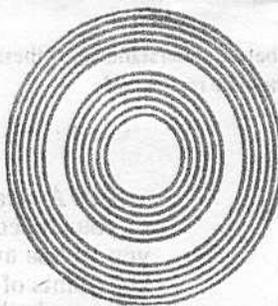


# Revelations



# of Awareness

82-3 The New-Age Cosmic Newsletter

Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

( Helping people become aware )

PRICE: \$3.00

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. The information contained herein was received from deep super-conscious trance levels and 'interpreted' by an entity affiliated with C.A.C. This information is for those who desire to help in bringing in the New Age. Throughout the thousands of 'Readings' given through these 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., the Aquarian Church of Universal Service, or the Interpreter, Paul Shockley is responsible for anything Cosmic Awareness may state in any of these readings, nor does C.A.C. or Paul Shockley necessarily believe or agree with the statements of Cosmic Awareness. Paul interprets the energies as he sees them in trance levels and is not personally responsible for what is said. Members of C.A.C. are invited to send in questions of general interest to ask Awareness for possible publication.

EVERYTHING YOU'VE EVER WANTED TO KNOW ABOUT



Paul Shockley  
Interpreter

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S**

....But were afraid to ask.

NOTE: For easier reading and better understanding of these Cosmic Awareness readings, Awareness has suggested that these be read aloud.

## THE DREAM MACHINE

( HOW TO REMEMBER YOUR DREAMS-IF YOU HAVE ANY )

### QUESTION:

A question from E.N., of Brooklyn, New York. "I have a question for Cosmic Awareness as follows:

A university research scientist in England has developed a simple battery-operated machine which he claims allows entities to choose and control their dreams. The machine, 9" x 15" x 6" houses 2 batteries for the pulses and a large battery to operate the electronic device which records the breathing rate and sets up the pulse signal when breathing speeds up. He explained entities should think of the subject they wish to dream about before going to bed. The machine is attached to the sleeper by 2 fine wires and a person's rapid breathing tells the machine when the entity is on the edge of the deepest dream states. The machine then fires a series of 8 weak electric pulses into the sleeper's wrist and these trigger the brain to produce lucid dreams, those in which the dreamer is aware he is dreaming. The scientist holds an American patent and hopes his device can go on sale in department stores here later this year for around \$100.\*

My question: is the claim valid, and if it is, can this be of great benefit to entities? Any comments on areas of benefits, if any, would be appreciated.

\*ED's Note: Please don't write us about this. We have not seen these in stores nor have the inventor's address.

### COSMIC AWARENESS:

This Awareness indicates that the claims appear to be valid in most instances for the majority of individuals, this depending in part on how easily entities' dreams are triggered and remembered. This Awareness indicates that some entities have greater difficulty in recalling dreams than others, this due to the various chemical and hormonal balance in their system. This Awareness indicates that a lack of Vitamin B6 can cause entities not to remember dreams.

This Awareness indicates also that a lack of real problems on a subconscious level will allow the body not to produce the subconscious triggering actions to create dreams. This Awareness indicates that wherein an entity solves most of the problems in his or her life consciously, then the need for dreams decreases.

This Awareness indicates, however, that for those who wish to be in closer contact with the subconscious mind, the use of Vitamin B6, particularly if this substance is deficient in their system, can be beneficial; and likewise, this type of mechanism can be beneficial in helping entities to recall their dreams.

This Awareness indicates also, that entities may simply make a very firm suggestion before falling asleep with a strong concentration and focus that lasts for a period of at least 30 seconds that the entity will recall the dreams and that the entity will dream of certain topics of interest; and this suggestion, for many entities, will allow the dreamer to experience the desired dream subject and to recall these dreams.

This Awareness indicates also that you may request of your subconscious that when the dream is complete you will be awakened so that you may write down the key points of interest in that dream. This Awareness indicates by keeping a pad of paper and a pencil next to your bed and by being willing to awaken during the night after a dream of interest to you and writing down this dream, you will find that the dreams become easier to remember; and also you will find that as you continue practicing recalling your dreams, awakening and making notes of the important parts of the dream, this over a period of time will enhance your ability to recall dreams as well as make the dreams more vivid to you.

This Awareness indicates that this machine essentially can, by its very significance of being and its significance of purpose, help your mind to recall the dreams and to dream more vividly, in part because of the suggestion of the purposes of the machine. This Awareness indicates that an entity may take any kind of mechanism and attach the mechanism in any particular way to a sleeper and, if the sleeper believes that the mechanism is going to enhance the dreams and allow the entity to pick the dream of his or her choice, this will also serve to improve the quality of the dream and the recollection of the dream. This Awareness indicates the stimulus of the small electrical impulses can serve as a triggering mechanism for the subconscious to begin recalling the dream. This Awareness indicates that this as a stimulus similar to a post-hypnotic suggestion wherein the entity has been told that this will occur and the entity believes this will occur, then the triggering action for the occurrence starts the occurrence happening.

This Awareness indicates, however, that this does not imply the machine has no valid function, but rather that the machine does, in fact, have an effective method of assisting in the suggestive operation, as well as its particular method of stimulating the subconscious mind to enhance its dreaming and memory of the dreams.

### WHAT EXACTLY IS A DREAM?

( Garbage or reality )

### QUESTION:

Awareness, some psychologists say that dreams are the garbage dump of consciousness or of the mind, and other writers of more esoteric books claim that dreams more often than not are actual remembrances of out-of-body experiences that actually occur on the Inner Plane sometimes. Would Awareness please clarify which of those, if any, is correct?

### COSMIC AWARENESS:

This Awareness indicates that both are valid in varying degrees, depending on the individual. This Awareness indicates that for some entities who cannot process the data from their daily lives and who have certain blocked emotions or certain suppressed emotions, these entities often find these emotions emerging during sleep and taking form as nightmares or dreams of significant imagery.

This Awareness indicates that for others who do not have these suppressed emotions, the nature of their dreams may be such that they are working out conscious formulas or problems in an emotional level, on a subconscious level, to balance out the energies which are emotional and related to problems of the day. This Awareness indicates that often the problem of the daily life has nothing at all to do with the problem which is being wrestled with on the inner subconscious levels, but a careful observation may reveal that the subconscious dream and its problem are very symbolic of the experiences the entity faces during the daily challenge.

This Awareness indicates that for this reason, dream symbolism can often be very important in deciphering exactly what the entity is wrestling with on an unconscious level which reflects into his or her conscious experiences. This Awareness indicates that the various symbolic books on dreams can be handy in deciphering this type of dream symbolism, so that entities can better understand exactly what is occurring subconsciously and how this may apply to the conscious activities of the entity and to feelings which may not be fully conscious.

This Awareness indicates that likewise, those entities may not have either of these type of dreams, neither the symbolic dream nor the dream which is wrestling with the emotions of suppression or repressed energies, but may have a dream which is a recollection of astral movement during sleep. This Awareness indicates that this as astral travel wherein the entity moves elsewhere during sleep, experiences certain things of a kind of significance and returns, recalling what had occurred or, in some cases, forgetting what had occurred. This Awareness indicates there are many entities who recall going to schools at night but forget what they studied in these schools. This Awareness indicates that this generally is an astral recollection of the movement to these various schools on the Inner Plane.

This Awareness indicates, therefore, it depends on the individual and what the individual's level of self-realization or spiritual development or the poise one has towards oneself, and this relationship of the entity to the inner feelings or subconscious levels of oneself will determine what kind of dream the entity is experiencing, whether it is but garbage in or garbage out, or whether it is reflective of something as symbolic or real, or whether it is direct experience on the Inner Plane. This Awareness indicates that also entities may individually experience all three types of dream situations.

#### ASTRAL SEX THRU THE DREAM EXPERIENCE

( Psychic rape VS. psychic seduction )

#### QUESTION:

The Llewellyn Publishing Company has put out several books and tapes on the subject of astral sex; that they claim that during the dream state you can program yourself and your mate or anybody else to these levels and engage in sexual activity that is more satisfying, they claim, than the actual physical and sometimes substitutes for this, or makes further relationship better. I'd like to ask Awareness if the information in these books has any validity to them and whether entities should try this? \*

\*The Llewellyn Practical Guide to Astral Projection, by Denning and Osborne Phillips. Llewellyn Pub. Co. (Available from C.A.C. Price: \$5.95 plus postage).



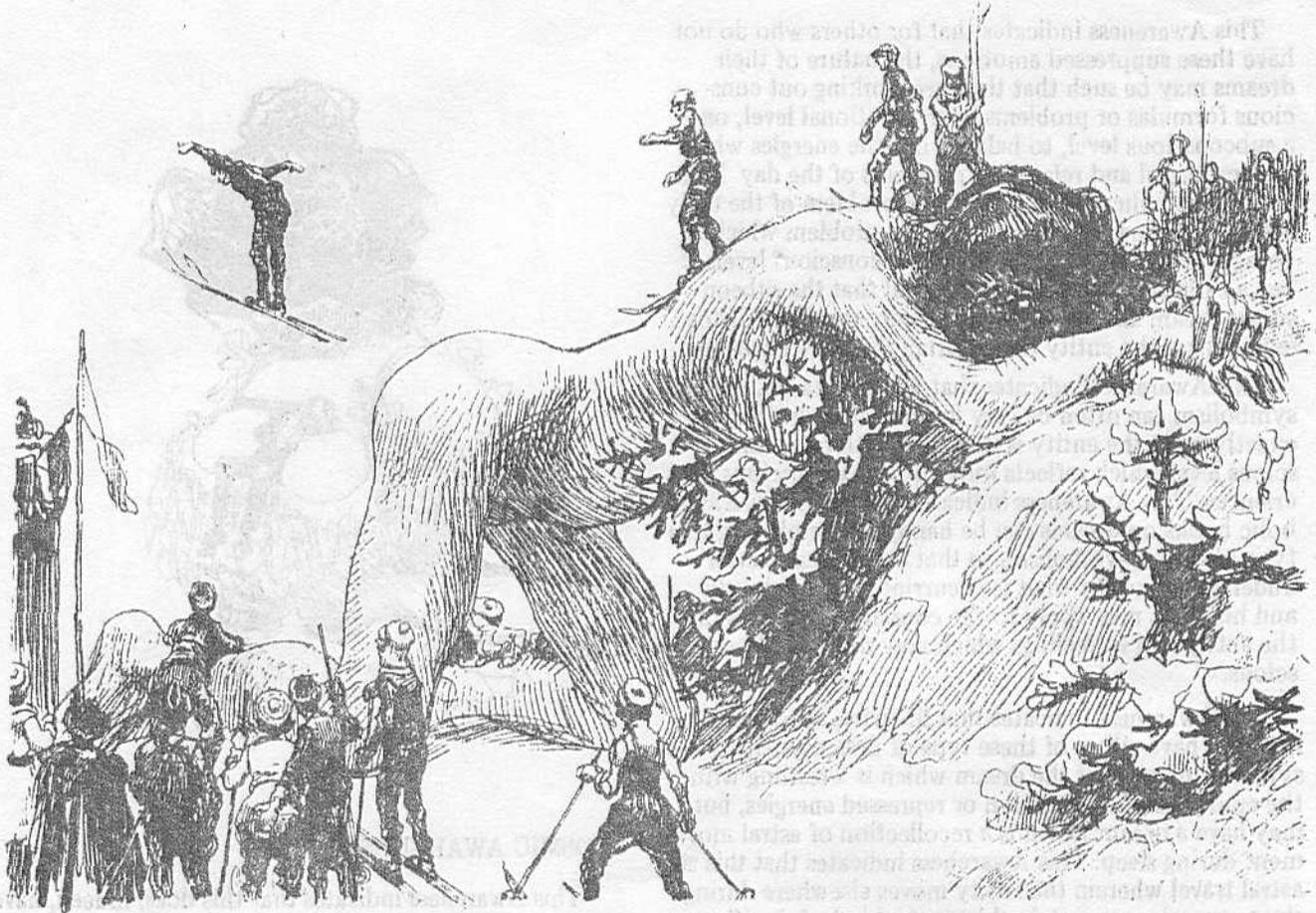
#### COSMIC AWARENESS:

This Awareness indicates that this does, indeed, have validity; entities moving into astral levels essentially can engage in what may be termed 'psychic sex'. This Awareness indicates that *It* has previously given information regarding what may be termed 'psychic rape', wherein an entity, through imagery and focus, may rape another entity against their will in the psychic realm. This Awareness indicates that essentially, all of this may also be classed under sexual illusions or fantasies.

This Awareness indicates that when this occurs in deep subjective levels, it is more than mere fantasy and results in astral or psychic experience. This Awareness indicates that wherein an entity experiences sexual contact with another through fantasy and the realization of the entity is that the other entity would not consciously or emotionally desire to have such sexual contact, then this fantasizing may be termed 'psychic rape'.

This Awareness indicates that wherein the entity feels consciously that the other would desire having sexual contact, or at least not resist sexual contact, but does not want the physical repercussions or the repercussions from such physical contact and the entity moves into psychic fantasizing of such contact, this could better be termed 'psychic seduction'. This Awareness indicates that the term 'astral sex' as also applicable.

This Awareness indicates that often entities can experience this astral sex, or psychic seduction, as having occurred to them when another fantasizes in such manner, and the entity may either feel resentful on a subconscious level toward that entity who fantasized in this manner, or may feel attracted and satisfied from the psychic seduction. This Awareness indicates that this occurs generally on an unconscious level or whereby one becomes conscious but uncertain as to what actually occurred. This Awareness indicates that in some instances, entities are able to speak to each other about these experiences and to verify having experienced the relationship at a particular time.



This Awareness indicates that all of these forms of contact are of varying degrees of value or of violation, depending on the rightness of the relationship. This Awareness indicates that even as there are physically sexual violations and physically sexual contacts of value, likewise, there can be psychically sexual violations and also sexual value on the psychic level, depending on the nature of the relationship involved.

This Awareness indicates that wherein entities have close harmony and relationship with one another, such as those of man and wife, such actions can be of deep value to the closeness of the relationship, creating a new level of intimacy. This Awareness indicates, however, that there are other relationships whereby entities may experience feelings of violation in a similar manner to those which would be violation on a physical level.

This Awareness indicates that obviously, the psychic relationships are not as profound as the physical relationships and the consequences are not so great. Wherein on the physical relationships, not only are the physical parts of the bodies engaged in the relationship, but also the psychic and emotional parts of the bodies are engaged. Whereas, on the astral level, it is the emotional and astral bodies which are engaged and the physical bodies may remain pure and separate and therefore chaste in terms of this relationship, having to bear no consequence for the action, and there being no physical proof that the entity indeed made such contact other than that which the entity claims to have felt.

This Awareness indicates that therefore, some entities fantasizing their sexual desires indulge in psychic or astral sex with those who they could not or would not dare to sexually assault or seduce in a physical sense. This Awareness indicates that such entities may astrally or psychically indulge in all sorts of sexual alliances and activities which psychically would be of great violation to others and to society, but on the psychic level these entities feel safe, 4.

for they have no laws preventing the astral sex of any type.

This Awareness indicates that there *was*, however, one entity who left a law for others to look at and to wonder about. This entity as having redefined the law of Moses when he said that, "You have heard it said, 'thou shalt not commit adultery', but I say unto you, if a man has committed adultery in his heart, he has likewise committed adultery."

This Awareness indicates that psychic sex and astral sex are essentially sexual activities of fantasy, of emotion, taking place in the heart of the entity and, while having less physical responsibility, still do have certain emotional and psychic responsibility and effects, and these effects can, in fact, lead to the physical relationships or experiences. These effects on the psychic level can filter into physical experiences for good or ill, depending on the motives and attitudes and persistence of the desire, purposes and intentions of those involved. This Awareness indicates that this can serve as a beautiful new experience for entities, or can serve as a form of emotional entrapment which leads to greater difficulties and problems, depending entirely on the relationships involved.

## VICTORIAN SEX VS THE 'NEW MORALITY'

(THE APPEARANCE OF THE "LITTLE STRANGER")

MORE ON ABORTION

### QUESTION:

Then it seems like fantasy relationships with someone who would be off-limits physically, on one hand *could* be constructive in that it would release pent-up feelings, and on the other hand *could* be negative in that it might lead to more problems?

## COSMIC AWARENESS:

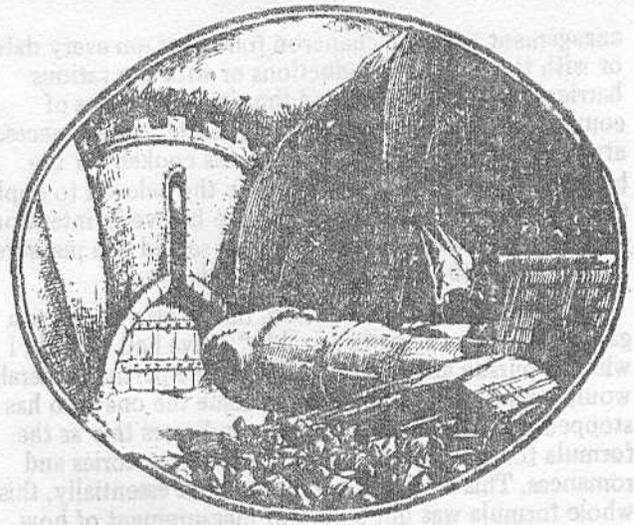
This Awareness indicates this in the affirmative. This Awareness indicates that many of the symbols such as movie stars often serve to fulfill some entities' sexual fantasies, whereby they visualize themselves experiencing the love-making activity with such entities and this allows certain feelings of self-esteem, allows certain release of pent-up feelings. This Awareness indicates, however, this also can remind such entities that they do *not* have this relationship with anyone or with this entity. It can also serve to remind entities that they are simply kidding themselves.

This Awareness indicates that depending on what attitude the entity may have toward this image of themselves and how much they allow the image to take control of their sense of reality and their sense of values and their sense of self-worth and whether they base their sense of self-worth on such fantasies and illusions,--all of these factors (and others) will contribute to the entity's well-being or to the entity's self-destructive tendencies.

This Awareness indicates that the entity may also tire of the fantasy and search for relationship. This Awareness indicates that wherein the entity searches for relationship in a proper way, the entity will pursue the relationship not simply to find the sexual fantasy fulfillment in physical experiences, but will pursue a relationship which is meaningful in terms of communication, values, interests, and will slowly, carefully move into relationships with others, so as to build something based on real meaningful communication, rather than simply as an attempt to get into the energy level of the sexual fantasy fulfillment.

This Awareness suggests that if entities wish to use the sexual fantasy in a constructive manner, that they would be better off to visualize themselves having conversations with these entities of their desire, doing things,--discussing works of art, interesting stories together, certain personal sharing of stories, the philosophy exchange or discussions of current affairs, movies or plays or mutual friends,--or doing things together,--walking along lakes or ponds, along trails, near flowers, picking a flower and giving this to the entity,--and other actions of a mundane and romantic nature,--sharing a meal together,--and doing similar types of fantasizing. For such fantasy is that which can serve as a pattern, so that when a meaningful relationship comes along, one does not simply bypass all of the romance and personal niceties and emotional rapport of the relationship to get on with the fulfillment of one's sexual fantasy, and therefore end up insulting the entity, of hurting the entity, showing disrespect for the entity,--but rather establishes a relationship that can be based not simply on sexual contact, but upon a friendship and the sharing of one's total being. This Awareness indicates that such astral relationships can be much more valuable in assisting one to have better physical relationships than the mere sexual fantasy or the astral sex involvement which many entities pursue.

This Awareness indicates that many entities have sexual fantasies but never can bring these down to reality, simply because they have not fantasized the entire relationship with another entity, and in contacting another entity, even though that entity may wish



a relationship, the entity may not wish to be simply an object fulfilling someone's sexual fantasy; and whereby an entity has never considered an entire relationship because the entity is wrapped up totally with sexual fantasy, that entity does not even imagine how to relate in total relationship, therefore becomes quite blunt and may be termed obnoxious in his or her hurry to get on with the sexual fulfillment.

This Awareness reminds entities the difference between rape and seduction is only a matter of speed and of willingness, and the difference between love and seduction may also be but a matter of patience and of sharing more and more before one gives up one's total self for another's sexual fantasy. This Awareness indicates that these sharing actions whereby entities want the sexual relationship first, then are willing to consider finding out something about the other entity (such as the name of the person or their background or interests), this Awareness indicates these kind of relationships are of little value other than as using another entity's body as a kind of machine to vibrate or mechanically make sexual adjustments for release of tensions.

This Awareness indicates that this as being of deep decaying effect on the social structure of a culture when such relationships become too common and entities cannot recall or do not have the opportunity to discover greater levels of meaning in their mutual relationship. This Awareness indicates, however, that in past times the extreme in the other direction also created much artificiality which was likewise damaging to the truthfulness of relationships, particularly wherein entities put on their puritanical faces and mannerisms (which was all pomp and show) and deep inside each knew that they were simply out to seduce the other and would go through the preening process step by step, one code after the other, whatever steps were put out to reach that sexual contact, or would evaluate whether or not they wished to go through the ritual, step-by-step preening process of mannerisms and the proper number of dates, the proper number of meetings and the proper introductions,--whether it was worth all of that to have the relationship.

This Awareness indicates in the older code, all of these barriers to the sexual contact were created in such a way that allowed the entities involved to determine how much the other was willing to put out to get to you, and this tended to serve as a barometer of how much the other loved you. This Awareness indicates that in this kind of arrangement, many entities felt that if the other could go through all of this, such as a three year

engagement with the chaperon following on every date or with the proper introductions or with the various barriers that were set up and the rings and codes of courtesy, the flowers and all of the little trinkets necessary to impress the beloved, the meals cooked for the beloved, the rejections presented to the beloved to imply further elusiveness and testing of the beloved's intention, --this Awareness indicates all of this served as a measure of how much the beloved really cared.

This Awareness indicates also, that it also served as a game, for when the beloved said, "I have had enough; I will not pursue any further," the elusive partner generally would simply stop running and pursue the one who has stopped pursuing. This Awareness indicates this as the formula for most of the older type of love stories and romances. This Awareness indicates that essentially, this whole formula was but a kind of measurement of how much one was worth, and was a form of artificial manipulation to determine one's worth to another entity.

This Awareness indicates if you will notice, this is not too unlike prostitution, wherein an entity puts forth her charge and the customer determines whether it is worth that amount, and the price may be haggled over and the customer may be accepted for the price he is willing to pay. This Awareness indicates that this, however, is different in that the prostitute does not demand lifetime servitude and dedication, but only demands a small price; but the prostitute also is not willing to give her entire being, nor for a lifetime of commitment, --the prostitute is willing to give only a few moments of gratification for that price. This Awareness indicates that essentially, the prostitute creates a mini-marriage or mini-service or mini-mating service for her customer, whereas the older Victorian and puritanical type of sexual morality, was one of deeper commitment, lifetime commitment and mutual commitment for the lifetime of giving oneself totally to another.

This Awareness indicates in present time, the new moral standard appears to be one which is moving toward the concept of mutual relationship according to whatever each individual desires to have with another individual who desires to have a similar relationship. This appears to be one which is evolving whereby if an entity wants simply a one-night stand and can find another who wants simply a one-night stand, then this kind of partnership appears to be that which will be allowed; whereas if an entity wants to have a trial marriage or a house partner and finds another who is suitable and wishes to agree and go along with this concept, then this is what is acceptable.

This Awareness indicates that still others wishing to have something more lasting, a parent for the children, may seek a deeper commitment, a long-range commitment and marriage of the old style of meaningful and deep, lifelong commitment.

This Awareness indicates still others may wish to have a relationship with someone who cares for them and may desire to have the bondage of commitment placed over them, allowing each other freedom, but may request that they have a relationship that goes from day to day with an open-ended type of affair, whereby if either wishes to leave, either can leave without obligation to the other. This Awareness indicates that these relationships, of course, can often become complicated by the little circumstance which often appears known as pregnancy: and when this appears, the agreements previously held may fly out the window and the need for

deeper commitment, either from that entity or from another, or the reliance on someone else or the society or government for support of the child may become a necessity.

This Awareness indicates that it is obvious that there is something which needs to be looked at more closely when entities are determining which lifestyle, which type of relationship they are seeking, and entities must consider the possibility of pregnancy as one of the outcomes of such relationships. This Awareness indicates that all of this is gradually moving as a new sense of values as entities cease to operate so much by traditional rules and begin discovering the necessary rules based on changing energies, changing values, changing systems and changing technologies. This Awareness indicates that for some entities because they cannot quite deal with the concept of unwanted pregnancies, they are willing to accept the concept of abortion as the way out of this circumstance. This Awareness indicates that this, of course, creates great problems on the psychological level and in the social relationships and the structure of the society's values, not to mention the effect on the unwanted child. This Awareness indicates there are millions of children killed each year through abortions, these surpassing the number of entities killed in every war of this century.

## HOW TO PREVENT BUSY, EXHAUSTING DREAMS

### QUESTION:

Getting back to the subject of dreams. This is a personal situation, but I believe it is shared by many others as well. What about the kind of dreams which directly reflect the day's activities, such as the extension of projects physically in progress. I try to set aside the concerns of a big project, knowing it *will* be done, and try to go to sleep thinking about pleasant images and such, but seem to still be on the job all night finding problems, and so I wake up feeling sometimes more worn out than the night before. The dreams seem to accept the tensions, etc., that are involved. It would seem to be better to avoid this type of effect, but my attempts so far have been unsuccessful.



## COSMIC AWARENESS:

This Awareness indicates this often is caused by an anxiety-concern in regards to a feeling of not having completed all of the details or of perhaps having overlooked some detail. This Awareness indicates that essentially, this as a valuable tool of creativity, for as an entity works consciously on some problem or situation and does all that one is capable of doing on the conscious level, the entity then may go on to something relaxing and different, such as to go to sleep or to seek entertainment or to enter into some kind of recreational activity. During these times, the subconscious continues to work on the problem and may readjust various ideas, mix these with other concepts from the past, and come up with an idea or concept that allows you to blend certain factors together in a way that cuts through and shortcuts much of the red tape or gives you a better product or production than you had originally anticipated.

This Awareness suggests that in order to enhance this capability, that you may give directions to your subconscious to synthesize the problem and find a solution or to help get this organized according to its needs, and in giving your subconscious such directions, it can work while you sleep. This Awareness indicates that if you do not give such directions but simply feel anxious, then the subconscious picks up the anxiety and goes over and over the system, but does not know what it is looking for, and therefore, does not kick out a solution unless something becomes obvious to it. This Awareness indicates that understanding this mechanism of creativity, you may be able to utilize this to your benefit.

### DREAM OR REALITY --- AN ASTRAL ORGY

( MEMORIES OF STRONG PERFUME & ROBERT REDFORD )

## QUESTION:

Awareness, I had one final question in reference to how an entity can determine what was a dream fantasy and what could have been an astral reality. For example, I have been at parties and listened to conversations of various people who will say that the night before they had such a vivid dream that could be remembered in detail. One lady related a dream which sounded to me like an astral orgy. It was a totally licentious, uninhibited party which was totally sexual in nature and they would describe this in such minute detail, even describing the perfume someone was wearing, and that indeed there were Hollywood sex symbols like Robert Redford, for example, participating with vigor and enthusiasm. My question is, this seems so real and sometimes the entity might even say that they feel exhausted when they wake up in the morning,---how does one determine what is a dream fantasy or what was an actual astral reality in situations like that?

## COSMIC AWARENESS:

This Awareness indicates that essentially, this as a matter of degree. This Awareness reminds entities that fantasy and reality are not compartmentalized except by the human mind. This Awareness reminds entities that imagination is that which created what you call reality. This Awareness indicates that the astral plane is much more pliable and subjective to the imagination



and the imagination is the means by which entities move on the astral plane. This Awareness indicates that fantasy is but imagination and that the sexual fantasy is a form of astral action, and when entities move toward extremely vivid imaginative or fantasied activities this may just as easily be termed astral activities.

This Awareness indicates that as entities pour more of their energy into a fantasied movement, this indeed may become an astral movement. Whereby an entity may imagine moving into a place at a distance, feeling all of the intensities of one's body moving to that place, and though the action is fantasy, if the body has been given enough attention and energy, (the fantasy body that is), then at a particular point, that body may begin to receive impressions from that area, from that place, and may pick up these impressions and remember the details of these impressions, so that after returning to the physical body, the physical body could in fact move to that place or contact someone in that place and discover that the impressions the entity felt were, in fact, valid observations of the place where the astral body had gone.

This Awareness indicates that in creating an astral body, it is not too unlike the physical body. This Awareness indicates there are many entities in physical bodies who look as though there is no one inside, like the owner is out to lunch. This Awareness indicates these bodies may pass you on the street, while followed by another who looks quite present, and the presence in that entity is so strong that you could not fail to notice. This Awareness indicates that the one entity may be gone while the body is still walking along the street, but the other is present. This Awareness indicates likewise, an image may be light and half-hearted and may be termed fantasy, whereas another image may be real, very present and intense and be termed astral. This Awareness indicates that each is but a different degree of imagery, just as the physical body is but a different degree of imagery from the astral body, and the physical plane is but a more dense degree of imagination than is in the astral plane.

This Awareness indicates that if your scientists penetrate far enough into matter, they come to atoms, and the atoms are broken down into parts, and the parts into smaller parts, and these into still smaller parts. This Awareness indicates that eventually, it becomes a question of whether the scientist is creating the parts with his imagination as he searches for the smallest part of the universe, or whether the parts were there before the scientist looked for them. This Awareness indicates that the atom and its part and the parts of the parts are all but moving energy, and all are created by consciousness, and the scientist is in fact creating with his imagination that which he seeks to find.



This Awareness indicates that likewise, on the astral plane, entities create the astral plane with the imagination, individual and collective, and that astral plane and all of its experiences are of a lesser vibration,--more subtle, less substance (in terms of imaginative substance) than the physical plane, but none the less just as real, even as steam is just as real as water and water is just as real as ice.

\*\*\*\*

ED's Note: I think that Awareness just confirmed that Robert Redford really was there!

## GOING TO SCHOOL WHILE YOU SLEEP

(MORE ON WANDERERS AND 'STAR PEOPLE')

### QUESTION:

A question from R.K.; she asks, "When a person is in such circumstances where one cannot do much to help in the Light Work for the planet on the physical level, can one help effectively while the body is sleeping? For years I have felt that I am doing this, but then I doubt again. Maybe it is just my fancy. Sometimes I have very strange dreams, where I do very strange things, like talking to someone in a spacecraft, moving through air on my own power, walking through walls, seeing with my eyes closed, singing in an unknown unrecognizable language, and so forth. Sometimes I go through periods of time where I feel that the most part of my being is not present; just enough to do my daily chores. How can this be? And where is the part of one's self gone to? Quite often I see like a curtain being pulled shut before me, and I no longer see or remember anything. I wonder if Awareness could explain these?"

### COSMIC AWARENESS:

This Awareness indicates that this entity as one who may be called a Wanderer, or in that terminology of the entity Brad Steiger, as a "Star person". This Awareness suggests this entity read the book by Brad Steiger, *The Star People*. \* This Awareness indicates this will answer many of your questions and open up new understanding as to who you are, and what you are about. This Awareness suggests that the activities des-

cribed whereby you carry on certain missions during your dream state or during meditations; this Awareness indicates this indeed is one way whereby entities can and are often affecting energies, both in the present plane of the physical and in higher planes.

This Awareness indicates that an action which needs to be understood and has not been discussed previously is that wherein many entities of the physical world, not only receive their education through the schools set up on the physical plane; but during sleep, their astral bodies, their mental bodies and their ethereal bodies may travel into the inner realms and attend schooling in those areas. This Awareness indicates that in this manner some entities who would by all normal procedure in society and by the standards of psychological implications, grow up to be absolute failures because of the hereditary and environmental factors on this plane; yet these entities, because they are being taught during their sleep by higher forces in other planes, may instead, grow up to be very influential and socially beneficial citizens of the earth. This Awareness indicates that this is due to the teachings which are given to these entities during their sleep.

This Awareness indicates that not always however, are these teachings on the Inner Plane any more successful in terms of absolute education than in the physical world, for there are failures and dropouts in the Inner Plane spiritual schools, just as these occur in the physical schools.

This Awareness indicates also, there are many Wanderer or Star People upon the physical plane who, during their sleep, journey into these inner worlds and help to teach others from the physical world who have journeyed into the Inner Planes during their sleep. This Awareness indicates that in this manner, entities of the physical world are teaching other entities of the physical world while both are asleep, within the Inner Planes, through various experiences, whether in school or running around the countryside together, (this in terms of the countryside of the Inner Planes).

This Awareness indicates that often these dreams being very vivid, whereby entities are in building or in travel through countryside areas, often involved in intriguing and adventurous situations. This Awareness indicates that in whatever instance, these entities often are learning lessons during these experiences on the Inner Plane, or are sharing lessons, or if nothing more are sharing love with each other, which is sometimes the most important thing to be given to an entity. This Awareness indicates some entities may have no love available in their normal, physical life, but may receive this while asleep and traveling in the Inner Planes through the love which can be generated and given by other entities likewise traveling in the Inner Planes.

\* "Star People" by Brad and Francie Steiger, available from Berkeley Book Mailing Service, PO Box 690, Rockville Centre, N.Y. 11570. Price \$3.50 (which includes postage).

Note: this is a great book to read if you are a person who wonders whether or not you are a Wanderer. It contains several pages of characteristics to look for.

## COSMIC AWARENESS:

This Awareness indicates in reference to entities who feel a desire to help others, but whose situations on the physical plane are such that the entities cannot find the means or method by which to help others, (for it takes all the entity has to help himself or herself, the children or the dependents of the entity): this entity is advised to continue improving one's own condition, improving the condition of those who are dependent on the entity before turning attention to excessive efforts in helping others. This Awareness asks that you not neglect your own urgencies or those of your dependents in order to assist others. This Awareness indicates however, that wherein you can help others in whatever way is possible without extreme self-sacrifice or sacrificing your dependents and their needs,--this Awareness indicates in this action of giving assistance where you can to others, this will begin to repay itself to you, through the *Law of Gratitude*, so that your own conditions or situations improve, and allow you even more opportunity to help others, which in turn through the *Law of Gratitude* allows further improvement of your own situation, which in turn gives you greater opportunity to still help others further, which in turn, through the *Law of Gratitude* improves further your own opportunities and conditions.

This Awareness indicates that in this manner, entities rise above limitations of self-need to gradually improve their conditions so that they can continue giving service to others. This Awareness indicates this often is a slow process, taking much time; but with continued effort, entities can improve their own condition and situations and gradually become of service to others, and in so doing, receive rewards for such services. This Awareness reminds entities: an empty pitcher cannot pour; therefore, fill your pitcher before you attempt to serve others.

### IS THE MEMORY OF SOME DREAMS DELIBERATELY BLOCKED?

( AN EXERCISE TO HELP REMEMBER DREAMS )

#### QUESTION:

Awareness, is it possible that for some reason, some entities' dreams are deliberately blocked from memory? I ask this question because most of my life I've had few dreams that I can recall when I'm awake. But many many times throughout my life, the one thing I seem to remember when I'm coming out of sleep is the same scene over and over, of walking down a huge hall with pillars like a university, and I usually have books under my arms, or some kind of a valise, and I have the feeling that I have been to a lecture or something, but I never can recall the lecture, and I would like to; and I was wondering if there's some reason this information is consciously blocked out?

ED's Note: the questioner once asked Sam Millar in a Tarot reading this same question and Sam indicated it was true that the entity had attended many lectures during sleep, but also had GIVEN many lectures while on the Inner Planes. (The entity still has never recalled either).

This Awareness indicates this as blocked from the physical memory; this as available in the ethereal body. That wherein you can, through meditation, tune in to the ethereal body, you may begin to recall much of this experience. This Awareness suggests that you meditate on this feeling of walking down this hall with the books under your arm, and the tall pillars; that you meditate on this until you can easily feel the vibrations of that experience. That you then visualize yourself turning around and going back down the hall from whence you came, to examine what it was you were doing before you came to this portion of the dream. This Awareness suggests this be done from a feeling level of tuning in to the vibrations, rather than trying to think this through with the mind.

This Awareness indicates that some entities remember their dreams more easily,--partly from conditioning, partly from the desire and significance they place on dreams. This Awareness indicates entities may tend to feel dreams are insignificant; and therefore, upon awakening, immediately begin to think of what needs to be done this new day, and therefore totally disregard what has been dreamed during the previous moments. And such entities, by creating the sudden shift in attention, begin creating a barrier which grows stronger each time this occurs between the dream state and the awakened state. This Awareness indicates this barrier becomes a wall to prevent entities from seeing back into the dream because their mind has suddenly jerked out of the dream state into the reality of the day state, the awakened or physical Bardo.

This Awareness indicates that an exercise very beneficial in recalling the dream is to,--as soon as one realizes that one has been asleep and is beginning to awaken, to cease in that movement toward awakening, look back quickly to see what was being experienced in the dream. Look back as far as is possible toward the dream experience and sequence of events which were experienced during the dream. This Awareness indicates that the entity may drift off and continue dreaming if the entity wishes to go further asleep. This Awareness suggests however, that to remember such a dream, you not go completely asleep; rather you sit on the threshold, halfway between being awake and asleep, and look back as far as possible into the dream. This Awareness indicates when you can no longer see anything further about the dream, or feel yourself drifting off to sleep, this Awareness suggests you then move toward awakening and again look back into the dream state, gathering the facts which you observed, holding onto these as you come out into the awakened state. This Awareness suggests also that the use of Vitamin B6 as that which can assist some entities in remembering their dreams. Particularly when there is a deficiency in their system, it becomes somewhat difficult for entities to remember their dreams.



## BORDERLINE SLEEP -- THE HYPNOGOGIC PERIOD

( THE NATURE OF VIBRATION IS EXPLAINED )

### QUESTION:

Would Awareness please explain what actually occurs during that borderline period between falling asleep and being awake, which the psychologists term the hypnogogic state? In this state, vivid scenes and fascinating human faces very often appear, ranging from the grotesque to the strikingly beautiful.

### COSMIC AWARENESS:

This Awareness indicates that this as an action wherein the consciousness is moving through from one vibratory rate to another. This Awareness wishes entities to understand the nature of vibrations. That the musical scale has eight notes in an octave, wherein the two notes are the same. This likened unto from C to 'C', one octave higher. This Awareness indicates that these octaves have the same vibratory pitch, even though their vibrations are not the same. This Awareness indicates that one is vibrating lower and slower while the other is vibrating higher. This Awareness indicates that wherein you break from one octave into another, that there is a definite difference in the vibratory experiencing of those energies.

This Awareness indicates that below the levels of sound are levels of heat. These also are vibratory energies. This Awareness indicates that... This Awareness indicates a correction: that the levels of heat being above certain levels of sound, that below certain levels of sound, move into that which is infra-sound, or sub-sonics; that the subsonics as just below the hearing range. This Awareness indicates that below this is the infra-sonics. This Awareness suggests that above the sound level is the ultra-sonics, that above this leads into levels of heat and light and above that into rays, gamma rays, gravity rays, and above this into areas of conscious vibration, subconscious vibrations and super-conscious vibrations.

This Awareness indicates that this as a continuous chain of vibrations, vibrating at different rates and in order. This Awareness suggests that the universe is composed of these, that wherein an entity begins to fall asleep, the entity is said to be moving from one Bardo to another. A Bardo in the *Tibetan Book of the Dead*\* is likened unto an octave in music, except that this is dealing with consciousness rather than with sound. This Awareness indicates that there is the Bardo of the awakened state, the Bardo of sleep, the Bardo of death, the moment of Clear Light, the Bardo of the lesser lights, the Bardo of seeking rebirth. This Awareness indicates this information regarding Bardos has been given previously and is found in the *Tibetan Book of the Dead*.

This Awareness indicates that in transitions between these levels, there are often images and vibrations which merge and intermingle between these vibratory planes or Bardo levels. This Awareness suggests that often prior to falling asleep, the images which entities see are reflections from the experiences of that day. This Awareness indicates that often upon awakening, the images entities see are reflections of experiences which the entity has engaged in during the sleep state.

This Awareness indicates that these Bardo levels, or octaves of consciousness also contain their levels, or notes, just as an octave of music contains notes; and entities may find themselves involved in various levels in sleep, even as they may find themselves involved in various levels when awake. That there are high spiritual states and low, subjective states, or low materialistic states while entities are awake in their everyday life. This Awareness indicates this also occurs in times of sleep.

This Awareness indicates that the meditative Bardo, or the Bardo of meditation, also is similar to that of the subjective levels and has its various levels, or notes. This Awareness indicates this also occurs after death in terms of the wrathful deities or the lights, the Clear Light or the lesser lights,--those levels which have been described as the Land of Essence, Celestria, Hades, Hell, or the astral and Etheric realms. That there are many names to describe these areas of consciousness. These may be termed *states* of consciousness. This Awareness indicates that an entity having one's own particular state of consciousness does not consider this to be a place; but wherein groups of entities experience that same state of consciousness, this group then believes that they are experiencing a place, a realm: for they are sharing the same illusion, or image, or state of consciousness together. This as a co-creative experience, and therefore reinforces each entity's belief that it is real, as opposed to one entity being there alone and wondering whether it was all but his imagination.

This Awareness indicates that as entities fall asleep, they enter upon a particular vibration. Any other entities who are on that vibration and in that place may be observed and seen. There are many mansions, many vibrations, many levels, many experiences for entities in the universe of consciousness.

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\*The *Tibetan Book of the Dead* is one of the books required before taking the Cosmic Awareness Development Classes (which will soon be available on tape). This book is available from C.A.C. (Please see Book Catalog and Price List).

For more information on dreams, please refer to 'Revelations of Awareness' no's. 77-9 (\$2.00); 79-29 (How to heal the body while you sleep); \$4.00; and sleep-teaching, No. 3 (\$2.00);

For more information astral sex and sexual fantasies, please refer to number's 77-5 (2.00); 79-23 (\$3.00); 80-31 (Astral Rape), (\$3.00); Physical rape, No. 78-18 (\$2.00);

For more information on abortion, please refer to No's. 77-5 and 77-10 (\$2.00 each), available from C.A.C.

## QUESTION:

We have received a veritable onslaught of questions regarding a plankton called Spirulina, which got its name because under a microscope (I guess), it appears to be a perfect spiral. Now, all kinds of fabulous claims are coming out about this; one that it's the answer to the world's food supply because it's the perfect protein; another is that fat people can lose weight almost overnight by using this substance. I'll read from just one of the many, many ads out now on this: "Doctors praise safe diet pill. You'll lose weight and never be hungry! An amazing new natural food supplement made from plankton helps you shed pounds fast by taking away your desire to eat. Called Spirulina, it contains a substance that acts on the brain's appetite center to switch off your hunger pangs so you eat less and lose weight. Spirulina has been tested and found safe by the Food and Drug Administration. Spirulina is an exciting new way to quickly and safely lose weight, declares Dr. Harold Burcel, a top weight control specialist. If you can take it before a meal, you can eat as much as you want and still lose weight, he says, because it's going to take away your appetite so you're not going to want to eat as much. Adds Dr. Raymond Galloway, a professor of Botany at the University of Maryland, who has studied the astonishing supplement, 'Spirulina is a great food. It's chock full of all the nutrients necessary to maintain good health. Spirulina contains a very high quality protein, and almost all the Vitamins you need. It's also reported to be a very effective appetite suppressant."

And that is just one of the many, many pieces of literature that various members have sent in. Also, Dr. Christopher Hills is actively promoting this, and he's tying this into cosmic energies and so forth. Would Awareness please expound a little bit on this new 'miracle' called Spirulina?

## COSMIC AWARENESS:

This Awareness indicates that this substance as that which could be of great value as a protein food for future generations as it becomes more produced in a massive way. This Awareness indicates that this substance as a protein is more easily assimilated by the body than any other form of protein; and therefore, a smaller amount is necessary to accomplish the same results as larger amounts of protein. This Awareness indicates that it contains the qualities necessary,--the amino acids and so forth,--to give the body added energy, vitality, and strength which an entity would desire from an effective protein. This Awareness indicates that the protein as that which is essential and necessary to the body, and this being one which is easily assimilated, and whereby a small amount is very effective; this makes this substance a very beneficial additive to the human diet.

This Awareness indicates that calcium as also important to the human diet; and that in many instances, entities who are calcium-deficient believe themselves to be protein-deficient, and the use of this substance or other proteins may not satisfy the needs. This Awareness suggests therefore, that if this substance is not giving you the benefits you expect, it would be advisable to consider the addition of calcium to your diet.

This Awareness indicates that some entities will lose weight from using this product; others will not. This Awareness indicates that generally, this product is beneficial in helping entities to lose weight; but in some cases, the problem requires more than simply this tablet. This Awareness indicates that entities in taking these tablets or the powder may become discouraged if weight is not shed as rapidly as is often advertised, and such entities may cease to continue using this substance. This Awareness indicates that the continued use of this substance during any dieting program as that which can be beneficial. This Awareness indicates that often an entity will benefit from the use of this substance and some of aerobic exercise.

This Awareness indicates that for the human body to begin losing weight through exercise, it is necessary to be active up to approximately 70% of one's heartbeat capacity for more than twelve minutes. This Awareness indicates that up to 12 minutes, or approximately 12 minutes of such exercise,--not much will happen; but after this period, the body begins to secrete certain hormones in the system which begin to melt the fat, and to deal with that fatty tissue. This Awareness suggests therefore, that entities exercise,--through rapid walking, jogging, skipping rope, or other exercises--in a steady manner for 15 minutes or more at each time. This Awareness suggests this, along with the Spirulina, can be helpful for those who are not receiving the desired results from the Spirulina alone.

## QUESTION:

Is this another one of the many substances in the arsenal of the anti-aging group?

## COSMIC AWARENESS:

This Awareness indicates that this as a beneficial substance to healthy and vital energies and tissues. That lacking protein of the type allowed by this substance can be harmful and result in premature devitalizing. This Awareness indicates that essentially, it could be considered as an anti-aging substance; though in a technical sense, it is in fact more of a nutrient.

This Awareness wishes at some time in the near future to discuss some of the new techniques and substances to assist entities in their revitalizing and in restoring and prolonging their energies and lives.

## QUESTION:

One final question in relation to Spirulina. D.C. writes that some kinesiologists are saying that through muscle testing, Spirulina proves out to be a negative substance for about 8 out of 10 people. His question: is it more appropriate for some entities than for others?

## COSMIC AWARENESS:

This Awareness indicates that for some entities there may be a mild form of allergy, that this can be tested through a blood test and allergy test. That the muscle-testing technique can also be used for some entities. This Awareness indicates that Kinesiology is not always appropriate for all entities.

## HOW TO GET VITAMINS, MINERALS & HEALTHFOOD

### STORE ITEMS BY MAIL

ED's Note: Spirulina is available at almost any healthfood store as well as through many tabloid advertisements. Many members have written to CAC informing us there is no healthfood store in their area and could we supply some mail order outfit they could write to and obtain a catalog. This appears to be a good place to list a few of these. Just write them and ask for their free catalog. The first 3 are Vicki T's favorites (she orders all her Vitamins and Minerals by mail.

L & H Vitamins Inc.  
1064 Lexington Ave.  
New York, NY. 10021 (This is the only one which lists most of the brands found in a healthfood store. The others all carry their own brand name.) And 20% less than healthfood stores!

Natural Sales Company  
Box 25, Pittsburgh, Pa. 15230

Stur-Dee Health Products, Inc.  
Island Park, N.Y., 11558

Swanson Health Products,  
Box 2803, Fargo, North Dakota 58108

Nutrition Headquarters  
104 W. Jackson St.  
Carbondale, Ill. 62901

If you are overweight and wish to reduce the easy way, please refer to 'Revelations of Awareness' No. 79-29 (\$4.00) on page 14, "How to Lose Weight the Easy Way".

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### WHY DO MANY CHRISTIAN ORGANIZATIONS BELIEVE RUSSIA IS THE ANTI-CHRIST NATION?

#### QUESTION:

Jack Katchmar has a question. It's rather long and involved, but it essentially reduces down: he wants to know why American Christian leaders, symbolized by Moral Majority, PTL Clubs, 700 Clubs and so forth, promote the Rothschild/Zionist lie 100%--the lie being that the Russians are the Anti-Christ people?

#### COSMIC AWARENESS:

This Awareness indicates this as because these entities are being duped.

### WHY CHRISTIAN OUTFITS SUPPORT "ZION"

(MORE ON THE DIFFERENCES BETWEEN JEWS & ZIONISTS)

#### QUESTION:

It's rather ironic that a lot of these Christian outfits are circulating information on the Illuminati, Zionism and the Electronic-Funds-Transfer-System through the various media, but yet in the same breath they are hailing Israel, in its biblical terminology, as something that needs to be supported and maintained, and they don't seem to see the connection between Israel and the Zionists and the Illuminati. Would this also apply to them as part of being duped?

#### COSMIC AWARENESS:

This Awareness indicates that this as partly associated with their loyalty to certain biblical interpretations without completely understanding the political associations of present-day conditions. This Awareness indicates that this also related to the need for supporting Israel as a concept and ideal, in part to fulfill their interpretation of prophecy, and in part to continue receiving some support from the wealthy Jewish forces which are aligned with them.

This Awareness indicates that it needs to be understood that there are many who confuse the Jews with the Zionists, and consider all Jews to be promoters of Zionism. This Awareness indicates that until entities can make that distinction and recognize that Zionism is a political movement,--as was recognized by all the United Nations rations except the United States--when entities recognize Zionism as a political movement, without attempting to include Judaism in that movement, then there will be a better understanding of the relationship of the Jews and the Zionism and its policies.

This Awareness indicates that unfortunately, the entity Jack Katchmar as one who has not been capable of recognizing the difference between the Jew and the Zionist, and this entity attempts to equate all Jews as Zionists. This Awareness indicates that this as likened unto considering all Americans to be promoters of nuclear war, when in fact the promoters are relatively few, but in power. This Awareness indicates that this may also be likened unto attempting to label all white, Anglo-Saxons as Masons. This Awareness indicates that obviously, the number of Masons in the white-Anglo-Saxon community is limited, but the number of white Anglo-Saxons is much greater. This Awareness indicates that similarly, not all Jews are Zionists; yet this entity Jack Katchmar has not yet been able to admit or recognize the basics on this.

This Awareness indicates that the Christian fundamentalists are also of the same kind of thinking, whereby they do not recognize the Zionists' program for world conquest, and they assume that Israel of the Bible is the same as Zionism of today. This Awareness indicates that there are many ways whereby entities may be deceived and confused; one is by the use of words which mean different things to different people.

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For more information on Zionism, please refer to 'Revelations of Awareness' No. 79-18 (The Web of Conspiracy, Part 1);\$3.00; Also No. 81-7 (Zionism);\$4.00 from C.A.C.

For more information on the fundamentalists, please refer to 'Revelations of Awareness' No's. 78-41 (\$1.00); also 80-20 (Should Children be Taught the Fundamental Christian Doctrine?) \$3.00 from C.A.C.

REVELATIONS OF AWARENESS is a cosmic newsletter published every two weeks by Cosmic Awareness Communications, P.O. Box 115, Olympia, Washington 98507. Subscription rates available upon request.