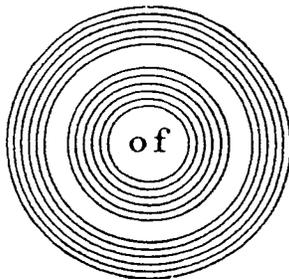


# Revelations

The Cosmic Newsletter

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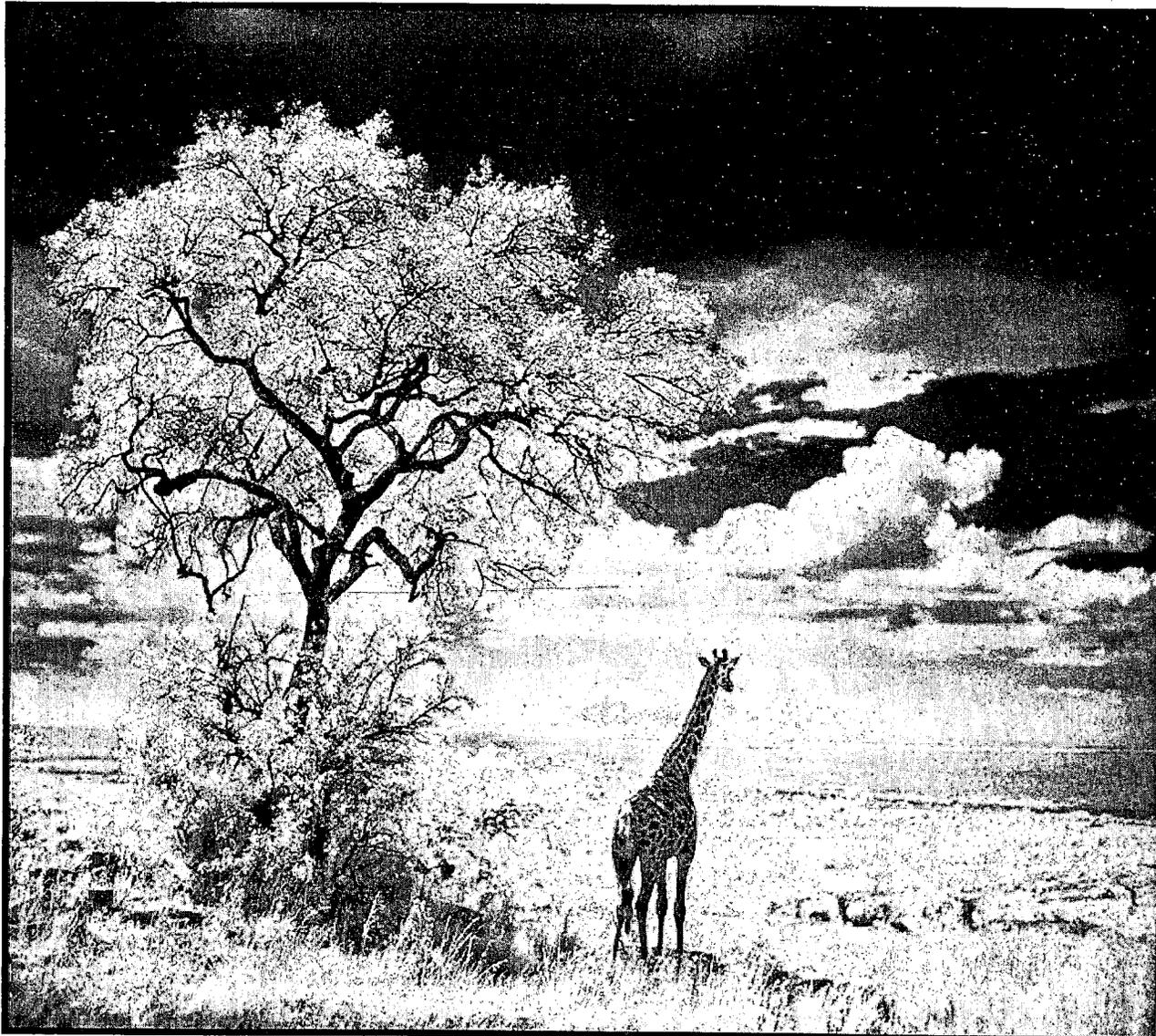


# Awareness

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Giraffe Looking Over Plains

## Why You May be Hearing Strange Voices

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- Strange creatures and unexplained events
- The Crusades: Why the Pope and Catholic Church Destroyed the Gnostic people
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## HEARING VOICES

**Questioner:** The first topic is phenomena. It comes from Ted Helinski. He writes: "While I was driving home in my car I was listening to the Coast-To-Coast radio program hosted by George Noory. A caller to the show mentioned something that I'd like to ask you about. The caller said that his girlfriend had a near-death experience and since that event she had acquired healing abilities and her intuition had become very strong also. He said that she told him that often when the TV is on she hears along with the regular programming, messages that say things like 'Obama is a good man and he is doing many things to help the country'."

She also says that she hears voices speaking when a fan is turned on but is unable to make out what they are saying. Since I don't watch TV I can't say anything about hearing any messages like this woman claims. However, the claim that she hears voices when a fan is turned on really got my attention. I have been experiencing the same thing for some time now. When it first started happening I thought I had left the radio on and actually would go and check on it. The radio was never on. On other occasions I thought maybe somebody/someone was outside my open window talking but when I checked this out it also was untrue. Could you please explain what this is all about?

I'm wondering if the frequency being emitted by the fan somehow makes these voices easier to pick up. What is the source of these voices and what is their message? I, like the woman can clearly hear voices speaking but I also am not able to discern what is being said, plus there have been flashes of light on the wall in my bedroom, but no one outside has a flashlight etc. Then there are different shapes and forms in the air above swirling all around when light is turned off." Could you comment please?

### Subliminal Messages Promoting Obama

**Cosmic Awareness:** There are several layers to this question. There are the personal phenomena that the entity Ted Helinski is having on his own and then there are the stated events of the woman who had the near-death experience, including the hearing of the voice that was proclaiming the current president Barack Obama is a good man and that he will do much. What this Awareness wishes to say on this matter is that it is seen that there is the use of technology to implant subliminal messages that the entity Barack Obama is a good man, doing a good job and that he is a good president.

There are still those who wish him to continue his presidency, and this Awareness does not see any reason for him not to continue his presidency, but there are those who would wish the masses to still believe that this entity is a good man. On this matter this Awareness concurs; he is a good man, but it must still always be remembered that he voluntarily chose to become the puppet. The puppeteer did not entrap him, and the agencies of power that overshadow him did not put a gun to his head and force him to run. He was groomed for this position.

If one researches his history, it will be seen that he was under the personal tutelage of certain individuals who have long been associated with the shadow government in Chicago. His own personal history does have connections to the Cheney family through his mother. These are all factors that were known about this individual in advance of his being chosen to become the

presidential candidate for the Democratic Party, and he willingly pursued this, for he understood that it would benefit him personally a great deal.

In some ways this would mark him as a self-serving individual but does not disqualify him from being a good person. Furthermore, there are many channelers who have channeled that he is a highly advanced soul come to change the course of events for the country and the planet. There is some truth in this -- but this individual is not truly awake to his own greater being. The comments this Awareness has made in the last few minutes are very much contingent on him still being somewhat asleep to the truth of his own being. This is difficult to understand in some ways, yet it is that which indeed governs all humans who are still asleep, and who have not yet awoken to the truth of their own being.

While he is of a kind consciousness in many ways because he is asleep, and because he is still a willing puppet of those power brokers, this Awareness cannot fully endorse the claim that he will make the difference. This remains to be seen, especially in light of how things now stand. If events unravel in a certain way and if those who hold the power are finally exposed and dealt with and even removed, and if the entity Barack Obama should awaken to the truth of his full being, then this Awareness most definitely concurs that he is a high spiritual being who has chosen to be in this role and to be of service if certain changes occur.

In the meanwhile, the information that is put out by those certain channels, while partially correct unfortunately serves to misdirect, just as the subliminal messages that are often in the airwaves can also serve to misdirect. Often there are subliminal messages that are delivered every time the individual is on the television or on the radio, and these are at a subliminal level, where the conscious mind cannot fully perceive them. The nature of subliminal messages is to implant them in the deep unconscious mind of the low self, the subconscious.

Thus the individual holds the opinion that he is a good president, a good man, something this Awareness has said basically he is, and yet he still serves corrupt masters. This could easily change, but at this time it is what it is and the fact that the lady mentioned by the entity Ted Helinski can hear these voices speaking this, indicates that through her near-death experience she has increased her extrasensory perceptive abilities so that she can now hear messages in the airwaves that are normally subliminal and cannot be heard on the subconscious level. It is as if her low self, her subconscious mind has awoken a little bit and is able to remember the subliminal messages, to actually hear them as they pass through the air around her.

### Both Republicans and Democrats Use Subliminal Technology

This is seen to be what is happening in this matter, and she is not receiving deep and powerful spiritual messages from a high-placed spiritual guru, but rather simply hearing the actual messages that are floating in the atmosphere and on the airwaves through the use of this technology that is trying to subliminally implant a certain mindset in the minds of the majority. This Awareness must also say that this is not entirely successful, for there are others who are implanting other messages, and sending out other communications like the subliminal message, that are counteracting the messages put out by those active supporters of the Obama regime. There are those who are in opposition, but who are using the same technology to put out contrary messages. These messages paint Obama as the

worst threat possible, as the man who is destroying the country. Those who are more inclined to receive these kinds of messages are receiving them.

Thus, it is picked up by those of the Republican Party, those with such Republican sentiments. The message is more conducive to them and easily taken in and accepted at the subconscious level; where the other message of his being a good man, a good president, is somewhat repugnant to them on that subconscious level and therefore rejected. Therefore, one can see that there is a war going on in the level of subliminal communications regarding the president. There are other messages that do not involve the president that are also on the airwaves, trying to affect the American populace to believe this or to believe that. This is a technology that is not fully legal and yet is being used quite readily by those who have access to it and wish to accomplish certain goals by persuading the American people of this or that.

Whether it be the value of their president or which deodorant soap to use; these are all aspects of subliminal advertising, subliminal technologies that are out there. The entity Ted Helinski himself has sometimes tapped into such messages and they do indeed become audible.

#### Hearing Voices in the sound of a fan

Moving on to his question about hearing voices himself in the sound of the fan-- what is occurring here is that both he and the woman he wrote about have high sensitivity, and they are able to tune into the subliminal messages. The sound of the fan creates a type of white noise background that allows him to become aware of the subliminal sounds that are floating in the air, and that are in the airwaves. He cannot quite hear them, for he is not listening to the direct message, but the white noise of the fan makes it possible for his unconscious mind to perceive those sounds and then he hears the voices.

On this matter this Awareness would say this is not the voice of a spiritual being communicating to him. He is simply hearing the sounds that are out there, and he is able to hear because the white noise of the fan somewhat serves as a way of allowing his subconscious mind to tune in and hear those noises. As to the matter of the flashing lights and swirling colors above his head on the ceiling or on the walls, this is part of his inner vision that is seeing energy movement, energy presenting itself in the form of colors he can see above him or the flashing of lights. Eventually he will begin to develop these abilities, and they will help him see the extraterrestrial beings that are there with him. Often there are extraterrestrial beings that are in his proximity but who are cloaked and thus invisible.

#### The Near Death Experience Heightens Ones' Abilities

He can also see in the clouds that there is something there, a UFO, a vehicle that is cloaked by the clouds. This is felt almost more than it is seen, and yet again this is an example of his heightened sensitivity. The woman he asks of has these heightened abilities also due to her near-death experience which triggered the opening of these abilities that were always there, as they are for all human beings. She, like so many, needed to go through a traumatic experience such as the near-death experience to shock open these abilities and at the same time to make her aware that they are there. Her need now is to learn how to work with these heightened sensibilities, this extrasensory perceptive ability that she has awoken to. This can happen with time and with finding a master teacher who can help her use her powers, discern what she is receiving and to use these powers wisely.

Unfortunately, it is seen that often when an individual has such abilities shocked open there is no teacher available, and there is sometimes a misunderstanding of what is happening, which can lead to a misuse. If ever any of the readers find that through a personal experience, such as a shock or trauma or even near-death experience, that they have come to be able to use their psychic abilities more than they ever have -- this Awareness would ask them to think deeply on the matter, to seek out one who might be able to teach them how to use these abilities with discernment, wisdom and knowledge, versus simply suddenly believing everything that is heard must be a voice from God or a high spiritual being.

There are many instances of individuals having a personal experience which shocks open their ability to hear at that deeper level, only to have this misaligned, and only to have an unscrupulous being that has passed over and that is incorporeal, use the individual for their own gain. This of course is a slightly different matter than was presented through the question, and this Awareness is simply using the opportunity to enlighten those who have interest in these matters. If such abilities begin for whatever cause, it is vitally important to receive training and counseling on the use of these powers and the authenticity of any being that might be purporting to be there, to be a guide for the individual. This Awareness is open to any questions on this matter that might arise from what this Awareness has discussed.

#### WHISTLEBLOWER ANDREW BASIAGO

**Questioner:** Still on phenomena, this one comes from Antonio Alvarez in Brooklyn. It concerns Mars and whistleblower Andrew Basiago. He writes, "Whistleblower Andrew Basiago has found a few interviews which can be accessed on the Internet and *YouTube* and this individual sounds very sincere and honest so I would like Awareness' opinion on certain matters Andrew stated he was involved in. He stated he was teleported to Mars, and that Mars has a breathable atmosphere. He also stated that Mars has many human colonists that live on the surface but that it is commonplace for carnivorous plesiosaur looking creatures to attack the humans and eat them. He also stated that there are other predators creatures on the surface, including enormous and strange-looking snakes.

Some questions: Were these individuals abducted humans that were dumped on the surface of Mars? I ask this question because these people do not seem to have been given any sort of self-defense nor do their residence seem to be surrounded by any protective fence, even though Andrew stated that metal at the present time cannot be teleported. I have sense enough to know that weapons can be flown to Mars. It is as if no one in charge over there even cares. I feel so sorry for these people. Even the Martians do not seem to care according to Basiago; this is a deliberate sacrifice of human beings by whomever controls Mars." That is the first part of his commentary.

**Cosmic Awareness:** This Awareness indeed wishes to make comment. It is seen by this Awareness that while the assertions presented seem to be plausible, it is not seen by this Awareness that it is exactly as presented. This Awareness would ask the question of those who read these accounts: What purpose is served by simply teleporting human beings from the planet Earth to the planet Mars and simply dumping them on the surface so they can be consumed by the creatures mentioned? There is no purpose to this, and there is no sense to this. It must be understood that those who have the capacity

and the power to do such things, do so with ulterior motive. Often when humans are used in such a manner the ulterior motive is to gain from those human beings the energies that are created when they are terrified and in deep fear.

This Awareness has spoken on this matter many times and many years ago. The substance that is created through human fear, that which comes from the adrenaline gland is a type of narcotic to the aliens that can be used by them and is sought after. This would be an ulterior motive for transporting individuals to the surface of Mars and somehow siphoning the fear that is created, both through the transportation process and the depositing of people on the surface of Mars, as well as their being hunted by the huge predatory creatures described. However, it is simply not seen that this is occurring.

#### Have humans been taken to Mars?

The controlled extraction of these emotions is what is necessary to produce the narcotic adrenochrome from adrenaline glands and adrenaline secretions. This is not what is happening and therefore this Awareness says that this report is somewhat erroneous. Have humans been taken to Mars? This is another matter and indeed they have been taken to Mars. Is there human life on Mars? This Awareness supports that there is human life on Mars, but most of it is below the Martian surface. To be on the surface of Mars requires special equipment and breathing gear. Special garments must also be worn to be on the surface.

Are there surface inhabitations on Mars? It is seen that there are a few, but they are under protective domes that would allow surface habitation. It is *not seen* that there are simply settlements on Mars that are unshielded and unprotected where the humans are simply there to be consumed by giant worms and dinosaur reptilian-type creatures. Therefore, this Awareness *cannot support* entirely the claims made by the individuals involved in this report although, *It* can support that there **are** humans on Mars, both on the surface and under the surface, who have been taken, abducted and teleported and transferred to Mars. Most are flown to Mars and then teleported down to the surface. It is not a teleportation that goes from Earth to Mars, but rather *up to the ships*, then flown to Mars and then teleported downwards.

#### How Orion Reptilians feed off on Earth energies

This Awareness would stipulate *these events do occur*. There are humans on Mars, but not in the way mentioned. This is not saying that they are not used on Mars, both as slave labor as well as to extract fear from them through causing them great fear and thus creating the narcotic made from the secretion of adrenaline, but this is happening on planet Earth as well. Plus, on planet Earth many of these reptilian Orion types *do feed off of the mass destructive energies that are happening here*, both through extreme acts of violence and hatred as well as accidents, such as auto accidents and plane crashes and the like. This is a much more fertile ground for them on the planet here, where they can engage in the absorption of human emotions, especially the fearful ones, much more satisfactorily than occurs by taking a limited amount of humans and transporting them to Mars, which is still seen as a very intense procedure that has certain limitations. Therefore, why should they do this when they have a feasting ground here on the planet that they can definitely absorb much energy from, much to their satisfaction? This Awareness is complete with *Its* answer.



## MORE ON GENETIC ENGINEERING CREATIONS

**Questioner:** (Thank you. I think you answered his second question) The next part: he mentions that there are many genetically engineered human-animal hybrids on Mars. One has the head and shoulders of a human and the lower part of an animal that barks like a dog but is not dangerous. He also stated that they had cartoonish human features and one thought crossed my mind, the statement supposedly made by Jehovah to the serpent, "Because you have done this, cursed are you more than all cattle and more than every beast of the field. On your belly you will go and thus you will eat all the days of your life." My question is, "Were these creatures created thousands of years ago by the Orion/Jehovah groups that are still able to breed and survive, or are they recent creations?" If we someday travel to Mars, such hybrid creatures will have an emotional effect on the psyche of any humans that see them, and probably or most probably they will be destroyed first, but I admit I feel so sorry for them. Is there commentary on this part please?

**Cosmic Awareness:** The first thing that this Awareness would say is that *It* has spoken on this matter before. There was a series of channelings in the early 1990s of the Nightmare Halls, of the extraterrestrial establishments in the White Sands and Area 51, as well in Dulce, New Mexico. These need to be reviewed to see what was spoken of at that time.\* However, on this occasion this Awareness will elaborate further to the immediate question. The presentation suggests that such genetic engineering occurs only on Mars, when this Awareness, as *It* has just stated, would refute this, and would say that this type of genetic engineering has been taking place on this planet primarily, but that there are other establishments on Mars where further genetic engineering is taking place.

#### Modern Man is a product of such genetic engineering (They Created Mankind in a Test tube)

This is not new, and the Orion/Reptilian geneticists have been tampering with the human genetic material basically since the dawn of time. Modern man is a product of such genetic engineering-- the fusion of the reptilian genes with the mammalian genes that created a servant-like creature that was meant to be used in the mining operations of the Anunnaki, who are of an Orion nature. They created mankind in a test tube, if you will, and this was something that was done hundreds of thousands of years ago.

#### Mythical Creatures were also Genetically Created

At the same time in their genetic tampering, creatures were also created that have often become the stock of myths and fairytales: creatures that are half-horse, half-human that have a lion's body, an eagle's head and a snake for a tail, such as the chimera. Such mythical creatures were the result of genetic engineering and this is what is now being done once again. There is no true reason for it, other than the geneticists who do so wish to create new creatures that will be of service to them, and that they will be able to use. Those created creatures do indeed suffer through the manipulations of genes that create them, but at the same time it could be understood that this too is part of the greater plan, and *that these beings have a place in the dreams of God* as well.

At least some of them had the capacity to procreate and thus developed in the past. For example, centaurs were thought to exist in number at one time, but so were other creatures, such as the Cyclops. Even the Greek legends of Medusa and her sisters indicated a genetically created being. This has been the substance of much of

mankind's history and mythology, and has much to do with the gods of the times. The gods, of course, were those extraterrestrial beings *that still walk upon this Planet Earth* and even the planet Mars and other places in the universe, where they have bases and footholds.

This is all part of what many would consider science fiction and not fact, but it does not mean that these beings have not through genetic engineering created other creatures, some of which are very tragic indeed, and some of which are not indeed tragic at all. The creation of human life through genetic engineering does not at all alter the fact that humans are sentient spiritual beings, and that the Divine has always seen that they are one of *Its* creations and have a destiny. Part of that destiny is to rise in consciousness to achieve enlightenment through that process of Ascension, even though the journey of humanity may have started in a test tube.

**Questioner:** If there are other humans, or a human civilization on Mars, are these not threatened by the Orion/Reptilian population; is it not difficult for them?

**Cosmic Awareness:** First of all that would presume that they are free on Mars, whereas this Awareness is saying those humans that exist on Mars have been taken there as slaves. *Those who are there are not free.* The settlements spoken of in the first question on the surface are not free settlements, but they are controlled settlements. All those humans are either enslaved by the Orion/Reptilian faction or are in cahoots with them, have pledged their services willingly and are there of their own accord but still servants to the Orion Reptilians.

### ORIONS AND REPTILIANS DO HAVE SOULS

**Questioner:** And as you mentioned they do in fact have a spirit/soul and choose to experience such a condition, is that correct?

**Cosmic Awareness:** This is so. *Even the Orions and the reptilians have such a soul.* The Greys are another matter, in that on the individual level they do not have what would be understood as an individual soul the same way that a human might, for the Greys, the Zeta-Reticulans are of an insectoid nature and they have what might be called a hive-mind. But there is a hive-soul and each aspect has an aspect of the hive-soul that is their individual soul, so to speak.

\*Ed's Note: More in-depth info on genetic engineered creatures can be found in 'Revelations of Awareness '90-01 (Nightmare Hall: Special Report) \$5.00 from CAC.

### DOES THE CHRONOVISOR EXIST?

Thank you. That was really interesting). Antonio carries on with a couple more questions, "The chronovisor was discussed, which is a machine that can view the past and future truly does exist. Enrico Fermi is one of the main developers and he stated that a teleporting device and the chronovisor were in time able to be merged."

**Cosmic Awareness:** This Awareness interrupts. This Awareness asks *if* the individual himself has actually seen this device, has actually experienced this, and has actually used it? This Awareness insists that the individual saying this device does exist is somewhat erroneous in his claim; for he is leading others on to think that he himself may have experienced this device, when it is simply hearsay that he is accepting as truth. This indeed shades this matter considerably.

### TIME TRAVEL AND TELEPORTATION

**Questioner:** His next part says that he stated that he, Andrew, was teleported to Gettysburg through some kind of a device, and that time-travel has been going on

for quite a while. If this is true, this means that the Orion group has had the same technology for many years, as Awareness has previously indicated, and has been able to change our history many times. One example: Kennedy survived and battled the Powers That Be, but since the Orion group has this time-travel technology they were able to change the outcome to their liking, which is probably why many people have the impression that his assassination was planned many years in advance. Your thoughts and comments please?

**Cosmic Awareness:** The entity's stipulation that he has used this device and had it used on him indeed brings a different flavor to this question, but this Awareness cannot outright endorse his claim, however *It* does know that this type of travel is possible, but that the majority of individuals do not believe in such a possibility and do not experience such a thing, and yet the manipulation of the time-stream, as well as the alternate parallel universes has been something that is used by those who have the abilities and technologies. This entity seems to be making the claim that he has experienced this.

This Awareness is supporting this claim of this occasion. *It* also says that there is still a major flaw in his understanding. Simply shifting a focus from one parallel time-stream to another does not eliminate the first. What he is saying must be understood to mean that he is drawing the conclusion that those who have access to such technology now have only created this time-stream. This is simply not so. This Awareness is in a position to explain this matter at a deeper level.

### Multidimensionality is Explained Somewhat

This Awareness suggests that what is involved here is a very complex matter that deals with the very nature of the *multidimensional reality that exists for all beings*, and it is possible to slip between different time-streams, experiencing different alternate realities both in the past, the present and the future. The suggestion that a time-stream was eradicated so that everyone is trapped in the perception of only one reality is not quite correct. President Kennedy's assassination may cover many different time-streams, but there are other time-streams *where he did not get assassinated*, and where he did indeed fight those in power that were behind the scenes, as it is now. This Awareness has spoken of this concept many times over and has often suggested that in one's beliefs and knowingness, one could put themselves into, almost unconsciously, a new time-stream that will bring to them the reality they believe they will experience. This is still done on an unconscious level, but what the individual is talking about is done consciously through the use of technology, a device that can flip an individual from time-stream to time-stream, from one parallel universe reality to another.

### Not Science Fiction but the manipulation of Consciousness

This is still considered by many to be the height of science fiction, and yet this Awareness says that this is simply the manipulation of consciousness and when one becomes spiritually awake and enlightened, one can begin to comprehend the nature of the multidimensional universe, and can begin to comprehend how to shift from one conscious level and perception of a reality to another. This Awareness does this all of the time, for it is part of *Its* reality as well. This Awareness is aware of *all other realities* and can follow any time-stream you wish, to explain matters in a way that makes sense to those sharing that particular time-stream consciousness.

When one begins to awaken to their ability through the power of the imagination, and to begin to become aware of other time-streams, of other alternate realities, they

can begin to experience those realities. At first the experiencing happens at the level of mind, at the level of imagination, but this can increase tremendously as one becomes aware of the reality that truly exists beyond the limited third-dimensional reality that so many people live in. It then opens the door to the more complex multidimensional reality that is in existence. Therefore, this Awareness is suggesting that while the individual himself had the device used on him to transport him through many different alternate realities, in a sense he was also traveling to these realities through his imagination and mind.

Therefore, this is why this Awareness can say that *It* sees that he has indeed experienced alternate realities, but *It* also can say that it is not simply a matter of using a device; one can use one's imagination as well. One simply must learn how to truly trust and believe that what is imagined can indeed become the reality. In the slowed down denser level of vibration that exists in the third dimension often the experience of other dimensional realities is simply dismissed as imagination, without the understanding that it does not counteract or countermand the truth of the matter: that there are alternative realities that can be accessed through the mind, through imagination, and through consciousness.

**Questioner:** That's very interesting. There's a lot of food for thought in there. Is there additional?

**Cosmic Awareness:** This Awareness believes *It* has muddied the waters enough for today.

#### U.S. PRESIDENTS WHO TIME TRAVEL

**Questioner:** (Thank you) He has one last part. "Basiago stated that because of this technology, Obama, Clinton and both Bush Senior and Bush Junior were told quite a few years beforehand that they will at one time reach the presidency. Is there substance to this statement?"

**Cosmic Awareness:** There is substance to the statement, but it must also be understood that *they are part of the controlling Elite* who use that concept that is known as time-travel regularly, whether through gadgets and devices or slipstreaming through at the fourth dimension. The Elite, those who have power, the Orions and Reptilians in particular, *have long been able* to step into fourth dimensional reality where it is much easier to sideslip into other realities. The gadgets that are being used often are more an anchoring device to help those who travel to other dimensional realities find their way back to their point of origin. Otherwise it is possible that they would sideslip uncontrollably and find it almost impossible to arrive back to their point of origin.

There was once a science fiction TV series that dealt with this very theme. (*Quantum Leap*) This Awareness suggests that this is more the use of gadgets, once they who use them are doing so from fourth dimensional reality. It may even be a way of getting into fourth dimensional vibrations, so that they can more easily slip through the various alternate realities, seeing various results along the way. It would then be easy to provide information to such as Bush, Obama and Clinton that they would be the president in some of those realities at some future time.

#### DISINFORMATION ENERGY IS FELT

**Questioner:** Fascinating. Ok, there is just *my* question: Does Awareness have any additional information about this individual, Andrew Basiago?

**Cosmic Awareness:** It is seen that he is an individual who possesses certain knowledge and information. It is not seen whether he is here to truly help humanity or

hinder it. What this Awareness would say of him, as *It* says always, is to *question what he presents*, ask those deeper questions, and then look to other sources or be open to answers provided from other sources, that either substantiate the claims of this individual or refute them. There is something of a disinformation energy around some of what he presents and yet much of it is hooked into certain truths that those who have power are trying to conceal and hide. One must *simply question this individual* and be open to find substantiation from other sources.

#### STRANGE CREATURES & UNEXPLAINED EVENTS NOW OCCURRING TODAY

**Questioner:** (Thank you) That concludes the conversation on Andrew) We have something from Larry Kell and it's quite a long commentary. However it does explain what he is asking about. Shall I do a short part on it or would you prefer to hear all of it?

**Cosmic Awareness:** Please present the full commentary.

**Questioner:** (Thank you) It is from Larry Kell. It concerns strange segmenting creatures. He writes: "Would Awareness please offer information on this odd snakelike creature that was seen on a Pennsylvania roadway in Westmoreland County near Youngwood? It is one of the sightings at [www.strangegordon.info](http://www.strangegordon.info) and the commentary is, "This incident first came to the attention of Brian Seech, founder of *The Center for Unexplained Events*, who quickly made me aware of the occurrence. I have had the opportunity to interview the husband who was driving the car during this experience.

This event occurred on September 19, 2009 at about 3:45 PM on a clear and sunny afternoon in rural Westmoreland County not far from Youngwood. A woman, her husband and child were in their car driving along a country road that afternoon. Suddenly the woman seated behind her husband yelled out, "Watch out for that snake!" The man slowed down as they focused on a black snake about 4 feet long that was slowly moving across the road ahead of them from right to left. The head of the reptile was in the center of the roadway. The fellow told me that while the creature looked like a snake it did not slither like a snake but instead was gliding really slow.

Suddenly something happened that the witnesses are still trying to explain. As the couple watched, the body of the snake broke apart into approximately 8 individual creatures. The man related this happened quickly, almost as if it exploded. Each creature was about 4 inches in length but stretched out to approximately 6 inches as they moved. They were tubular shaped, with no tail and charcoal black in color. The fellow said he was unsure if there was hair but what might have been hair was of a shiny wet texture. Each creature seemed to have 4 feet, two on each side of the body. The feet were hard to describe, since they were black same color as the body. They did not notice any eyes. The wife told her husband that she could see the mouth of one creature that was wide opened.

The vehicle stopped about 10 to 20 feet from the creatures that were moving individually, erratically and extremely fast on the road. The creatures moved like inch worms with the back hunched up and then stretching flat, growing at least two additional inches in length each time they moved. Then all of the individual creatures positioned themselves to form a perfect solid black circle in the middle of the road. At that point an additional similar crawling creature came out of the grass from the driver's left side and with extreme speed

joined the others in the circle. They then apparently all joined into one snakelike form, as no space could be seen between the units after they joined together. Then it moved very quickly to the left side of the road into the grass from where it had originated.

The entire incident was estimated to have taken place in 5 to 10 seconds. No unusual sounds or smells were detected during the experience but the windows were closed at the time. The man drove the car forward as they looked to the left trying to see where the creature had gone. They quickly hurried down the road and out of the area. The witness explained that the event was surreal, like watching computer-generated graphics or animations. Soon after the event the wife drew pictures of the creatures and sculpted what she saw with play dough.

Various reptiles, insects and animals were researched on the Internet to try to find an explanation but none fit the various characteristics of what was observed. This report was of much interest to me, as there was an incident I received with some similarity that occurred on June 27, 2009 in Mount Pleasant Township only a short distance from this encounter. During that evening three passengers in a car watched what resembled oversized caterpillars about 7 inches long moving back and forth across the road."

Your comments please concerning where this creature originated from, what its purpose is, was there a reason this family witnessed this exhibition of its uniqueness? Are such occurrences common, was it not concerned or aware it might get squashed by passing vehicles and was it aware that the family was observing it? Your comments please or did I put you to sleep?

**Cosmic Awareness:** This Awareness is *most attentive* to what was presented. A few days ago this Awareness started with an opening message that there would be many weird and wonderful occurrences that would start taking place. This is such a weird experience. *There will be many more such sightings and observations.* The incident was that which could be called real. It is seen by this Awareness that the family *did experience* the sighting of this perplexing and strange creature. It is not of earthly origin, it is from another universe or parallel reality, but it is a being that momentarily was visible on the Earth plane. It was intersecting the earth plane; therefore it was not entirely on the road as observed, although the roadway provided the backdrop that the family could see this creature on.

It was more a holographic projection from that other parallel reality. In that parallel reality the creature was performing what could be understood to be a mating ritual or mating dance in order to lure the second snakelike creature to it for purpose of joining with it. It occurred in that which could be understood as a rift in time and space. Thus, it was viewed in a way on the surface of the road, very real to those observing, but at the same time the creature itself, in its own space, was not entirely aware that it was breaching two realities at that moment. It was not aware of the vehicle with the inhabitants nor of the danger that it could be squashed by the car as it rolled over it.

Indeed, had the husband drove over this creature, he would have found that there were no remains on the ground where he had driven over it for they were all viewing that which this Awareness would call a holographic projection. This occurred later in the area and town Mount Pleasant, where these caterpillar type creatures were observed. These temporary portals, these

intersecting points of reality between the present earthly plane and other realities that intersect the same position, but at a different vibration, are the type of events this Awareness has spoken of: those weird, those wonderful events *It* has mentioned.

This is also part of the Ascension process and the portals this Awareness has spoken of previously, the vortexes that will allow individuals to move through from this third dimensional planet that exists to other realities, other levels of consciousness, are part of the phenomena that is now starting to occur, when the rifts in time and space are becoming more apparent, more abundant and more frequent. This is part of the reason why this Awareness has already said such events will begin to occur more and more. One need not be afraid of such events, but one must always be totally focused and clear, knowing that this is one of the projections. Some will have a more physical quality than is observed by this Awareness in this instance, where it was more of a holographic projection of a mating ritual that was occurring on another time space continuum, but this is another matter. That this Awareness is complete in *Its* answer.

**Questioner:** Thank you) Just a confirmation that such holograms are not dangerous to humans, is this correct?

**Cosmic Awareness:** In this case this is correct. It is also so, as this Awareness has presented in the past in *Its* discussion of Bigfoot, or Sasquatch, that there are also creatures who go through a certain rift, certain portals, who can present a danger to a human being. That is why this Awareness would say to always be vigilant and aware and not to go seeking such contacts too quickly.

### THE OLD TESTAMENT AND REPTOIDS

**Questioner:** Ok, we go to a different topic now, this is philosophy. It comes from Paul in Michigan. He has four different questions. He writes: "My question is how much of the Torah, the first five books of the Old Testament, was influenced by the Reptoid ET's? Was the rest of the Old Testament influenced also by the Reptoid ET's?"

**Cosmic Awareness:** This Awareness would say *much* of the Torah was indeed dictated to those early scribes by those Jehovans that came at that time from the planet Mars, who collected those peoples that were to be the chosen servants of Jehovah and his people, and there were those who were given certain writings as a way of putting down the rules and regulations that the chosen people, the chosen servants were meant to live by. This was with the purpose of making them more applicable to control and manipulation, for there were orders and ways of living that would ensure that those who lived that way would be stronger, healthier and generally better off.

#### Why Jews Can't Eat the Flesh of Swine

This, for example, is part of the reason why there was the admonishment against eating the flesh of the swine, for there were parasites in the meat of the swine that could have created damage and injury and disease.

Therefore, this was a law given to the early chosen people, the Jewish people, so that they would not eat pork and suffer the parasites that infest the flesh of pork. There were other rules and regulations, and other stories to be used as templates of behavior, and examples of the consequences of misbehavior, or of not following those that had control: the Jehovans and Jehovah himself. This is why the early writings were given later. They were given the status of being sacred writings but they began more as instruction manuals to govern the

lifestyle and behavior of the people that were chosen to be the servant race for those extraterrestrial Reptilians, those Jehovahs who had come to Planet Earth from Mars.

### Why Was the Talmud excluded in the Bible?

**Questioner:** (Thank you). His next question concerns the Christian church. "This is important, as every Christian church I have ever attended taught Judaism from the Torah and the Old Testament and used those to shape their views of the New Testament. It's interesting that all the three Jewish religious books (no one practicing animal sacrifice has the holy book) only the Talmud is excluded. The other two are both included in the Bible. Why is this?"

**Cosmic Awareness:** This is seen to be simply a choice that was made at the time. There were certain writings of the Talmud and in the Talmud that were not considered appropriate to put into the Old Testament and therefore they were simply censored and edited out, and were simply not put into those works.

### THE GOSPEL OF MARY MAGDALENE

**Questioner:** (Ok, thank you) He carries on, "The writings by Mary Magdalene are still excluded from the New Testament as well as other early Christian writings. The early Jews who joined Christianity not only brought their religious books with them but their emphasis on bloodshed and death may have contributed to the belief that Jesus was murdered. The Gospel of Mary Magdalene explains that the murder did not take place, thus possibly the Reptoid ET's influence reached through the Jews to have a correcting influence on the early Christians. Is this so?"

**Cosmic Awareness:** This is seen as a misunderstanding of the history of that time. It must be understood that the New Testament was NOT written at the time of the entity that is now known as Jesus the Christ. Rather, it was written fully 300 years afterwards by the Piso Roman Emperor Constantine. *It was a manufactured document* that took elements of the time and incorporated them into that which became the New Testament. There were many documents that were excluded from the New Testament, documents such as the writings of Mary Magdalene from the time. These are referred to as apocrypha.

### THE CRUSADES: WHY THE POPE & CATHOLIC CHURCH DESTROYED THE Gnostic PEOPLE

The Gospel of Philip was another such document that was not included. They were documents and writings that survived for a time and were even passed to the Gnostic people of the southern region of France, the region where Mary Magdalene fled to at the time of the alleged crucifixion of her husband, the entity known as Jesus the Christ. That it is the reason why the pope and the church turned on the Gnostics and invaded them in the first Crusade with the intent and purpose of destroying the people, for they had the documents and the paperwork that could prove that much that was considered the truth in the New Testament was indeed manufactured. Therefore, the Gnostic people were a threat to them.

There is another name for the people of that region of southern France that this Awareness is not able to retrieve at the moment, but this information can be found in many books, including the book known as *Holy Blood, Holy Grail* as well as in the books and writings of Mary Magdalene. This Awareness is suggesting that

because there were existing documents, that the truth of the historical time that occurred around zero and afterwards is such that the *New Testament is not a true and accurate description of the historical times, but rather a fantasy that was created by those in charge of the church at that time, for the purpose of controlling those who became the believers in Christianity*. It is not seen that this was some sort of Jewish plot to put their faith in these early texts but rather a completely different matter altogether. There are some who believe that it was some sort of Jewish manipulation, but it is simply not seen to be such by this Awareness.

### SLAUGHTERING OF ANIMALS IN THE KORAN

**Questioner:** His next question, "My definition of hatred includes gender discrimination for the reason of gender. Did that Reptoid ET's influence the writing of the Muslim religious book? Perhaps it is the Koran. A definition of hatred should also include tying an animal's legs and cutting its throat for religious reasons. This would be another reason to be suspicious of their religious book." Your comment please?

**Cosmic Awareness:** This Awareness would suggest that the individual *has not read the Koran*, for the Koran has many enlightened passages as well; many discussions of charity and rightful living. Furthermore, the ritualistic slaughter of the cattle that is mentioned by this individual is *exactly* the same procedure that the Jewish people themselves used, and was given at an early stage as a way of draining the blood in these creatures so that certain illness and disease that could happen because of the geographical location would be prevented. It was for a most practical reason and was not simply a religious reason for doing it and slaughtering animals in this obscene way.

### Barbaric Slaughterhouse Practice Today

It is also so that animals are *still* slaughtered in a most obscene way. Often a cow coming into the slaughterhouse has a bolt through its skull as a way of dispatching it, but this does not always prove effective, so they also slice the throat of the creature. Even this does not always prove effective and therefore sometimes the cattle free themselves and run through the abattoir, creating great damage. These are not seen as appropriate ways of slaughter by this Awareness. This Awareness would point out that the cattle being transferred to the slaughterhouse, the abattoir, are engaged in a horrendous activity that creates much fear in the cattle themselves that translates into the *pumping of pure adrenaline into the flesh of the animal*.

### Why adrenaline in today's meat causes problems

The brutality of the slaughter is such that the adrenaline is still in the flesh of the animal when it is killed and slaughtered. Thus much of that which is the meat that is sold in the butcher shop contains high levels of adrenaline, which seriously affects human beings, often creating the stress and the tension that are most common at this time. Therefore, the reason why this Awareness in stating this is to help one and all understand that pointing the finger at a people for how they slaughter their creatures without looking at one's own practices in the matter, is no longer appropriate. One must first look in their own backyard before condemning their neighbor's backyard.

### A HUMANE WAY AND THE AGREEMENT BETWEEN ANIMALS AND HUMANS

**Questioner:** Good point. Currently there are several family farmers now in western Canada who are slaugh-

tering their own cattle rather than sending them to the abattoir.

**Cosmic Awareness:** Indeed this is so. It is seen that the most humane way of doing this is to kill the cow in its own field by individuals known to the cow. There is no buildup of adrenaline in the creature. It is a creature that in some ways has made an agreement in a broader sense, to be that which is known as a 'giveaway'. Animals on some level have agreed in the greater scheme of things, especially those animals that are used for human consumption, to give away their life to support human life.

This Awareness is not going into a discussion of morality nor supporting vegetarianism at this point, *It* is simply saying that there has been an *agreement* between animal and humans. Thus it is when a hunter goes hunting, especially when that hunter uses traditional weapons, such as a bow and arrow, the animal that offers itself is doing so as part of a giveaway. Animals who are more confined, and who are raised to be slaughtered, may not seem to have much of a choice in this matter, and yet many of the free range cows on the fields know their owners to some degree, and they trust them, and when the owner comes and brings a cow to the side away from the rest of the herd and humanely dispatches them, as understood on this level, there is far less fear for the animals.

Indeed, the animal goes quietly and does not experience the deep fear it experiences when it is rounded up and loaded onto a cattle transport truck. This type of slaughter was *exactly* the type of slaughter that was practiced in ancient times, where the cow would be taken to the side by the owner and humanely dispatched. It was only tied up by the feet afterwards in order to drain the blood. This became a practice unfortunately that was misunderstood with time and eventually became the practice of raising the cow high and slitting its throat. It was a misunderstanding of the original methods for the dispatching of animals in a much more humane manner. But then again, this Awareness would ask: Is the use of a bolt through the skull of a cow that is pumped up with adrenaline because of the fear it is in, a humane way to dispatch an animal?

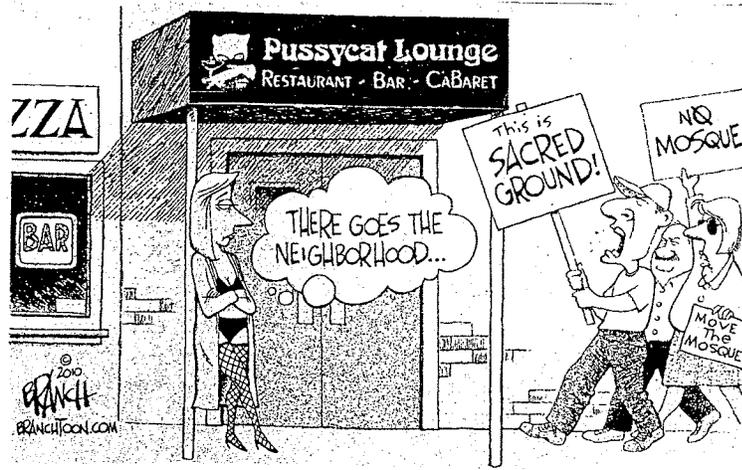
**Questioner:** Very barbaric. There was one part of his question: Did the Reptoid ET's influence the writings of the Muslim religious book?

**Cosmic Awareness:** This is not seen to be so entirely. The writings *did* come from that which could be higher sources, and they conveyed the sentiments of the individual who largely wrote the Koran and who was responsible for the formation of the Islamic faith, the Muslim religion; this of course being Mohammed.

**Questioner:** Very good. Is there a closing message ?

**Cosmic Awareness:** This Awareness has no closing message of substance. However, *It* does wish to say that that the matters spoken of today and dealt with today may well challenge many beliefs that people hold about faith and religion and the nature of reality. What this Awareness will simply say to this is *that it is now the time to challenge such beliefs*, for those beliefs are more hindrances than they are of assistance at a time when humans are being asked to let go of old ways of thinking, old beliefs and attitudes, so that they may open up to the possibilities that the future will present and are indeed *already* being presented at this time. The time for the weird and wonderful is indeed at hand.

The Law of Gratitude is given)



### WHAT IS COSMIC AWARENESS?

COSMIC AWARENESS is the Force that expressed itself through Jesus of Nazareth, the Buddha, Krishna, Mohammed, Edgar Cayce and other great avatars who served as 'Channels' for the 'Heavenly Father' and who speaks again today as the world begins to enter the 'New Age' of spiritual consciousness and awareness. Since 1963 Cosmic Awareness has been communicating through carefully trained channels. This information is for those who desire to help in bringing in the New Age. Throughout the thousands of 'Readings' given through these various channels, Cosmic Awareness tells us not to believe anything, but to question, explore, doubt, and discover for yourself, through your own channel what is the truth. Cosmic Awareness will only 'indicate' and 'suggest'. Neither C.A.C. or any of the Interpreters is responsible for anything Cosmic Awareness states in any of these readings, nor does C.A.C. or the Interpreters necessarily agree with the statements of Cosmic Awareness. The Interpreters interpret the energies as they see them in trance levels and are not personally responsible for what is said. The Interpreters published herein have no connection with, nor control over the editorial comments and material, including illustrations. This is entirely the responsibility of the editor. Members of C.A.C. are invited to send in questions of general interest to ask Awareness for possible publication in this newsletter.

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CAC General Reading 7-23-10 (July 23, 2010) Will Berlinghof  
Interpreter, Joan Mills Questioner & Energizer

## MORE ON NOAH'S ARK

(Where did all that water go?)

**Questioner:** The first question is from Larry Kell. It concerns Noah's Ark. There are six queries in this small paragraph. I can go through and then go back, is that all right?

**Cosmic Awareness:** Please proceed.

**Questioner:** (Thank you) Noah's Ark was the topic on Coast to Coast the other night and it left me with some questions for Awareness. After the flooding stopped, where did all the water go? If it all came from the vapor canopy why didn't it evaporate and reform the vapor canopy? What is different about the atmosphere and gravity that caused it to fall and not to reform? Was the flood worldwide or just part of it? Did it have any effect on the polar openings? Could the flood have originated from some big event in the inner earth? Would you like the questions one at a time please?

(Thank you) After the flooding stopped where did all the water go?

### The Great Deluge was not a worldwide event

**Cosmic Awareness:** It is seen that there was an escape of waters into those caverns and regions below the surface of the planet. There are *many* cavities deeper within the Earth's mantle and much of the surface water at that time simply seeped into these underground caverns. Furthermore, it is seen also that the event known as the Great Deluge was not in truth a worldwide event. It was an event that was largely focused and concentrated in the regions of civilization at that time. It must also be realized that the extraterrestrial beings that inhabited the eastern regions of that time and of that period were the ones that brought forth civilization. Thus it is seen that the Mesopotamian area was greatly affected by the raising of the waters of the world -- the Turkish area, the Mediterranean region, and the European areas.

It is seen that these areas where there were civilizations, especially in the Mesopotamian basin between the Tigris and the Euphrates River, where modern mankind is said to have developed, was heavily affected by the flooding of that region. There were regions in North America and South America that were not as greatly affected. It is seen that on the worldwide scale the waters did raise at that time, but the effect was most noted in those areas of civilization where they were recorded in the psyche of those who survived the event.

This of course would make sense of those biblical versions of Noah and his family who sailed the higher seas of those times, with his Ark eventually ending up on a high mountain top where it was abandoned and the inhabitants once again set foot on the dryer lands of the higher regions. They too *still had to wait* a considerable amount of time for much of the flooding to abate. They did not simply get off their Ark and release the animals and start farming once again.

**ETs had the animals' DNA structures on the Ark: Bible account of two of each animal on Ark is not true**

*This period of time took several years* in length to accomplish the reintroduction of agriculture and the animals that were released. It is also seen, as this is a question that may come up, that there were not simply

many animals on the Ark, but it is seen that their genotypes, their DNA structures, were contained on the Ark, *for the extraterrestrial beings did indeed reintroduce many of the animal combinations through their genetic material*, although it is popular to believe, as the Bible states, that Noah had two of all creatures. This was not exactly how it occurred at the time. Please proceed.

**Questioner:** (Thank you) One question came to mind: Was that Mount Ararat or Ararat where the Ark actually landed?

**Cosmic Awareness:** It is seen that it was in that region--this of course being in the mid-region of the European continent.

**Questioner:** Yes, yes, ok. If in fact it all came from a vapor canopy, why didn't this vapor canopy evaporate and reform?

**Cosmic Awareness:** As this Awareness has already said, much of the water was lost to the subterranean regions under the Earth's crust, in the mantle of the planet. There was also an ice age that followed and thus much of the water became frozen into those glaciers that covered large tracts of land. The two reasons combined together are why the vaporous atmosphere did not reform.

**Questioner:** This sounds silly; a vapor canopy then would be moisture in the air that is covering the earth? Is that correct?

**Cosmic Awareness:** This would be correct. It is also seen there is another factor, this being an extraterrestrial factor. Much of the vapor was siphoned off by the extraterrestrial beings that had been on the planet at that time, and there is seen that there was a need for water, which was transported into other regions, to other planets.

**Questioner:** Interesting) And the extraterrestrials involved in this then, that would be the Jehovah Group?

**Cosmic Awareness:** Some were of the Jehovah Group, the Orions. They did take some of the water to Mars, which was suffering the loss of its water surface. This was an unsuccessful attempt to bring water to Mars.

**Questioner:** That would've been heavy to transport for sure. His next question, "What is different about the atmosphere and gravity that caused it to fall and not reform?" I think you answered that, is that correct?

**Cosmic Awareness:** This Awareness suggests the answer has been given. There was a shift due to the passing of the planet Nibiru that created a condition of increased gravitational force that converted the vaporous waters into rain, causing them to fall. Some of the vaporous waters were taken up by those cargo ships that were sent to take vast amounts of water back. This was frozen on board, shrinking the water, allowing for more water to be taken.

**Questioner:** I understand. Is it possible that this would happen again when Nibiru passes?

**Cosmic Awareness:** This was a certain event that occurred at a certain time. It is not seen that this will be duplicated anytime soon, certainly not in the next passing of the planet Nibiru that is currently underway.

**Questioner:** (Thank you) Did this have any effect on the polar openings, referring to the flood?

**Cosmic Awareness:** Some of the water went down through the polar openings due to the amounts of water and the colder temperature. The polar openings did

recede in size, and shrank as openings until they were almost covered over entirely. At this time those openings were no longer a place that the water would drain down.

**Questioner:** His last question, "Could the flood have originated from some big event within the inner earth?"

**Cosmic Awareness:** It is not seen that it was an event in the inner earth as such but was triggered by the closer passage of Nibiru. What occurred in the inner earth was a shift of the inner sun of the planet. This is what created a different vibration or frequency, which altered the gravitational force of the planet, which created a series of events, which coalesced into the formation of the heavy deluge of the waters onto the surface of the planet. Ultimately the seepage of the waters back into the interior of the earth reestablished an equilibrium of sorts and reestablished the original parameters of frequencies, except it is seen that they were not fully restored and afterwards the vaporous canopy around the planet could never again reform as it once had been.

This is what caused the shift in the climate of the planet. It became a much more moderate climate, having reduced the waters in the atmosphere because of the events of the shifting of the core. Again, while the core shifted it was the proximity of the planet Nibiru- at that time it was one of the closest encounters of the planet Nibiru that had yet occurred and has not been duplicated since.

## THE VOLCANIC ERUPTION IN ICELAND

**Questioner:** (Thank you). We have a question from Martin Feller on Iceland's volcanic eruption. He asks, "Would Awareness please discuss the volcanic eruption and the resultant cloud in Iceland at the beginning of May 2010? Was this a natural occurrence or engineered?"

**Cosmic Awareness:** Strictly speaking, this was a natural occurrence. However, it was precipitated because of *other unnatural events*, especially the triggering of the fault lines around the island of Haiti and this created underground shock waves that shifted certain land-masses under the island of Iceland that opened up certain vents into the deeper molten mantle that exists underneath Iceland, and the pressures built up as a result and caused the volcanic eruptions that occurred afterwards. This of course, took several months to display itself and to occur after the earthquake in Haiti.

**Questioner:** Thank you. One additional question: Are future additional scenarios likely anytime soon?

**Cosmic Awareness:** They are already taking place. They have been taking place since the event, including the amount of earthquake activity around the world as well as certain volcanic activity, such as that which has recently been experienced in Iceland. This is seen to continue over the next several years.

This Awareness has often spoken of events that could create a cataclysmic event, especially along the Western Seaboard of United States of America. It is *still seen* that energies are building in that region but there has been dissipation of some of the energies due to those minor quakes that occurred south of the region, especially in the country of Chile. It is seen that the energies are still storing up in the Oregon/Northern California

region and in the Southern California regions as well. They could easily be released through another catastrophic event, such as an explosion in the Gulf of Mexico as a result of the methane buildups that are occurring there.

This Awareness can observe these energies building up, and can mention them to the readers, but *It* always wishes the readers to *remember that they do not need to participate in those events*, by refocusing their attentions and their focus away from them. To be aware is one thing, but to be absorbed and obsessed is another. To simply know that one need not experience to the fullest degree even that which this Awareness sees as a possibility, will do much in preventing that individual from experiencing the said events. This Awareness is only speaking of these matters for *It* was asked about these matters, but *It* does emphasize yet again that it is the responsibility of those who receive such information to cipher them, to dilute them, and to censor them to the degree that will work for them, so that they do not entirely fall subject and prey to predictions made even by this Awareness.

## IS OUR EARTH A HOLOGRAM?

**Questioner:** (Thank you) We have something from Matt Scudiere concerning the earth still growing. He writes, "This is an interesting video to view wherein it is claimed that the earth has been and still is growing larger and its growth is what actually caused the continents to separate. It makes a lot of sense and if it's true, then scientists need to create a new paradigm for our planetary history. His question: Is our universe a hologram? Is it growing? I really don't think that during our current lifetime humans will understand, as it would be like trying to explain the workings of a computer to an ant colony (or me)." And he gives the website where the information occurred. Do you have any comments on this please?"

**Cosmic Awareness:** This Awareness would ask that the website be mentioned.

**Questioner:**

<http://www.youtube.com/watch?v=oJfBSc6e7QQ>

**Cosmic Awareness:** In relation to the question of whether the universe is a hologram, in a manner of speaking it is *exactly* that. It is a projection of the Divine mind, of God in Its Essence, of that which is God Almighty, Creator and Source of All projecting Itself into the arena of Universal Mind, and allowing for the manifestation of that which can be then interpreted as a physical reality. The spirit/soul, which is nonphysical in nature and which chooses to have a physical experience, must downgrade its energies in order to become physical, and yet the spirit/soul does not become physical.

In a manner of speaking, it simply is housed in a physical container that is interfacing with that which is the hologram of the universe, a physical universe. The low self is that which is the anchor or the interface of physicality that makes it possible for the middle self, the mind, to have a physical experience. It is downloaded into this physical body, which is the manifestation of that subconscious that can allow the mind, the middle self to interact with physicality, and to have a physical experience.

The Movie "Avatar" is an example of how this works

Many of the readers have now seen the film Avatar. This is an example of how this truly works in physical reality. In the movie Avatar the crippled man was able to enter a sarcophagus-type mechanical apparatus that housed his body while his mind was projected into the biomechanical body of the indigenous people of the planet. He was able through the projection of mind, of consciousness, to fully engage in the physical experience of the planet Pandora and to interact. For him it became a more striking reality than the reality he would return to when a rest period was needed, and when his true body needed to be refreshed and restored.

This is so with those who have the experience of a physical incarnation. The mind is of a spiritual incorporeal nature, and it is injected into the body during the periods of wakefulness, where it coexists with the low self, which is the interface that allows the mind, the spirit of the entity to have the physical experience that is had on the planet Earth, and that is interpreted as real and as complete and total. What is forgotten is that the mind or the middle self, the consciousness of the entity is not truly the body. The body is an interface that allows the experiencing of a paradigm of reality that is based on physicality.

It is as if the seeker of the experience on Pandora forgot that there was a crippled body in the sarcophagus and only believed its reality to be the reality he experienced while with the people on Pandora. Thus it is that those waking into physical reality in their earthly existence forget their true source, forget their multidimensional nature and become totally obsessed and absorbed into a physical experience, where they even wonder if they have a spiritual component, where they are fearful of dying, thus releasing the mind, the consciousness, the middle self back into its true nature and into its true essence. It will of course simply return back into a spirit state, a non-corporeal state. It does not cease to exist, but such is the delusion of physicality, such is the separation from Spirit that it does not remember this to be the truth -- this being the mind, the middle self having the physical experience forgets its true essence, its truth.

#### For Light Workers the Change will be Easy

Thus it is that for many there is indeed a great surprise upon the conclusion of a physical life, where they are returned back into the essence of Spirit and are able to wake up and remember their true selves. For some it takes a while, for they bring with them the beliefs of the system that they have just vacated. For others, they are quickly into the essence of their being, and back into their spiritual natures, for they were never as grounded in a physical body as others were. This, of course, would include many of those that this Awareness has called the Light Workers or the Wanderers. Many Light Workers remember this already and it is having to be in physical form that is their greatest frustration, and thus they are anxious to return back into their spiritual being, but this is another matter altogether.

Thus, in terms of the overall question, this Awareness reminds you all that you are truly more than you think you are, and Ascension is the process of waking up to this Truth and remembering it. Please continue.

## IS OUR PLANET GROWING?

**Questioner:** (Thank you). That was the end of his questions, and that was truly beautiful. Thank you. He

has a quote with the last question. He writes, "To say that something is impossible implies that the universal reality would limit itself to one's understanding of it."

**Cosmic Awareness:** This is entirely accurate. This Awareness realizes *It* did not completely answer the entity's question of the planet growing. What is seen here is that this too is accurate but misunderstood. The planet, strictly speaking, is not simply growing from an external source but is also *expanding from an internal source*. First and foremost, the planet itself is subject to receive many tons of stardust, of space matter that settles on to the planet's surface. This is one way that additional materials are added to the surface of the planet. Another way this occurs is that the planet, which is hollow at the center and *is* expanding constantly, through volcanic eruptions, evacuates material from the inner regions to the surface, where they build up, thus giving the impression that the planet is also growing in this manner.

#### The Hollow Earth is Getting Bigger

What is occurring is the hollow space within the planet is increasing while materials that were deeper within come up to the surface and are added to the surface, creating a bigger hollow space within, and creating the impression that the planet is growing in size. But in truth it is these two factors that are occurring: materials are being evacuated from the inner part of the planet and deposited on the surface and space dust is also settling on the surface constantly, which adds again to the mass of the planet.

This Awareness would also answer the part of the question where the tectonic plates are separating and shifting. It is true that the mantle of the planet, the top crust -- the tectonic plates are resting on the unstable inner portion of the planet and as materials are spewed up to the surface, this creates motion and does indeed spread the tectonic plates and there is motion and movement of these plates being spread on one area but compacted on another. Again, this is where the volcanic and earthquake activities occur along those contact regions of compression where two tectonic plates are crushing together. This is also a result of the continuous expulsion of the materials from the inner earth to the surface of the earth. This Awareness is complete.

## MORE ON MSG, COFFEE, CIGARETTES AND SUN

**Questioner:** Thank you, that was very interesting. Our next topic concerns health. This comes from Iris Shuberth. She writes, "If MSG is so bad for you why doesn't everyone in Asia have a headache? I always said a lot of the things *they say* are bad for us are healthy for our brain. I lived and traveled for 10 years in Japan, and everybody used MSG and the Japanese have no Alzheimer's, dementia, headaches and live to a long age. Also the coffee bean is one of the highest antioxidants. In Germany, they live on coffee, but Alzheimer's and dementia is very low. The Japanese smoke like crazy yet lung cancer is very low because they drink green tea and take a lot of ephedra that cleanses your lungs and bronchial system. Is this true?"

<http://www.guardian.co.uk/lifeandstyle/2005/jul/10/foodanddrink.feature.s3>

**Cosmic Awareness:** There is much in this that is correct. It is seen that there are attempts by those in

power to deviate the populace away from procedures that would be good for the health of the masses. One such deviation, one such misrepresentation is the harmful effect of the sun. The sun indeed does have a harmful quality to it, if one is exposed too long, and if one is unaware of the fact that open exposure for a length of time is detrimental. But this is not to say that the solar rays themselves do not have a healthy effect on the skin and of the body and the physical health of each and every individual. Vitamin D is produced in the activity of the sun interacting with the pigment of the skin and with the vibration of the body, and many of the sprays and lotions and salves that are meant to block out the sun are in some ways creating situations where the sun's healthy restorative qualities cannot fully be taken in by the skin.

What would be much more effective is to wear clothing when one has to be in the sun. The practice of sun worship, where individuals would lay for many long hours under the UV rays of the sun is not seen as the best way. But to completely shut down the ability of the skin, of that which is the largest organ of the body, to absorb the healthy restorative rays of the sun is also seen as that which is inadvisable, and can be detrimental. Yet this Awareness cannot say to simply run amok in the sun without due caution and protection. This is a matter of caution but awareness wishes you as well to understand that it is *very healthy* for each and every individual to receive 20 minutes to an hour's worth of sun each day in a way that will be of the highest quality.

#### **MSG has good health benefits in Asia**

This misconception that is perpetrated on the masses is done knowingly, knowing that the effects of a lack of natural vitamin D will be detrimental to the body. Equally, other matters are known that are also being controlled, so that the masses do not experience benefits from certain products or certain produce. Thus it is that MSG in the Western world has been given a very bad reputation, whereas those who use it in Asian countries have not the same result or effect. One thing this Awareness would ask all to understand is that MSG is basically a plant product and the MSG used in Asia is natural, however the MSG that is used in North America is synthetic in nature.

#### **In U.S. Treated Coffee Beans is a problem**

Natural products used sparingly and with awareness will never be as deadly as synthetic products used without awareness and this is the major difference between MSG products in North America versus natural plant-based MSG products used in Asia. Another area that was mentioned was caffeine. Caffeine also has naturally healthy qualities, but the problem is that caffeine is consumed in North America excessively and has often been treated chemically. It is the chemical nature of the treatment of the coffee beans that creates the problem- that and the excessive consumption of coffee. It is also so with tobacco products.

#### **Why Cigarettes are dangerous**

Natural tobacco without the addition of chemicals is a much different product than a cigarette that has gone through 2000 stages of chemical interference before it is rolled together in the form of a manufactured cigarette. It is not necessarily strictly the tobacco that is causing the deepest problem, but the chemicals that have been used in the treatment of the tobacco leaf, right from the growing stage to all the stages in between, including the filter that is used at the end of each cigarette through

which the smoke is drawn. Also, tobacco is not meant to be used as excessively as it is in the world, and often the problem behind all these products is their excessive use.

#### **Human life is meant to be a pleasurable experience**

Strictly speaking, this Awareness supports the axiom "all things in moderation", even moderation. This is the best way to proceed, for it is also seen by this Awareness that if one denies oneself joy and happiness because one must always be cautious about what one eats, what one drinks, what one wears, and what one even experiences in walking outdoors or sitting in the sun -- one will become a very unhappy camper. The purpose of life is not simply to be confined, constrained, restricted and controlled, but also to enjoy the experience of life. This includes what one can eat, what one can drink, what one can wear and what one can experience in life, be it sitting on a park bench in the sun or climbing Mount Kilimanjaro. Human life is meant to be a pleasurable experience, not necessarily a painful one, a controlled one, and a restricted one. This completes the answer of this Awareness at this time.

**Questioner:** (Thank you) One question please for MSG natural product and caffeine also without the chemicals- is such available in North America, Canada, US or wherever?

**Cosmic Awareness:** They are indeed available but one must search. If one were used to going to one's local grocery store and finding these products, then one would have indeed a very enlightened local grocery store. Unfortunately, this is not the case. Most local stores, larger concerns, and franchises do not carry the natural products. One must search them out in a health food store or an organic grocery store.

**Questioner:** That's a good heads-up. I appreciate it. Thank you. I think we love our coffee, don't we?

**Cosmic Awareness:** There is indeed nothing wrong with good coffee done naturally. Again, this Awareness reiterates: the real harm comes in drinking the cheaper coffees, especially instant coffee where there is chemical tampering.

## **DOES HEATING HONEY MAKE IT TOXIC?**

This one comes from Mauve Fitzgerald. She has a question for you: "Does heating or cooking with honey make it toxic? Ayurvedic (India) medicine says that it does. I can find nothing anywhere else online that supports this information. I have been using honey for years in cooking. Would Awareness please comment on this matter?"

**Cosmic Awareness:** It is seen that honey is best used naturally and raw, but it is not seen by this Awareness that cooking with honey is necessarily a bad thing, if one understands that honey should be cooked at lower temperatures, not at high temperatures. It is seen that cooking with honey at *high temperatures* does cause a chemical change that could account for the toxic effect that Ayurvedic medicine claims occurs to honey that is cooked. If it is cooked at a lower temperature over perhaps a longer period of time it is not seen as toxic.

It is also seen that the people of India have cooked with honey for thousands of years in the slower, lower-temperature form of cooking and it has not seriously affected them, but they very seldom heat it at high

temperatures quickly. This is the only advice this Awareness would give: do not cook honey at high temperatures. Melting honey in a tea or a cup of coffee is not detrimental, and does not create toxicity, for the temperatures are not high enough. Also honey added into a cooked dish needs to be more added at *the end* of the cooking process versus at the beginning when higher heats may be used to cook the materials of the recipe. Adding honey at the end to add additional sweetness is seen to be perfectly okay. This completes the answer.

**Questioner:** Just one other question. Honey is very good for you, is it not?

**Cosmic Awareness:** Honey is an excellent product that this Awareness has recommended on many occasions. *It* does recommend honey over raw white sugar.

## VK SAYS IF YOU ARE ILL YOU CAN'T ASCEND

**Questioner:** (Very good, thank you) We are still on the health topic. We have something from VK. It concerns health and Ascension. She writes: "It has been stated that we cannot ascend if physically ill. If this is true and modalities to heal the body cannot be found, are entities automatically excluded from ascending? If so, that is a simple way to know whether one will be ascending or not." She carries on...

**Cosmic Awareness:** This Awareness wishes to interject. *It* wishes to interject for this is *simply not true*. The quality that is needed for Ascension is consciousness, spiritual awareness. If one were to confine Ascension to a physical state of being, this would countermand all that the physical is about. The physical is only a container for the soul, for the consciousness to have an experience in. It is the equivalent of saying that the container is more important than what is contained within the container. This simply is not so and the state of one's health is not the determiner of Ascension and those who might ascend.

**Questioner:** That makes sense. Thank you. She carries on: "Arthritis, osteoporosis, stiff knees and macular degeneration are among the most difficult afflictions to cure, especially for the elderly. Even obtaining effective pain relief is difficult. Is there anything that could help these difficulties?"

**Cosmic Awareness:** There are many things- far too many for this Awareness to go into detail over. Many health food stores have effective remedies for many of these conditions. As always, this Awareness would recommend silver colloidal water be taken on a regular basis to improve one's immune system and destroy the *Candida* in the body. *Candida* is often behind many of the conditions reported or asked of by the entity in her question, and that once *Candida* is brought under control many of the effects of *Candida*, including arthritis as well as other ailments will be eliminated. But there are many herbal remedies and homeopathic remedies that are also very beneficial in the process of giving relief and healing to the conditions mentioned. This Awareness would always recommend that one go to a health store or a naturopath and find out what can be done about their conditions.

**Questioner:** (Thank you) With regard to silver colloidal water, would that be a teaspoon in the morning and a teaspoon at night type thing?

**Cosmic Awareness:** This could be adequate for some, a tablespoon may be more recommended for most.

**Questioner:** And that would be two or three times a day?

**Cosmic Awareness:** Again, this is subjective to an individual's needs and the quality of the silver colloidal water they are using. This Awareness most definitely recommends that which is known as *Silver Wain Water* (Wayne's Water), for it has the extra properties of the Tesla treatment, but this is only a recommendation.

## HOW TO CURE ULCERS?

**Questioner:** (Thank you) That would be good information for her. There is one other question she has regarding stomach ulcers: "Doctors claim that ulcers in the stomach are caused by bacterium and it is assumed this enters the body via foods. If the body is 80% alkaline, can ulcers still develop?"

**Cosmic Awareness:** It is seen that an alkaline system is the most effective cure for the acidic condition of a stomach ulcer.

**Questioner:** Ok. "Doctors further claim that since the use of antibiotics is so widespread the development of ulcers is not as prevalent as they once were. The treatment for existing ulcers is to administer antibiotics and then an antacid to allow the ulcer to heal. Is there anything more we should know about this affliction? Thank you very much."

**Cosmic Awareness:** First this Awareness would say that for some this treatment indeed does work, but for many others it does not. This Awareness would add that the ulcer itself is normally the condition of an individual who worries excessively to the degree that they simply cannot let go of their worry and their anxiety. This creates a situation of one eating away at oneself, in this case the stomach lining being eaten away by the excessive stomach acids that are forming because of the high anxiety states that these individuals are going through.

Literally speaking stomach ulcers are the result of high anxiety states of being, and therefore what is truly needed is a way to release the anxiety, to stop obsessing over the factors that create the individual's anxiety in the first place; to truly let go of these worries, developing instead that certainty of faith that all will be well. The Interpreter has a friend who himself is a doctor and yet this individual suffers excessively from ulcers because he cannot let go of the continual worrying he goes through on a daily basis. It has become chronic for him and this creates the ulcer that he cannot treat even homeopathically. Thus it must be always understood that the physical body most definitely always reacts to the mental and emotional conditions of the aura and of the greater body, and that often cures need to happen at the mental and emotional level for the body to truly be cured and healed.

**Questioner:** In other words, don't energize whatever is afflicting you, is that correct?

**Cosmic Awareness:** This is indeed true, but it goes deeper. One must investigate thoroughly and deeply what mental beliefs one has, what mindsets, and what attitudes are carried that can create the conditions of mental health, which can of course lead to physical health as well. The definition of mental health here -- this Awareness is not simply speaking of mental disorders but the state of mental health that is necessary to believe in good health and well-being -- also has a

very high emotional quality as well. When one is emotionally upset, is in an agitated state, in a constant state of fear or hopelessness or depression; that this most definitely will affect the body.

The body is the last stage, not the first stage. Illness experienced in the body has already started in the auric field and works its way inwardly. When doctors treat the illness but not the cause, while they may be giving relief to symptoms they are not curing the illness, they are not curing the cause. It must be seen that one's attitudes, beliefs and mental concepts must be investigated and altered, as well as the emotional energies that are prevalent in one's life to effect true health and well-being on all of the four levels; these being the mental, the emotional, the physical and the spiritual levels.

**Questioner:** That makes sense too. Thank you. That was very, very helpful and I think the members will understand what you're talking about)

## QUESTIONS ABOUT ABORTION

### (When exactly does the soul enter the fetus?)

**Questioner:** The last question from VK concerns abortion. There are five questions. She writes, "Concerning abortion, does the soul enter the fetus from the moment of conception or sometime later and remain there, or does it come and go until the time of birth?" This is her first question. Your comment please?

**Cosmic Awareness:** It is seen that the soul or the spirit enters the body off and on throughout the gestation period of nine months, more accurately, from that period after the first trimester is complete to the birth process. It is seen that the first three months of the formation of the fetus is a biological process, where cells are starting to come together that form that which will become the fetus. It is seen that there is much controversy, and that many who are against abortion claim that the soul already is present from the moment of conception.

Strictly speaking, this is not entirely accurate, and that which is consciousness, that which is the knowing of the Spirit/Soul *does not start to truly connect with the fetus until after the third month is finished.* The cells that are forming in the first trimester do have a degree of consciousness, but it is not quite the same as that being, that spiritual essence that will enter into the body to have the physical experience of life that comes about after the third month.

The concept that life is sacred is correct in many ways, but the argument of *when* life begins is a very tenuous one and those who would have it begin at the moment of conception are arguing from their own beliefs on this matter. One can honor those beliefs but this does not necessarily make them entirely true, right or accurate. Generally speaking, the time-period of the first trimester is the time where the host mother has the greatest say in whether or not she will host life and carry the pregnancy through. After the third month, because of the nature of the soul settling into the body, the matter of abortion becomes a karmic issue.

### There has never been an accidental birth in all history

It must always be remembered *that there is no accidental birth.* There has never been an accidental birth in the entire history of the planet. To become physical, one must go through a very extensive process of downgrading the energies of the soul to fit into a physical container, which is a physical body. It does not simply

happen because one day a soul wishes to be born and then births itself. There are agreements that must be made, and contracts with those who will be important in the life of the spirit, of the soul who is seeking to have the physical experience.

Therefore, the mother, the father, the siblings, the grandparents, the friends, the lovers, those who will partake in the individual's life are connected before the actual birth, are contacted and contracted before the birth occurs. It is even so for those who may come to be because of a rape or because of an alleged "accident". **There are no accidents.** Thus it is that the soul entering into a fetus that will be aborted has made a contract with the mother that she will host the life of the soul as it seeks to have a physical experience. As each and every human being has the right to change their mind, to void a contract, it is so that sometimes even though the contract was made in advance of the soul entering into physicality, the mother may well change her mind and decide to have an abortion.

Strictly speaking, this does not condemn the mother to hell because she has killed the fetus. It simply means that the contract that was made is null and void but that because there was a contract there will be karma involved in this matter. Sometimes the karma is simple enough that the woman who conceived originally and aborted the spirit coming into her body may well give birth to that spirit at a later time in her life. Sometimes it is more extensive than this and must be played out in other lifetimes. Nonetheless, *the contention that the life is sacred from the moment of conception is inaccurate* and does confine many to feel deep obligation and guilt, where they would go through with an event, such as the birth of a child, because they are feeling they **must** do it. Again, this would be part of their contract to have a certain experience, but strictly speaking this is another matter. Please proceed.

## "MURDERING" THE FETUS

**Questioner:** (Thank you, that was excellently explained) I didn't know this happened but she writes, "If an abortion is to be exercised after several months have passed, such as those performed by doctors who extract the brains of the fetus, which is terribly cruel, does the soul know beforehand and leave the body to avoid murder or is it in the body until abortion is completed, thus resulting in murder by the doctor. This same question applies to an expectant mother who performs her own abortion." Your comment please.

**Cosmic Awareness:** This Awareness will be hard on this matter, for it must be spoken with clarity and not emotionality. *Every human body is but a container for a spirit or soul.* The spirit/soul comes into that human container, the human body, continuously each and every night as one sleeps. That which is the mind, the consciousness, the ego or identity of the being leaves the body, and retreats back into its spiritual nature so it can refresh itself, and rejuvenate itself in that which is its higher spiritual nature or source. It then returns back into the human physical body to continue having its spiritual experience of physicality.

This is exactly the same for the fetus residing in the womb of a woman. The consciousness of that potential human being does not reside in that physical container all the time. It departs, and it leaves, as it has no need to be fully in that body continuously 24/7, as the saying

goes. Just as one leaves the physical body in the dream state, it could be understood that the prolonged period of gestation, of development in the human womb is a prolonged meditative state of being, a long dream state. The soul comes into the body occasionally to experience this state of physicality. Indeed some souls only wish to have the limited experience of pregnancy, of being a fetus in the womb of a mother and do not survive birth, do not continue with the experience after the birth occurs.

#### The mysterious condition known as 'Crib Death'

Even stillbirths would be of this quality and that mysterious condition known as crib death, where the soul has but a wish for a limited experience of physicality and then leaves the body under the mysterious condition known as infant crib death. In terms of the graphic description of the question and the brutality of murdering a fetus - this is indeed a poignant way to put this, *but if one understands that the soul is separate from the body* and is unlikely to remain in the body while it is being mutilated, and that it will leave the body because it understands that a decision was made; it may even have been party to the decision for it may have been in the original contract that was negotiated with the woman who would be the mother to this child.

It is not seen by this Awareness that the soul remains in the embryonic fetus to be mutilated and mangled; *it does leave*. Thus, it is a point that many need to understand clearly: *there is a difference between the animated, spiritually aware and conscious fetus* that contains the spirit or soul aspect versus that which is a *biological mass of cells*, of a physical material that is growing to be the container to that which is spirit, to that which is the soul having a spiritual physical experience. Does this answer the question?

**Questioner:** Yes it does, it does and actually it answers the next two as well)

## VERA K'S ASSUMPTIONS

Her last question is, "At the risk of violating the rights of citizens via the U.S. Constitution, wouldn't it be correct spiritually to prohibit abortions, since they are a form of murder and the Constitution does not give citizens the right to kill? Some will argue that the country is killing, in wars in self-defense even though that is not the case." Then she concludes with, "Thank you for your comments".

**Cosmic Awareness:** First of all, this Awareness would say that her assumption is erroneous. Her assumption that this is murder is predicated on the assumption that the soul must stay in the body and have its life terminated, whereas this Awareness has said that the soul chooses to visit in the body, leaving it often, and when a situation occurs where there will be an abortion, that either the soul knew this in advance and was in agreement to this, or it represents the mother's change in mind, in which case the contract was voided and a new contract must be drawn up to deal with that which is the karma between the mother and the potential child, the spirit child that might have been born.

This Awareness does not necessarily see this as murder, for this indicates that the potential child had no right, had no way of dealing with the situation or preventing the situation; it was simply terminated, it was murdered. This is the energy that is around the issue of

abortion and it is a strong energy indeed. This Awareness has simply tried to explain that in the grand nature of the soul, *it is always known that death is part of the life experience*. It is always known that this is so and that this will come to the human container sooner or later.

There is a mindset in the human condition that suggests that the death of a child is a tragedy, while the death of a senior is not. *Neither are tragedies* strictly speaking, they are simply the ending points of the human experience that the soul was having. The soul is eternal. It sees each and every life it experiences as an adventure into physicality, offering its own rewards and its own experiences and challenges. Sometimes the challenge will be to have a short life but an innocent life. Sometimes it is to have a long life but a trying life.

#### The Enlightened Approach to Having Children

There is no right, there is no wrong; there is simply the choice of the experience one wishes to have, which is basically set up before the birth occurs in the first place. The matter of abortion is more a misunderstanding of how it is that the soul chooses to experience physical life. If more were aware of how this occurs, fewer would agree to partake in this experiment in the naive and ignorant way that it is conducted at this time. More parents would become parents by enlightened choice, knowing that they are partaking in a marvelous experience, a wondrous experience of hosting a spirit being, a soul aspect who is choosing to have a physical experience. This would be a more enlightened approach to having children and one that would entirely see abortion falling away completely. It simply would not occur as it is now so and as it happens now.

**Questioner:** Thank you) Is there additional please?

**Cosmic Awareness:** Simply that this matter has much energy. This Awareness does state that *It* hopes *It* has not offended the readership by *Its* blunt description on this matter, *Its* speaking on this matter as plainly as *It* has. This Awareness is aware *It* may have stepped on some toes, for this is indeed a highly charged topic.

**Questioner:** Yes it is indeed, but you know when people understand what it's all about then it gives food for thought.

**Cosmic Awareness:** This Awareness would agree. It would also leave the readers with the knowledge, the certainty *that no child has ever been born by accident*, has ever been conceived accidentally. Even those who may have the harshest experience of all: a brutal termination of the physical container, are aware that this was *part of the choice of their life*, as short as it may have been, and even those who had wished to have life but were not allowed to because the mother made a different choice than that which was agreed upon in the spirit state, have the right to come back into physical life in another body at another time. This too must be understood that if it truly is the intent of the spirit of the soul to have a physical experience, even if this was denied them through a change of mind by the potential host mother, it does not mean that the same spirit soul cannot either be born to the mother at a more appropriate time or choose to have another experience with another mother and father and family at another time.

**Question:** Another question, my question comes to mind. What about those mothers who have or tried to abort, yet the abortion is not successful and the child is still born? Not stillborn in the sense of...you know...

**Cosmic Awareness:** It is born, nonetheless. This Awareness would say that the contract was such that the fetus/child needed to go through this very traumatic experience because it would set up for the child a lifetime of experience based on that trauma in the actual fetal or embryonic state, and this may well have been part of the agreement between mother and child, mother and soul or spirit. It may simply be that the mother chose to end the experience but did not have the knowledge of how to do this successfully and therefore the fetus survived and the agreement and contract could still be carried out but the contract also then included, as this Awareness has just said, the experience itself that would affect the child throughout its whole life.

It must be remembered that each soul having a physical experience comes into life with expectations of what it wishes to accomplish. Each life has a reason and a purpose. The purpose may simply be to have the experience of physicality at a very unenlightened and uninformed level, never once understanding its own spiritual nature. It goes back into spirit-form upon death and reviews the effectiveness of that life. If its purpose was to have had a low-grade physical experience that did not include much awareness, then it will judge this life as successful and determine it may wish to come back another time with greater awareness, and with different challenges.

#### **A soul has the right to change its mind**

Part of the right of each soul is to change its mind halfway through or at any point throughout the journey. Therefore, even though contracts may have been made with individuals throughout one's life, the soul itself having the physical experience can change its mind throughout the experience. For example, it may be influenced by others, and even though it was supposed to go one way, others may have influenced it and that individual may change his or her mind and have a different experience than what was originally contracted and chosen. This would constitute a breach of contract somewhat and there may well be karma involved in such a breach and such an alteration in what was the planned course of events.

If an individual for example, wished to understand what it meant to be in power in one's life but to have human compassion and sympathy for those they had power over, but during the course of a lifetime forgot that this was the purpose, they may indeed experience power without the human compassion and sympathy that their soul wished to experience in that lifetime. Upon death they would return, reviewing their life and see that they had forgotten that they were to include the experiences of compassion and sympathy as they used their power, and karma will have been created, for they will determine that they must go back and have another life, another experience where this compassion and sympathy can be reintroduced so that they will learn the lessons they wished to have in the first place.

This is basically the basis behind reincarnation; that the soul comes back into physicality many, many times because there were changes of mind in other lifetimes, but the soul itself still seeks to have the original experience and will continue on until the experience is had. When this is done it can go on to other experiences and other lifetimes. After all, if the soul is eternal in nature, what else is it supposed to do with its spare time but to have many different types of experiences, many different lifetimes?

## **HEART ARRHYTHMIAS : WHAT CAUSES THIS PROBLEM?**

**Questioner:** (Indeed. Thank you for explaining that. It's most appreciated). Our last health question is from ZoeyZen in California. She writes concerning heart rhythm irregularities. She writes, "I recently had a heart ablation procedure for atrial fib and atrial flutter. My heart rhythm irregularities happened suddenly this March. These heart arrhythmias are apparently becoming more common. A heart ablation involves an option to a lifetime of heart medication and their side effects and consists of wires with a camera and a branding iron threaded into the heart and the misbehaving cells being branded. I have heard 2% of the people over 50 years old have this condition with the percentage rising rapidly as one ages. I think my procedure was successful, though this will not be known until three months out. My question is: what causes these cells in the heart to start misfiring, to go bad in effect? A virus on a physical level, heartbreak on an emotional level and specifically what can I do to prevent any recurrence? Further thoughts: virus has been mentioned as a possible cause for heart cells gone bad, causing dangerous heart rhythms. Might toxins, molds or perhaps just genetic disposition? Any other thoughts are appreciated. Thank you very much." Your comment please?

**Cosmic Awareness:** First, this Awareness would say to the entity ZoeyZen herself, that it is seen by this Awareness that this operation, this procedure was successful for her. Secondly, this Awareness must go back to what *It* said previously: that the body is the final stage of a complication, a health matter or issue, and that often the true source is the emotional state or the mental state or even the spiritual state. It is seen that in the case of this entity herself there is a lot of emotional heartbreak, as she herself described it, and that the emotional issues around loss of love and betrayal and other matters of the heart have caused this breakdown of the cells in a region of the heart that has caused the heart's palpitations.

This is a matter for her to work with on a personal level, but what is seen is that the true healing is not simply a physical operation or procedure, even if it is successful; but to go into the deeper region of the chakra energy of the heart and to find where the betrayals occurred that have caused such a heartache, and such a destruction of the heart muscles, for the physical symptoms are reflective of the emotional and mental situation. This is not only the case in the individual ZoeyZen but is generally the case in *all* for their heart murmurs and palpitations and arrhythmias. This is not trying to simplify this matter in some ways or trying to be cute on this matter, for it is not a matter of being cute, it is a matter of looking at the deeper energies.

Thus, this Awareness is not trying to fob off those who have genuine heart issues and concerns; they must be treated, and as in the case with ZoeyZen, a procedure as she experienced may well be the best way to treat the physical symptoms that have manifested because of emotional issues. But ultimately, ALL illness has a deeper energetic source and nature, and therefore simply treating the physical body does not guarantee that a true cure will be found or created for the individual that will ensure they never again have such a problem. It is for this reason that many who are treated for various ailments, diseases and illnesses -- while they may have

been successfully treated, will come back at a later stage with their cancer again resurfacing, often even worse than before, or another element of an ailment coming to the surface because the deeper cure did not take place, and the deeper resolution of the conflict held at the mental, emotional or spiritual state did not occur.

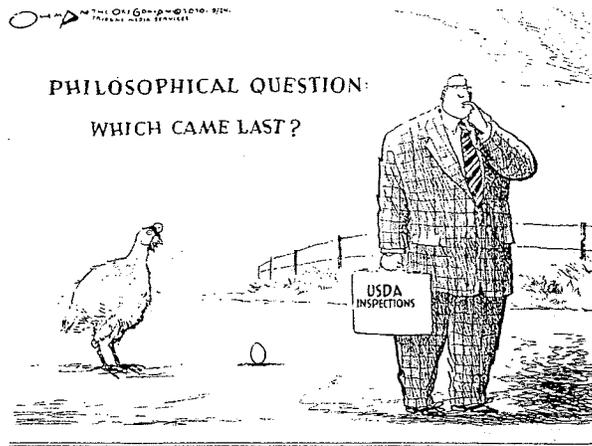
It is seen that the entity herself knows this to be so and is working on these matters in herself, but many do not acknowledge this, and do not see this as valid, and in fact see the body as completely separate to the mental, emotional and spiritual energies that are also part of the human condition, and because this is so and because in their ignorance they choose not to deal with their deeper issues. Unfortunately, they *must revisit* the physical symptoms and conditions again and again, often with catastrophic personal results.

This Awareness would finally add that many are starting to recognize now that the human body is more than just the physical, it is very much a matter of emotional and mental energies, and there are even those who are courageous enough to understand and admit the spiritual energies as well. Modern medicine will move forward in this and in the future illness will not be simply the treatment of the physical conditions, but also the treatment of the mental, emotional and spiritual levels of one's true being. This completes the answer.

**Questioner:** Thank you. That was excellent, and very informative. Carry on.

**Cosmic Awareness:** This brings this Awareness to completion at this time. Many of the matters have been health-related and soul-related. It is the hope of this Awareness that many begin to see themselves as more than simply a physical being, seeing that they are spiritual beings having that which is known as a physical experience. The Ascension process is the awakening to the greater depth and breadth of the soul itself and the understanding of how the soul is very active in one's physical life and existence. Without this knowledge, without this understanding, one will simply be a limited being of consciousness that is unaware of itself. Life is much deeper and more profound and powerful than this limited way of thinking would suggest. *Ascension is that act of awakening.* This Awareness wishes all the most pleasant and delightful awakening that could possibly be for each and every individual who is seeking Ascension.

**Questioner:** Thank you. We are most appreciative. It was an excellent session. (*The Law of Gratitude is given*)



School Begins Soon for American Students



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