

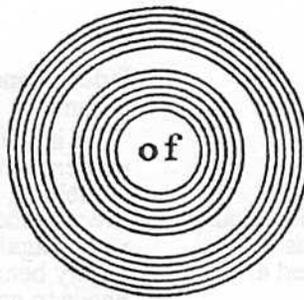
# Revelations

The Cosmic Newsletter

E-mail: [CosmicComm@aol.com](mailto:CosmicComm@aol.com)

INTERNET DOMAIN: [www.CosmicAwareness.org](http://www.CosmicAwareness.org)

FAX: 360-352-6294



# Awareness

COSMIC AWARENESS COMMUNICATIONS

P.O. Box 115, Olympia, Washington 98507

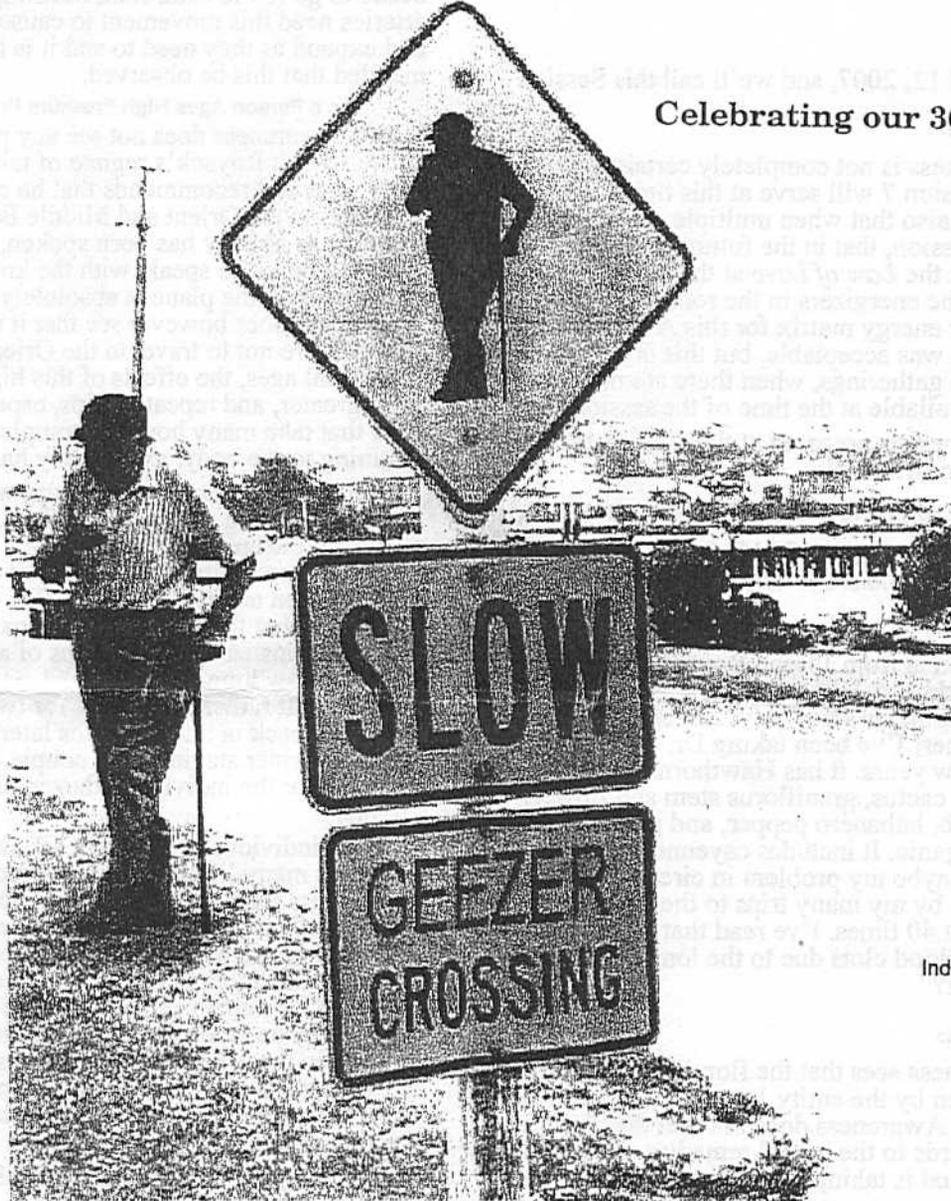
Helping People Become Aware

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

2007-8

Issue No. 614

\$3.00



Index is on page 6

- Yogic Breathing the best way to breathe
- The Difference Between White Light and Gold Light
- Why the spike in boils and staph infection after a rain?
- Long-Term Consequences of our disappearing bees
- The Cosmic Awareness Spiritual Development Course: GEMINI: Volume 3 Lesson number 6

CAC Reading April 12, 2007 Will Berlinghof Interpreter

(A Count of 12 and Law of gratitude given)

**COSMIC AWARENESS:**

This Awareness is prepared to answer questions today. *It* wishes however, that the recommendations as to giving the date and number be first implemented at this time.

**QUESTIONER (TAMI):**

Today is April 12, 2007, and we'll call this Session 7.

**COSMIC AWARENESS:**

This Awareness is not completely certain which session it is. Session 7 will serve at this time. This Awareness asks also that when multiple energizers are present in the session, that in the future, both or all energizers speak the *Law of Love* at the same time. This serves to unify the energizers in the room as well as create a stronger energy matrix for this Awareness. The situation tonight was acceptable, but this is a recommendation for future gatherings, when there are more than one energizer available at the time of the session.

This Awareness is prepared at this time to proceed with the questions available.

## **CIRCULATION PROBLEMS KEEP GROWING AFTER LONG PLANE RIDES**

(More on Floral and Herbal Remedies)

**QUESTION:**

This question is from Joseph Royack. I'm sorry I don't have his address. His question is "Yes, I've been having health problems since July. It seems like it's one thing after another! I've been taking Dr. Shultzes's heart formula for a few years. It has Hawthorne berry, red clover blossom, cactus, graniflorus stem and flower, Motherwort herb, habanero pepper, and ginger rhizome...all organic. It includes cayenne pepper and garlic. I think maybe my problem in circulation blockage could be caused by my many trips to the Orient. I've been there about 40 times. I've read that athletes have problems with blood clots due to the long plane rides. Please comment?"

**COSMIC AWARENESS:**

This Awareness sees that the floral and herbal medicines being taken by the entity Joseph Royack are indeed beneficial. This Awareness does not feel that there is a problem in regards to the herbal remedies and medicines that the individual is taking. This Awareness sees the greater problem as suggested in the letter by the individual. The problem is indeed in the flying to the Orient on many occasions. It is a matter of the pressures available in the aircraft at great heights.

### Problems Can be Created by High Pressure Altitudes

Even though the pressures are normalized and that the cabin pressure is such that humans are comfortable, they are still in an area of high pressure, flying so high, as modern airplanes do so, and as these aircrafts go through these high pressure zones, it does have an indirect effect on the body. It would be recommended by this Awareness that entities move around in the plane as the flight progresses. Simply getting up and stretching, getting up and moving to the back or to the front, wherever washrooms are located, is highly recommended. Part of the problem for thoughts being formed is a lack of movement at those high pressure altitudes and it is

indeed beneficial to simply get up, stretch and move around.

It is seen that sometimes it is difficult to do so in modern aircraft, but even simply standing up in the aisle, stretching, is beneficial. Small movement or motions towards the washrooms, walking down the passageway would again, as this Awareness has already spoken, be highly beneficial, not simply because an individual needs to go to the bathroom, but simply because the arteries need this movement to cause them to constrict and expand as they need to and it is highly recommended that this be observed.

### As a Person Ages High Pressure Problems Increase

This Awareness does not see any problem with the entity Joseph Royack's regime of taking his herbal medicines and recommends that he carry on doing so. The trips to the Orient and Middle East are the greater problem as already has been spoken, but that this can be taken on board so speak, with the knowledge that movement on the plane is absolutely necessary. This Awareness does however see that it might be advisable in the future not to travel to the Orient as often, for as an individual ages, the effects of this high pressure becomes even greater, and repeated trips, especially long distance trips that take many hours to complete are excessively straining to the body, excessively harmful to the body.

While this Awareness does not want to preclude the entity's traveling to the Middle East, *It* does indeed wish to inform the entity that such flights taken several times a year are not entirely to the benefit of the entity. This must be seen and understood at this time. It is recommended rather than many short trips abroad, that the individual instead consider trips of a longer duration in terms of how long the individual stays in the Middle East, so that rather than going for two weeks and then returning back in a few months later, that the individual might consider staying for a couple of months if that is possible for the individual, thus avoiding many repeated flights.

This individual has a great affinity to the Middle East based on many lifetimes in the Middle East, and this Awareness feels that if possible, it would be to the individual's advantage to perhaps retire to those areas that he loves so much. If this is a possibility that Joseph consider this as an option. It would certainly eliminate the need for numerous flights to the Middle East and financially be much more prosperous for him to be located in those areas that he loves so much, and in particular it is seen as Thailand being the area that he most favors as a highly recommended retirement place for the individual.

This Awareness is complete with this question and is ready to move on.

## **AN ALIEN MACHINE THAT MAKES OPENINGS BETWEEN REALMS**

**QUESTION:**

I have two questions here from Raymond W. Conroy, Dingman's Ferry, PA. The first question states: "In Dr. Mack's book "Abduction", an alien abductee told Dr. Mack that there is a machine that can make openings or tunnels between the realms. Would Awareness please comment on this?"

**COSMIC AWARENESS:**

This Awareness has commented on this in the past. This Awareness spoke of the technology that created

stargates, that ancient technology that did exactly that which the entity is asking about: creating portals, wormholes, whatever popular terms one wishes to use to describe those passageways that in a manner of speaking collapse space, creating a short-cut, so that an entity can pass from one place to another in relatively short time without having to take the trouble to load oneself onto a spacecraft or a rocket ship, and blest themselves through space, traveling at amazingly slow speeds in terms of the distances needed to be crossed.

#### How a "Space Tunnel" or Portal Works

The ancient technology understood the dynamics and physics of space and knew how to collapse the space, thus creating a tunnel through which to pass energetically. It is seen as if the distance between Point A and Point B is a line between the two points. This Awareness wishes to use the analogy of a string between the two points, between Point A and Point B. At their normal distance, the string is stretched taut, a greater distance needs to be traveled in conventional ways, if one travels from Point A to Point B through what would be termed 'normal space.'

The ancient ones were able to collapse the space between the two points, thus creating a loop. The tautness of the strings, so to speak, would be slackened and a loop formed, thus drawing Point A and Point B closer together in a manner of speaking. Then a portal was created between the two points. Upon entering this passageway through subspace, an entity would be energetically transformed in a very short time, from Point A to Point B, through subspace, through the loop that is created through the collapsing of the distance between the two points; the collapsing of space.

The ancient ones did not work with traditional concepts of space or time, and thus they were able to create new technologies that could create this effect. This is the kind of machine or the kind of apparatus that is used by the aliens that the entity Raymond is asking about. This is seen as ancient technology that has been available for many hundreds of thousands of years, and will again soon be given back to mankind as the new technology that is ready to come forward again.

This Awareness is finished with the first part of the question and asks that the second part be given now.

#### **"James" Says Reincarnation is Possession** (Was Channeler Suzy Smith Duped and Misinformed?)

##### QUESTION:

In the book, *James*, channeled through Suzy Smith, William James belittles reincarnation, claiming that entities are possessed when they are citing past lives. This seems like a distortion, or misinformation for a seemingly reliable source, in that other information agrees with metaphysical info including info from Awareness. Would Awareness please comment?

##### COSMIC AWARENESS:

This Awareness first of all wishes to state implicitly that past lives *do* indeed occur. All beings have had and will have past, as well as future lives. This is simply a level of consciousness, a focus of consciousness, within a different realm of creation. The creation of a life creates the scenes of that life also; creates the backdrop to that life also, and those who are alive at this time are creating a backdrop that is called "modern times" and those times that are seen as past are considered somehow different to modern times.

If an individual has a focus in a past life, then the backdrop that is created corresponds to the mass consciousness of that time, and creates a backdrop of a Middle Age period, a Bronze Age period, an ancient Egyptian period, and the consciousness in the focused body at that time will immerse itself totally into the backdrop and to the understandings of that time frame, thus having a life that is totally in focus to the time frame, the backdrop the individual exists in.

It is all about consciousness. It is all about creation. When the consciousness of the individual living in that time frame is complete and done, then it leaves the physical creation of that time and space and returns back to the soul matter, the soul fabric of the Greater Being, until it chooses to refocus into another time frame, another backdrop where it again has another experience of life. There is a connection between the two consciousness'; one being perhaps in a modern time frame, and the other being in a past life or a past time frame.

It is also possible to have future time frames and to connect to future individual lifetimes, but most individuals have great difficulty with this, and instead see that this is something beyond them that they cannot connect to, but this Awareness expresses that if one is open to such a concept, that one could indeed connect to those lifetimes that supposedly have not yet happened and that are future lifetimes. It is as easy to do so as it would be to connect to past lifetimes. It is simply a matter of belief and an acceptance of what is possible or not possible.

#### Past and Future Lifetimes Can be Connected

This Awareness speaks strongly at this time in support of other lifetimes being the case, whether past or future lifetimes, and it is possible to connect to past and future lives. This Awareness therefore dismisses the contentions that there are no past or future lives, and that it is a form of possession. This is indeed a degree of misinterpretation or disinformation. The entity who has channeled that information has been somewhat used and duped by certain powers that are using her to spread disinformation.

Because she has been successful on other occasions in bringing forth information that was accurate, the introduction of other information, such as this, thus serves to throw the individual who is reading whatever the channeled material is about. If they have fully accepted her as an ultimate source of truth and the information she channels is always truthful, then the assertion that there are no past lives would be accepted as the truth, thus taking people away from any examination of the validity of this concept, take them away from examining their multidimensional reality, for indeed, other lifetimes can be considered to be occurring on other dimensions of reality, other created dimensions, and thus, by *not* investigating such concepts, the individual is contained in the box of consciousness that those who have the need to do so wish to create.

Those powers that do not want humans at this time to understand their greater reality, their greater being, and so disinformation is often given that will contain the human, that will keep them in their boxes. This Awareness sees that this is a case in point and therefore dismisses the assertion by that source known as James that there are no past lives. There are indeed past lives, as well as present lives, as well as future lives. It is all about consciousness and the expansion of consciousness to levels beyond that which known as the box.

## Is Yogic Breathing the Best Way to Breathe?

### QUESTION:

Marsha Casavant, Reno, Nevada has sent in five questions. The first question is: Is yogic breathing the best way for us to breathe?

### COSMIC AWARENESS:

This Awareness first wishes to greet the entity Marsha Casavant, a long-time member of the organization *Cosmic Awareness Communications*, and a servant to this Awareness. This Awareness wishes to acknowledge the years of service of this beautiful entity, and to spend a moment now to send energy to her. This Awareness wishes to do this now. ...

This Awareness is complete, and wishes the question to be repeated once again.

### QUESTIONER (TAMI):

There's actually several parts of this first question. The first part is: Is yogic breathing the best way for us to breathe?

### COSMIC AWARENESS:

Yogic breathing is a good way to breathe. The best way is debatable. It is an excellent way to breathe, but there are many ways to breathe. There are those methods known as Chi Gung and the Chinese techniques for breathing, as well as various yogic forms of breathing. What is important is the creation of Prana. Prana is that yogic term that would be equivalent to the creation of energy; energy or even Mana. Any technique that allows conscious focusing on Pranic breathing, conscious breathing, is advised and recommended by this Awareness. This Awareness would indeed say that yogic breathing techniques are highly recommended, to be used as often as possible. It is recommended that such breathing techniques be used several times in a day to increase levels of energy to the individual as well as expanding consciousness.

This could be done simply as a breathing technique, taking but a few minutes, or part of a meditation done on a daily basis, even several times during the day by an individual.

## Deep Breathing and Shallow Breathing

### QUESTION:

Thank you. Because you answered so much, I'm going to actually give you all the parts and let you go. So the rest of question #1 is: How important is it to our health to be aware of our breathing? Is deep breathing a way to be in contact with the low self, or the High Self, or both?

### COSMIC AWARENESS:

This Awareness wishes to talk about shallow breathing and deep breathing. It is very important for individuals to become aware of their breathing. The normal way that the individuals breathe is through that which is known as shallow breathing and is not a full and complete filling of the lungs' capacity, and yet most individuals are not even aware of their breath and they rush around not breathing correctly, not breathing deeply, engaging in that which is shallow breathing.

Part of what occurs is that when an individual becomes conscious of their breathing and takes time to focus on breath, they are slowing their lives down and providing themselves an opportunity to step out of the

rat race that most individuals engage in on a daily basis, and once they do so, they can allow deep breathing to occur which has multiple benefits for the body as well as for the mind. Deep breathing is profoundly healthy and useful to an individual, both in providing that focus so that one can bring awareness into one's life as well as the health benefits of breathing deeply.

### An Exercise For Deep Breathing to Calm Stress

The many techniques this Awareness has spoken of; all will work to this effect, but the simplest way to do it is to simply sit comfortably or stand comfortably and fill one's lungs completely, to visualize the breath as filling the lungs from the very bottom upwards, expanding the lungs, filling the lungs as one draws in a long and slow breath. Three such breaths taken at times of high stress will automatically calm an individual and will begin a process of centering, which allows the release of stress as well as providing a higher level of oxygen to the body, for it is of course this higher level of oxygen that comes into the body that is of great benefit, and that moment taken to simply breathe deep will already remove one from high stress levels.

If it is possible to sit for a longer period or to meditate for a longer period on the breath, then the breath will provide the individual that time and space to create health and well-being. This Awareness highly recommends this as a daily practice, but *It* also recommends it as something to be done in those moments of high stress, where by simply taking three focused deep breaths, the individual will remove themselves from their stress and begin a relaxation process. With time. It becomes a signal to step out of stress. Simply saying "I need to breathe deep!" will already begin the process of relaxation, will already begin the process of removing the individual from stress.

Even if the individual goes back into the stress immediately after, the benefits of breathing deeply will also extend beyond that moment and allow the individual to negotiate the stressful moments of their lives. Life has stress. This is part of the human condition in a physical realm. There are many ways to alleviate the high stress of modern times in particular, and deep pranic breathing, yogic breathing, Chi Gung breathing; other forms of breathing are all ways to do this.

## Deep Breathing as a Way to Contact the Low Self and the High Self?

### QUESTION:

She also asks: Is the deep breathing a way to be in contact with the low self, High Self or both?

### COSMIC AWARENESS:

Both. This is absolutely a moment when through not only the breathing, but the focus of mind, one can indeed become connected to the low self; the low self being that part known more strongly as the subconscious. The term "low self" being the Huna term. It is indeed an excellent time to establish connection with the low self, for the low self is indeed that part of the being that controls breath. The low self is that part of the being that breathes the body. It is through the low self that breath is taken, and it is through the low self that shallow breathing is the norm, but it can be instructed to breathe deeply, and this command then comes from that known as the middle self, that part of the middle self known as the middle self.

The middle self gives an instruction to the low self as how to breathe in that moment, and this instruction can

then be expanded to be an instruction that when deep breathing is taken and it is used in a meditative way, that it is the opportunity to connect first with the low self, and then, by opening the gate of consciousness, to connect with the High Self. The breathing and taking in of higher levels of oxygen opens up consciousness, and make it thus possible to be in greater connection to the High Self through the low self.

All ancient techniques of breath were aware of this and entities used these techniques for breathing as a way of expanding consciousness, of connecting to that elementary part of the being known as the low self. The direct answer to this question is: Yes, it is indeed a way to connect to both the low self and the High Self.

## THE DIFFERENCE BETWEEN WHITE LIGHT AND GOLD LIGHT – A POLARITY?

### QUESTION:

Thank you. Marsha's question continue. "I recently heard a vibrational healer talk about White Light and Gold Light. He said that by using a White Light for everything, we are setting up a polarity; the opposite being dark/black. Consequently, we create an imbalance, and the dark energy may begin to manifest and cause us harm. He further explained that golden light is neutral, and so using it does not create a polarity. Please comment."

### COSMIC AWARENESS:

This Awareness first wishes to dispel this concept. The use of White Light does *not* create a polarity. It only creates such a polarity if a belief is there that it creates such a polarity, and that is why this Awareness cannot support this statement. The use of the White Light simply is an understanding of stepping into higher levels of energy that are portrayed through this concept of the White Light. There is nothing harmful in seeing the White Light surrounding an individual, of stepping into the White Light, or of breathing in White Light.

Equally, the use of the Golden Light, the Golden Ray is also of great benefit. It is not that it is neutral so much as the fact that it is of a higher vibrational energy, and thus is highly beneficial also. One could as easily say that using the high Golden Light also attracts the darker light, or the darkness, and that is invalid also. It is more an understanding of energies that are being called in. The energies of the Golden Ray are slightly different than the more comprehensive energies of the spiritual light, the High Light, the White Light.

The White Light is more than 'white' as in white or black. It is a comprehension of all energies combining to provide the energy known as the White Light, and it therefore goes beyond that concept of duality that would say that white is one end of the spectrum, black is the other, and by being focused on the white you would bring in the duality, the darkness. Such is simply not the case, nor is the dark light necessarily a bad thing either. It is also an energy, but the analogy is that the white and the dark are somehow opposed to each other.

In a universal sense, a holistic sense, All is part of the Whole, All is part of the One. By focusing on the White Light or the Gold Light, or the Purple Light, or the Mauve Light with pink polka-dots, one is simply shifting focus, shifting attention, and asking for that which is considered to be of the highest to be called into one's life. The use of White Light and the concept of the White Light is, as this Awareness sees it, highly beneficial, and this Awareness will always recommend that

one understand that calling in the White Light is very useful indeed, and something that this Awareness will *always* recommend.

## The Use of Breath and the White Light

### QUESTION:

"He further stated that when using the White Light, we ought to breathe it in through the nose and exhale through the mouth and to use this for healing. He said to breathe the Gold Light in through the mouth and exhale through the nose, and that this method is for empowerment. Is this so?"

### COSMIC AWARENESS:

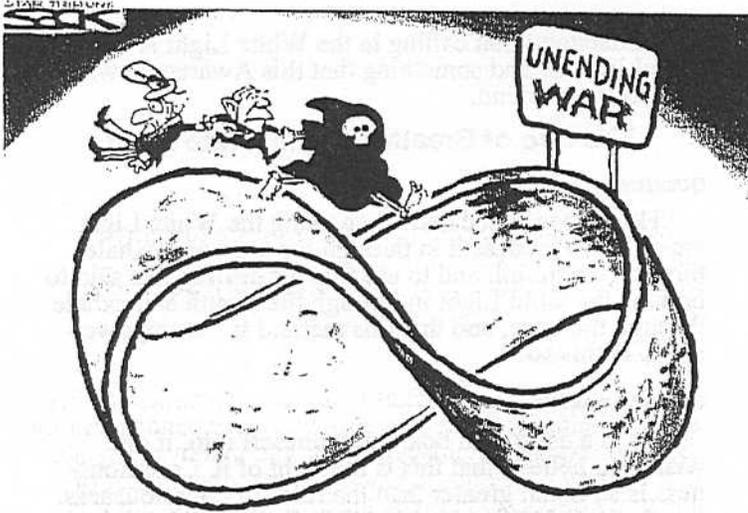
This is a delightful box to put oneself into, if one wishes to believe that this is the right of it. Consciousness is so much greater than the rules of consciousness. In other words, if one wishes to believe that the right way to do this is to breathe through the nose and out the mouth, then that will be of the greatest benefit to the individual, to do so. However, it does *not* matter. An individual can as easily breathe through the mouth and exhale through the nose, through the nose and exhale through the nose, the nostrils, can breathe through the mouth and exhale through the mouth.

There are other principles that apply, such as that which is the warmth of the breath that goes into the body through the nose. The nostrils and hairs of the nostrils trap pollutants and warm the breath as it goes through the nostrils and then down into the lungs. This may be something to be considered if one is meditating or breathing in a cold room or outside in cold weather. Equally, to breathe through the mouth may give one a sense of gaining a greater lungful of oxygen, of breath, as one seems to be able to bring in more breath by breathing through the mouth.

This Awareness' rule of thumb is to do that which is most natural and most comfortable. The advantage of learning how to breathe in certain ways is that it focuses thought on breath. This is the purpose of yogic breathing; to put focus on the breath, to bring consciousness into breathing. Thus, to decide to breathe through the nose, a deep, long breath to the count of 7, and then to hold for the count of 1, 2 or 3, and then to release through a deep exhalation through the mouth to perhaps the count of 7, is simply a way of focusing breathing. That is all it is.

It can be advantageous to use such techniques. This Awareness does not speak against the use of breathing techniques. It simply wishes all to understand that it is the *focus* of breath that matters, not how one breathes. If one finds an advantage to breathing with certain techniques then this Awareness recommends that one follows those techniques, but this Awareness does not state it must be so, it will create better healing by breathing through the nose and releasing through the mouth.

Healing comes from the mind. Healing comes through the belief of healing, and if it is believed that breathing in a certain way, using a certain technique, will create better healing and reinforce healing, then one would be best served to breath in such a manner. If one can expand their consciousness and thinking beyond this box then one can see that such things do not really matter. What matters is that deep breath, gaining plentiful oxygen is what matters, not the technique of how to do it.



## THE WAY FORWARD

### 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*.



Atlantic Feature Synd. © 1995 Mark Parvo

## IN THIS ISSUE

Circulation Problems Keep Growing After Long Plane Flights	2
An Alien Machine That Makes Openings Between Worlds	2
"James" Says Reincarnation is Possession	3
Is Yogic Breathing the Best Way to Breathe?	4
Deep Breathing and Shallow Breathing	4
Deep Breathing as a Way to Contact the Low & High Self	4
The Difference Between White Light and Gold Light	5
The Use of Breath and the White Light	5
The Cosmic Law of Karma	6
The Cosmic Law of Karma—Simplified	6
The Harmonic Conversion and the Harmonic Concordance	
Vibration and colors	7
Colors Associated with Unity Consciousness	7
Remote Viewing by Tibetan Monks	7
Is Cinnamon a Cure For Type 2 Diabetes?	9
A Cure for Hypothyroidism?	9
Where is the Awareness "Law of Attraction"?	9
What is the Long-Term Consequences of Our	
Disappearing Bee Population?	10
Why a Spike in Boils and Staph Infection In California	
After a Rain?	11
What's Up On Planet Earth Energy Alert for June 2007	12
The Cosmic Awareness Spiritual Development Course	
GEMINI: Volume 3 Lesson Number 6	14
Wisdom of Awareness: On the Crucifixion of Christ	17
The Royal Family Eliminated and Replaced by Doubles?	17
Health Hints: Degenerative Disc and Knee Ligament Problems	18

## AMAZING NEW MASTER INDEX

### NOW ON CAC'S WEBSITE:

Just think of any subject Awareness has ever talked about, type in a keyword, and before your eyes will appear a listing of almost every newsletter published that contains information on that subject. Thanks to Jon Strongbow's 25 years of research, our website has now added 95,706 new entries for your convenience. New members who need back issues can now type in the subjects they are interested in and order back issues for immediate delivery. You can order on line using Paypal ordering system or just mail your order to CAC. All back issues are \$3 each and postage for any amount ordered is only \$1. Check it out!

[www.CosmicAwareness.org](http://www.CosmicAwareness.org)

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](mailto:avatont@comcast.net)>

## The Harmonic Convergence and the Harmonic Concordance Vibrations and Colors

### QUESTION 5 (IBID)

With the energy that the Harmonic Convergence and the Harmonic Concordance released onto the planet, what colors are associated with these vibrations and how can we begin to use these colors to uplift ourselves and the planet?

#### COSMIC AWARENESS:

The primary color this Awareness immediately would wish to share is the color mauve; that very light purple color, and magenta is also seen as a color of significance. Magenta is the color that seems to have been released with the Harmonic Convergence, and the mauve is that which came from the Harmonic Concordance. 1986 is seen as the time of the Harmonic Convergence and the Harmonic Concordance was 2004. It is seen this was the most recent event, and the color mauve is associated with that event.

#### How to Truly Use the Energies of the Colors

This Awareness wishes to recommend that to truly use the energies of the colors, to sit in a color meditation, and in the breathing techniques already discussed, to breathe in the colors associated with the Harmonic Convergence and the Harmonic Concordance. By breathing in the color mauve, the pastel light purple color, those energies that were released at the time of the Concordance will align with the individual's energies and allow the individual to be in alignment with the energies released at that time. Equally, using the color magenta will align with the energies of the Convergence.

One reason this Awareness has a problem keeping the two straight is that they have already been eclipsed. There have been newer energies, newer harmonic events that have already propelled man-womankind forward. It is seen that the best color meditations to do are those having to do with the higher color spectrum, that which would be considered from the Indigo color, from the third-eye chakra, to those which are associated with the crown chakra, and the charkas above the crown. Thus the dark blues, the purples, the magentas; all variations of the theme, are colors that would open up to those higher level energies, those which are known as the spiritual energies.

#### New Colors Not Known on This Plane Are Being Created

The movement of energy at this time on the earthly plane is creating new colors and shades that are not known at this time, so it is difficult for this Awareness to explain these colors and these shades at this time. Thus, this Awareness would rather suggest only that in meditation, that individuals focus on the third eye chakra, the crown chakra, the gateway chakra, which is the chakra one and a half foot above the crown chakra, and even charkas beyond that, beyond even the auric sphere of the individuals, and open to them, and open to the colors that are received when opening to these higher chakras, and allow those shades to come through at the time of meditation, and to perceive them with the inner sight, the inner vision, and to allow the energies of those higher colors to vibrate with the soul, to align the vibrations of the individuals with the higher spiritual vibrations that are now flooding the earth and raising consciousness even as this Awareness speaks.

This Awareness is complete with this answer.

(side 2 – there was another question, but it is missing from the tape)

## Colors Associated with Unity Consciousness? (Awareness Sees New High Energy Colors now Occurring)

### QUESTION 5:

Marsha's last question: "Is one's desire to cultivate unity consciousness, attracting certain vibrations (colors) and what colors are associated with Unity Consciousness?"

#### COSMIC AWARENESS:

This Awareness indicates Unity Consciousness as that state of being wherein one steps into an expanded energy field, an expanded consciousness, and that by doing so, one is party of the unity. One is indeed *always* part of the unity of consciousness, the unity of being, but it is often done at an unconscious level. It is unperceived, unknown, misunderstood. When one puts focus to this activity, to this intent, and focuses on unity, one puts themselves into that consciousness of unity, into the consciousness of being, of being one, of being united in the Oneness of All.

This is indeed what is of the greatest importance. The colors that are seen as this Awareness has spoken of, would be those colors of the higher color spectrum; those colors from the indigo range upwards into the violet, deep purples/magenta range. But then, *It* is seeing a new energy that is producing new shades and new colors difficult to describe in physical terms because they are not yet seen or understood.

#### New Luminescent High Spectrum Colors Are On Their Way

One color that this Awareness wishes to speak of as higher energy colors is not so much a color as a blending of colors, a luster of color. This Awareness wishes entities to become aware of luminescent colors, as the color found on the inside of certain shells; that pearly shell silvery color with the mauves and the violet colors and the blue colors, all of that found in that lustrous coloring. This is a color to be focused on also; the luminescent white color that has all colors within it, even the greens, the pinks, the reds, the oranges, but in particular, those colors that are at the higher end of the color spectrum.

There is a word that this Awareness cannot quite find at this time, although it is known by the Interpreter; this color being a pearly shell-color from the abalone shell, from oyster shells; a lustrous color. This Awareness simply wishes entities to be open to this luminosity of color that is available at the higher spectrum, as known by mankind at a deeper level; to open up to those new colors that are ready to filter into human consciousness at this time. The distinction is that they will be luminescent in nature, and that is what is of significance.

This Awareness is complete at this time.

## REMOTE VIEWING BY TIBETAN MONKS (Our World Will Not Self-Destruct as Predicted)

### QUESTION:

(Thank you)

This next bit is sent in from Avaton, and it's an article that he would like you to comment on. The title is "Remote Viewing Tibetan Monks See Extraterrestrial Powers Saving The World From Destroying Itself in 2012." "Remote viewing is nothing new in Tibetan monasteries. For thousands of years, remote viewing in the middle of other spiritual activities have dominated

Tibetan culture. What some Indian tourists came to learn from a few Tibetan monasteries under the current Chinese rule, is extremely alarming and fascinating. According to these tourists, remote viewers are seeing world powers in the course of self-destruction.

They also see that the world will not be destroyed. Between now and 2012, the world super powers will continue to engage in regional wars. Terrorism and covert war will be the main problem. In world politics, something will happen in and around 2010. At that time the world powers will threaten to destroy each other. Between 2010 and 2012, the whole world will get polarized and prepare for the ultimate doomsday. Heavy political maneuvers and negotiations will take place with little progress. In 2012, the world will start plunging into a total destructive nuclear war. "At that time, something remarkable will happen", says Buddhist monk of Tibet.

"Supernatural Divine Powers will intervene. The destiny of the world is not to self-destruct at this time." Scientific interpretation of the monk's statements makes it evident that extraterrestrial powers are watching us every step of the way. They will intervene on 2012 and save the world from self-destruction." Please comment.

#### COSMIC AWARENESS:

This Awareness has many comments to this article. This Awareness also does not see the total annihilation or destruction of this planet through archaic methods, through methods of mass-destruction, and the use of nuclear warfare. This Awareness does see events occurring that could escalate such things, but this Awareness also wishes to make comment now of information given by this Awareness previously, and that is of the shifting consciousnesses of the planet, of the individual souls on this planet. It is imperative now that more and more people stop looking in the direction of nuclear holocaust and World Wars as possible. By doing so they are energizing such possibilities.

#### As Creator Beings We Must Energize New Alternatives

Even though this Awareness speaks that such things may indeed occur, *It* also wishes to state that it is imperative for each Creator Being, each individual, to start focusing away from such possibilities, so that the reality that they will experience will not have such possibilities, and will have already moved away from such events occurring by 2012. This is simply seen by this Awareness as one line of consciousness that can be followed. By 'consciousness', this Awareness is simply stating "mass-consciousness." As most individuals focus on something, that is what the mass-consciousness will thus create.

It is time to start deviating away from mass-consciousness, of not holding that there will be such man-made cataclysmic events that will cause the world's destruction at that time. Thus, it is seen by this Awareness, that is imperative from this moment on, not waiting until 2012 to do so, *but from this moment on*, from the moment one reads these words, it is imperative to start focusing one's consciousness on more positive events occurring, and not having to participate in mass-consciousness leading one down the garden path to "the inevitable."

Nothing is inevitable. The future, as this Awareness has given many times in the past, is *not* set, and because it is not set, *anything is possible to create*, from this moment on, the moment is *your* power. The power is in the moment. The power is **now**, and to focus on events of mass-destruction and nuclear holocaust will from this moment on, energize such things. That is why this

Awareness has spoken against doing so in the past, while still trying to hold the line that those events are possible if one chooses to focus on them. By being aware of such things, yet choosing not to focus on them creates a new level of consciousness, and will create a new line that will lead to a new reality that the individual Creator Being will thus experience.

So, while this article speaks of potential nuclear holocaust and the acceleration of such things, this Awareness wishes to say that one does not even need to focus on such possibilities, and can short-circuit it altogether, and can simply step into a new belief system, a new reality that sees mankind going in new directions.

#### Extraterrestrial Intervention Still Possible

This Awareness now wishes to address the matter of extraterrestrial intervention. It is indeed so, that extraterrestrial intervention is a possibility in 2012 as already spoken. This can work out so if the beliefs are such that that is how it will be.

#### It's Time to Reconnect With Our Annuki Creators

This Awareness indicates that it is also possible to focus on the *reconnecting* of humanity with extraterrestrial sources that have been known to humanity throughout its history, and that have known humanity throughout its history. This Awareness suggests that it is possible at this moment, in this moment, to open up to the reconnection with those sources that have always been part of humanity's history, and thus, do not need to wait until that point when all is going to hell in a handbag, for such an intervention to occur.

This Awareness does suggest that it is possible from this moment on, from this NOW moment, to start visualizing and understanding that such a mating, such a reconnecting is part of the plans for this future, as mankind's consciousness moves forward and upward in that acceleration process, in that ascension process. This is part of the path that is seen by this Awareness as mankind chooses to play in a new playing field. It is not part of the other consciousness that chooses deceleration, that chooses to deteriorate, and go deeper into the densities of the 3<sup>rd</sup> dimensional realities. Such a connection is not seen as occurring on those levels.

This Awareness asks for further clarification of the question if more needs to be covered at this time.

TAMI:

No.

COSMIC AWARENESS:

This Awareness simply wishes all to understand that while this commentary is indeed interesting and is meant to provide hope, that it is important to understand that even such a commentary or article does direct consciousness, does direct focus in a certain way. This Awareness is suggesting that the time is now at hand for all individuals to become aware of how completely they create their own individual realities. By combining their conscious beliefs with the beliefs of others, they create mass-consciousness, which will direct the masses in certain directions, and being part of that mass-flow is the norm.

What is now being seen as necessary is the creation of individual awareness, individual consciousness; is the acceptance that each and every individual is a Creator Being. When things are read or shared that suggest things will be one way or the other, that it is only too easy to stay in the old energy, the mass-conscious energies, and yet, the challenge is to rise above this, to

deny such reality, to understand that one *can* create the reality they wish to experience, and that it does not need to be one that sees an acceleration of world events to greater acts of violence and destruction to a point where the world comes to that place of total annihilation before an intervention can happen.

This is simply one way of thinking of it, one way of believing it, and it is a valid way of understanding the energies, but this does not have to be the way that it is done or perceived. The creation of new realities through individual creative thought will be valid, and is valid even now, and will become more the norm, as those who have higher vision, a new vision, gather together, creating a new mass-consciousness, a new way of things. This is what is important to understand at this time. This Awareness is complete and wishes to move on.

### Is Cinnamon a Cure for Type 2 Diabetes?

QUESTION:

(Thank you)

We have two questions here from Nora Smith in Roseburg, Oregon. She writes: "Vicki! I am almost certain I have found a cure for diabetes II. Rite Aide stores have cinnamon in capsules, 1000 milligrams; I take one after each meal. That simple. Please comment!"

COSMIC AWARENESS:

There is validity in this individual's discovery. Cinnamon has amazing astringent qualities and can indeed create very very amazing healing. Cinnamon combined with honey is also seen as highly recommended, and a palatable way to take the cinnamon. A tablespoon of honey with a sprinkling of cinnamon taken after a meal will create such benefits that individuals will find resounding health and well-being. The cinnamon will indeed help with the treatment of diabetes as the individual Nora has suggested, but this Awareness recommends that it be combined with honey for an even greater effect.

### A Cure for Hypothyroidism?

(Accelerating Energies of the Planet May be Cause?)

QUESTION:

(Thank you)

Nora's second question: "Now, I'm trying to find a cure for hypothyroidism; low energy, breathlessness, lightheaded at times; these health issues are troublesome. I am asking for help."

COSMIC AWARENESS:

This Awareness immediately wishes to comment that part of the problem is not simply physical in nature. Part of the problem is that the accelerating energies of the planet at this time create the very symptoms that the individual is talking about. What would be useful at this time is to understand that the energies are shifting. There are ways of compensating for this, or even understanding it, thus not panicking when such symptoms do occur.

Energy Updates Now Available on the Internet

This Awareness sees an organization, an individual who is on the Internet; the website known as whatsuponplanetearth.com is one that this Awareness highly recommends that the readership look into. There are those bulletins known as the energy alerts that fully explain the energy shifts that are occurring on the planet at this time. Many of the symptoms that were described

by the individual Nora, as examples of the shifting of the energies that are occurring on this plane at this time.

This would be highly beneficial to the membership of the organization *Cosmic Awareness Communications*, to become aware of, to tune in and to read. \* On the physical realm of things, that which was recommended earlier; the cinnamon and the honey is seen as one way of helping the wholeness, the health of a being. It is also seen that the breathing techniques that this Awareness spoke of earlier would be highly beneficial, and to introduce times during the day when an individual can do the deep breathing that has been recommended, to create more oxygen and more well-being.

There are seen to be many substances that increase energy levels for the individual and their presence is known, and often spoken about by individuals, so that speaking to friends and families can often introduce new cures, new remedies. The use of lemon is an amazing health inducing substance, and again, to combine lemon with honey is highly advantageous, and to sprinkle a bit of cinnamon would be the icing to top that cake so to speak. That is what this individual is seeking: the understanding of how to optimize personal health, to create greater energy, and those techniques she has already recommended are indeed endorsed by this Awareness, as is the use of the substances this Awareness has also spoken of: lemon and honey as a daily additive to one's diet.

The use of breathing techniques, and of course, that traditional technique of exercise, are all recommended to increase individual energy at this time. This Awareness feels complete with this question, but asks if there is more that is required.

TAMI:

(No)

\*For those of you without access to the Internet, if time and space permit the June, 2007 Energy Alert from [whatsuponplanetearth.com](http://whatsuponplanetearth.com) is printed in this newsletter or in the accompanying More Wind From the Editor.

### Where is the Awareness "Law of Attraction?"

QUESTION:

The next question is from Raymond Conroy again, Dingmans Ferry, PA. He writes:

"In looking through the Laws of Cosmic Awareness, I do not see the *Law of Attraction*. This is being touted by many entities as a universal law. I don't doubt the validity of this law, but wonder what Law of Awareness this applies to?"

COSMIC AWARENESS:

This Awareness has indeed spoken this law before. It is that law which states: That which is thrown out returns to the individual in the great circle, bearing a thousand fold the energy given. This Awareness suggests that law to be found by Avaton, and to be included in the newsletter. This Awareness, through the present Interpreter does not see the exact wording, but understands the principle spoken by this Awareness in previous occasions. It is as if energy is given out freely and shared with others, and as it is given out, that it will return by way of the great circle of life, back to the individual, bearing gifts.\*

That does not always mean that as one gives out ten dollars, that a hundred dollars will be immediately returned to the individual. Indeed, the return may never come back in the way of money, but rather in the way of

support, in the way of friendship, in the way of good health. There are many ways that this will be returned back to the individual.

#### A Deeper Level of The Concept Known as Tithing

This Awareness wishes at this time to speak to the concept known as tithing. Tithing is the giving of an amount to an individual or an organization to support the individual or the organization. While this is a valid concept that this Awareness can recommend, *It* wishes to speak to that concept known as tithing on a deeper level; that being the level of attraction, that being the *Law of Attraction*.

As one gives freely of their own energy, they will draw back energy. In tithing, while made to be something compulsory, thus not truly being the *Law of Attraction*, not truly corresponding to that which this Awareness understands and speaks of and promotes as tithing, is that which is often enforced by various religious groups: the Mormons being seen as one of those religious groups. They have taken a concept that is universal in nature and diminished it somewhat in making it a law or a rule used by the organization.

The concept of tithing that this Awareness wishes to express is one where it is freely given by the individual; that which will be useful or beneficial to another, with *no expectation* of return or reward. It is simply given, for it is there to be given. It is the use of energy, the expansion of energy, and that when one gives freely of themselves, then that which will be beneficial to the individual will be returned to the individual through that great circle of attraction, and that is what is important to be remembered at this time.

It could be money that is given to help another or to help an organization, but that does not guarantee that money will be returned. What is more important is that one is participating in the great wheel of life, and that spirit is always generous in nature, always gives of itself, and the giving from the heart without strings of attachment, without conditions, is a reflection of spirit and spiritual giving, and that which is cast upon the waters will return a thousand fold as the saying goes.

Putting it out to others with strings attached will always expect a return for that which is given. This is not true generosity. This is not true compassion. This is conditional, and while something may be returned, it cannot be brought back a thousand fold. *The Law of Attraction* states that that which is given will attract that in like which is put out. Thus, if one puts out the thought that money is needed, puts out the energy of thought that you wish to attract large sums of money, that that will indeed be attracted to you.

This Awareness wishes to speak to this and say that that is not entirely so. It is a preliminary step, a step that will create the condition of attraction, a state of attraction, and thus is valid for that, but there is more involved. That which is the conditional aspect of expectation must be acknowledged and seen also. When one expects the money to return, it is not necessarily a guarantee that money will be returned. If one thinks of money, one chooses to attract money. There is much more involved.

Ironically, a paradox is also involved; that one puts out this thought and then releases it, lets it go, gives it over to a higher cause, a higher spirit, to the High Self perhaps, as "This is what I put out and I put it out without strings, without demands, without expectation." It is the introduction of expectation that can actually diminish the *Law of Attraction*. It does not acknowledge

the higher powers that participate in the event, and in giving to the High Self for example, the request for the money, it should always go with the request or the amendment: "Thy Will be Done!"

This is a statement that suggests that it is known at a higher level what is of the greatest benefit to an individual. It is also acknowledged and recognized that each individual Creator Being can create a reality that is the reality that is needed by the individual, that is needed to be experienced by an individual. As consciousness expands, as awareness expands, that which can be created expands also, and that is why it is so important at this time to expand awareness so that one understands the *Law of Attraction* to a greater degree, so that one understands what is meant by tithing at a spiritual soul level, or by the giving out with no expectation of return, but thus a release is what occurs and allows a return of energy back to the individual.

All of these concepts are part of the *Law of Attraction* on an expanded level, on a level that makes greater sense, from the sense of the soul and the soul consciousness.

\*Ed's Note: CAC members have long known this Law of Attraction as The Cosmic Law of Gratitude which is:

The Law of Gratitude is that sense of satisfaction where energy which has been given receives a certain reward. Energy that is given moves out on that curved and unequal line, and when extended far enough, can only return to its source bearing gifts.

### What is the Long-Term Consequences of our Disappearing Bee Population?

#### QUESTION:

This article is from Robert Hanzel, Tuscan, AZ. "Concerning the U.S. honey bees disappearing from hives, not even leaving a note. Don't let the pharmaceutical giants get wind of this. U.S. honey bees are suffering from colony collapse disorder. Beekeepers in 24 states say that their pollinating pals are simply disappearing, with losses of 30 to 60 percent on the West coast, and in some cases, more than 70 percent on the East Coast and in Texas. "I have never seen anything like it!" says California beekeeper Dave Bradshaw. "Box after box after box are just empty. There's nobody home."

Perplexed scientists are testing theories including stress, toxins and viruses. "It's not the first time bees have met a mysterious fate, but it's never been on a scale like this!" says bee specialist Dennis Van Engelsdorp. With bees pollinating more than 14 billion dollars of U.S. seeds and crops a year, every third bite we eat, according to industry buzz; those with full hives stand to benefit. "It's supply and demand!" says a keeper, who expects to earn \$520,000 for a month in California's almond orchards. "That's what drives the whole dang thing!"

The question from Robert is "What is the real cause? What are the consequences long-term?"

#### COSMIC AWARENESS:

This Awareness wishes to speak on this subject, for it is an amazingly important subject. Ironically, this Interpreter today, spoke with the energizer on this very same matter, and the energizer, Tammy, informed the Interpreter that she had received information regarding the disappearance of the bees at this time, and that their disappearance was also in accordance to the shifting of

energies at this time, and the old energies no longer being conducive to supporting the hive mentality, or the consciousness of the bees, and they were simply leaving those areas that held too much old energy and that they would reappear once again, when the shift had occurred.

This Awareness completely endorses this. The bees are incredibly important to the planetary consciousness, for in some ways the bees hold planetary consciousness, and as the shifting energies are occurring, those old disharmonic energies are no longer suitable to the bees and they thus disappear from those areas that hold too much of that old materialistic energy. It is seen nowadays that bees are simply the means of producing the substance honey, and are heavily industrialized.

#### The Importance of the Bee Consciousness

The bees have been bred away from their original body forms and phenotypes and have become creatures quite different than the bee populations of several hundred years ago; all with the intent of creating more honey, more product, of commercializing the honey bees and not even recognizing the most powerful role that bees and bee consciousness plays on this planet, as the holder of human racial consciousness on a very fundamental level. The disappearance of hives and bees is indeed a profound event but this Awareness wishes to affirm that this is only a temporary condition as the shifts happen, and when the shift of consciousness that is occurring even now is complete and done, that the bees will return in full force.

It is also seen that there will not be a total disappearance of the bees at this time. They will not fully abandon humankind at this time, but their numbers will seem to dwindle and that substance known as honey will also become, for a short time at least, a precious commodity. The importance really goes beyond the production of honey as the only thing that bees are important about. It was mentioned in the commentary that bees cross-pollinate many flowers and bushes and trees and it is their interaction in the cycle of life that is essential for many species of plants to become pollinated, and thus, it ensures the continuance of life on many levels.

Such is the disconnect from nature, that individuals mostly never see this, understand it or understand the significance of bees, and their part in the greater scheme of things. For awhile, as the shifting energies dissipate away from the old, towards the new, there will be crises of sorts in these areas, but this balance will be reestablished when that shift in consciousness is complete. The bees are indeed understood in the old ways as very important in the fabric of things, in the scheme of things. There were shamanic practices that followed the way of the bee, the path of the bee; the path of pollen.

There is even a book called "*The Path of Pollen*" written by a modern British individual, a British shaman who trained under old shamanic ways, that investigated the bee and bee consciousness, and was understood in old times as a significant way to develop shamanic practices. This is a book that is recommended by this Awareness, for individuals to read who are truly interested in the significance of the bee consciousness, and the place that the small little insect known as the humble honey bee plays in the order of things, and how it is held in such high regard by Spirit itself as an important holder of human consciousness, racial memory on this earthly plane.

This Awareness does wish to conclude by simply saying that while the mystery of the bees is such that it perplexes scientists, it is not a mystery when it is

understood that they play such a crucial role in human consciousness, in the holding of the racial memory of mankind, and they are barometers of the energies of this planet at this time, and their disappearance will only be temporary and they will again return in full force in a few years.

## Why a Spike in Boils and Staph Infection in California After a Rain?

(More on Chemtrails Violating Our Skies)

#### QUESTION:

This is the last question and it is from Avaton taken from the Internet "Boil cures; the best natural remedies to cure boils." We never would have created these 8 pages devoted to MRSA (a virulent staph infection) and boils had it not been for the weird Winter 2006 in Los Angeles. Within a matter of two weeks last January, 50% of everyone we know was breaking out in a terrible series of boils, on the face, arms, legs, back, neck, etc., etc. We're talking about some very healthy, very active people. We too got boils on our face for the first time in our lives. After talking to our friends, we decided something really odd was going on, so we talked to several health professionals, from doctors to facialists, to acupuncturists, all of whom likewise reported a surge in boils during the same period of time.

Once we heard that, we immediately set up this Internet page on *Earth Clinic*. One year later, the evidence is growing and alarming. One theory of why that particular boil spike happened in 2006 has led us down our current path of blaming environmental toxicity in rain. It was a holistic doctor friend of ours that theorized the first big rain of the season brought down a lot of toxins from the air, which everyone inhaled. This same doctor recommended the natural cure you will read below, which has been a life-saver, literally, for many folks."

This is an add-on, on March 4<sup>th</sup> 2007. "Well, once again, it has been raining in Los Angeles, and once again we are receiving another spike of reports about new MRSA infections in Southern California. This may not be the case in other parts of the U.S. and world, but in Southern California, MRSA seems to be triggered by contaminants in the rain." Avaton's question is: "Is this really the cause?"

#### COSMIC AWARENESS:

This Awareness affirms that it is indeed the cause, but it is also only part of the problem. This Awareness sees the chemtrail issue as part of what is happening here, and that the rains come through those chemtrails and they bring down the toxic elements as well as how the chemtrails naturally descend down to the ground and thus are on the ground where people may walk, and absorb the toxic elements also. So the rain is indeed seen as part of the problem bringing down those toxic elements from chemtrails, as well as toxic elements that are held in suspension in the lower atmosphere of the planet. That is where the toxic elements are most brought into play by rainfall.

#### When Toxic Chemtrails Hit the Ground

Chemtrails also bring those toxic elements down onto the ground, as this Awareness has spoken, where they are absorbed into the human skin and through the skin, thus creating the boils that are prevalent and mentioned in the articles. The other thing that this Awareness sees is the ozone layers, especially over California; there is seen to be a thinner layer in that area, somewhat to do

with the condition of the coast and the ocean; that areas where there is a rising up of convection currents that create an ozone layer depletion greater than in other areas. This is seen as similar to being in higher altitudes where the ozone layers are also thinner, for being higher in elevation.

This also is part of the problem, and the ozone layers need to be restored and will be restored with the shifting in consciousness, and the shifting in awareness that once again understands the delicate balance that man is disrupting all of the time. The cures given, although not mentioned in the commentary, are effective to help the individuals, and many cures are available. This Awareness spoke of a cure in a preceding question, where *It* mentioned that a daily intake of lemon, honey and cinnamon is a very profound natural tonic, if one will, especially if mixed with a small amount of warm water; but even if taken in a tablespoon/teaspoon, it is highly effective.

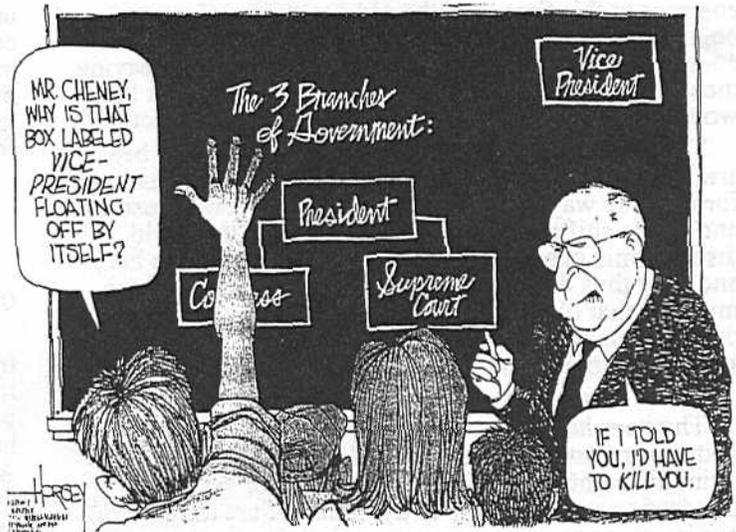
The creation of the boils is simply toxic elements bursting through the skin, which is of course the largest organ of the body, and one that naturally tries to filter out toxic elements from the body system. This is seen as a temporary state of affairs, while there is an adjustment to the situation of planet earth, but it is a serious situation, and one that can have, for certain individuals, serious ramifications. This Awareness feels that *It* is complete in *Its* commentary of the commentary, and unless there are further questions, *It* wishes to conclude the session at this time.

TAMI:

No. That was the last question.

COSMIC AWARENESS:

This Awareness does therefore, choose to complete this session. *It* feels it is... (tape runs out)



May 31, 2007

## GET READY! WE'RE FREE AT LAST!

The *What's Up On Planet Earth?* energy alerts are offered several times per month by viewing them here. Your financial support makes it possible to continue offering information on this website free of charge. **Please make a donation.**

Notify me when a energy alert is posted!



Greetings!

We are teetering on the very threshold of a new phase...a new phase of forward movement, but most importantly, of rapid and magical manifestation. The past few weeks we were completing a phase of arriving in our new spaces. This involved much change, arriving in the new, re-arranging and organizing, and a very new nesting as well.

During this last phase much arrived for us indeed, and mostly relating to our new dimensional and energetic spaces. But now, as of June 1st, we will once again experience some awesome and incredible energies that will bring to us the manifestations of our dreams.

The phase we are just completing involved some crashing and colliding. This was because the higher energies were colliding with the lower and pre-existing energies. All resulting in attacks, fear of loss of identity and the security of the old, and mostly, butting heads in regard to what one thought was right and what another thought was right. Attacks always occur when the light enters, as the old must depart and it goes into great fear. It clutches on for dear life.

Because we are now poised and ready for the very new phase ahead, these "colliding" and "new spaces" scenarios were to be expected. This is how energy works and how evolution works. All in perfect and divine order.

Now that we have finally completed enough of the integrating with our new energetic and dimensional spaces and purposes, just watch as we catapult ahead with awesome manifestations of the new!

Most of these manifestations will involve our new roles for the creation of the new planet earth. Just think of something that you require, and watch as it effortlessly manifests for you. Support will arrive like never before. Joy will abound, miracles will be un-ending, smiles will be forever present, and we will feel as though we have finally arrived in heaven (or on an earth that we always knew was possible), with the light at the helm.

After years of see-sawing forward, integrating the light, ever so slowly, we have finally reached an awesome critical mass, and the light will seem to be all that exists. Yes, our evolutionary process will continue on, but it will get so much easier, especially for those that have been carrying the torch since they arrived. For those that have come to transmute the darkness (you....if you are reading this), for those that have

held the higher vision, for those that agreed to raise the consciousness of this planet through themselves, and for those who agreed to stay until the new earth was created and in place.....*your time is finally here.*

Think of a desire, and watch as it arrives from seemingly nowhere. Realize that fears and distress from the past cannot exist here. Know that a new reality, with very new experiences, feelings, and ways of being is here at your fingertips. If you are experiencing unpleasantness in any way, realize that you simply forgot where you were, and focus again on a world of no darkness, on all the good that is in your life, and know that the rest is a grand illusion that you just made up, or were simply used to seeing in your past life here on earth (yes, we have been re-incarnated again into the new world). Any perceptions of darkness are simply an illusion now that comes from our own distorted thinking.

Watch as relationships begin to carry great light and love, as the old dysfunctional patterns are no longer present to support them. Watch as you begin to live a life that you never thought possible before. Watch as things arrive for you at soul levels, as the soul level attractions always over-ride the law of attraction (like energies attracting like energies). In the higher of higher realms (but certainly not the highest), soul level attractions are much more ever-present. This means that you will attract to you, things and people that are a match for your soul plan...not necessarily a match to where you are vibrating and what your beliefs or perceptions are.

And in this regard, the magic happens as the lower level laws of attraction will cease to exist. Soul partners and soul experiences in regard to our soul purpose and plan will arrive for us in rapid time now. If you are needing land, you will get land. If you are needing your soul team to manifest, it will manifest (and it might not look like what you thought it would! Our soul partners have been in disguise for a very long time, and now they will come forth and remove their masks. "Oh, it was you all along!" you may exclaim. Or perhaps you always knew, but no-one was behaving as you thought they should....)

Yes, our time is now. And know that our spiritual evolutionary process will continue to see-saw, ever forward, so we need not get discouraged when we again enter a phase of "Oh no! Not this again!" But the higher we go, the less often we have these lower vibrating experiences, and eventually, they will cease to exist at all.

The last links of the chain that has been connecting us to the old manifestations and old experiences, are finally breaking. We are free at last. We are free at last.

[www.whatsuponplanetearth.com](http://www.whatsuponplanetearth.com)

Wishing you Heaven in your heart, starlight in your soul, and miracles in your life in these miraculous times.

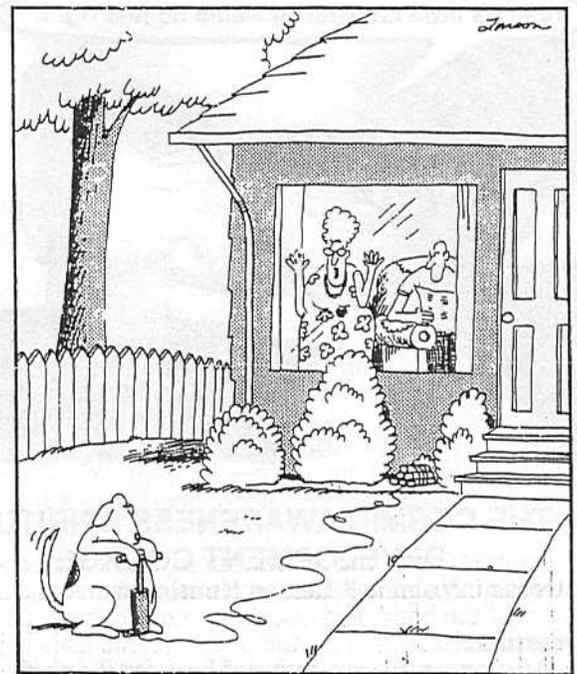
Until next time,



Karen ~

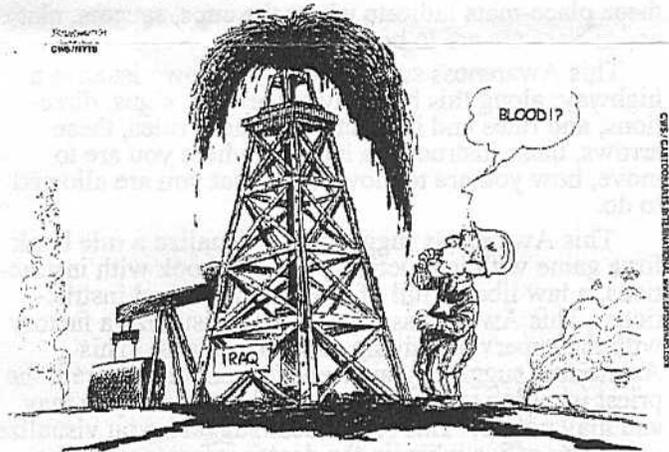
### WHAT IS COSMIC AWARENESS?

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.

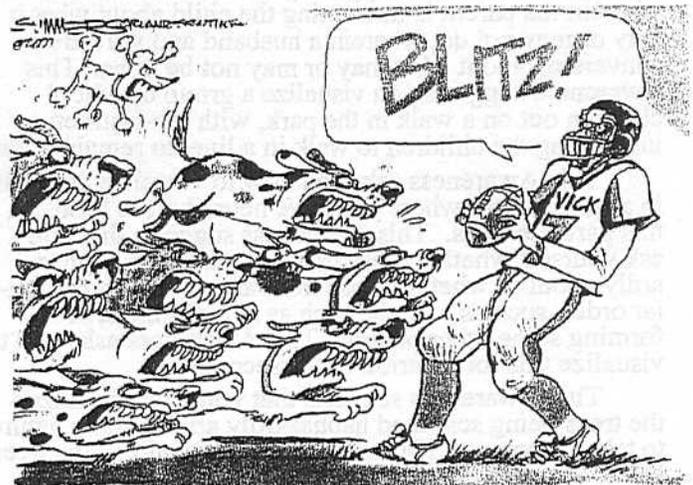


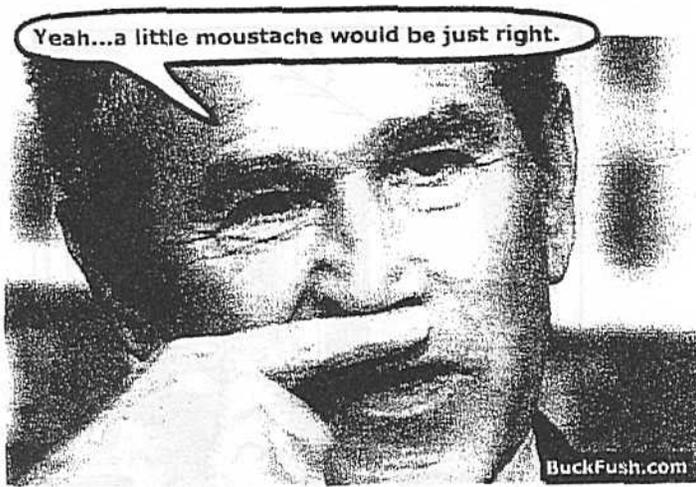
"Harold! The dog's trying to blow up the house again! Catch him in the act or he'll never learn."

PISMESTROVIC  
KLEINE ZEITUNG  
GRAZ  
AUSTRIA



CIS/ CARTOONISTS INTERNATIONAL WWW.CARTOONISTS.COM





## THE COSMIC AWARENESS SPIRITUAL DEVELOPMENT COURSE

Gemini: Volume 3 Lesson Number 6

### Question:

Awareness, we are gathered here for the sixth Correspondence Lesson in the Sea of Gemini. The sixth lesson being the use of logic, reason, rational thinking, likened unto classification and computerization as a way of thinking and communicating.

### COSMIC AWARENESS:

This Awareness suggests you visualize a table; upon this table are place-mats. This Awareness indicates these place-mats indicate where the cups, saucers, plates and silverware are to be put.

This Awareness suggests that you now visualize a highway; along this highway are arrows, signs, directions, and rules and instructions. These rules, these arrows, these instructions indicate where you are to move, how you are to move, and what you are allowed to do.

This Awareness suggests you visualize a rule book for a game with instructions, a recipe book with instructions, a law library full of laws and rules and instructions. This Awareness suggests you visualize a factory with the supervisor giving you instructions. This Awareness suggests you visualize a church wherein the priest is telling you how you may live - what you may and may not do. This Awareness suggests you visualize a doctor's office wherein the doctor informs you what you may and may not eat.

This Awareness suggests you now visualize a home wherein the parent is instructing the child about what it may or may not do, wherein a husband and wife are conversing about what may or may not be done. This Awareness suggests you visualize a group of school children out on a walk in the park, with the instructor instructing the children to walk in a line, to remain quiet.

This Awareness asks you now to visualize yourself in a special park where you have never before been. In this park are trees. This Awareness suggests that you ask yourself whether these trees are scattered haphazardly about or whether these trees are put into a particular order, such as a circle, such as straight lines, or forming some other pattern. This Awareness asks you to visualize this for a period of ten seconds.

This Awareness suggests that you who visualized the trees being scattered haphazardly about, allow nature to take its course. Those of you who visualized the trees being in a particular pattern, tend to feel a need to control nature - to control the forces of the universe and to control and instruct those forces within your environ-

ment, and to control and instruct your associates, friends, and close relationships.

This Awareness suggests that you look at this carefully and meditate for ten seconds on this.

This Awareness indicates that you visualize the concept of boxes - of putting things in their place - of keeping things in order - of putting people in their place - of putting, of taking, and of allowing. This Awareness asks you to look at these boxes and at the forces, friends, associates within your life and ask yourself if you compartmentalize and file and place and categorize various people, various things, items, activities into these compartments, boxes, files, and categories

This Awareness asks you, what effect does it have upon you when Jack pops out of the box and refuses to stay where he is put?

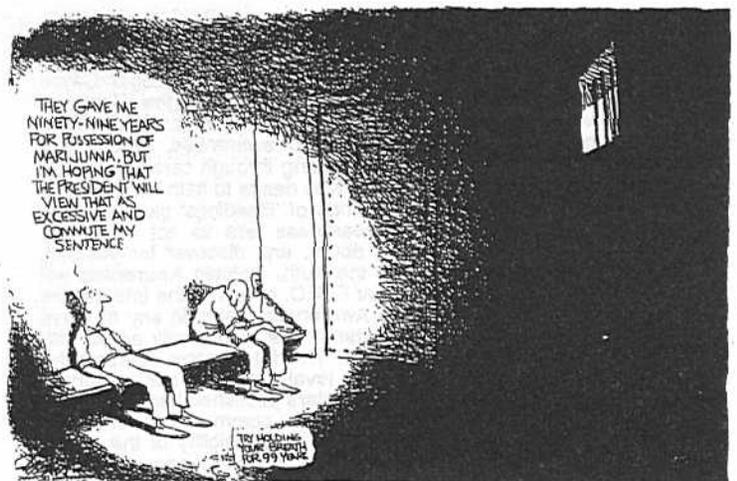
This Awareness asks, what effect does it have upon you when you put another in a special place in your heart and the other refuses to stay there? What effect does it have upon you when your trees, your friends and associates refuse to live up to your expectations and stay where you categorize them? Does this make you wish to put them back into their place, or does this cause you great distress that they have changed and moved on?

This Awareness suggests that you look at the concept of good and evil, that you ask yourself what in your life can you classify into the pit known as evil, and what can you put upon the pedestal known as good.

This Awareness asks, can you now reconcile these things by placing them all into a bin, mixed together in a bin called 'life'?

This Awareness suggests that entities may classify and put things in order so that there is the opportunity and the space to function. But wherein the need for order becomes too great and an entity cannot stand to have the weed growing in the park, the tree move to another spot, nature creeping into his or her life, there becomes that kind of uptight living situation which creates a type of hell. This Awareness indicates this related unto the Freudian term 'the anal-compulsive.' This affects the bowels and digestion of the entity, making it difficult to be regular on several levels.

This Awareness suggests that the solution to this uptight situation is to let go, relax, and to give up certain amounts of control. This Awareness indicates that an entity of this nature will feel panic at those words 'letting go.' This Awareness suggests that such an entity cannot let go of control for fear that all would fall apart, and ruin and chaos would follow.

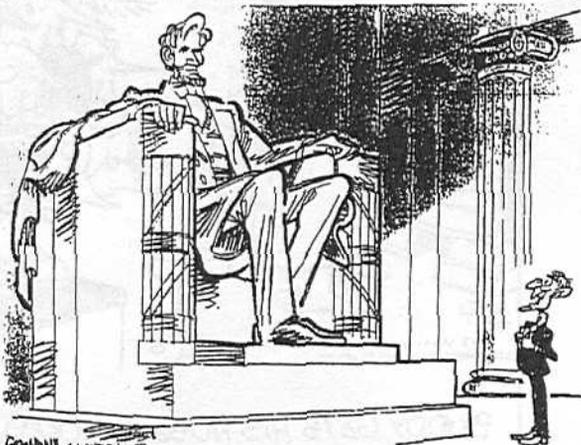


This Awareness suggests that when you let go, that you let go of small things - things that need not have your special control - things which will not be disastrous if you were not in control. That there are areas of your life which allow you to step back, continue functioning on the important things, while letting go of some of the less important things. This Awareness indicates this allows you the opportunity of certain relaxed levels of experience wherein the uptightness of your situation is diminished slightly.

This Awareness indicates that when you are communicating with another entity and communicate from a level of needing to be in control, of needing to be on top of the situation, of needing to put people in their place, to keep them in their place to keep everything in order, to refuse to allow anything into your life, into your space, which was not preordained and planned and programmed by yourself - when you attempt to communicate in this manner, you will find your relationships growing strained and difficult, and the intensity and uptight situation becoming more and more adverse. This Awareness suggests that wherein you can communicate without feeling that everything must be put into a certain category, into a certain box, but wherein you communicate instead with a sensitivity to the needs of the situations, the needs of the entities involved - wherein certain things can be allowed that are new to your situation, certain unknown factors may enter in and you may make room for these unknown factors, certain new items or entities may enter into your space and you are capable of making room for these - wherein this occurs, your communication may be such that it is open, receptive, and still responsible and responsive to that which is needed by the total situation.

This Awareness suggests that wherein the situation cannot tolerate any more intrusions and you are looking at the situation from this point of view, realizing there is no way that this intrusion can be brought in without creating chaos, then your response may be to disallow that intrusion. This Awareness indicates that this as a different approach, as a different action from the entity who simply categorizes everything, and if there is no box for that category, there is no way it can be allowed.

This Awareness suggests that you can make room and make boxes, or make the space for anything to enter, so long as it is not destructive or disruptive to the purpose of the situation and the entities involved. This Awareness suggests that in dealing with situations in this manner, you may step out of the situation mentally, look at what is needed, the purpose and direction, the purpose of the situation, keeping the energies on such a level that any force which would enter in would not stay, would voluntarily leave if it could not fit into the situation, the energies of that situation. This Awareness indicates in this manner there is no need to exclude anyone or any



"Yep, you freed the slaves and I freed Scooter Libby."



force, for the energies of the situation itself shall create the kind of environment that will allow or will not allow the intrusion.

This Awareness indicates that wherein entities begin communicating likened unto a categorizing computer, putting everything in its proper place, keeping everything in a type of order that insists on this or that action, this Awareness indicates this can have its useful purpose on many levels - in terms of business, in terms of organizations, and in this action there can be made room for greater efficiency and work and output in terms of production.

This Awareness suggests that in terms of your own personal, psychological, and emotional well-being, an entity must be able to allow others to have the room for expression. This Awareness suggests that two examples now may be given.

An example wherein communication is based upon the action of instructing and directing: this example as that which relates unto the old ways wherein entities were placed in a hierarchy situation with a supervisor, a superior, a parent, a teacher, or a priest, a sergeant or a boss, and told what to do, when to do it, how to do it, and how well to do it, and the action required obedience and efficiency. This Awareness indicates this as an action of the old ways. The action itself was efficient in terms of getting the production out, but in terms of the humanitarian development of individuals, in terms of their happiness and well-being, this created much chaos, much difficulty, many psychic blocks, and many wars and violence. The overall level of efficiency when viewed from this point of view as that which was lacking greatly. This Awareness indicates the hierarchy system of directing and ordering as that which requires continued control by those in power and as that which cannot last for any great length of time.

This Awareness indicates that the other example, which is the new way, as related unto democracy, as related unto a situation whereby entities may work together through understanding and communication. This Awareness suggests that instead of an entity instructing another, the entity requests that the other do this or requests that the other assist. This Awareness indicates that in the action of requesting, an entity cannot turn around if the request is not filled, and then

Never



begin instructing the entity, "You must do what I ask you to do."

This Awareness indicates that there are ways whereby an entity who refuse to assist, who insists on refusing to work together with others - there are ways whereby this entity can be assisted in learning that the action of cooperation does bring about certain rewards, and the action of refusing to cooperate and to co-create can bring about feelings of isolation.

This Awareness suggests that wherein you ask an entity to assist, and this is done fairly, and wherein you have offered to assist that entity in various ways and have given such assistance, and the entity totally refuses to respond and give back any assistance to you - this as a matter of business, and may be viewed from the same way that any other business dealing may be viewed: you credit the entity with the respect to give assistance, but they have not returned the payment for that credit and refuse to work with you. This Awareness suggests that after a certain amount of relationship with that entity, you may simply begin to withdraw any further credit to the entity. This Awareness suggests this is an action related unto the fair exchange of energies and has nothing to do with superior or inferior levels, with the supervisor or the follower, with the instructor or the student.

This Awareness suggests that in terms of communicating with others, the greater benefits will come when you do not set yourself up or seek to win, but when you communicate and relate clearly from a level of energy exchange that is similar to that of any other type of business.

This Awareness suggests that in giving your services to others, in requesting assistance when needed, there becomes a certain kind of fellowship among those who are capable of responding to one another's needs. This fellowship is such that there is no need for hierarchy or rank, no need for superiority or obedience. This fellowship is such that entities begin to see themselves as a group, as a family, as a cluster of entities that work together, and this togetherness becomes such that entities do not think in terms of 'my,' 'me,' or 'I,' so much as they think in terms of 'we,' 'ours,' and 'us.' This Awareness indicates this action of sharing and the attitude that goes with it brings about great benefits in levels of communication and can lead to joys undreamed of in the hierarchy systems.

This Awareness indicates in terms of the use of logic: starting at a certain point and following from that point on to another and eventually reaching a conclusion, the danger lies in the fact that any point from which an entity starts may be invalid, and anything built

upon that, then, is like the castle built upon sand. This Awareness suggests that in terms of using the rational mind, any action built upon logic may stand as a logical monument, yet may crumble under the attack of emotion. This Awareness indicates that unless the experience is seen totally - through the mind, emotion, feeling - not just through an individual's point of view, but through the macrocosmic levels seen from levels of the entire group, society, or the realm of humanity - not seen simply from the realm of humanity, the group, or the society, but also seen from the level of the individual. When a situation is observed from all these levels, then you have the base on which to build a logical argument or conclusion. The steps along the way to reaching that conclusion must not deny any part, must not deny any entity, but must allow for all to benefit, or your entire argument will have flaws, your structure will be that which shall have weaknesses and shall crumble.

This Awareness suggests that the use of the rational mind in logical arguments may be understood through the word 'rational,' which leaves out portions of consciousness in a rationed manner - one brick at a time for building your structure, as opposed to the intuitive mind which sees the total gestalt, the total situation, feels the total situation and reaches its understanding through that experiential level, rather than from a step-by-step argument based on portions of consciousness.

This Awareness suggests that when you are communicating with another, that you must be able to step aside from your point of view and look at the total situation, and from that total situation, if you can see that your point of view must be changed or must be augmented or must be represented in order for clarity to come about, then you may step back into your situation, into your particular point of view, and fight tooth and nail to have your point of view represented, or yield on certain issues if that brings about the proper alignment of the situation.

This Awareness indicates your motive in terms of why you are communicating cannot be to win, but must be to find a solution satisfactory to all.

This Awareness suggests that wherein there is any action of winning, there must also accompany that action, some form of yielding on your part in order to balance the situation and allow the other entity a certain amount of dignity.



This Awareness suggests that all entities, when conversing in disputes, find at least 20% of their own argument which they are willing to yield to the other person, and when you begin yielding that 20%, you will find that the dispute begins to resolve immediately.

This Awareness suggests that you stand pat on those things you truly believe in and those things which are essential to your soul development, and that you also allow the other entity to retain those portions which he or she feels as being essential to his or her development; that you not feel it is necessary to make every other entity, or even one entity, see things the way you see it, but that you simply discuss and find certain areas where you can agree, and you recognize each other's standing, each other's place, where you are, where you choose to be.

This Awareness suggests that if an entity has his place and chooses to be there, what right have you to pick him up and move him elsewhere just because you would like him to think as you do?

This Awareness suggests that in communication in terms of conflicts and disputes, these are the areas wherein entities begin to discover more about life. In levels of total harmony and agreement, these are the areas where entities can work together and bring about certain effects upon this plane.

This Awareness indicates both are necessary: the disputes teach, if entities are willing to learn; the harmony produces, if entities are willing to work together.

This Awareness suggests this as the conclusion of this sixth lesson in the Sea of Gemini.

*(The Law of Gratitude is given.)*

Wisdom of Awareness...

### On the Crucifixion of Christ

This Awareness indicates the crucifixion of Christ was symbolic wherein the entity Jesus moved through the passion play and gave his life as a sacrificial lamb to the end of the age of Aries, or the age of David, as a fisher of men entering into the Piscean Age. (Issue 78-29)



Excerpt CAC Reading 13-5-23-81 Paul Shockley Interpreter

### THE ROYAL FAMILY ELIMINATED AND REPLACED BY DOUBLES?

QUESTION:

We had one other question as long as we're on conspiracies ... this was from George Rezines of Argentina, who does a lot of what we might call magic and psychic expeditions into other systems and has come up with some interesting information in the past. He wrote a letter recently where he says that he tuned into this Elder computer which claims that the royal family of England have been eliminated and doubles have been replaced for them, and he claims that there would be mass suicides among the children and the old people in England and its former colonies if this information had ever got out. He links this to the Rothschilds. I'd like to ask Awareness if there's any validity at all to what he's saying?

COSMIC AWARENESS:

This Awareness indicates that this appears to be true in one sense, whereby the royal families have been controlled by the Rothschilds from the past and the families which are presently in there are descendants of doubles. This Awareness indicates however, these present entities are not aware of this. That the use of doubles in terms of heads of state is a very old trick which has been used for hundreds of years. This Awareness indicates that this line as that which was affected approximately two hundred years ago, and again approximately--this appears to be the latter part of the last century. This Awareness indicates however, that for all intents and purposes, entities who are presently in the royal family are not aware of this information, and would not accept such as being valid. This Awareness indicates that the present royal family not affected by doubles at this time.

This Awareness indicates that the royal family as that which is closely aligned with the Rothschild family in that organization known as the Sovereign Order of the St. John Cross of Jerusalem, that which also is called the Knights of Malta.

IRAQ, BY THE NUMBERS...

U.S. WAR COSTS: \$450,000,000,000

REFORM TARGETS MET BY THE IRAQI GOVERNMENT: 0

MINIMUM NUMBER OF MINDS NEEDING TO BE CHANGED TO BRING ABOUT A NEW POLICY: 1



© 2007  
 THE  
 PRO-  
 HUMAN RIGHTS  
 FOUNDATION

**Prayer for Balance**  
 Start your day and end your day by saying the following aloud:  
**I AM ONE WITH ALL THAT IS!**  
**Thank you God**

## Health Hints From Personal Readings (Degenerative Disc and Knee Ligament Problems)

### QUESTION:

The entity Sonny C. has a back problem diagnosed as a degenerative disc. He also has had a problem with knee ligaments. Would Awareness comment on these conditions and the general health of Sonny C? What specific preventive or active measures should be done to improve his health?

### COSMIC AWARENESS:

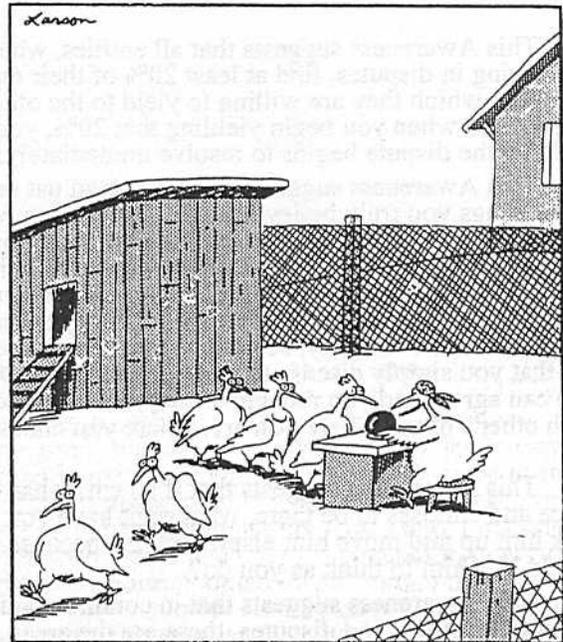
This Awareness indicates the calcium combination as that which can be beneficial. This Awareness indicates also that there are certain cell salts through the homeopathic system which can benefit the ligament condition. This Awareness suggests that the use of nucleic acid and multi-vitamins can be of great benefit to the energy levels and can assist in allowing the body the energy by which certain repairs may be accomplished. This Awareness suggests also the use of multi-vitamins and minerals as a combination.

This Awareness suggests that S-Cell water taken in the quantity of approximately one glass daily for a period of one month, then one glass every other day, as that which also can be beneficial. This Awareness indicates that healing may also be effected through the use of Rejuvigor, through the... this Awareness suggests that through meditation, wherein energies are sent to these areas, wherein your attention goes to these areas for a count of 12, then is released for a count of 12.

#### A Meditation to Heal a Degenerative Disc

This Awareness suggests that the following system may be used for meditating on these areas. This Awareness suggests that you focus your attention on the degenerative disc, visualize yourself sending 12 lights toward this disc, covering this disc with light forces, this in a count of 12. This Awareness suggests that the attention then change to the ligament, and the same action be repeated regarding this; that after this has received its 12 counts or 12 shots of light, attention then be returned to the degenerative disc.

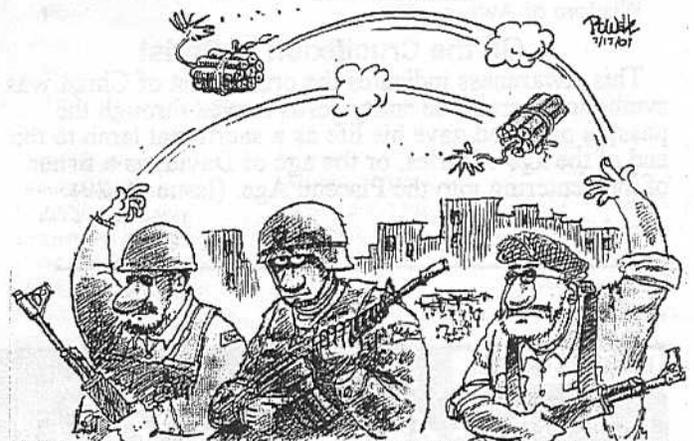
This Awareness suggests that this be repeated again and again for 12 times in each area, that you may keep track with your fingers, closing your fingers with each action, one finger for each action. This Awareness indicates that the 11th and 12th times may be counted as the fingers are opened on each hand. This Awareness suggests this be done each night before falling asleep, that this can last for three to four weeks using this exercise. This Awareness suggests also that other entities may assist by visualizing light pouring into these areas of your body.



"Whoa! Another bad one! ... I see your severed head lying quietly in the red-stained dirt, a surprised expression still frozen in your lifeless eyes. ... Next."

This Awareness now wishes to effect a healing in these areas and send resonating electromagnetic energy to your entire system. This Awareness suggests a pause. (Pause) This Awareness indicates that *It* shall continue working with you during the night when you sleep. This Awareness suggests also that massage of these areas can be beneficial. M771005PB

AMERICANS NOW PATROL SIDE BY SIDE WITH IRAQIS —



### —HOW TO GET THIS NEWSLETTER BY MAIL— EVERY 4 WEEKS 1 ( 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