

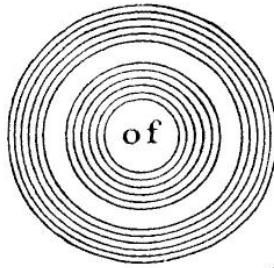
Revelations

The Cosmic Newsletter

E-mail: info@cosmicawareness.org

INTERNET DOMAIN: www.CosmicAwareness.org

FAX: 360-352-6294



Awareness

COSMIC AWARENESS COMMUNICATIONS

P.O. Box 115, Olympia, Washington 98507

Helping People Become Aware

Celebrating our 40th Year!

2011-3

Issue No. 658

\$3.00



Index is on page 4

The Paradox

Why things are still not working in your lives

Under the Cosmic Copyright reproduction of this newsletter or any of its content is permitted and encouraged by C.A.C.

2

CAC General Reading 2-11-11 (February 11, 2011)

Will Berlinghof Interpreter, Joan Mills Questioner & Energizer

THE PARADOX

Questioner: Does Awareness have a message please?

Cosmic Awareness: This Awareness indeed has a message of great importance today. This Awareness has been working with the Interpreter over the last several weeks in introducing an energetic state of mind that has prepared him to channel information regarding the nature of paradox, especially the nature of the paradox between accepting that one cannot change one's life and accepting that one is a Creator Being who can indeed change one's life.

This Awareness wishes to start with a discussion of the paradox, which is often considered unsolvable by those facing the paradox. Paradox by definition involves two options at the same time opposing one another. Therefore, the paradox of total complete surrender, total complete acceptance that one cannot change anything, flies in the face of the concept of being a Creator God

who can indeed change everything. This Awareness has often said that all are Creator Beings that can choose to change their lives in accordance to what they wish to change. Yet at the same time the truth that one cannot change anything without first accepting that one cannot change anything is also valid; hence the paradox.

How to understand Paradox

To understand “paradox” one must first understand that paradox exists within dualism, within dualistic thinking, the thinking that is so rife and available in the 3rd dimensional physical reality that is this physical experience, this human situation at this time. In dualistic thinking there is that which is either/or. *Either it is this, or it is that.* There is little ground in dualistic thinking for an allowance that both conditions can exist simultaneously at the same time, even two conditions in total opposition.

Unity Thinking in Unity Consciousness

Therefore, the paradox of accepting that one *cannot* change anything, yet one *can* change everything, is for many a concept that does not make sense. This again is dualistic thinking. However, in Unity Thinking, in Unity Consciousness, *both conditions exist simultaneously and both have relevancy, both have worth and importance.* Thus it is that as one moves towards Unity Consciousness, *as one moves towards Ascension to those higher levels and planes of consciousness, one must embrace paradox.* One must come through that which is paradoxical in nature in order to expand one’s consciousness, one’s awareness of *What Is.*

In that field of consciousness known as Unity Consciousness, *the possibility of both statements being correct exists.* In Unity

Consciousness it is understood and recognized *that one must come to full acceptance of one's situation, one's circumstances, before one can move forward*. Hand in hand with this is that one also accepts that in this state of consciousness that is physical reality, there are those places of experience that one can do little to change, for they are set patterns.

A Higher Power, Almighty God's Energies can Change this

One in Unity Consciousness comes to that place of understanding that one may not be able to change it, but there is that which is a higher power, the Godhead, the God Force, Almighty God's *energies that can change this*. When one attunes to this level of consciousness then change happens from that level of the Godhead. Hand-in-hand with this is the realization that as a Creator Being *you are indeed part of the God Force, the Godhead*. In effect it is your will, your will as a Creator Being, a piece of God Itself, that initiates the change and creates the change.

The aspect of the Multidimensional Being that Understands

It is not the individual coming from separated consciousness, dualistic thinking, that changes the matter, but rather the aspect of the multidimensional being that understands and knows itself as a multidimensional being, as a part of the Godhead, as a part of Divinity, and then recognizes that change can occur from that level and infuse the life of the individual who has simply accepted it as it is and allows that aspect of the self that exceeds the individual consciousness to bring forth the change, and to make the change occur.

The Concept of Acceptance

The concept of acceptance is not unique to this Awareness, it is a concept that is prevalent to many who have studied a deep spiritual awareness. But the mistake often is that in their conceptualization of this concept, *they do not necessarily see that the opposite statement of making change is also true*. They see only that if one simply surrenders completely and totally, change can occur, and change will occur often.

There is perhaps an intuitive comprehension of why this is so, but many who hold that acceptance and acceptance alone is all an individual can manage and accomplish have not necessarily recognized that the individual is a Creator Being. While they hold that acceptance will allow change to happen, that God will make change occur for the individual, this does not always embrace the conceptualization that each and every human being is a piece of God, and is connected to the Godhead, to God Almighty. Through the soul, this connection flows and is emphasized so that the individual expression of that aspect of the Soul Being that has its incarnation can indeed expand its consciousness back into the soul fabric and beyond, and can identify itself and recognize itself as part of Almighty God, Creator and Source of All, that permeates everything.

Thus it is that those who hold that only acceptance is what is possible, and that the individual choosing to change cannot change him or herself, *are only half right in their assumption*. It is based on the truth that an individual is not able to access their Creator Being aspect, and that an outside agency, in this case the agency of God Itself, will effect the change, and one needs only to surrender and change will occur. While it is so that one must surrender and accept oneself in the situation one is in, it is not necessarily correct that God will then change things, for if the

greater truth of one's existence is to have the experience of going through an illness, going through a bankruptcy, going through the death of a loved one, whatever the experience might be, it is essential that even with acceptance, *the realization that change may not come, is indeed part of the understanding of acceptance.*

It is not what all the various religions believe lightens the load

What total true acceptance will do, however, is that it will lighten the load for the individual. It is not simply as the Christians may believe, as the Jewish people may believe, as the Muslims may believe, and as others may believe, whatever religion they belong to, that they give their load to Jesus, they give their load to God, they give their load to Allah and that Supreme Deity will take on their pain and do it for them. This is not what this Awareness is speaking of. What this Awareness is speaking of is that *in the acceptance there is found a*

3

*peace of mind that allows one to go **beyond** that concept of surrendering to a higher being,* so that one can simply surrender and become part of that which is the higher force. The conceptualization that in acceptance one must give over to a higher force, to God Itself, does not acknowledge or recognize that each and every human is indeed a Creator God, a Creator Being.

When one goes into that State of Acceptance

Thus it is essential that as one achieves acceptance of the situation one is in, that one does so *without expectation of a result.* One simply allows those higher forces and energies to permeate oneself. One simply allows oneself to release and let go and become that which is the greater consciousness or the greater

aspect of one's being at a multidimensional level. *Further to this, the state of acceptance is that which exists in the moment.* When one goes into that place of acceptance, one does not need to state that this is now so forever and ever, that one accepts this as one's life from this moment on, as always being so.

Indeed, it is important that one accepts oneself as one is in the moment, in the present moment, in the moment where one is accepting *What Is*. To do this takes one out of that time loop that brings the past into it and the future into it. When one simply *is* in the moment, then one does not worry about what has been, or how things always did not work time and time again. One does not bring this into the equation, and it cannot affect the present moment. Equally, one does not go into the future projecting that in accepting what is now, that their lives will be better in the future. *One releases the future, for it has not yet been created.* That which is the timeline of one's future has not been chosen.

Becoming Pain Free and Fearless

As one is in the present and in the moment, one accepts that which is so in this moment and only in this moment. If one is in pain and suffering, if one is in fear or dejection, if one is in exhilaration and rapture, one accepts this as it is in the moment. If one is, for example, in a place of fear and pain, for something has weighed down on an individual to such a degree that they are frightened of what will come and are in pain at the same time — that simply letting this go, releasing to the higher force without expectations that the higher force will come and change things, still allows the individual to release, even if for but a moment, the fear and the pain, and for a glimpse of time, a blink of the eye, that individual is pain-free and fearless.

How to Live in the Moment

If one simply works on this in each and every moment, releasing that which is the fear and the pain or that which is so in that moment, then one begins to acquire a degree of acceptance that allows one to live in the moment. Further to this, in that same moment if one does not only merely accept that one does not need the fear or the pain for that moment, for that second, but one also accepts that the moment is perfect, and that you the individual are perfect, *then in that moment you are perfect*. There is no conjecturing that the pain or the fear or the situation makes you less than perfect, for if one is in their perfection for that moment, for that instant, *then all is perfect*.

If one realizes that they are indeed part of God and that God is perfect in that moment, then all is perfect. God, that which is the Creator Source Being, *the energy that Is All and In All, is always perfect in every moment*. Allowing oneself to be in their own perfection in the moment, releasing from that which has weighed so heavily and simply accepting this matter as it is, *allows options to start to present themselves* that may not have been understood or even seen previously.

Letting go of the conformity and Conditioning you were taught

Also, as one begins to understand that as a Creator Being, as a piece of God, they are within the perfection of the Godhead, one can let go of the conformity one is taught, the indoctrination, the socialization, the conditioning one has received during one's lifetime. Each and every human being is a product of such conditioning. Each and every human being has received

socialization in their life to think in certain ways, and to feel in certain ways that are appropriate to one's society and one's culture.

Does a cat or dog ever question that it is not perfect?

Often when one is in situations where the energy is negative and painful, one is still responding from one's own socialization conditional programming. This being so, one often does not allow oneself to make mistakes, to suffer pain, to feel badly, and this too can have a huge effect on acceptance. This Awareness asks one and all whether a cat or a dog or any creature ever questions for a moment if they are not the perfect cat or dog or creature they are? Each of God's creatures are perfect in their being and do not spend any time wondering how to be a better cat, how to be a better dog, bird or fish.

Humans, because of their social conditioning, often do question themselves and are not at all conditioned to think that they are perfect in their creaturehood. As a man or woman there are many expectations that are held by both genders of what is so, what is right, what is proper, and what is correct. When one goes into a place of acceptance, one does not go in questioning whether they have done something right or if they are exhibiting themselves in such a way that others will accept them. *The need for external acceptance does not exist.* All that exists in that place of acceptance is the energy of being with oneself, in one's self, in the fullest capacity of one's own being. One allows that which is the energy of the higher forces, that which is the energy of God Creator to be part of their being, as they are part of God Creator.

All of this is necessary in that moment of acceptance to allow

those greater energies of one's own high consciousness, one's own multiple diversity, multiple character, *to come through, right from that which is God Almighty to that which is the individual expression of the Divine having an individual experience*. In this place of total surrender, in that moment of the present now, one can indeed simply love oneself, for self-acceptance is also self-love, unconditional love. One is perfect as they are in this moment, and in allowing oneself to feel the perfection of oneself, the perception of their perfection in that moment —then one exceeds oneself. One allows that which is the highest level of consciousness, that which is God Consciousness, to perceive Itself perceiving Itself One simply is in that moment of perfection, accepting oneself and letting go of any and all obstacles and beliefs or perceptions that would intrude and interfere. This is a state of perfect acceptance.

Acceptance may not last more than an instant

As one understands this and experiences it, if even but in a glimpse of the eye, even if but for an instant, one starts to build upon this. Acceptance may not last for more than that instant, but the next time one is in a state and one again simply accepts that this is as it needs be, and this is the perfect place to be, that one accepts themselves as perfect in that moment, *no matter what is occurring, no matter what the problem*, then this opens the Eternal Now, that which is Now in all moments, and

4

this becomes part of the energy of the being as they exist in this 3rd dimensional physical reality.

As they exist here in a state of acceptance, they begin to understand more and more the concept of the Creator Being. This

Awareness has laid the seeds to this concept over the last several years, so that individuals commence that thought process, that way of thinking that allows them to *accept that perhaps as a Creator Being they can indeed change their lives*. What many have found, however, is an inability to do so. What has been important is that *the seeds are first of all laid, and that they were planted deep in the consciousness of each and every individual who read of the concept of Creator Being, who would entertain that they are indeed Creator Beings*. A sufficient degree of understanding and acceptance of this concept has now been reached that allows this Awareness to finally come through with other information of the process of truly stepping into one's Godhood, while at the same time becoming a fully realized human being.

When you will Create Miracles and Live a Magical life

As this Awareness started Its discussion on the subject the paradox of that concept of being a Creator Being who can change his or her life, this can now fully be understood and seen to be that which *is possible when one also truly and fully accepts oneself and one's situation*. As one does so, one does not need to change oneself. Indeed, as this Awareness has said, one cannot in effect change oneself from one's individual place of being. This infers that one must go beyond their individuality to do so. One must breach that which is the essence of their Creator Beingness, their Godhood, and it is from that level, that higher expanded level of consciousness, that change will come and filter through. *It is then that one will truly begin to create miracles and live that which is a magical life*. Not because by intense force of will on the individualized level one changes anything, but because one allows that which is their greater being to make the changes. This does not have anything to do with the changes one makes in one's life by

intent and design. *This simply means that one is becoming more, and that one is expanding.* When one accepts that they are highly evolved beings, conscious beings that are having individualized life experiences during which they experience the totality of a physical reality that is confined to dualism and oppositional thinking, then one can finally step into their more effective Creator Godhood.

This will be discussed even further in times ahead, but this Awareness at this time has simply wished to deliver this concept of acceptance and paradox and how to fuse the two opposing concepts, so that one is not confined or restricted by the thoughts that are normal for many, the thoughts that are imposed on many, that one cannot change their physical status, cannot allow miracles in their lives, for to do so would be impossible and highly unlikely. This, of course, is the limitation of thinking that many suffer from through their social conditioning, but as one stays in the moment, and as one goes to that place of total acceptance that all is perfect as it is, and that one is totally complete and whole and loved unconditionally and loves oneself unconditionally in the moment, allowing the experience to be what it is in the moment, *then one transcends the moment*, one goes beyond that moment *and is part of the Eternal Now and from this place of the Eternal Now all is possible.*

This completes this discussion of the paradox; especially of the paradox of the concept that one cannot change oneself, but one can accept What Is; and the concept that as a Creator Being one can actively change one's life. This Awareness now invites any questions from the energizers, but more than that invites all to contemplate this matter more deeply and accept themselves in their contemplation.

Questioner: Thank you. This was most interesting and I do believe that it needs to be heard again to appreciate the depth of the concept.

Cosmic Awareness: This Awareness asks you to accept the concept.

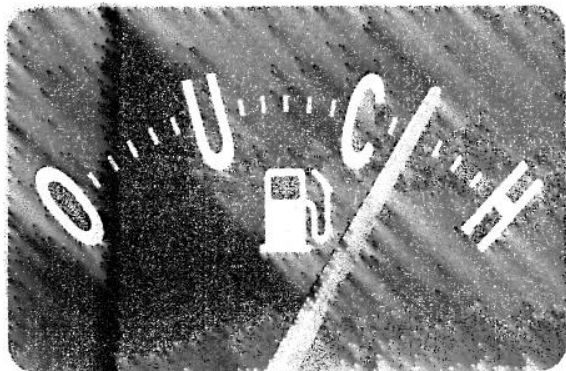
Questioner: Yes indeed, thank you. I'm sure the membership will have additional questions.

Cosmic Awareness: This Awareness, of course, always invites additional questions and as always also states that *they need not believe one word* this Awareness has just said, but this Awareness asks only that they try for themselves to work with this concept of acceptance. As they find themselves in situations where something is not working for them, where they are in pain or fear, that they simply go within themselves and say to themselves, *"I accept this moment now. It is perfect. I am perfect, and I am totally open to that which is the perfection of this moment."*

Questioner: Fantastic! Thank you. Very good advice. Is there additional please?

Cosmic Awareness: This Awareness feels complete with this presentation at this time and awaits further questions from the membership.

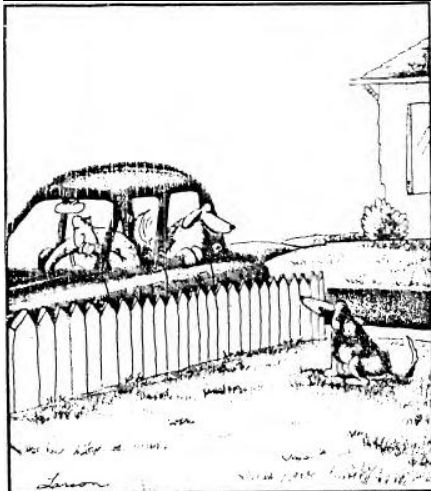
(Thank you) The Law of Gratitude is given



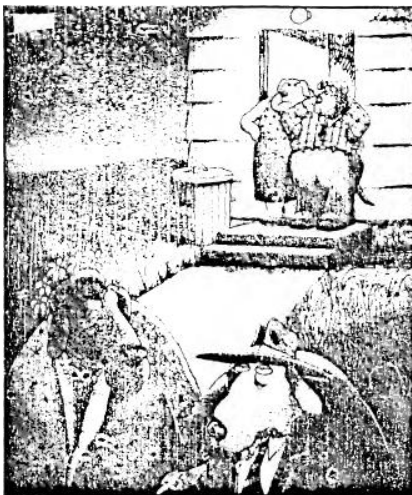
IN THIS ISSUE

The Paradox	2
Why Things are still not Working in your lives	6
Healing by the Isaiah Effect	7
Deliberate Poisoning of our food supply	8
Start Blessing the food you eat	8
Monsanto Chemicals	8
Sound & Vibration: Music of the Universe	9
A Time Traveler with a cell phone in 1928	9
Goldstream Provincial Park's green water	10
Near Death Experiences	10
The Movie: "What Dreams May Come"	11
Rincarnation	11
Time is a man-made device	12
Finding your Inner Essence	12
The Christian Forgiveness	13
He Died During Meditation	14
The Pendulum and Muscle Testing	14

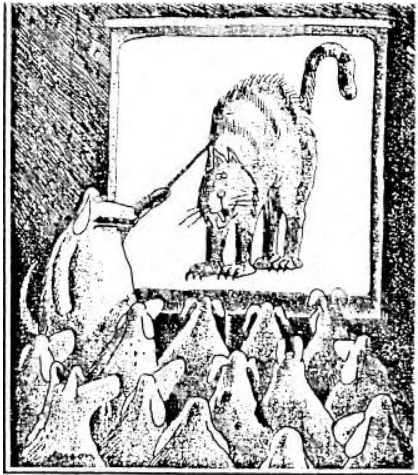
Now the Higher Self	15
Spiritual Contracts & Astrological Blueprints	15



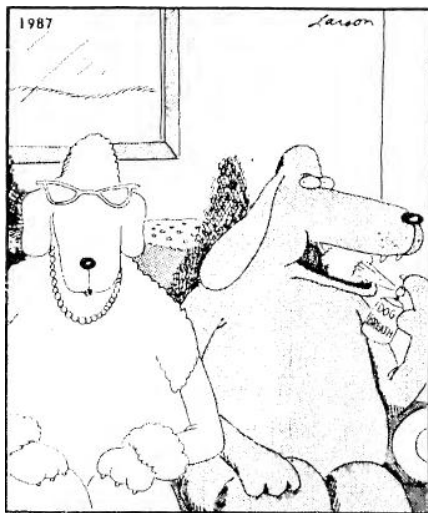
"Ha ha ha, Biff. Guess what? After we go to the drugstore and the post office, I'm going to the vet's to get tutored."



One of the nicest evenings I've ever spent at the Wilsons' ...and then you had to go and do that on the rug!"



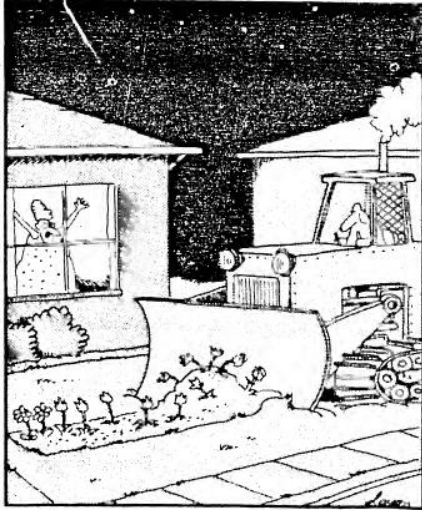
"Now, in this slide we can see how the cornered cat has seemed to suddenly grow bigger....
Trickery! Trickery! Trickery!"



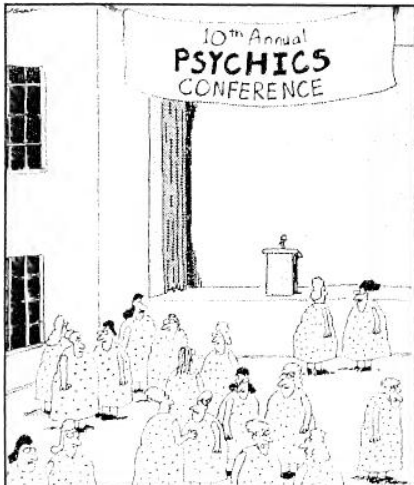
Rusty makes his move.



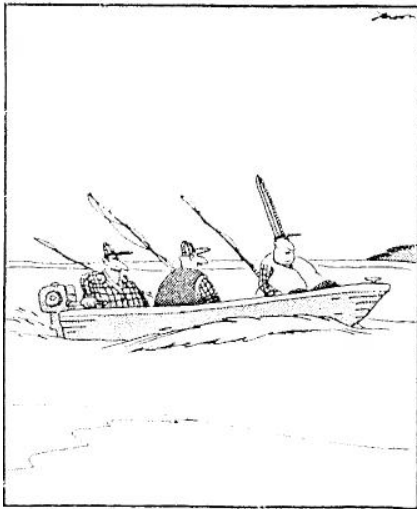
"OK ... which of you is the one they call 'Old-One-Eyed-Dog-Face?'"



Ginger decides to take out Mrs. Talbot's flower bed once and for all.



For the most part, the meeting was quite successful. Only a slight tension filled the air, stemming from the unforeseen faux pas of everyone wearing the same dress.



Vern, Chuck, and the pope go fishing

6

CAC General Reading 1-21-11 (January 21, 2011) Will Berlinghof Interpreter, Joan Mills Questioner & Energizer

WHY THINGS ARE STILL NOT WORKING IN YOUR LIVES

This Awareness does indeed have an opening message at this time. It is a message that concerns those who are going through this frustrating and troubled time. Many who have heard the words of this Awareness may be asking themselves why it is so that even though the words sound deep and true, *their own personal lives are not yet manifesting what they are alleged to be able to manifest* — and why it may be so that even though they are told that they are creator beings, they are not creating a reality of their wishes and of their desire.

Even the Interpreter has gone through a time of late where he has questioned, especially in his role as Interpreter, why he cannot seemingly make things work for himself, especially in regards to his

eyesight. This Awareness wishes all to understand *that this is still a transitional period of time*. The forces that have been in control and have dominated for eons of time are reluctant to give up their control and their power. There is still very much in effect a paradigm of beliefs that governs this reality at this time. In order to participate in the reality of this world as it has been, one was required to concede to the beliefs of this reality.

Coming into this Reality Required a Forgetting of the Truth of One's Being

Coming into this reality, first and foremost, required a forgetting of the truth of one's being, the truth of one's multidimensionality and one's spiritual relevancy, one's spiritual beingness. As spiritual beings in a physical reality that requires all to forget the truth of their own essence, their own being — this would necessitate the forgetfulness that occurs when Spirit enters into physical reality, that which has often been called the veil of forgetfulness.

It is agreed that to have this physical experience to the utmost, one cannot remember their being, as this would intrude in the full experiencing of a reality where there is question as to one's own spiritual nature, and where the rules have been set up that physical reality eclipses spiritual reality, eclipses one's experiences at other levels of consciousness where the rules of the physical world do not apply. *This was agreed to by all who entered into the physical plane of existence* and the journey towards spiritual unfolding and evolution was one where over a period of lifetimes and within the scope of a lifetime, one would move towards further understanding, a greater understanding of one's true spiritual essence and being.

Enlightenment is When Ascension Occurs

Eventually, as one opens up to the truth of one's being, consciousness expands to a point where Ascension occurs. Ascension, in a manner of speaking, is the remembering of who one truly is and in the past was a personal individualized process, where individuals would reach personal enlightenment, personal illumination. This occurred to such entities as Krishna, Buddha and the entity that is now known as Jesus the Christ.

In the past women had also reached enlightenment, but not in a manner that was known by the masses, as those men who were in a more public limelight. Thus it was that individuals such as Mary Magdalene, Mother Mary and others reached enlightenment without the fanfare that accompanied their more renowned associates or fellow spiritual beings that had reached enlightenment, such as Jesus the Christ.

The point here is that in the past this was an individual experience attained only by a handful that are remembered. What is occurring now is a mass evolutionary process, where many are approaching a high level of consciousness that will allow enlightenment and illumination, and that will bring many into Ascension. To do that, many will have to go and many are now going through the transitional period that is current on this planet. At this time those who have power, who also understand and see what is unfolding, are resisting greatly, are enforcing their power onto the planet, and are amplifying the oppression that would keep many asleep and under the illusion, under the Maya that governs this planet that all who were born into it agreed to.

Those in power *do realize that many will ascend*, but they also recognize that there are many opportunities to suppress the consciousness of the many who are not here to ascend at this

time, but to simply have a secondary experience of Ascension. Therefore, the energies of the planet are amped up very much indeed against the breaking of the physical rules and laws that have applied on this planet that all agreed to. Even though many are starting to come to that frontier where they are questioning the old rules and laws of existence on this 3rd dimensional reality, many more are actually being sucked into an even deeper dumbing down of their consciousness that would prevent them from exploring the possibilities of spiritual awareness.

Frustration often leads to deep questioning of the validity and truth of what Awareness tells us

For those who are at the frontier, who already are so abundantly aware that there are greater forces in effect at this time, a greater play being enacted at this time, there is often a frustration between what is felt and perceived within as being possible and what is actualized and experienced in the outer reality, that which everyone is experiencing at this time. The frustration is often such that it leads to a deep questioning of the validity and truth of much that this Awareness is presenting, and yet there is often also that glimmer of perception, that gut feeling of the authenticity of the truths that this Awareness has been sharing, that goes very deep, and that stimulates many towards this level of comprehension —yet again accompanied with frustration when one seemingly cannot make it work for them in their own lives.

Be patient at this time. Success lies just ahead

This Awareness must say to be patient at this time, for in this transitional period when those who are in control and power are increasing their efforts tenfold to suppress and dumb-down human

consciousness, it would be erroneous to abandon one's journey at this time when reward and success lie but a short distance ahead. Furthermore, at this time this Awareness is also laying the seeds of what is possible, of that which is available ahead into human consciousness. This has always been the primary role of this Awareness through the Interpreters of Cosmic Awareness.

Often, even though it is only seeds that are planted and the membership has had access to those seeds, they do proliferate, and they do grow to fruition in many others. Often what this Awareness puts out originally is picked up by others in a secondary manner. Indeed, often

7

others are given credit for the very thoughts and ideas that Awareness expressed much earlier. This Awareness has no problem with this. It has always seen its role through the organization CAC as that of a spreader of the seeds of truth. It is aware that this Awareness is reflected in many others who also speak the truth of Cosmic Awareness and share it with others.

Those Seeds of Consciousness Will Begin to Sprout

What this Awareness is saying at this moment is that many of the readers of newsletter publication of Cosmic Awareness Communications have received the original seeds. They are planted deep in the consciousness of those who are the readers of this Cosmic Awareness, and even though they are not yet sprouted, the seeds of consciousness grow within them, and as the times change, as the new energies are added into the matrix of consciousness that is this planet at this time, that is humanity at this time — those seeds of consciousness will begin to sprout and much more evidence will present itself, much more confirmation will be

available.

This too will pass and the Truth will set you free

What this Awareness has so long spoken of, that which is the truth of one being a Creator Being creating their own reality, will make itself known, and will be shown to those who hold these concepts, these truths, and these seeds of belief. Therefore, be patient at this time. Know that even though many do not seem to manifest that which this Awareness speaks of, it does not mean that the seeds have not been planted or that one would never experience it. It is a very difficult thing at this time to always understand and remember that this too shall pass and that the truth shall set you free. This Awareness is complete in the deliverance of Its opening message.

HEALING BY THE ISAIAH EFFECT (VIBRATIONAL MEDICINE)

Questioner: (Thank you). This first question is from Larry Kell. He writes concerning a healing described in The Isaiah Effect by Gregg Braden. He writes: "There is a documented healing described in The Isaiah Effect by Gregg Braden that occurred in China at the Huaxia Zhineng Qigong Clinic and Training Center. Greg was shown a videotape at a class he was taking in China. While a woman's 3-inch diameter bladder tumor was displayed with ultrasound, 3 men standing next to her repeated a word over and over, getting louder as they went. Loosely translated into English they were saying, "already gone", "already accomplished". The tumor began quivering and started to fade from view on the ultrasound display. Within 2 minutes and 40 seconds it was completely gone. My question for Awareness is how did the men's thoughts and spoken word create

this change in the woman's bladder? Thank you." And he signs it Larry. Do you have any comment please?

Cosmic Awareness: This Awareness suggests that this healing was accomplished through advanced knowledge of resonance or vibration. Vibrational medicine has long been known in the history of humanity, and has long been used to accomplish amazing healings and other amazing accomplishments, such as levitation of stones and boulders, as was the case in the building of the pyramids and other megalithic monuments in times gone by.

Modern medicine no longer recognizes vibrational medicine or resonance medicine as valid. Indeed, it holds the opposite position that this is but quackery and should never be believed in or sought out. Yet the evidence that was provided to Gregg Braden in China showed how powerful resonance medicine is, or the use of vibration and tone and resonance. Furthermore, the three individuals were experts in intention and focus. It was the focused intention on the tumor *with the belief* that the removal or the shrinking of the tumor through the resonance tone would be accomplished that played a great role in the healing in this manner.

These individuals are much advanced and the state of this vibrational resonance medicine in China is much advanced compared to the almost medieval barbaric methods of health and healing that are practiced under the banner of modern medicine in the Western world. These practitioners of resonance medicine are there to show others how this will be accomplished, but at this time this is not possible in the Western world, for the control that is still asserted on modern medicine by those Powers That Be are using illness, disease and ill health to achieve financial gain.

The Good News: The current system is starting to splinter

As long as healing is accomplished for the primary purpose of financial gain then true healing treatment processes such as resonance or vibrational medicine will not be allowed in full force in Western nations. The good news here is that there are those who are aware of these approaches *who are ready to teach the many*, that they themselves are prepared to learn and to incorporate such approaches in the healing arts. The good news is that the current system is starting to splinter, and is starting to break apart. One of the reasons for this is the expense that modern medicine incurs.

Many simply do not have the money to use modern medicine, to purchase pharmaceutical drugs, and many are starting to go in other directions through financial necessity. This is all part of the breaking up of the behemoth, the monster that is Western medicine. There is hope in the future to insert other ways of healing and treatment and the resonance treatment of the cancer tumor in China shows that this is so. There are all those that are ready to go in new directions. This is a very hopeful future indeed.

Questioner: (Thank you). Will there come a time when this teaching or technique will be reactivated for those in the Western world who are interested and would like to learn more about it?

Cosmic Awareness: This is already so, but those who are interested (like Gregg Braden had to go to China) have to go to other areas in the world to learn of these techniques. There is still a suppression of this type of medicine in the Western world, especially in the United States of America. The answer is that this will break down and be made available to those living in the Western nations. Indeed, this Awareness says it is already starting to

happen.

Alternative Healing Practices Now Available

This Awareness reminds the readers that it was not that long ago that chiropractic medicine was not allowed in the United States. It was frowned upon and attacked and yet it is now readily available. It was not that long ago where acupuncture was not allowed in the United States and it is now readily available. Herbal medicines, homeopathic medicines, and all other types of alternative medicines that are still largely frowned upon, have

8

made huge inroads in the last few years and will continue to do so. This is all evidence of how alternative healing practices, even energy healing work is making inroads in the controlled Western nations and it is seen by this Awareness that it will not be long before the more barbaric present day methods are finally expelled altogether.

Not all Western Medicine is Offensive

However, this Awareness also wants to add a caveat that not all Western Medicine is offensive, not all Western Medicine should be abandoned. There is still use for many of the techniques that are practiced at this time, such as emergency procedures and operations and treatments. If one were to break an arm, the immediate act of putting a cast on that arm would still be beneficial, but afterwards one would start to use resonance medicine or homeopathic medicine or many of the other approaches available to aid the healing. It will one day be understood how powerful resonance is, *and that it could even instantly set a broken bone*, but at this time even Western medicine has facets that are useful

to healing generally. This Awareness is not recommending that all of Western Medicine simply be thrown out. This would be like throwing the baby out with the bathwater, but as consciousness advances, so too will the availability of new approaches to healing and this is seen as highly positive.

DELIBERATE POISONING OF OUR FOOD SUPPLY

Questioner: (Thank you for that additional information). We're carrying on now to A.C. McAllister. He's writing about Farm Wars, fighting to save the family farm. It's an article by Barbara H. Peterson that is written. "Just when we thought that buying "organic" was safe, we run headlong into the deliberate poisoning of our organic food supply by the FDA in collusion with none other than the folks who brought us aspartame, NutraSweet, a former Monsanto asset, has developed a new and improved version of the neurotoxin called Neotame.

Neotame has a similar structure to aspartame — except that, from its structure, appears to be even more toxic than aspartame. This potential increase in toxicity will make up for the fact that less will be used in diet drinks. Like aspartame, some of the concerns include gradual neurotoxic and immunotoxic damage from the combination of the formaldehyde metabolite (which is toxic at extremely low doses) and the excitotoxic amino acid (Holisticmed.com) I guess is the source of this information.

It carries on, "But surely this product would be labeled! NOT SO!!! For this little gem, no labeling required and it is even included in USDA Certified Organic Food." It carries on but excerpted, "A product called "Sweetos", which is actually composed of Neotame, is being substituted for molasses in animal feed. Sweetos is an economical substitute for molasses." And further down, "So what

is the solution to this problem? Buy local organic food, and know your local farmer? And don't buy processed foods, whether they are labeled 'Organic' or not"? Do you have comments on this please?

START BLESSING THE FOOD YOU EAT

Cosmic Awareness: First, this Awareness would say that the conclusions that were offered but a moment ago are valid. Buy local organic food, and make the effort to learn more, to educate oneself, and most of all never buy processed foods. These are the solutions that this Awareness would make. *Also the blessing of one's food would also be highly effective.* As one sits to eat a meal, for example, one blesses one's food. In the past, prayer at the dinner table was a very common event but that is no longer so. *It must be understood and recognized that the blessing of one's food can indeed both energize it and release certain harmful elements that are attached to the food itself through such processes as the mass slaughter of animals in the abattoir.*

The blessing of one's food connects one back to the cycle of life and to the creatures and plants and grains that gave themselves for the feeding of human beings; this would also enhance the quality of the food. These are all seen as situations that must be looked at seriously as one begins to understand that the food supplies are indeed being poisoned and that there are ways to sidestep this by seeking holistic organic foods grown in local regions or educating oneself or attuning oneself to the lifecycle of making oneself part of the circle of life. This completes this answer.

MONSANTO CHEMICALS

Questioner: (Thank you). In this commentary, Monsanto chemical plants in Alabama and other states is mentioned quite frequently. Is Monsanto going to retain its power as a food supplier or controller?

Cosmic Awareness: Monsanto is but the puppet of those in power who are seeking to destroy the human immune system, to degrade it to such a level that many will die because they have insufficient immune systems to protect them from even the common cold and flu that *are being deliberately circulated at this time*. As a leading power in this field it will continue to do so as long as those who have power retain their power. Much change is coming and it is seen by this Awareness that in many of the timelines where individuals are changing their views on their food consumption practices, and are taking greater responsibility, are attuning their spiritual natures to the higher frequencies and vibrations — that in those timelines companies like Monsanto will not only lose their power *but they will be dismantled altogether* as the world's food supplies are returned back to more natural practices and authentic seeds used once again to provide nourishment for the masses.

Less Consumption of Meat Products is Seen

It is also seen that in the times ahead there will be less consumption of the meat products, that which are the animals that feed humanity at this time. With increased awareness and enlightenment *it will be seen and understood that it is not necessary to use animals to feed humanity*. This is still a way ahead and in the meantime if one participates in the circle of life by blessing the animals that have given themselves to feed humanity, to feed the individual, that this would acknowledge the sacrifice given, that which is known often as the giveaway of the animal and do much to restore a balance in the energetic flow, the give-and-

take that is human life.

Respect must be given to Creatures that gave their lives

9

At this time, too many simply go to their local supermarket and pick up a steak, pick up ham, pick up a roasting chicken without ever thinking that these were creatures that gave their lives to nourish human beings. There is no honoring, and there is no respect that is given to those creatures that have given of themselves to feed humanity. This too will commence to change more radically once Ascension is reached and those who have proceeded to the other side will recognize the true give-and-take of all who participate on the planet's surface. But this Awareness will leave this matter at this point for now.

SOUND AND VIBRATIONS (MUSIC OF THE UNIVERSE)

Questioner: (Thank you, that was most informative) We come to something by Iris Schuberth. She writes "In my understanding the God/Goddess, All That Is, whatever you call it, created first sound, music as we call it. Then came light, color pictures and much later beings created language. Our animals use sound tones; our planet's solar systems' galaxies use sound tones, that's how they speak. Beings in higher dimensions listen to sound vibrations and see a picture and can send it telepathically to someone else without words. Laughter is sound and we feel good when we hear it; screaming is sound and we feel anxiety when we hear it. Music without words is sound and when you hear it either you feel good or if you don't like it then get aggravated; wind is sound that either gently makes you feel good, or the sound of a hurricane that makes you fearful. People like the beach: the sound of the waves makes them feel good and relaxed. That's why these scientists who do not

understand sound vibration of planets and galaxies can never translate the meaning into words. Humanity has forgotten the music of our universe to listen in silence without words and understand what it means. Could you please ask Cosmic Awareness if my observations are on the right track? With kind regards, Iris Schuberth, who comes from a family of music.” Would you offer your comments please?

Cosmic Awareness: The first comment that this Awareness wishes to make is that the entity Iris Schuberth is correct in her observations. Sound and vibration are extremely important to humanity and underlies all that there is. In her assertion that at the beginning there was music, there was sound — that this is indeed so and even in the Bible it is described in Genesis that there was first the Word. The Word was spoken by God, and it began Genesis, the creation of all. Another way of understanding this is that a resonance was made, a sound was made that resonated and created that which became planet Earth.

A Physical Manifestation of Sound

Resonance, as this Awareness was explaining earlier, is essential in many, many ways: in healing, in lifting great stones, in creating physical structures. There is even that which can be shown as a physical manifestation of sound. There was an incident when there were Tibetan monks who came and resonated the word Om onto a metal plate that was covered with fine sand. The metal plate vibrated, the sand shifted, the sand moved and formed a Mandala, the Mandala of the word, the sound, the resonance *Om*.

Resonance and vibration is little understood at these times and yet it is understood to some degree instinctively. As the entity Iris

Schuberth mentioned, certain sounds please and uplift, others create dissonance, anxiety and stress. Those listening to the sound of children playing in the playground have a much different experience than hearing sirens blasting in a side street as the ambulance rushes by.

Using Music in your Meditations for Peacefulness in your Life

Sound and vibration and resonance are long forgotten scientific skills that were once used by the ancient ones, but are yet to be rediscovered in the times ahead. Therefore, this Awareness does suggest that those who are interested seek further; those who wish to have a positive experience sit in quiet meditation to uplifting music playing in the background or chimes being struck while the meditation is taking place. These are all experiences that will quickly promote inner well-being in the individual who is experiencing these uplifting sounds and vibrations.

More will come in the times ahead, for it is an area of research that is presently being pursued, even if evidence is not being presented on the airways of one's own TV channel. *Stay focused to the inner sound within, for there too is the resonance of God, of Spirit as It speaks to you.* This too is important to rediscover in oneself, for one's own inner resonance has much to do with one's own inner health. As one loses their focus, as one becomes beset by the clamor and the raucous noises around one, one loses one's centeredness. To sit quietly listening to uplifting music while focusing on the inner resonance of one's own being is highly recommended by this Awareness and will do much to bring back peacefulness and harmony in one's life. This completes this answer.

A TIME TRAVELER WITH A CELL PHONE IN 1928

Questioner: (Thank you). Several people have written in on this. It concerns a Time Traveler. There was a YouTube video that includes film footage showing the 1928 premiere of the Charlie Chaplin film "The Circus" at the Grauman's Chinese Theater in Hollywood, California. Irish filmmaker George Clarke points out a woman in the old footage holding what he describes as a cell phone against her ear. The shape (of the figure) implies the woman is a "time traveler" using a modern mobile device rather than an ear trumpet, Clarke said. Observation: This "woman" is extremely heavysset, dressed in black with a loose coat and it looks like a size 11 or 12 shoe, which is quite unusual for a "woman". Your comments please if this is in fact a woman, a cell phone, or a time traveler shown in this clip? Thank you. And it's a very small picture but perhaps you can see? Do you have any comment please?

Cosmic Awareness: This Awareness does affirm that this individual *was not who she seemed to be*, but indeed an observer in this time that was captured in the photo. Most would never look twice at a background individual and even in that actual location many did not notice her, for she stayed in the background. But it is seen that this individual was not who she seemed to be. She was not an individual in accordance to that time, but was indeed a visitor, an observer of that time; a being that could

10

indeed be called a time traveler. She is not the only time traveler. There are many who come back in time and even those from the most distant past who come forward in time to observe these times.

Time Travelers Move through the 4th Dimension

The most distant past had much in the way of technological advancement as well as a spiritual advancement, and the time traveling concept was understood by them at that time and was and is known in future time. It was rediscovered, and is known in the future once again. Time travelers move through that which is the 4th dimension. They can remove themselves from 3rd dimensional reality and refocus themselves to be available at any other time point in history in that which is a timeline.

Many Time Travelers are on Earth at this time to Observe Events

What is interesting is that many science fiction writings have speculated on the effects of changing a detail in present time and the effects it might have on a future time. What is really being presented is speculation on creating different timelines through changing events and details at another time space and place. It is for this reason that many of the time travelers, especially from the past, came only to observe and indeed, even though they presented themselves in a physical form, it was more that they were holographic projections into a timeline continuum that they chose to pursue and investigate. These time travelers are around in preponderance at this time, for this is a most amazing time, a most important time in the evolution of human consciousness and many are coming to this time to observe the unfolding of events at this time.

Questioner: So this had nothing to do then of her being a Charlie Chaplin fan, is that correct? Just checking up on things?

Cosmic Awareness: This Awareness cannot say she was not a Charlie Chaplin fan, It simply says that she was there as an observer to an event that for her had interest. It may well have

been that she had become a fan of the individual known as Charlie Chaplin in the future and wished to observe a premiere of his movie.

Questioner: Fantastic! Good for her! Is there additional?

Cosmic Awareness: This completes this answer at this time. This Awareness suspects that in a future time there will be many questions on this matter for this Awareness. A short future time, this Awareness would add.

GOLDSTREAM PROVINCIAL PARK'S GREEN WATER

Questioner: (Thank you). Ok, we have something now — there's a picture I'll hold up again. The water in the Goldstream River at Goldstream Provincial Park, Victoria, flows a bright green. And the date was December 29, 2010. I'll just hold that up. Can you see the pretty green of that water?

Cosmic Awareness: This is observed.

Questioner: Could you explain why the water is that color? There's absolutely no reflection of the sun on water to make it appear so.

Cosmic Awareness: It is seen that phosphorus was somehow added to the stream that caused it to turn this color. It is seen that underground a pocket of natural phosphorus was leached and this gave it this green color.

Questioner: Apparently no fish or wildlife were harmed by it?

Cosmic Awareness: It is seen that it was natural phosphorus, not

chemical-derived phosphorus.

NEAR DEATH EXPERIENCES

Questioner: This question comes from Ted Helinski, observations by Schuyler. He writes: "I suspect reality is as follows and I want liberation from it." It carries on, "After reading countless books and listening to hundreds of people over the last 40 years, from Suzy Smith's *You Cannot Die* through the Seth books and Ian Stevenson's work on reincarnation, I've read countless accounts of NDEs (Near-Death Experiences) from accounts in the books like Moody's *Life After Life* to individual accounts as posts on forums. And, of course, we have stories from religions both huge and small from all over the world. The accounts are both anecdotal and dogma, but they all point to a few basic postulates. I won't call them "facts" because there is doubt about the exact specifics. His statements will be presented one at a time for confirmation or otherwise for and for additional information if any is warranted. First one:

1. You survive 'death' in some way. Your ego remains intact, at least at first and in part. Your physical appearance is pretty much like it is now, though of a finer material and vibration. Is this correct?

Cosmic Awareness: True. As this Awareness has already said.

Questioner: Are all of these true?

Cosmic Awareness: This is not necessarily true. This Awareness is, of course, having fun with the energizer, but this Awareness does wish to state that it is indeed *entirely true*. The spark of each human being, that which is their spiritual essence, does survive the

death of the body, and does continue to exist, but this is because it *already is existing* in a state of consciousness beyond human physical life or life as it is known in the physical body.

The Ego is the Middle Self and the Spiritual Aspect

That which is known as the ego is indeed that which is the middle self, that which is the spiritual aspect that comes into the human body, that occupies it, that participates in physical reality through the physical body. This ego, this sense of identity, this middle self is *in some ways entirely independent of the physical body*, but as it occupies the physical body due to agreement. Where the agreement was that one would forget that they are spiritual in their consciousness, in their beingness, one identifies completely and totally with physicality and the physical body.

The Middle Self Departs the Body each night during sleep

Because one has chosen to forget that they are independent of the body when they have experiences that are near-death experiences or out-of-body experiences, it often comes as a surprise that they are looking down on their own body and separated from it. Yet this is the most natural event that occurs on a daily basis as the spiritual aspect, the middle self, departs the body regularly at night when it leaves the body to recharge its spiritual body in that which is the greater context or matrix of its own being. After this is done it returns back into the body and again engages in the rules of the

11

game, where it forgets its spiritual context until and unless another extraordinary experience removes it from the body and it has that which is so often known as a near-death experience or out-of-body experience.

Many, as they progress in their spiritual journey towards greater comprehension and awareness, begin to experience these out-of-body experiences, begin to understand that they are simply visitors in the physical realm and are only temporary lodgers in a physical body. They become less attached to the body and are able therefore to put a greater perspective on the matter of their physical life and physical journey. It is for this reason that those of a high spiritual nature have no difficulty when it is time to leave the body, for they already know in effect who they truly are.

Questioner: An excellent explanation, thank you. Ok, number two: 2. There is an afterlife with several levels. Your first level allows you to still see this plane, such as in NDEs (near death experience). Eventually you "see the light" and go to the next level where you meet people who have passed on prior. This realm is described as very beautiful. Your comments please, true or false?

Cosmic Awareness: This realm that was described is that which this Awareness would describe as the lower 5th dimensional realm. There is indeed a graduated process of advancement into higher levels of consciousness. For many who have forgotten their spiritual essence, that their death experience and the release of that which is the spiritual aspect, that which is the Middle Self, is such that the ego must still identify itself with its former life. This takes place for a period of time after the departure out of physicality and out of a physical body. There is an awakening period that occurs on the other side that allows the ego to come back into a knowing of its spiritual essence and character.

For some the ego experience is an experience of hell

Those who during physical incarnation work towards greater

spiritual awareness and enlightenment do not necessarily go through this to the same degree as those who have so submitted themselves to the physical experience that they do not allow themselves the understanding of what and who they truly are. It is those who have to take this graduated method of merging back into the totality of their spiritual being that have this ego experience of going into another realm. Some, unfortunately, hold so strongly that what they will experience will be dark and negative and painful, that upon their deaths their spiritual aspects goes to that which is an experience of hell, if that is what was a strong belief within them during physicality.

Rest assured *this is only a temporary experience* and lasts only as long as the ego or that which is the consciousness holds that it is so. A natural process also begins to take place that gently reminds them that what they believed so strongly, that which they are manifesting so thoroughly upon their deaths, is illusion and with time many wake up to the truth of who and what they truly are. Some who are in stronger resistance take longer to awaken, but this possibility is available to all spiritual aspects of the being, of the soul that returned back into that state of higher consciousness that occurs after death. Is this clear?

THE MOVIE: "WHAT DREAMS MAY COME"

Questioner: Yes it is, thank you. It reminds me of that film You had spoken of earlier...

Cosmic Awareness: What Dreams May Come. This Awareness would indeed recommend this film yet again to the many who would seek to understand the concepts that this Awareness is describing. Aside from this Awareness' objection to what is presented as the

experience to those who commit suicide, this Awareness does indeed endorse this film and recommends it highly.

Questioner: It is excellent, thank you. Ok, number three:

3. Much of what you experience after death depends on what you believe. If you believe in Jesus, you'll see Him. If you believe in 72 virgins, you'll see them. You will tend to believe your views are vindicated. Rationalists will have a bit of a problem but they'll get over it. Comment please?

Cosmic Awareness: This Awareness agrees to what was presented. It has spoken to this but a moment ago. It will simply add that there is that which is a natural process to move the individual concept of the Soul or the Spirit aspect being to a higher integration of knowledge and knowingness that will move it beyond the beliefs that are experienced immediately upon death. No one stays permanently in these conditions.

REINCARNATION

Questioner: Thank you. Ok, number four:

4. Reincarnation is a basic truth. Your ego is part of a greater soul that experiences life through many different lives. At some level you forget your 'previous' lives so they do not interfere with your current ones. Correct?

Cosmic Awareness: This is *somewhat* correct. It is incorrect to think that an individual who is having a current life experience is the same individual who had another life experience 1000 years before. This is not how reincarnation works. *What does occur is the soul chooses to extend itself into individual lifetimes for the purpose of having an experience.* Those experiences often have a

theme to them, a purpose behind them. The individual of 1000 years ago may have had an experience of a life whose theme may have been, for example, abandonment. Perhaps in that life in a medieval village the parents were killed by the raid of an enemy tribe and the child was left alone, abandoned by the parents who were killed.

A different experience of abandonment

In a modern time, perhaps the soul seeking again to have a different experience of abandonment may create an experience where a child is given up for adoption, even though the parents are alive. This would be a different experience of abandonment and yet they are both of a similar theme. These themes are what connect various lives. The resonance and frequency of each life that is similar will be those lives that are more easily reviewed, if it is desired that an individual has the ability to access their past lives. It is not available to those who do not even believe in the concept of reincarnation. But for those who do, it is possible to go to other lifetimes

12

that share a similar theme, a similar vibration or resonance and a similar purpose.

Therefore, reincarnation does exist but not quite as simply as one person having all of those lives, but rather the soul having many experiences that are then available to all who are participants in the soul itself.

Questioner: That would be the various aspects of the soul then, is that correct?

Cosmic Awareness: This is correct.

Questioner: And they would all be a different timelines?

Cosmic Awareness: Different timelines, different layers and levels of consciousness as well.

TIME IS A MAN-MADE DEVICE

Questioner: (Thank you). Ok, he carries on:

5. It appears that 'time' is an intellectual concept that is a convenience, but really doesn't exist. In other words, your next life could be in 900 BC; time is not linear. Is that correct?

Cosmic Awareness: This is entirely correct; the entity is 100% correct in his assertion. Time is a man-made device, as opposed to a steadfast reality. There is only one time and that is the present moment, the present moment of focus. All else is illusory.

Nature is Basically Tooth and Claw?

Questioner: Okay. He carries on, "Nature doesn't exhibit much 'love', that thing we're all told we must aspire to. Nature is 'red in tooth and claw' and basically lives off of death. The number of people killed by other humans, or living in abject poverty, or starving to death, or living without hope is appalling." Your comment please?

Cosmic Awareness: This Awareness hears many personal beliefs being expressed through this comment of the individual. *Nature is not at all cruel in the way that it is being portrayed. It is simply nature.* There is no hatred in a creature killing another for its

sustenance. There is no remorse that it had to do so. It is simply nature; it is an experience of reality that does not confine itself to the rules of life that are experienced in the physical journey of a human being. The death of another through cruelty of someone, even if that someone is a victim of poverty, is a perception, a belief. It may well be that the act of murder by one has much to do with a past life where that individual may have been murdered by the very victim that he or she murdered in this lifetime.

Understandings here that must be recognized

There are many variables that play themselves out here, in that life is not simply cruel for the sake of being cruel. But there are understandings here that must be recognized in the first place, one of which is the assumption that life is cruel is in itself erroneous in some way. This does not mean that there is not cruelty in life, but what must be attained is a higher perception and understanding of what that may have been about, why an individual may have been driven to such an act, and this perception and understanding must not only be focused at that moment on the act itself, but on all mitigating circumstances, even past life circumstances that have brought this event to be. This is a huge undertaking indeed and for most people there is no willingness to engage at that level. Most simply wish right and wrong and that there be a victim and that there be a perpetrator and that it stays that simple.

Questioner: It's really simplifying it. The closing paragraph is, "I'm left wondering, what is the point here? Surely you are not telling me that these kinds of lives are secretly teaching their Oversouls some esoteric but very important message about the meaning of life. It's pretty apparent that the majority opinion is that we, Homo sapiens, are bad. Whether this is objectified in thoughts that we are

destroying the planet or “we all live in sin”, the message is pretty much the same. This seems to be coming from us, rather than from somewhere on high. We are not a race that loves ourselves. We prefer to blame ourselves, or at least everyone else but ourselves.” Do you have comments or any additional comments on this assertion?

Cosmic Awareness: Again, these are personal beliefs, jaundiced in nature because of the individual experiences and teachings this individual has received. This Awareness cannot completely support his premise or his conclusion. It simply says that there are many reasons why one has the experiences one has. Some are teaching experiences to the Oversoul, some more simply because the soul aspect desires such an experience, but also that it knows that even death does not destroy the soul aspect. It simply returns it back to Source. The opinions expressed by the individual are sad indeed, for they do paint a very narrow and negative picture, and this Awareness, while It understands that this individual is coming from this jaundiced point of view, cannot entirely support this point of view.

As one begins to understand more and more that they are Creator Beings and that they have access to the soul, have access to Spirit, have access to the Divine, they will begin to reformulate themselves in a new way, will begin to see their validity in a new perspective. This is part of the Ascension experience that many are moving towards. This Awareness wishes and hopes that the entity himself begins to open up to the inner voice, to his greater reality and begins to see that his peculiar perspective on matters has been strongly influenced by his past experiences, both in this life as well as others.

Questioner: Ok, did you wish to do a closing message please?

FINDING YOUR INNER ESSENCE

Cosmic Awareness: This Awareness has spoken much on the matter of resonance and harmony or vibrations in this channeling session. The importance of this is that in the times ahead much more will be brought forward on this matter, not only by this Awareness or through this Awareness, but through others who are starting to research the matter, and who are starting to open up to the essence of vibration more and more. Ascension has much to do with reaching higher vibrations, the higher resonance, and as one seeks to have the Ascension experience one will naturally experience the higher resonance of the universe and of Spirit Itself.

The Movie "August Rush" is Recommended

Always be open to the sound of the universe and it will help move you forward. To this matter this Awareness does recommend the movie August Rush as one that will give many an understanding of the beauty of resonance, of sound; as this child who has the capacity to hear the sound of the universe uses it to guide himself forward to find his mother and father. This is a highly

13

recommended movie by this Awareness. In the meantime, this Awareness simply suggests that it would be highly appropriate at this time for many to seek out the sound within themselves that is their essence, their core. When one finds the inner essence of one's own being, that one is highly motivated to understand that this essence, this core of their being, is that which all must access and achieve as well. This is part of the energy of Ascension that is unfolding more and more at this time. This completes this reading.

Questioner: (Thank you) It was excellent and the information available to the membership is also excellent.
(The Law of Gratitude is given. Etc.)



Excerpt from CAC Reading 8-30-10 Will Berlinghof Interpreter, Joan Mills Energizer & Questioner

THE CHRISTIAN FORGIVENESS?

Questioner: (Thank you) Our next group of questions comes from VK in New York. She writes, "Today some churches do practice meditation. The kingdom of God is within but also above. The bottom line is that if we are to be true Christians, we must not hold grudges over events of the past but practice forgiveness, as was one of Christ's teachings. And forgiveness would be truly worthy where changes toward betterment occurred over time, whether it is churches or anything else." Thank you for your comment.

Cosmic Awareness: There is a misconception involved in this Christianization of the concept of forgiveness. Forgiveness should be practiced not because it was taught that this would be better by Jesus Christ or the Christian faith itself, because in truth forgiveness is not about giving another absolution, for this suggests that the one who forgives has some kind of power over another, the power to absolve, the power to forgive which holds in it also the concept that the individual is somehow more enlightened or in some position of power to grant such absolution and such forgiveness. This of course creates a discrepancy in that concept

of forgiveness, for the Christian version has the unstated assumption behind it that the individual giving forgiveness has the right to forgive.

What true forgiveness really is

In truth forgiveness is really an act that benefits the individual, him or herself first and foremost, for true forgiveness is about understanding that the chains of karma can be released when one does not hold power over another, even the power of forgiveness. When one realizes that to hold someone as responsible for an act or an event, or wishing to punish them or wishing to seek revenge against them will involve the individual in karma with the individual involved or the individuals involved. This karma will play itself out time and time again, lifetime after lifetime until one finally realizes that holding someone responsible for a sin, a crime, an event, or a misdemeanor against another is simply the links of the chain that is karma.

When one truly reaches a stage of enlightenment and awareness one will not seek to forgive another, *for there is nothing to be forgiven*. One simply will not play the game. One will not link themselves to another in a karmic chain. One simply allows the other to have the experience that they have, while they themselves let go of the karma that could be created by not forgiving another, in terms of the attitudes of superiority when one forgives, as is somewhat taught indirectly by the Christianized concept of forgiveness. When one does not feel superior to another, when one is truly equal with another and when one realizes and understands that life itself is all part of an interactive experience, then one will see that often the acts of another have promoted for the individual, him or herself, their own growth and development or at the very

least the potential of growth and development.

When one understands this, one looks at the concept of forgiveness in an entirely different way. One will see they have nothing to forgive the other for, and that they simply recognize and understand that each has played their role and as a result the individual is whom he or she now is. This will give the individual true freedom, and thus forgiveness works for them. The act of forgiveness is a forgiveness of self, a releasing and letting go of the karmic interactions that might have chained one to repetitive lifetimes working out the original issue and problem. This is why this Awareness says that when one becomes enlightened and aware, forgiveness is not that which is required. One simply accepts and knows that it is as it is and moves on from that point, not held up, and not chained to karma with another. There is no need for forgiveness.

Questioner: That's an interesting way of looking at it.

Cosmic Awareness: It is the new way, a higher way, and a deeper way. If one truly understands that everyone has their role to play, even those who have created pain, who have hurt, who have even murdered and killed, one would realize that those who have committed such acts must learn from them, and are *accountable* for them on another plane, then one can see the matter much more clearly and does not involve themselves entirely in the karmic drama that is created through most events. This Awareness is complete.

When conflicting answers occur in meditation

Questioner: (Thank you). That was very enlightening. She writes,

“At the risk of sounding disrespectful to going within, which is absolutely not my intent, is it possible as an example for 10 or more people to go within at the same time, ask the same question that is not of an individual personal nature and come up with conflicting answers, and if so why would this occur?” Thank you for your comment.

Cosmic Awareness: It is indeed possible, for the inner understandings of each individual may be quite different from individual to individual. Some may have a more complete understanding and enlightenment that exceeds another's. Thus one's level of perception and understanding will be quite different than another who is caught up in more limiting concepts, beliefs and attitudes. Yet even the second individual might claim that he is correct because they are his or her thoughts coming from that interior perception, that inner understanding of things.

This is why ultimately each individual must judge their own reality and make their own assumptions of their truth. It does not mean that one is disrespectful of another's intuitive understanding or inner awareness of



14

matters, it is simply that the same applies here as applies to accepting another's truth from a much more limited level of consciousness. Thus it is for example, that many who hold orthodox Christian beliefs, who feel that their beliefs are highly enlightened beliefs and are true expressions of God, would be outraged to hear another who has no such concepts and limitations proclaim that they do not need those Christian teachings, for their own intuitive

awareness, their own spiritual consciousness has given them a much different sense of things and understanding to things.

Those of a limited understanding may become hostile, and may seek to force others to follow their beliefs, their understandings and their truths. Yet another coming from a higher perception would recognize that this approach is not only erroneous but serves those who would enslave, those who would prevent the expansion of consciousness and awareness. Thus it is that when several come together and meditate on an issue and yet all have different concepts, the trick is not to become upset and irate that the others did not get what you got, but rather to understand that what you got was what you got, what another got was what another got. Somewhere there is commonality, but sometimes there is not.

Sometimes this commonality will help the group to come to a common consensus, but if it does not lead to this one must still be willing to be open to their own intuitive perception and understanding of matters versus simply abdicating what they received because another who is more charismatic, more powerful, and more eloquent speaks better than they, and thus they forfeit their own inner awareness for that which is the speakings and the issuings of another who has more eloquence. The matter is not an extreme matter but it is an important one, for ultimately the Ascension process does involve each individual coming to a realization of the impact of their own inner perceptions and their own inner awareness and honoring and trusting it before abdicating to the thoughts, opinions and viewpoints of another. One can agree to disagree. This Awareness feels complete.

HE DIED DURING MEDITATION

Questioner: (Thank you). Her next question: "Someone stated he knew of a person who practiced meditation and then he was "gone". It is presumed this meant he passed away during the process. What would cause this to occur and how often does it happen to entities? Might he have passed because it was time for him to leave anyway, or simply did not wish to be removed from the wonderful meditative state?" Thank you very much for your explanation.

Cosmic Awareness: In this particular case this Awareness sees that the individual's time had come for him and he chose to leave while he was in this deeper meditative state halfway there to that which would be the experience of moving into the higher level of consciousness. It was for him the ideal way of passing. It is not seen that meditation in and of itself will create situations where more will decide to give up their own physicality, their own physical human life because they have reached a deep state of meditation. It is seen that this was the occasion for this individual. Perhaps others will make similar decisions, but this is always simply a unique individual choice and not by definition that which occurs when one meditates too deeply. This simply does not happen as frequently as that, but it was the way of crossing that the individual chose for himself.

It's similar to dying in your sleep

This Awareness simply wishes to add that this is equivalent to those who die in their sleep. They too are not entirely in their bodies when they choose to depart, thus they avoid much of the pain of the body when a heart attack, for example, occurs. The body shuts down, the body dies, but the individual is already out of the body in its more spiritual form and it is an easier passing. This

is a way that many choose to do it, but of course this does not mean that all would choose to cross over in this way. This Awareness is complete.

THE PENDULUM & MUSCLE TESTING

Questioner: (Thank you). Her next question, "What is the difference between going within to the Kingdom of God for guidance and using a pendulum? The pendulum is said to be capable of contacting our Higher Self except that it can also contact our middle and lower levels. I personally have found that it cannot be trusted. Is muscle testing more reliable in obtaining the correct answers to questions or is there another way?" Thank you very much. Comment please?

Cosmic Awareness: First of all, this Awareness must explain what is occurring in the use of the pendulum, for there seems to be a misunderstanding in this. *The pendulum is always manipulated by the low self, the subconscious.* It is not through a force beyond the individual, but rather by the individual's low self. The same is so of muscle testing. The low self is also that aspect of the physical being that controls the psychic abilities, the extrasensory perceptions. Thus, the low self is that which can telepathically pick up on the thoughts and feelings of others; the low self is that which can project its thoughts to others, and can engage in many of the extraperceptual senses and activities.

It knows certain things, and when a pendulum is introduced, these things can be translated through the swaying motions of the pendulum. Thus it is when a question is asked of the pendulum, it is truly the low self that is answering through the instrument of the pendulum. It is aware of information that is not obvious or evident sometimes to the middle self and there is an abdication by the

middle self to this strange and unique power that is allegedly the pendulum, without any comprehension that it is truly just the low self giving an answer through the instrument of the pendulum.

The pendulum can also be used to ascertain the quality of goods. For example, if one goes into a supermarket and pulls the pendulum out to judge the freshness of produce, it is the low self that is truly tuning in and again through the swaying motions of the pendulum indicates to the middle self the state of freshness of the produce. This Awareness wishes it to be clear that the pendulum is **only a tool** and is not necessary in order for the low self to convey to the middle self the answers that are being sought. *The middle self must simply learn to trust that information* of the physical world and physical reality, even information about others and their state of affairs, can also be delivered through the vehicle of the low self, whether it chooses to give answers through the pendulum or through other means of communication that can be agreed to with the low self.

For example, muscle testing is the low self explaining or declaring what is so in the body or in a larger context.

15

Thus it is that muscle testing is often used to ascertain if an individual is in a good state of health or if medicine might be good for him or her, or many other things that could be used and that could be presented by muscle testing. Again, it is the low self that is giving up the information. Thus this Awareness says to the entity VK that she should be aware that *there is no special power in the pendulum* as such, and that it is only a tool of her own low self. The low self does not always answer reliably, as she has ascertained, which is why she is better not to always just trust that which the low self presents through the motions of the pendulum.

Sometimes the low self has a different agenda and thus will give a misleading answer. If one does not understand that it is the low self that is answering through the pendulum, one might well think that the pendulum is a unique power in and of itself, without understanding it is their own individual low self that is manipulating the pendulum and providing, for its own reasons, certain answers that it wishes to convey to the middle self. Because most individuals are entirely unaware of how the human being is the three-part being, how a human being is the High Self, middle self and low self, and how the low self and the middle self work together in physical form and existence, often there is an abdication to that which is the low self, the subconscious that does not allow the middle self to be effective in its understanding of how reality works and how the low self presents most of the information about the physical world and interacts with it, and is the interface to physicality and the material world.

All of this is seen to be involved in that which the question revolves around of the pendulum. The pendulum is often given power unique to itself as a power to itself, without the understanding it is simply a tool for the low self that the middle self chooses not to understand or question.

NOW THE HIGHER SELF

Questioner: That was the middle self and the low self that was discussed. Are there special qualities for the Higher Self?

Cosmic Awareness: The Higher Self has a completely different way of presenting its information. It is a way that often creates a sensation of an energy flow in the individual, the tingling that many

often experience when they are in heightened situations of awareness. There is the use of revelation and intense intuition that is more of a knowing, as if one simply has the truth, the knowledge, and the awareness of what is so. This is quite different than the way that the low self works and this Awareness says rather than It explaining everything, that It recommends individuals play with their intuitive processes, both asking for guidance from the High Self and how that might feel to them, as well as asking for the interaction with the low self so it can show the middle self how that is perceived and felt. The body rush that comes from a true connection with the High Self is a most profound experience and a very identifiable sensation that is quite unique to how the low self presents itself through, for example, the pendulum.

Questioner: Fascinating. Is there additional on this?

Cosmic Awareness: There is always additional but this Awareness is complete for now.

SPIRITUAL CONTRACTS AND ASTROLOGICAL BLUEPRINTS

Questioner: (Thank you). She has several questions on spiritual contracts and astrology. She asks, "Is the contract information established on the other side before reincarnating the same information contained in one's astrological birth sign chart at birth or are they separate from each other, and if so, how and why?" Thank you.

Cosmic Awareness: The birth chart, the natal chart is the blueprint of the agreement that the soul makes for its purpose of incarnation. Thus it is that when one understands astrology, one always has at their fingertips the means by which one can

understand the purpose and reason of one's character and one's being, as to why one may react and act in certain ways, why one may feel that certain events and circumstances are preordained. But it is not that astrology is an ironclad contract, it is more simply a flexible blueprint that can help one understand oneself as they journey through life itself. The contract that is made in spirit is indeed a flexible contract, *and spirit never holds that one must fulfill that which was contracted*, and it is for this reason that free will applies.

Thus, one can go against that which may well have been part of the contract. One can, for example, decide not to go to an event that they felt they should go to. By not going to this event they might not meet an individual who was to play a prominent role in their lives. If this individual is truly meant to play a significant role, they may meet them again later, but they may not. All of these events are due to the free will of the individual and their choices. If one has a blueprint and one is able to overview the blueprint to understand the energies that are available due to the various alignments of the stars, and of the energies available, one has a more enlightened way of living one's life. Again, one cannot say that one's astrological chart will force one to act a certain way, for there is always that which this Awareness has discussed as free will, but one always has the blueprint to consult. It is in this way that the astrological information that is captured at the moment of birth can prove to be of great significance during the individual's lifetime.

Questioner: (Thank you. A question please). Is the time and place of birth an *absolute* requirement for this blueprint to be valuable?

Cosmic Awareness: There are two ways of answering this: yes this is so, and yes this is so. The reason this Awareness speaks it this

way is that the time and birth, the latitude and the position of one's birth are actually set, and there is no accident here. But even if it was possible that one could switch it around, change it up, and be born two weeks later than when one was supposed to be born -- thus instead of being an Aquarian becomes a Piscean, for example, the moment of their birth would still be the setting of the blueprint. It would simply be a blueprint that is changed up from that which could have been, had the entity been born two weeks earlier under the sign of Aquarius. Does this make sense to you?

Questioner: Yes it does. I'm not sure if those not familiar with astrology would understand. Was there anything you wanted to elaborate on?

Cosmic Awareness: Simply that when one is born there is intent, design and purpose and the locking up of the planetary and stellar positions, the star signs is simply

16

the confirmation of certain information that the soul wanted to always have available for the individual during the course of their life. As it is held now, the belief is that there is no true understanding of one's life purpose, and there is no way of seeing what lies ahead or what influences there might be that could help an individual live the life they are meant to live. This is because astrology as the science it once was is no longer seen in this manner. It is seen by many as something that is more a hobby, something that is not truly a serious science. And yet there are many who have understood how significant astrology is and have learned how to consult their charts throughout their life. Again, not to predict their lives, not even to explain it, but to *understand* it. Explanation comes with understanding. Thus, astrology is a deep and powerful spiritual tool that the soul provides each and every

individual upon their entry into this physical journey, into their physical experience.

Questioner: (Thank you). Going back to the time of birth, is this time the one the doctor writes down, not on the birth certificate, but does it have to be exact? I know that progressions and solar returns, etc. are based on the time of birth but which time of birth do you use—the one the doctor writes down or first breath of the child or.....

Cosmic Awareness: If one was to be totally exact there is also that information that is locked in at the moment of conception, but because most never know exactly when this occurs, the convenient way is to consider it at the moment of actual entry into physical life, into the physical experience. This can be noted, but previously when many were born at home, often this information was not available. Thus it was, and thus it is also, that the fine point of the exact time is lost because no one thought to look at the clock at that moment. Still there is much merit in having the more general time and date available, even if not to the exact minute.

The exact timing would be best for fast-moving alignments, as you well know, you who have studied this area extensively in your life. But the bigger events, the slower moving alignments are very valid indeed when one knows the actual date. There are even ways to ascertain approximate timings of one's birth, even if one does not know the exact timing or even the date, by looking at the individual and knowing the attributes of each sign and seeing how that individual compares to different signs. This was one way that astrologers used to work, but in those times gone when astrology was a much more exact science, there was a much more accurate recording of the time of the individual's birth for more accurate

charts.

Questioner: Yes indeed. There is also a method called “rectification” of a birth time based on events in the person’s life and going backwards to determine the actual time of birth. Is that valid?

Cosmic Awareness: Indeed, this is a very valid way of determining one’s time of birth when one does not know it. The science of astrology was very advanced at one time and is still very advanced to those few who study it deeply and understand that it is much, much more than your simple Sun Sign in your local newspaper.

Questioner: Yes indeed, it definitely is. Thank you, that was very helpful information). Carrying on, she asks:

“Is it possible to determine via one’s astrological birth chart whether one will be qualifying to ascend in 2012 or be stuck on Earth B? If the chart shows a long life, perhaps this can provide information concerning where the life will be spent as well? Thank you.” Your comments please?

Cosmic Awareness: *Again, the chart itself is no guarantee;* it is not the actual predictor. It is simply the information that the soul requires to understand some of the matters that may attend an individual during their lifetime, and may help an individual cope and advance themselves. It does not guarantee that one will ascend because one is shown to have a long life according to one’s astrological information. However, what can be shown is that if an individual is of a high seeking nature, and is seeking to understand themselves in a spiritual manner, for example; that they will always put themselves into situations where they will learn more and be available to events and circumstances that will lead them towards

their Ascension. This would be corroborated in the actual astrological charts and would sustain the journey of the individual and help them better understand why they seek such things, for there in the chart are the explanations and the understanding.

Questioner: Yes, indeed they are, definitely. Another one, she writes: "It has been stated that starting a project of any kind on a proper astrological date determines its success. Is this true across the board and should it be considered seriously and hopefully, the correct dates can somehow be determined by an astrologer." She is referring to "electional astrology" here. Do you have comments please?

Cosmic Awareness: This Awareness would not say that it could be said so across the board, for there are many, many factors; primarily one's intention and will that could determine the results of events. What is correct is that there are energies that are stronger on certain days and at certain times than at other times. One of the major ways astrology should be used is in the determining of points in time that are advantageous to one or in recognizing times when the energies go against achieving certain results. For example, there is that which is known as Mercury retrograde, that being the case at this time, and it is well known that during Mercury retrograde there are all kinds of complications that come up as a regular occurrence. And yet, as the energizer herself knows, there are others who glorify in Mercury retrograde, and this works to their advantage and not against them.

When they understand this as a personal matter, they would then use the energies of Mercury retrograde to their advantage, while others may use it to recognize this would not necessarily be a time to advance certain projects. It is all relevant to the individual and

the understanding of their own charts. Thus, this Awareness cannot say that across the board, knowing the date as to what day to start something or end something would be universally correct for everyone, but to understand the energy flows that occur as the result of certain configurations would be helpful.

Questioner: Thank you. As an aside, there is the other branch of astrology -- there are many branches, that when a person is familiar with it, a question can be asked about an upcoming venture, relationship, or whatever, and a chart can be drawn for that particular moment and the resultant chart can indicate if something will or will not be successful; or give the answer that is desired or not. Do you feel that is something that is going to come back into popular demand?

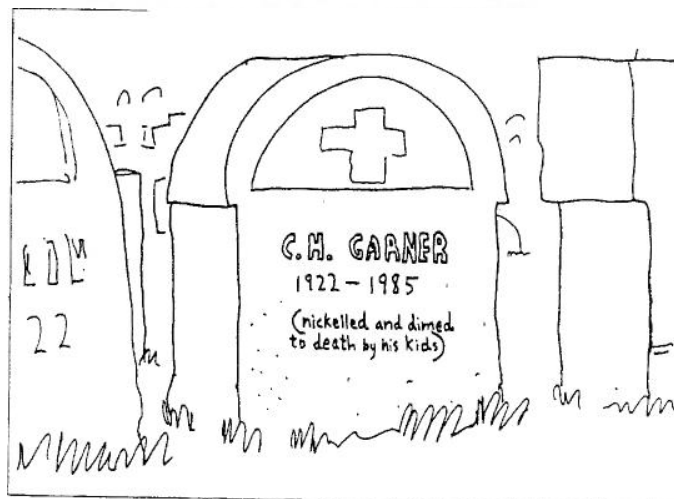
Cosmic Awareness: This Awareness hesitated in beginning to answer this question, for this Awareness

17

would not and could not advocate that one uses charts this way, as there is a danger here. The danger is that one stops thinking for themselves, one stops tuning in to one's own inner guidance for direction and simply relies on the external instrument of an astrological chart. One could use the information and determine this might work well, but if one used information and acted only on that information and started to disregard the deeper intuitive connection one has with their soul, which is the primary way one makes it through one's life in enlightenment and awareness, then one would be making a big mistake, for they are externalizing their decision making process versus internalizing it by learning to develop one's connection through the low self to the High Self and its guidance. One could use it to guide one, but this Awareness simply would not say one must use it to make all decisions. This

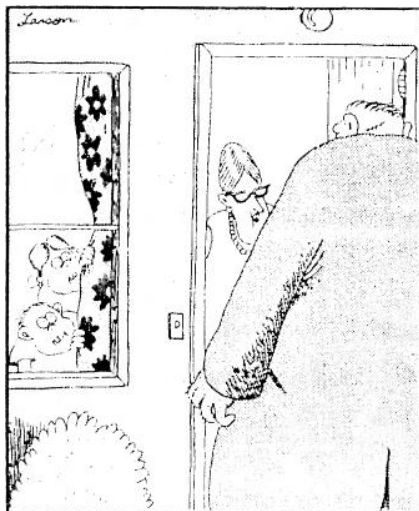
Awareness is complete.

Questioner: Thank you. (The Law of Gratitude is given)





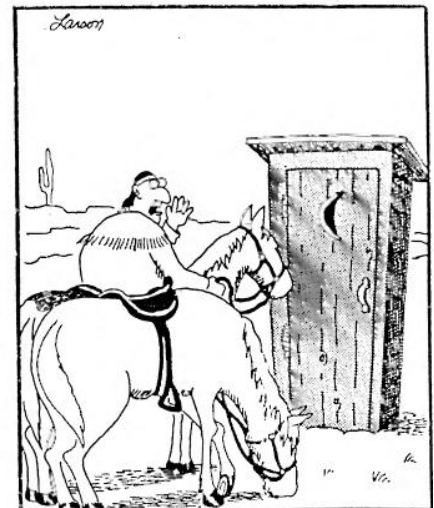
"Wendell ... I'm not content."



"Why, yes ... we do have two children who won't eat their vegetables."



"Edgar! Leave him be! ... Always best to let sleeping dogs lie."



"Kemosabe! ... The music's starting! The music's starting!"

18



[Have Your Resolution This Year Be Spiritual Renewal - Click Here](#)

On this day of your life, Larry, I believe God wants you to know... that everything you see, hear, touch, taste, smell, or sense in any way is an aspect of Divinity. It is when you judge it to be something else that it shows up as something else in your life. Therefore, judge not,

and neither condemn.

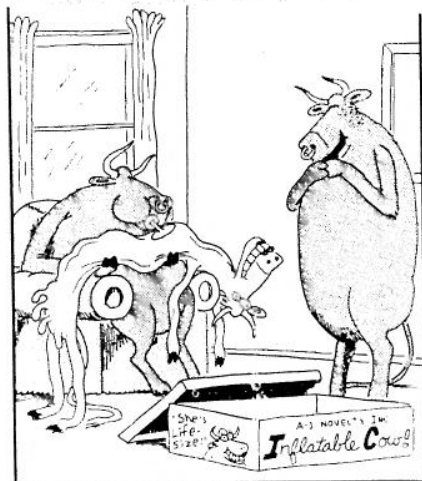
For that which you judge, judges you; and that which you condemn will condemn you. Yet that which you see for what it really is will see you for what you really are. And therein will be found your peace.

Love, Your Friend....

Neale



"DAD, THE GOVERNMENT SAYS YOU'RE USING TOO MUCH SALT..."



"She's lookin' good, Vern!"

Personal Readings Now Available by Phone

Due to increasing eye problems the Interpreter is now doing all Cosmic Awareness Personal Readings by phone only for a limited time. He pays for all phone time and you receive a tape or CD of the entire session. Call him direct to make an appointment at your convenience. Call Will Berlinghof at (403)–286–5248

Send Questions for Awareness
and comments to the editor

To: avatont@comcast.net

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.

—HOW TO GET THIS NEWSLETTER BY MAIL—

EVERY 4 WEEKS (More or Less)

REVELATIONS OF AWARENESS is a cosmic newsletter, published by Cosmic Awareness. Communications, P.O. Box 115, Olympia, Washington, 98507, U.S.A. (A not-for-profit organization). Membership fees and donations are deductible from your Federal Income Tax. Try to remember Cosmic Awareness in your will if you wish to have these messages

preserved and available to others in years to come. ("How many have you served, and how well?" is the question we will all be asked at the Passing Over).

MEMBERSHIPS AVAILABLE (Honor System!)

INDIVIDUAL. \$52 per year or \$15 quarterly

CONTRIBUTING: \$77 per year or \$25 quarterly

SPONSORING: \$144 per year or \$40 per quarter

BENEFACTOR: \$500 per year or \$150 per quarter

PATRON: \$1000 per year or \$250 per quarter

ANGEL: \$5000 per year or \$1500 per quarter

INTERNET SUBSCRIPTIONS NOW AVAILABLE

\$30 a year for Revelations of Awareness monthly newsletter plus "More Wind from the Editor", Matthew Messages and more. Go to CAC website to join.

www.CosmicAwareness.org