward so that one is not simply ignorant of events and circumstances, is unconscious to the unfolding of events and circumstances in this world, but at the same time

that line should not be superseded to a point where one becomes obsessed about this kind of information, where it becomes a huge focus of the individual's life, a rallying point, a cry against those who are in power, a cry to rise up and oppose them, rise up and fight them!

A new way must be chosen, for that is still indeed the old energy, the energy of opposition, the energy separation from the True Source, from Spirit. While it is important to be aware so one can take action against, the actions that need to be taken now are ones of *redefining* one's reality, of making different choices, of choosing to energize a different way forward, a different way of things, a different truth, a different reality that will be the norm on this planet. In those choices, one chooses to be part of the Ascension Planetary Process, versus that planet which would hold back and be left behind.

You Can Choose to Believe Another World is Possible

This Awareness asks one and all to become totally aware, when they read such articles, that while it is important to have this awareness, to also always think: "Yes, but this is changing! Every day and every way, this planet is getting better and better! The Light is streaming strongly through and awareness of what could be and will be is increasing daily!" While identity cards may be on the plans, it is time for each Creator Being to realize that those plans do *not* have to be their plans. They do not have to experience such a reality, or such events unfolding for them, and they *can choose to believe that another world is possible*, and in their world, these events will simply fall by the wayside and will never come to pass, and in this manner, they will create a new world, and by joining their energies with those others who are creating new worlds, that a collective wave will be built up, and is already starting, and that wave has the power to radically change that which is the planned future by those powers that be.

Again, this all works back to the individual and the choices that they will make.

MORMON PROFESSOR BLOWS LID OFF WORLD TRADE CENTER COLLAPSE

QUESTION:

The other article Avaton sent in is called "Mormon Church's BYU Professor Blows Lid Off WTC Collapse". The article reads: "Dr. Steven Jones, this pious professor from the Mormon Church-owned Brigham Young University, calmly, gently, gave a simple physics lesson on the collapse of the World Trade Center buildings, the implications of which the audience with a sense of world-historical significance, and implied an indictment of the present administration so utterly devastating that it made Michael Moore's *Fahrenheit 9-11* look like a Bush apologia. Dr. Jones argues that the physics behind the government's explanation of the collapse of the Twin Towers on September 11th do not make sense, and that a better and perhaps only explanation for their collapse was that they were demolished, exactly the way structural engineers bring down large buildings, by pre-positioned explosive devices set off in precise sequence.

He argues that the 650 degree Celsius temperature of burning jet fuel would not have been hot enough to even bend the steel girders of the WTC towers, let alone to melt or evaporate them as recovered beams indicate. And even if it was hot enough to evaporate the steel, the towers should not have collapsed as they did, pan-caking so perfectly into their own footprints. Only the rare times when such structures have failed (always due to earthquakes) they have toppled over sideways.

Quoting 'Looking Glass News', one of the few media sources that ran this important story. Please comment.

COSMIC AWARENESS:

Yet again, this Awareness wishes to state the obvious, that this information is accurate, and it is part of the information that needs to be released so that many become aware that there was more to the events than shown on CNN and all other news broadcasts, or claimed by the governments. These were *planned* events, *staged* events, and the staging of these events was to incite the American people to action, to incite them to take on board the *exact* plans that the powers that be, that known as the American government, had for them.

The Reason the World Trade Center was Destroyed

It was already decided in advance that invading Afghanistan was to be accomplished. It was already planned in advance that the invasion of Iraq needed to occur. All that was needed was a way to make this happen, and that is why the World Trade Center buildings were destroyed, why a plane was directed at the Pentagon, and why several other planes were also destroyed. There were actually several other planes, aside from the one that blew up over Pennsylvania that were also being directed to targets, but these planes simply disappeared before they ever reached target, or before they blew up.

The events around the world trade buildings were indeed orchestrated events. There are many stories available by eye-witnesses who survived the collapse of the buildings of explosions being heard within the building itself, long after the initial explosion occurred so high up in the buildings.

The Explosive Crews Worked Late at Night Setting Charges

There are also reports of crews coming in the weeks before, doing mysterious work; that nobody understood what was being done because no explanation was ever given. These crews came in and did their work largely during the night when there is less chance of them being discovered. These crews were indeed setting charges throughout the buildings themselves, but the primary charges were planted deep under the structures at the sub-structural level of the buildings, and that is why molten pools of steel were found in spots deep within the earth itself, 70, 80 feet deep and deeper; pools of molten metal that should never had been collected there from an explosion half a mile above that spot, but they were there, giving proof that these events and the destruction of the buildings were orchestrated events and not simply because two planes crashed into the buildings themselves.

The Official Story Disregards the Very Laws of Physics

This was all information that has been released in various forms, over and over again, and yet this information still has not touched a majority of people who blindly believe the government's story, a story that would have one believe that the very laws of physics themselves can be superseded by the events that occurred; that the very laws of physics no longer apply; the laws of nature no longer apply to the events that occurred. Those buildings did indeed collapse in a way that is the result of demolition, *not* the result of two planes crashing into the corners of buildings, which would have toppled the top of the buildings, perhaps caused great damage and destruction, but would never have pancaked those buildings, would never have brought them down, and the third building that came down in the exact same way, many hours later, which *did* not have any plane crash into it.

Architects of WTC Were Forced to Lie

This Awareness indicates that when the World Trade Center buildings were first built, the architectural design was such that the builders and the architects publicly claimed that even a plane crashing into the buildings could not destroy the buildings, could not/would not destroy them and topple them, and yet this is exactly what happened many years later. The architects were told by powers, that they were to say that they had *misjudged* what the results of planes crashing into their buildings would do, but the truth is that the original statements were true and accurate.

The Plan was for President Bush to go On TV and Radio

The buildings were indeed designed to withstand such an event, and would have withstood such an event if it had only been a plane or even two crashing into the buildings, but this is not what was to be. The plan was for these buildings to be collapsed so that the President could go on public television and radio and state that this was the act of a certain man who he seemed to suddenly instantly know of, and that actions must be taken against him and his Taliban regime and the Al Quaida regime, and actions taken, which everyone at that time, very very quickly agreed to.

That was the purpose of the destruction of the World Trade Center buildings. The powers that be have a very simple formula in how to accomplish their goals. Often then have in advance, the plans already drawn up to what they wish to accomplish and achieve. Then they have to make it so that there is support for what they want to achieve so actions can be taken to achieve their goals. The plans are set, a catalyst event is created, the people stand up and say "Save us! Do something!" and then the government will *do* something, the very 'something' that was already its plan, but it now looks as if the people themselves have demanded this to take place.

Adolf Hitler Used this Formula in the Same Manner

This is a formula that has been used for a long time. The entity known as Adolf Hitler and his group of followers, the Nazi party, used this very strategy many many years ago, to shift the blame on the scapegoat people of the time, that being the Jewish people. There was an event in Nazi Germany which saw the burning of that building known as the Reichstag which was simply their White House, their government building, their Congress, and this occurred in the middle of the night and this building was utterly destroyed and burned down, and the Nazis blamed the Jewish people for this action, and a backlash happened against the Jews and many yelled out that something must be done, and indeed, something *was* done, and this led to the persecution and destruction of many millions of Jewish people.

This was also set up, to gain even greater control, to push events in the direction that the powers that be, at the time, wished to go. This Awareness wishes to point out that these actions are not new. The puppet regimes that are set up are really truly acting under authority and orders from the elite powers that are behind the scenes. This is how it works. This Awareness confirms and affirms this to be so, but this Awareness again states that these times are such that even though one is brought the information of what has occurred, and who has really and truly perpetrated those events, that even then, other choices must be made, other options must be pursued than simply following the planned actions presented by the government.

People Must Realize That There is Another Choice, Another Way

People must start understanding and recognizing that there is another way, another choice, and those planets that this Awareness represents as the A Planet and the B Planet, be recognized as valid understandings as to how to shift one's reality away from a series of choices that will support governments and the powers that be and will lead to the total enslavement and depopulation of this planet, Planet B in this case, versus choices that will redefine one's reality, that will redirect one's focus and attention, that will allow the creating and creation of a new planet, a new way of things, and this recreation will put one on that vibratory Planet of Ascension so that occurrences such as the destruction of the World Trade Center no longer are the reality.

An Emerging Consciousness that Allows One Not to Stay in the Focus of the Energies of Destruction and Despair

This Awareness suggests that the governments truly come together now to support the people in journey, to support a higher awareness, a higher understanding, that allows the individual to redefine his or her life, to recreate his or her life, to add their energies to a new consciousness, an emerging consciousness that allows one not to stay in the focus of the energies of destruction and despair and manipulation, but rather to be free of this and to redefine oneself and one's truth and one's reality, and to recreate a new way of things, a new planet, a new level of awareness and consciousness that is there for each and every individual to create in their lives and to share with others who are co-creators, creating the new reality that this Awareness speaks of, choosing not to be part of the old reality, part of the old manipulation.

This is a matter of choice, as this Awareness has spoken many times in the past few days. This Awareness feels complete with this question and asks to move on at this time.

Why an Epidemic of Kidney Stones in Iraq? (The Return of The Million Dollar Wound)

QUESTION:

This is in fact the last article, the last question.

It is a newspaper article entitled "*Kidney Stones Become Soldier's Silent Enemy*"... And it reads "Army sergeant John Jimson first felt the pain in his side while driving a military truck on a mission. He felt it for the second time the next day, only this time it felt much worse. "When I stepped down, I had 1 leg pain, and one side just went numb" said Jimson, 28, a soldier with First Battalion 101 Aviation, out of Fort Campbell, KY. Jimson soon discovered that he had become a casualty of an increasing medical problem in Iraq, one that has nothing to do with insurgents, or improvised explosive devices. Large numbers of soldiers are developing kidney stones, more so than in any prior conflicts, and the US military is trying to determine why.

The problem has become so prevalent that the Air Force theater hospital at Balaad (sp), the major trauma center for soldiers wounded in Iraq, was equipped in January with a \$120,000 surgical laser and 24 hour urine test kits that measure minerals and chemicals in the body. That means soldiers can be treated immediately without having to be shipped to a military hospital in Germany, which was the only option in the past. Since the Germany medical center often floods with serious combat injuries, soldiers with kidney stones had to wait weeks in throbbing pain away from their units.

"This is the first time ever in the history of war that we have been able to treat kidney stones in this fashion",

said Lt.Colonel Bisthoff (sp), the Air Force urologist in Balaad who requested the surgical equipment for Iraq. It's never been treated in theater before. The military has no hard numbers yet on how many soldiers have been afflicted, but Bisthoff, whom himself has had kidney stones, estimates that at least three hospital beds a day are filled with kidney stone patients. The hospital has 40 standard beds and 18 intensive care beds.

The exact reasons for the trend are undetermined, although Bisthoff said there are several likely contributors. "There are 17 types of kidney stones, and 24 metabolic reasons why the body develops them", he said. One likely factor in Iraq is the hot and dry weather which causes dehydration, especially when the soldiers are wearing 50 pounds of body armor for protection. "Soldiers often tend to dehydrate themselves to avoid having to urinate while on patrol or on a convoy, which leads them vulnerable to attack," Bisthoff said.

Also, military diets are high in protein, which could be a culprit adding to the problem, he said. Some also suspect that the water in Iraq might be a contributor. Kidney stones primarily develop in men, although a few women get them. They more likely affect those serving in the army infantry or Marines, Bisthoff said. It takes a minimum of 90 days for a kidney stone to form. Bisthoff said the urine test kits help soldiers learn what personally could be putting them at risk, and will help the military spot any trends which might lead to the issuance of supplements or pills to prevent kidney stones.

The urine tests are sent to a private lab for results. "We want to see the factors that can help guys prevent stones while they are here," Bisthoff said. Some soldiers have a predisposition to stones that is exacerbated in Iraq. John Callahan, 41, of Massachusetts, was at the hospital, waiting to pass his kidney stone in smaller pieces after the doctor blasted it with the surgical laser. He came in for treatment after awakening in the middle of the night with a sharp pain, but he's been through the pain before, having his first episode in 1991. "I went through 4 weeks of complete hell!", Callahan said.

Many don't realize how costly it can be to military operations when a soldier goes down from a kidney stone. Bisthoff said he recently treated a Navy Seal who was on a special operation when he collapsed in pain from a stone. He said the military operation had to be scrapped. Many patients mistake the pain of kidney stones for symptoms of cancer, Bisthoff said. About 65% of patients in the theater hospital are treated for noncombatant related injuries, including medical conditions such as kidney stones and sports injuries.

And Avaton asks Awareness to Please comment.

COSMIC AWARENESS:

This Awareness confirms that the reasons cited as the cause of kidney stones are indeed accurate. This Awareness sees that the lack of hydration as the major reason. Because of the extreme heat in the area, the use of body armor and the heavier clothing, as well as the high protein intake a situation is caused that the body does not have the fluids and the natural oils to create a smooth digestive process, and bits of roughage, especially protein roughage build up and form the kidney stones.

This Awareness indicates that it is because of the lack of hydration, the lack of drinking enough water, that a situation arises that allows kidney stones to be formed. There is another reason that has not been cited or quoted in the article that this Awareness wishes to comment on. That is the high state of anxiety and fear that the soldiers live under while under battle conditions.

How High Anxiety and Fear Help Create Kidney Stones

The soldiers live in a perpetual situation where they can be killed or seriously injured on any outing, on any expedition that requires them to go out into the field, and this buildup of adrenaline in the system, this high state of anxiety that they live under creates an energetic in the body that also contributes to the building up of the kidney stones, that almost takes the other factors and creates these stones as a result of the high levels of anxiety that the individual live in as well as the other more physical factors: the diet and the heat and the lack of water or hydration.

The Return of the Million Dollar Wound

On some level what is occurring is a way of getting out of combat that has become a very effective way to relieve one of duty, to get one out of such a situation. In the second World War there was that condition known as the million dollar wound; that would be a wound or an injury that caused damage to a degree that the soldier could be removed from operations, from the war zone, but would not seriously impede that individual from living a good normal and healthy life. Often, the million dollar wound was considered a reward, a way of getting out of action, of combat, and thus, soldiers even resorted to the extreme action of inflicting self-wounds that would be non-life threatening, but would be indeed the million dollar wound that would get them out of a combat situation without shame or embarrassment, because they had a wound that could remove them from combat action.

Others simply received such wounds in the course of combat and it was often perceived as a true reward or gift, so much so, that studies later showed that those receiving such wounds would almost feel a lesser degree of pain because of the gift it gave them, the release it gave them of being removed from a combat situation. The increase in the development of kidney stones has become the million dollar wound for the Iraqi conflict and even the Afghani conflict.

As Creator Beings, it is understood and known on an unconscious level here that having kidney stones will remove an individual from the combat zone at least for a time, and even though the claim is that these kidney stones create great pain and discomfort, individual are also removed from a highly stressful and intolerable situation. If they cannot consciously make a choice to remove themselves or to decline action because of consequences of such a decision in the war front, sometimes an unconscious action, or development is called forth to relieve the individual of that anxiety, to extract them out of the situation.

Creator Beings Create Unconsciously All the Time

They can then claim that they did not consciously call this into their lives, but this Awareness wishes to point out that Creator Beings create unconsciously all of the time. So if the individual, in a high state of anxiety is seeking a way out of the conflict of that anxiety, out of the pressure of that anxiety, but does not allow themselves a conscious way of making choices to relieve themselves from this anxiety, to remove themselves from this anxiety, they can, and often do create an unconscious situation that will do this for them.

In the Iraqi theater of operations, one of those ways of removing oneself is through developing kidney stones, and that more and more people are seeing this as an effective way of taking themselves out of action without having to consciously make a choice, or to consciously do something to do this. Wounding oneself with a shot from their rifle is not an option, as much as it once was in the Second World War, but creating kidney

stones is definitely an option available on an unconscious level to these individuals, and they then unconsciously call it in, willing to endure the pain of kidney stones in the knowledge and belief that this is far superior than having an arm or a leg blown off, or other horrendous injuries or even death occur because one is in a highly volatile and dangerous situation, that they no longer wish to be in.

If you were to present this to those individuals, there probably would be denial of this being so, for unconscious creation often does not allow a recognition of why such an event was called into one's life, but on an unconscious level, this action may indeed have saved the individual's life or saved them great injury, great distress, through wounding and injury. This Awareness presents this as a way that individuals create their own life situations, albeit unconsciously, as a way of removing themselves out of the situation.

The fact that there has been an increase in the kidney stones is not only because of the physical situation described in the article, but also because on a mental/emotional level, an unconscious level, individuals call this into their life as a way of removing themselves from an unacceptable situation that they cannot simply stand up and say no to, for fear of consequences of such an action. This Awareness of course states, that the best way to do this is to stand up and say no, but they cannot support such actions, even if this means that they would then be taken and put into prison, but that most individuals in the military do not have this strength and this resolve, and would rather call in another way of dealing with this situation that does not involve them having to actually take such a stand, and have such a black mark on their reputation and on their military records. It is far easier to unconsciously call in a situation such as kidney stones that would remove them from this situation, but would not tarnish their military records or be taken in a negative way at all, and this is the preferred option by most of those individuals who call kidney stones into their lives.

An Unconscious Way of Relieving an Intolerable Situation

They do not do this, as this Awareness has said, with conscious intent, but as an unconscious way of resolving an intolerable situation that they need some break from, some respite on. This Awareness makes no judgment on such a decision, and sees it rather as a way of self-preservation, or survival, and that this Awareness fully understands and appreciates why individuals would take this course, and indeed endorses this as an action to remove themselves from such harmful situations, such stressful situations.

This Awareness hopes that this insight into unconscious creating helps one start to see how individuals do create on unconscious levels all the time, even to the degree that they will create for themselves painful situations in order to remove themselves from intolerable situations such as a combat zone, such as a military situation that could indeed cost their lives. This Awareness wishes to indicate that this unconscious creation happens on many levels, and that is why *It* has started to introduce the theme more and more of the Creator Being; that each and every human is a Creator Being and that the time is *now* to become aware of this truth and to be Conscious Creator Beings and not unconscious ones.

The Concept Now to Consider: Being a Creator Being

This Awareness feels complete with the answer given at this time and wishes to bring this session to conclusion. This Awareness has some comment before the ending of the tape. *It* simply wishes to state that the

sessions over the last several days have given this Awareness an opportunity to introduce a concept that this Awareness wishes the membership to truly start to consider and to work with; that concept of being a Creator Being, a being who creates their own reality, their own life, their experience. As this Awareness has spoken time and time again over the last several days, the time is now to refocus and redefine oneself and one's reality; that the division or split of the two vibratory planets is fast approaching, and that it is a good time for entities to start considering that they truly are the Creator Being of their life.

This information is being released on many fronts by many aspects of Awareness at this time, and this information, being available, will cause many individuals to really truly consider another way of things, and this being so, excites this Awareness and gives hope to the changes that are coming, for those who would choose those changes, those who would focus on those changes, and those who would manifest those changes. This Awareness will have more information on this topic and on this matter in times to come.

(Law of Gratitude is given- and a count of 12)



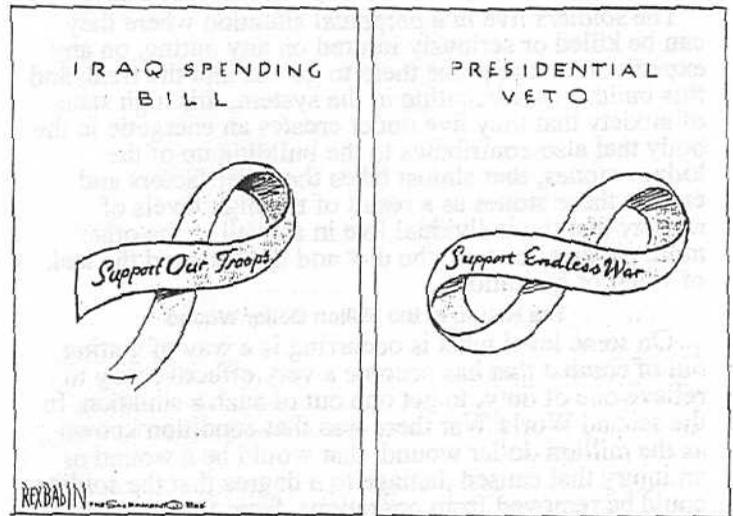
CAC General Reading # 1-6 1-13-94 Paul Shockley Interpreter

ALL ABOUT "WALK-INS"

QUESTION:

A question from Jon Strongbow. "Recently a woman asked me what I know about walk-ins and especially what the Awareness had to say about them. I scratched my brains and told her that as I understood it, walk-ins were either astral shells, or discorporate energies that hunger to experience human sensual life through a living body, and that basically it wasn't a very good thing to play around with, but this woman had recently read a book that led her to believe that walk-ins were highly intelligent spiritual beings, possibly extraterrestrial, that would enter into the body and help you or direct you towards spiritual growth.

"I told her that that sounded great and that anything is possible, and that I tried to keep an open mind, but that I doubted very much that this was the case. After awhile she told me she didn't want to hear anything more negative about walk-ins from me or from Awareness, because I realized she was quite taken by this romantic ideal of having some agent of Light or intelligence enter into her body. I tried to tell her that I didn't think it worked that way. I told her that higher evolved people weren't interested in walking into her body and taking it over or cohabiting it with her.



"Anyway, my question is: Is there anything to her newly acquired belief? I don't know the name of the book she read, but apparently it is a common New Age theme, and evidently is becoming somewhat popular and trendy."

COSMIC AWARENESS:

This Awareness indicates this is most likely the book by Ruth Montgomery, called *Walk-Ins* wherein the entity describes this phenomenon, this approximately 20 years old, and has been around for long enough that many entities interested in metaphysics have read the book or are familiar with the concepts given in the book.

This Awareness indicates that generally, the interpretation of a walk-in is one who comes in to the body and displaces the owner of the body and takes over the memory of the owner and the body of the owner, so that they simply replace the entity rather than reside as a guardian helper of the entity.

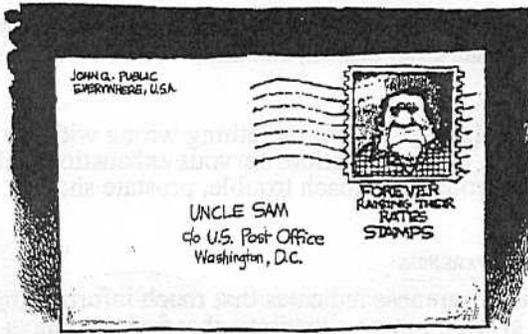
This Awareness indicates that where the entity got the idea of a walk-in being an assistant to the owner of the body is somewhat unclear, except that this appears to have been also a kind of romanticizing of the concept of walk-ins. This Awareness indicates that there are many entities who have near-death experiences and who have actually passed on and leave their body to a walk-in, who takes over from there.

The Drug Soma Used in Satanic Circles

This Awareness indicates that in most cases, these walk-ins are relatively high in spiritual qualities. There can be, however, certain situations in which the walk-in is of an inimical or negative type, especially those associated with certain situations centered around the use of the drug Soma. This is not in reference to the herb, but to a drug, known as Soma.

This Awareness indicates that this drug is used in certain Satanic circles, wherein an entity can be moved by this drug to seek some kind of experience that allows him or her to achieve a kind of ecstasy, and in that ecstasy, they believe themselves to have reached some type of higher divine state of being. They are actually seduced out of their body and taken elsewhere, and the ecstasy of course wears off, and they find themselves in a kind of limbo plane, waiting for further movement by the Satanic forces involved.

Meanwhile, their body is taken over by a demonic creature who then lives and resides in the physical body with the memory of the entity, so that the entity can return home, but the entity is not the same as before. This is a negative type walk-in creation caused by the use of that drug Soma, which is found in some of the Satanic circles.



This Awareness indicates that this is a way by which many of these Satanic beings take over human bodies and displace the humans. It is a way of body snatching. Needless to say, this Awareness is warning entities to stay away from this type of activity and from the use of that drug: Soma.

This Awareness indicates there is an herb found in health-food stores using the same name which can be beneficial for entities. It is not the same as the drug being mentioned. The drug name relates to the concept of somnambulism, or hypnosis, or sleep. This Awareness indicates it is not a drug that will be found at your pharmacy either.

ARE PLEIADIANS 30 MILLION YEARS AHEAD OF US SPIRITUALLY?

QUESTION:

Someone sent in a letter. He used his initials, which I can't make out, but essentially he believes in Billy Meier and the information that the Pleiadians sent him, but he went to the UFO Expo West in May 1993 and picked up the 1993 edition of *Voice Of The Aquarian Age* which he read from cover to cover. Evidently it is supposed to be the official publication representing the Billy Meier people, and this entity outlines a whole bunch of errors and false information that he found in this book, and he says: "The most ridiculous statement of all appears on page 26, where it says "Compared to earth beings, the Pleiadians are advanced in their spiritual development by approximately 30 million years."

Does Awareness agree with that statement?

COSMIC AWARENESS:

This Awareness indicates that it is a statement that makes no sense unless someone has an understanding of how fast entities can evolve and how fast entities evolve spiritually on a year by year basis and how long it takes to get from Point A to Point B in a spiritual evolution and how many of those points are present in a 30 million year period.

Obviously, people do not have that knowledge, therefore, whoever wrote that information was simply making up numbers to be impressive. The entity is correct in saying this is absurd. This Awareness indicates that however, an entity could reinterpret this and make some sense out of simply by saying: "They are far advanced spiritually over that of humans," and this might make more sense, but to put a number such as 30 million years on spiritual evolution is simply an act of speaking in forms of exaggeration, to be impressive.

This Awareness suggests for example, you consider: What, in five thousand years will be the spiritual evolution of humans?, and if you can imagine what it might be like, you will see that there is likely to be a great growth; that much of what we presently experience in the present time as humans would be very likely totally forgotten by that time, with totally new spiritual concepts available and accepted in society, and if this is so in five thousand years, what is the likelihood of spiritual evolution in 500,000 years or a million years?

To speak of 30 million years is a concept so exaggerated out of any connection to reality that it is much like that of a child saying: "What are you going to be like a million billion years from now grandpa?" This Awareness indicates that such statements are expected from children, but adults are not expected to write seriously using such extreme degrees of time concepts for the description of spiritual evolution.

This Awareness indicates it has been commonly recognized that a primitive tribe, upon coming in contact with a highly advanced tribe, can very quickly pick up the new technology with a little training and a little time that allows the primitive tribe to make a giant leap and become almost equal to that of the advanced technology and civilization in a very short time.

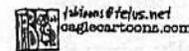
It is very likely that if Pleiadian influences were in close communication and proximity to earthlings, that the earth's technologies would embrace the technologies of the Pleiadians in a matter of a century, to be able to be almost equal to these entities, in their technology, in their science, in their culture, in their understanding of the universe, and it would not take a million years, ten million years or 30 million years.

This Awareness indicates that even without the close proximity of a more advanced society, it is likely that the society, once it begins to learn, will mushroom in its evolution. If you look at the knowledge that has been accumulated up to the beginning of the 19th and 20th Centuries you will see that all that has been learned before the 20th Century has been mushroomed in terms of the new accumulating knowledge. It doubles, triples, quadruples faster and faster with every passing day so that even now, a matter of weeks or months and the accumulated knowledge of all of human history may be doubled in just a matter of weeks or months.

This Awareness suggests that with this kind of exponential increase in the collection and accumulation of knowledge, it is unlikely that having to wait for 30 million years to understand something of the nature of Pleiadians would be at all reasonable. It is more likely that with this kind of growth of knowledge, that in a matter of a hundred years, the earth could be at a state where the Pleiadians are today, unless something is put into the equation to hold mankind back, to create new ignorance for them.

Disinformation Being Distributed by Billy Meier Group

This Awareness indicates that it appears the entity in looking at this information on the group that now claims





to be supporting the Billy Meier contacts has discovered that there is some disinformation being released through this group and much of it is harmful to the work of Billy Meier and to the truth that was related and associated with Billy Meier's contacts, and it appears that there are some mistakes involved, simply by the entities who want to promote their responsibility and their position in a way that markets well, and they are willing to state half-truths or false statements in order to promote their product.

But, it appears also that there is some element in this group that seeks to destroy the credibility of Billy Meier and of his contacts with the Pleiadians. This Awareness suggests therefore, that you not put too much credence on the entities who are promoting the Billy Meier material and stick more with the Billy Meier material itself, and with the information from the Pleiadians themselves, rather than from the editors and interpreters of that material, or the promoters of that material.

FOLLOW-UP STATEMENT:

Yes. The entity also cut out a piece on AIDS and glued it to the back of his letter. I wasn't going to ask it, but since Awareness just mentioned this, this seemed like a very flagrant piece of misinformation which they are crediting to Billy Meier. I'll read it. It says:

"AIDS: The origin of the AIDS epidemic has been traced to Uganda, Africa, from where the disease spread to Haiti. From there it was transmitted to the entire world by degenerate homosexuals practicing sodomy with long-tailed monkeys, which naturally carry the AIDS virus without any harm to them.

"The inception and transmission occurred through acts of sodomy and later also through homosexual activity of sodomy. The Pleiadians have explained that a cure for the disease may only be found by medical researchers on earth when it is almost too late, as the epidemic will have spread worldwide by then. They themselves have no medication for this exclusively earthbound disease."

They credit that to Billy Meier in the publication.

COSMIC AWARENESS:

This Awareness indicates that this does not require a comment from this Awareness, nor does it deserve a comment from this Awareness.

GOOD QUESTIONS WANTED !

Awareness has indicated questions once again are invited, general questions suitable for publishing in this newsletter. Please write or email them in to us. Thanks.

Health Hints From Personal Readings

(Head, Liver, Bladder, Stomach, Prostate Problems)

QUESTION:

(For Mr. P.): "I have something wrong with my head and liver, poor circulation, nervous exhaustion, gall bladder trouble, stomach trouble, prostate shows trouble."

COSMIC AWARENESS:

This Awareness indicates that much information has been given on these situations, that formulas have been given in previous readings. This Awareness suggests that this information can be found through the material available through Mary Farrell. This Awareness indicates that certain dietary factors are involved; that certain herbal compounds and formulas can be of assistance; that there is some circulatory difficulties relating unto this also.

This Awareness suggests that a fast of three days wherein prune juice is used each morning and during the latter part of the days, pure juices, fruit and vegetable juices is used. This Awareness indicates that after the three day period, light foods, such as soups or salads be used for a period of three days, without any meats or wheat products or sugar products being used during any of these six days. This Awareness indicates this shall be of some benefit.

This Awareness suggests that a watermelon fast, wherein for two days or three days, the entity eats nothing but watermelon, this as that which shall benefit the kidneys. This Awareness indicates that the entity also shall benefit from drinking one gallon of distilled water daily for a period of six days; this may be used during the six day fast. This Awareness suggests that there be at least one or two days wherein the entity drinks nothing but distilled water.

This Awareness suggests that in terms of the herbal formulas, that the material as available through the Dr. Christopher formulas, as well as through certain... this Awareness suggests that the Dr. Christopher formula for the prostate trouble as applicable in this situation. That the use of comfrey shall benefit in terms of the circulation, that cayenne pepper shall also assist, that garlic may be used, and the use of exercise wherein walks are taken, beginning at approximately one-half mile daily and continuing to increase until three miles of walking, besides the ordinary exercise you normally receive in your daily affairs.

This Awareness indicates that the action of walking for the sake of walking and allowing your mind to drift on whatever it wishes to think on, this shall be beneficial in many ways in terms of loosening up your emotions, your physical form, and your general vitality. This Awareness suggests that this not to be a jogging type



exercise, but simply a brisk walking, this wherein this is comfortable to you; that the action of walking into new areas as that which also can be of great benefit to you.

This Awareness indicates the nature of consciousness is such that it needs new stimulation in order to be able to throw off old identifications more easily. This Awareness indicates that illnesses and situations and problems interrelate to one another. The situation and the problem in interrelating, can create a certain type of reaction upon the physical form that is associated with that particular area and situation; the dietary factors also are included in this. This Awareness indicates that wherein an entity becomes caught in a situation, in a rut wherein most of the experiences are unpleasant, wherein the health is being affected, this Awareness suggests that it is beneficial for such entities to take a vacation, to go elsewhere, to find new levels of identification, to experience new places. This Awareness indicates the action of doing this has a healing effect upon the attitudes, upon the psyche, and as a result of this, on the physical form also.

This Awareness suggests also the use of lemons in your diet occasionally. This Awareness suggests at least three lemons weekly shall be of great benefit to you. This Awareness indicates the Interpreter can supply some information on the formulas and include that information in this material after the trance.
M770424PC



THE COSMIC AWARENESS SPIRITUAL DEVELOPMENT COURSE

GEMINI: Volume 3 LESSON NUMBER FOUR

QUESTION(AVATON):

Awareness, we are gathered here tonight for the fourth Correspondence lesson in the Sea of Gemini. The fourth lesson being the use of communication for manipulative purposes.

Cosmic Awareness:

This Awareness suggests that entities at this time visualize themselves attempting to communicate with their friends while their heads are turned backwards, with the faces toward the rear.

This Awareness suggests that in a sense, much communication is conducted in a similar manner, wherein entities begin attempting to relate to one another at the present time while locking backward in their lives at things which happened in the past.

This Awareness indicates that in learning to communicate, entities may now look at their roots - at the beginning of their being - looking back down through the trunk of their being, following the limbs down into the trunk and down toward the roots.

This Awareness indicates that in looking down into these roots, entities may discover that there were certain factors in their early life which had definite effects on the nature of their growth and their present situation in terms of their way of communicating to others.

This Awareness indicates that even as a tree grows and meets with certain forces, such as a cold winter or an intrusion upon its space by another tree, or by some force which disrupts the growth and direction of that tree - as the tree is affected by these disruptions, even in a similar manner, entities are also affected by certain traumatic experiences which have an effect upon their psyche, leaving a scar. The scar tissue being such that wherein the consciousness of the entity continues to grow, the scar tissue from that traumatic experience, whether physical or not - whether emotional or mental or physical, this scar tissue will be present and will follow the entity into the situations which the entity comes into during future encounters. This Awareness indicates that as the entity moves into situations whereby the accumulation of various experiences and scars upon the psyche begin to build, there are certain attitudes which develop within the psyche of the entity.

This Awareness indicates that many of these attitudes center around the relationship of the entity with the authorities, the structured parent, the parent or the substitute parents which direct and guide the child, and also the parent which protects and nourishes the child: these being dominant factors in the development - this being likened unto two main roots of the entity's being. This Awareness indicates that these roots go deeper than the present life and do extend deeper than the present mother or father or parental forces which the entity contacts during this present life.

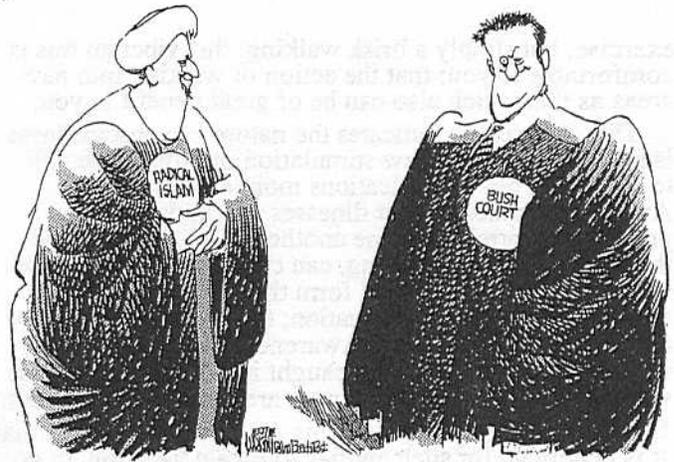
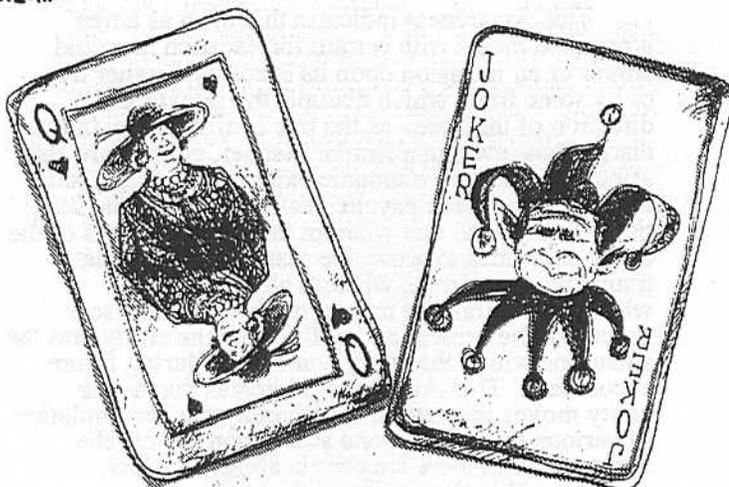
This Awareness indicates these roots actually tap back into previous lifetimes and relate unto the movement of the soul in such a manner that these forces, indeed, do trigger the entity into the selection of parents which are compatible to the energies the entity does carry regarding this type of force. This Awareness indicates, in general, entities choose their parents according to the energies which their soul force carries, and the needs of that energy.

This Awareness indicates that there is some modification brought about by the relationship of the parents as the child develops. That basically, the character of the child will develop according to its soul growth and development, approximately 70% under the control of the child and 30% related unto environment factors, including the parents and teachers and peers of the child.

This Awareness indicates that as the entity develops and grows and comes into relationship with others, certain factors which were partially carried by the soul and experimented with as a child in various relationships, particularly those related unto the mother and father and the siblings if there were any, these patterns are then brought into future relationships, and the entity then begins relating unto others with certain expectations, with certain frustrations, and with certain hopes and dreams that are brought about partially from the soul development, and partially from the relationship that developed as the child related to his or her parents.

This Awareness suggests that many entities relate to their spouse in a manner that they would have liked their parent to relate to them; that many entities in relating to their spouse, see their spouse as a child and themselves as a parent, and relate in this manner in an effort to play the role they would have liked their parent to play with them. That at other times, the entity may play the role of a child, seeking to have their spouse supply them with the affection and attention and behavior which they would have liked from their mother or father.

Bilski © 2007
BUCK-IN-US



ROBED FIGURES WHO DECIDE WHAT WOMEN CAN DO WITH THEIR OWN BODIES.

This Awareness indicates that in communicating, there are very many difficulties that come about in relation to the action of substituting entities; whereby an entity relates to one in a manner that has been used in relationships with others, whereby an entity relates to his or her spouse in a manner that fit when the entity related to his or her father and mother, that an entity expects certain things from another because that was the way mother did it, or that was the way father did it, that an entity often is disappointed by the action of a spouse or a friend because the action was not in keeping with the behavior of a previous spouse, friend, or parent, or even with the ideal fairy tale prince or princess.

This Awareness indicates that wherein entities relate to one another with expectations of what they want from that other, there will be difficulties. That wherein entities can relate clearly and discover what the other entity is all about and allow room for discussion and sharing, there may be great discoveries of one another, and these discoveries may lead to new worlds of interest and deep probing into the Universal Being of one another.

This Awareness indicates that, in general, manipulation of one another comes about when an entity expects a certain type of behavior and is frustrated and disappointed because the other does not supply that type of behavior. The manipulation can take many forms. The entity as a child may have learned to placate a parent, to whine, to plead, to serve, and to gratify a parent in order to get a favor; or, the child may have developed a technique of repeated questioning, repeated pleading, or of continually and persistently returning again and again to ask for the same favor; or, the child may have developed an action of throwing out an emotional tantrum in order to get a reaction from the parent, whereby the parent gives the child that which he or she requests.

This Awareness indicates that often the child learns to throw out the emotional tantrum, even though there is the danger of being punished; wherein the emotional tantrum pays off 50% of the time with a reward and 50% of the time with a punishment, the child may learn to become a gambler and to gamble for his or her chances. This Awareness indicates that wherein a child learns to get his or her way through sulking, this too can create a pattern by which the child can manipulate the parent, and later on manipulate others by simply moving into the action of sulking until the parent or the other entity feels that he or she simply cannot take it any longer and must give in.

This Awareness indicates that another child may find that bullying is the best way for him or her to get

Oh, nothing. Just
babysitting.



that which is desired, and therefore the child begins going out and bullying others or will bully his or her parent to receive that which is desired. This Awareness indicates that another child may also use the action of thievery, wherein that which is desired cannot be gotten clearly, for the threat is great - therefore the child simply takes it, sneaks it, steals it, while no one is looking. This Awareness indicates that deception is caused by threats; wherein an entity feels there is a threat, then there is reason for the entity to deceive. Wherein there is no threat, there is no reason for the entity to deceive.

This Awareness indicates that in a clear relationship wherein things can be discussed between the parent and the child, these various manipulative techniques, developed by children and later transferred to others - these techniques need not be developed, and the child can grow into a healthy adult. This Awareness suggests that wherein an entity has grown up into a lifestyle using various survival techniques in order to get that which is needed for his or her basic welfare, through manipulation, through the various techniques of blaming, of accusing, of side-stepping to avoid blame, of ignoring, of pretending not to hear, the various techniques of answering a question with another question, the technique of being vague or of appearing to be confused - all these various ways of relating can become a lifestyle for an adult. This Awareness indicates that some adults even develop from childhood, a lifestyle which causes them to appear to be retarded in some manner or ignorant in some manner, because through their ignorance they can escape from certain responsibilities and difficulties. This lifestyle becomes so workable that the entity falls into that action and remains there for years or for lifetimes.

This Awareness indicates that wherein an entity can enjoy moving into constructive action and constructive communication, the health of that entity will be assured.

This Awareness suggests that an entity develops and grows into adulthood and realizes that his communication has been hampered because of certain childhood experiences or certain patterns of behavior which have allowed him to escape certain difficulties - as the entity discovers this, there is the possibility for that entity to go back into his or her own psyche and to

re-experience those moments and those feelings wherein these took place and to relive those feelings, but to do so in a manner that allows them to relive it in a way which would be more desirable to them. This Awareness indicates that as an entity does this in his or her imagination - reliving the experience the way it should have been, the way it could have been, fully wallowing and dwelling in that experience, the way you would like it to have been - whereby the entities you wished to communicate with responded in a manner you would have enjoyed and whereby you were able to say exactly what you would like to have said - if you can do this in your imagination, even speaking aloud to that entity the way you would like to speak if you could live that moment over, this allows those blocks, those frustrations within your psyche, those traumatic experiences from that time to be relieved.

This Awareness indicates that as these are relieved, the need for such action, such manipulation, or the fears which caused the need - these shall fade away. This Awareness suggests that until you are ready to give up certain of these resentments, frustrations, fears, and the desires that your childhood could have been different, and when you are ready to experience that again from an adult viewpoint, looking back upon the childhood life - when this is possible, there can be freedom for you.

This Awareness suggests that when you are meditating in this manner, that you not only re-experience these feelings from your childhood self in the way you would like it to have been, saying those things you would like to say, but that you also re-experience this from the level of the other person and what they were feeling in relation to you. This Awareness suggests that you visualize yourself being that parent or that other person in relation to you and that you feel those frustrations and problems experienced by that entity also. This Awareness suggests that in so doing, there comes about a cleansing of your own psyche, wherein your memory begins to serve: not to carry problems up to the present, not to carry these psychological hang-ups into the present, but simply as a tool for looking at various situations and for replaying certain tapes for your adult consciousness to examine with greater objectivity.

This Awareness suggests that wherein the tapes play without objective looking, then these tapes are nothing more than the baby qualities of yourself being repeated, regardless of the size of your body or the level of your responsibility in terms of your work.

This Awareness suggests that when you replay these tapes from childhood, observing these in an objective way, there will be many which may recall certain experiences which cause you to wish to express emotion: to cry, to feel anger, to feel abused, to feel guilt. This Awareness suggests that you allow these to be expressed, and in that allowing, there comes about a release which allows you to look at these from an objective point of view. This Awareness indicates this is a way in which you may work upon your own psyche and release yourself from the past. For the past, particularly in terms of the psychological past, cannot be brought into the present relationship without causing certain distortions in terms of what is.

This Awareness suggests that a present relationship contains only a few factors, yet wherein the entity is coming from a source full of turmoil, struggle, and trials, that entity may project all of that turmoil - the

struggles, the trials, and all the accumulated resentment and garbage picked up along the way - that entity may bring this into that relationship and that present situation. This Awareness suggests that this makes great difficulty in communicating with another, for the other may not even know where you are coming from, why you are dumping that garbage on him or her.

This Awareness suggests that the entity may also have garbage of his own or her own which is dumped upon you in a similar manner. This Awareness indicates that wherein two entities are attempting to communicate from the past experiences, the chances are very slim that there will be much communication for any length of time. That wherein entities can look at these things, discuss these things openly, and share these past experiences with one another, this may bring about certain releases and deeper understandings. That wherein entities can move on beyond these past experiences into present time without dragging in the past, this also can bring about a rapport.

This Awareness suggests that when entities come closely together, that it is good for them to share their past experiences with one another so that these deeper levels may be understood more clearly without the other entity having to be identified with a previous trauma, and without the entity feeling a need to blame or put his or her 'trip' upon the partner.

This Awareness suggests that the purpose of memory is not to hold on to previous difficulties, psychological problems, and memories of resentments, guilts, hostilities, and pains, but to recall those things, those lessons, those experiences, and those feelings which can be useful as you move forward in dealing with various situations. This Awareness suggests that you forget and cast away the unpleasant and unnecessary memories of past experiences, that you throw away the resentments from these experiences, and that you recall that which is best, most pleasing, and that which brought forth happiness to you.

This Awareness indicates that when you do this, your happiness level shall increase, and shall continue increasing throughout your life. That wherein you hold on to memories of rejection, of pain, of being hurt, of things said or things done to you - wherein you hold on to unpleasant situations and use these to carry with you in your further relationships for protection against such happenings again, as warning devices, as barbs to keep others away, as a means of justifying your hostility, as a means of carrying out a revenge - as you carry these negative forces from the past in your memory into the present, you shall find that you experience greater and greater sorrow in your life.

This Awareness suggests that your communication can lighten up and become more joyful as you drop your resentments, frustrations, and the unpleasant memories of the past.

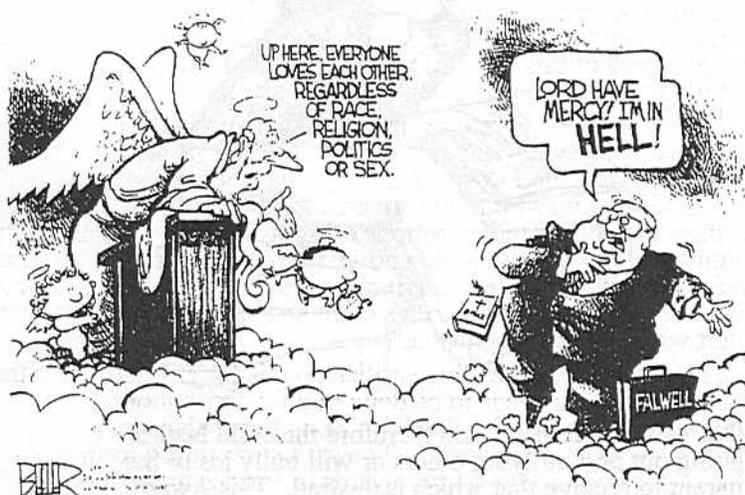
This Awareness suggests that if it is necessary for you to look back into those negative forces, if it is necessary for you to experience and wallow in those negative forces and express how they made you feel - that, too, is a means of ridding yourself from these. This Awareness suggests that you may move back into those, fully experiencing those negative forces until you are bored with them and are through with them, and no longer need them.

This Awareness suggests that you may go all the way into that trip, and then drop the bag, and move on into greater joys, but to seek joy while dragging along

your sorrows will only prolong your misery and will block any clear communication with others.

This Awareness suggests this as the conclusion of this fourth message in the Sea of Gemini.

(The Law of Gratitude is given.)



The Cosmic Laws of Cosmic Awareness

The Law of Karma

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

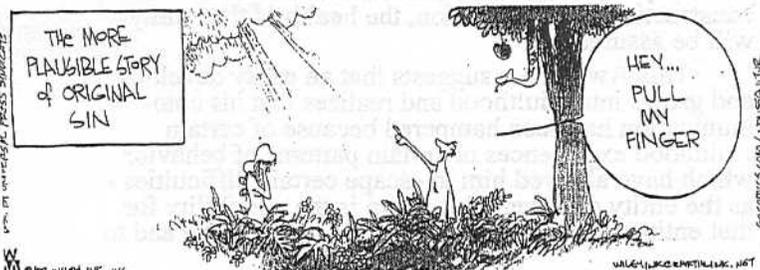
The Law of Karma — Simplified

This Awareness indicates the principle, rule or "law" of Karma, is that principle associated with cause and effect; it is the result that comes from an action, this can be positive or negative. Karma can be perceived as "Good" or "Bad", but in reality is nothing more than the result of an action taken. It is not a punishment, nor a reward, it is a result. Only the Law of Grace, which is administered by Divine intervention, can alter the result of an action to overcome the Law of Karma or Cause and Effect.

The Law of One

This Awareness indicates all is one; there is the Law of One and all reside within this Law: That all souls are cells of the body of this Awareness; and when this Law is obeyed, there is no need for any entity to struggle or compete; for this is likened unto the parts of one's body fighting other parts of one's body, and in general the body being at war with itself.

With the Law of One you may be at peace in the body of this Awareness. This Awareness indicates the Law of One is a fixed and universal law in which those who understand the Law of One realize that all is one, and all that appears to be separate will, in the end, be nothing but an illusion to those who followed the path of separateness which appeared as scattered fragments. This Awareness indicates wherein the universe is one totality and entities recognize that wholly universe, than entities may move into that universal harmony.



THE 144 LIGHT-PULSE EXERCISE-MEDITATION FOR HEALING THE EARTH

This Awareness asks that entities who read this message, to spend approximately five minutes prior to falling asleep each night for a period of one week, imaging the world floating in space, and visualizing this world as having certain areas of darkness, and feeling the presence of this world floating in space, likened unto the pictures of the earth taken from the moon.

This Awareness asks that entities then begin visualizing the earth as gathering a type of "halo" around itself an aura of light, and to watch this light as it grows, and see this light pulsating. This Awareness suggests that entities then count the pulsations of light, that they count silently to 144 (one hundred and forty-four) pulsations, and as this is completed, that they move themselves back into the light and back onto the earth and experience the light which they have created.

This Awareness asks that entities do this for at least seven days. This needs to be done nightly, throughout the rest of the year, if entities can bring themselves to putting out that much energy. The action of putting forth this energy will bring many rewards to entities under the *Law of Gratitude* (*), and they shall find themselves being healed on many levels as they move into the light.

After entities move back into the image of the earth now lighted, they may also begin feeling the pulsations around their own body, feeling themselves pulsating as light, and may also count 144 pulsations. This Awareness suggests this may also be used on other entities who need healing. (77-04)

*The Law of Gratitude is that sense of satisfaction where energy which has been given receives a certain reward. For all energy you give, whether thought, spoken, or acted, goes out on that curved unequal line, and can only return to its sender bearing gifts.

QUESTION:

What happens when you fall asleep in the process of trying to do your 144 light-count meditation? What is that setting up?

COSMIC AWARENESS:

This Awareness suggests that this continues on the subjective level regardless of what is running through the conscious level. Wherein an action is started, the rest is implied in your subjective levels, and is continued. The greater effort to finish the count, the stronger the energy on the subjective level. This is that which assists greatly in deepening the effects of the count. (78-09)

USING THE 144 LIGHT-PULSE MEDITATION TO HELP THOSE WITH DRINKING PROBLEMS

This Awareness suggests that the same meditation may be used for alcoholics. Wherein there is the feeling of a need for a drink, that you ask the alcoholic to begin seeing the light pulsating, coming into his being. The light may be equated with the drink; it may be used as a substitution for the alcoholic spirit, the use of alcoholic spirits as a substitute for the true light and the true spirit. Wherein an entity can realize this and can begin tuning in to the use of the real true spirit, this shall become a substitute for the entity.

This Awareness indicates that the entity visualize in his hand a glass; this glass becomes that which begins pulsating as light. That the entity visualize this light

pulsating twelve times in this glass, growing stronger with each pulsation. That the entity then visualize himself drinking this light, that this be done in twelve swallows (this being a count up to twenty-four, the twelve pulsations and the twelve swallows).

This Awareness suggests that then the entity sit in meditative position, feeling the light pulsating in and through his body for remainder of the count to 144. This may be likened unto the quenching of the thirst, this being a drink of Cosmic Spirit - the nectar of the Gods. This action, being a substitute, may satisfy the subconscious cravings for alcohol, and this shall assist in the withdrawal period.

This Awareness suggests also that this be done, not simply as a substitute, but as a transition. That music be played; that there be great feeling of joy, peace and harmony connected with this. And after this has been completed, that the entity be greeted with joyous attitudes and given juice and something to eat.

This Awareness suggests the use of fruit juices after the meditation. (77-01)

CONCERNING THE USE OF THE 144 LIGHT PULSE MEDITATION FOR PERSONAL GAIN

This Awareness suggests that it is all right for entities to use the 144 Light-Pulse Meditation for their own purposes, so long as it brings no harm to any other. This shall benefit you as an individual in this particular time and space, wherein you are aware that this is not harming another and wherein you do not have guilt feelings about having prosperity for yourself. Wherein guilt feelings begin to creep in and you feel that this is in error, you shall bring about difficulties in regard to using this. There is no reason for any entity to feel guilty about having personal prosperity so long as it has not harmed another.

This Awareness suggests, however, that there is no way any entity can ever find complete satisfaction and happiness with oneself until he or she is also giving some form of service, assistance, and contributing something to others. (77-04)

HOW TO VISUALIZE PROSPERITY

This Awareness suggests that you now visualize yourself upon the deck of a large sailing ship, with sails in full with a strong wind blowing into them. Visualize the money you need flying into the sails and falling onto the deck, this to be visualized nightly before going to sleep, and upon awakening for a period of three weeks. This will assist in creating an attitude whereby you become more capable of feeling an affinity toward greater prosperity rather than feeling you have a lack of prosperity. The attitude of deserving prosperity as that which is essential in order to be prosperous.

During the coming several years, this approximately seven years, there will be many shifts in your financial affairs in a manner that shall be somewhat unpredictable, which shall move into areas of earning through activities that presently seem unusual or out of your present lifestyle. This Awareness suggests that you keep your mind open to new ways of earning the necessities of life. (77-07)



Excerpt CAC Reading 5-5-4-90 Paul Shockley Interpreter

Those Deteriorating Missiles in Old Silos (Something Needs to be Done NOW!)

QUESTION:

A question from Laura DeNardo, Phoenix, Arizona: "I have a question for Awareness. I don't think it has been asked. This concerns the missiles contained in silos in the U.S.A. Some people I know have become worried about them, because they have started corroding. They have not been inspected since they were put in their silos. If an inspection were conducted, the problem would be found and could be corrected. If something isn't done, some of these missiles could accidentally fire. This would cause the atmosphere above the United States to catch fire and burn, destroying all life. Can't something be done?" she asks.

COSMIC AWARENESS:

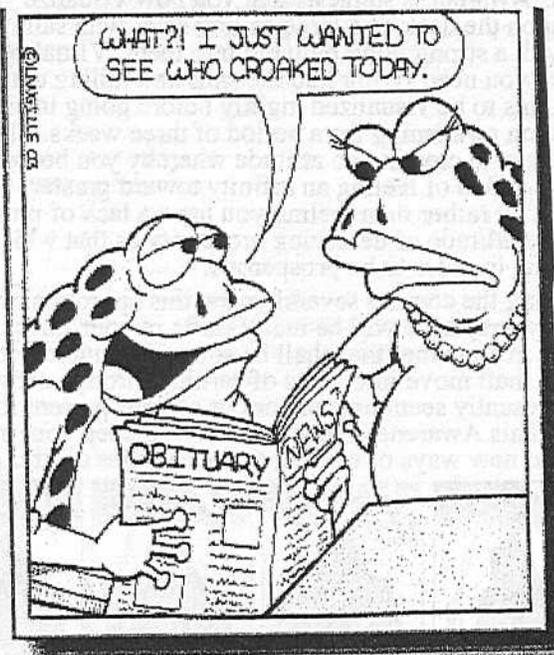
This Awareness indicates that entities can write their concerns to their representatives in Congress, and ask this question of them, and continually repeat the question in various places, such as newspapers in the editorial page, to keep the question out in the public, so that the missiles in the silos are not simply forgotten because the Cold War appears to be over. That although this is not seen as a great cause of concern at the present, there is seen the need eventually to attend to this problem, before the scenario mentioned by the questioner does in fact come to be.

FOLLOW-UP QUESTION:

Does Awareness see the approximate number of years before this reaches a crisis point?

COSMIC AWARENESS:

This Awareness indicates that it will depend largely on whether these are being tended, in a sense of dampness or the corrosion factors of the metal and the wiring, and the dampness of the atmosphere. It will of course be different in accordance to the locations of different ones, and the different areas involved.



This Awareness indicates that it sees that within the next decade there could be a minimal problem; that within two decades this could become an issue of greater concern. But within two decades there is a probability of considerable problems, if not attended to.

This Awareness indicates that these should be checked even presently for corrosion and for the potential of moisture accumulating to speed up corrosion.

Excerpt CAC reading 5-5-4-90 Paul Shockley Interpreter

Did U.S. Bomb Japan to Destroy Aliens?

QUESTION:

Larry Kell sent us a tape which we didn't play. He says, "This tape was full of really strange stuff. The main question I have for Awareness is did the United States really use nuclear bombs on Japan to destroy tunnels full of alien-made equipment, UFO's and so forth? We took what we wanted and then destroyed the leftovers, according to this tape. This is a copy of Tape #26 from the Extraterrestrial Communications Network out of Scottsdale, Arizona. Is there any truth to that information?"

COSMIC AWARENESS:

This Awareness indicates this is in the negative.

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

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

MEMBERSHIPS AVAILABLE (Honor System!)

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