Revelations of Awareness

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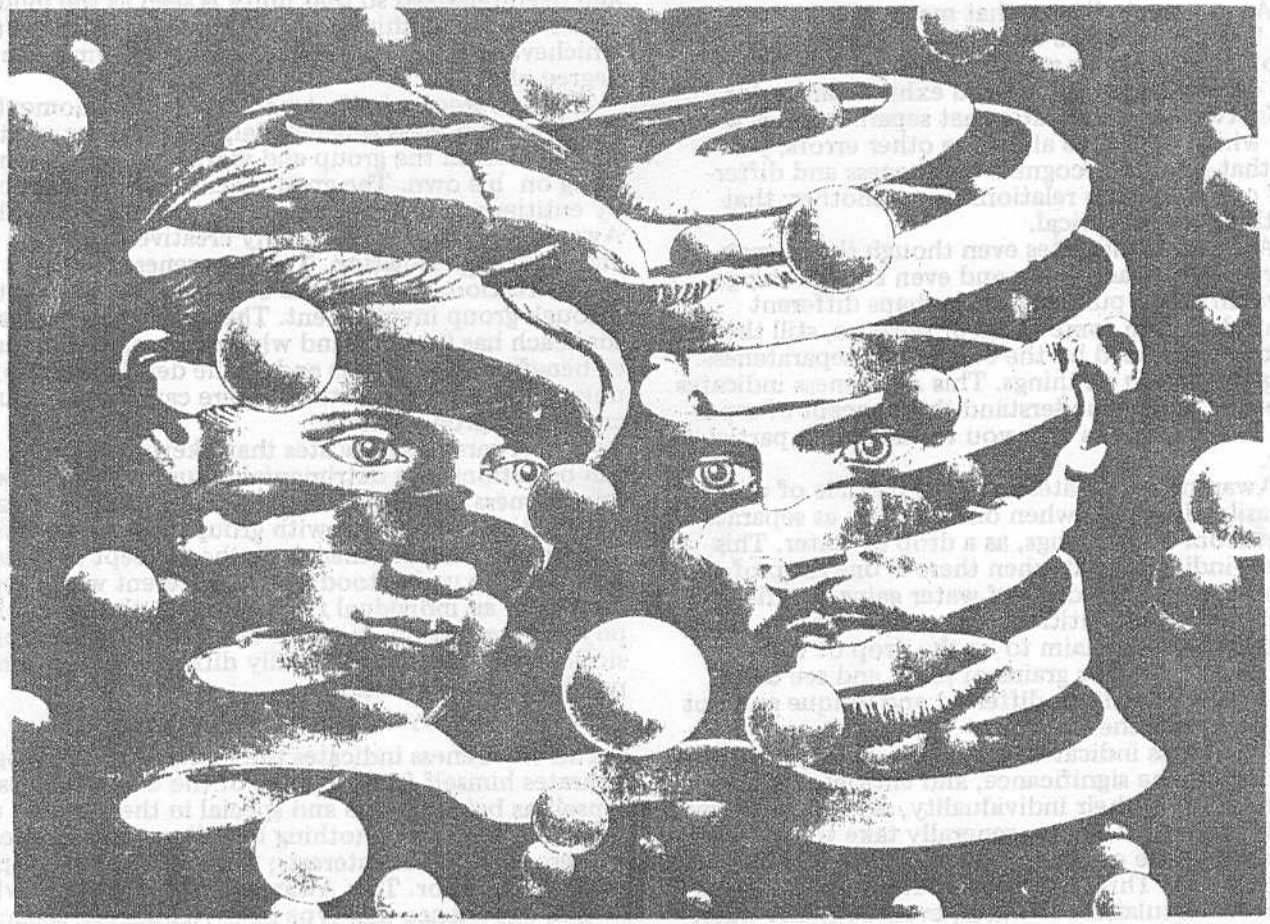
Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

(Helping people become aware)

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.

Paul Shockley
Interpreter



Separateness...Fear..

and the Ego Death

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The mind is capable of swatting flaws wherever they may be, and "Nothing can get by ME if I am *determined* to find some flaw in you!"

This Awareness indicates the mind is very capable, and can do almost anything it desires if it is allowed to do so; to run rampant and to follow its conditionings. This Awareness indicates the mind is also capable of integrating, perceiving, not judging, rejecting, fixating, becoming obsessed or selecting, to the exclusion of all other processes. The mind is capable of using these processes according to the necessity of the task at hand, but it is also capable of observing, being receptive, sensing: sensing the expressions of others, sensing the motives of others, sensing the needs of others, knowing what needs to be done.

This Awareness indicates that entities who develop one particular skill of the mind such as finding the flaw in another's personality, or develop the skill of knowing exactly how to put the other person off guard so that they are immediately intimidated and can never feel comfortable except from an intimidated position; the mind which is putting people in their place, the mind which is capable of establishing its particular patterns of expression; this mind which is used for these specified purposes, but which is not used sufficiently for other purposes which it is capable of doing, would be likened unto the computer, the word processor, or the typewriter wherein a typist becomes obsessed with using particular keys and never learns the full potential of the machine which is available.

This Awareness suggests that entities must learn the full potential of the mind and that if entities have developed certain patterns of the mind and use these patterns exclusively and are not aware of all of the other areas of the mind, of its capabilities; this Awareness suggests that you take a course, learn what the mind can do if necessary, or experiment yourself and discover other things which your mind can do. Perhaps your mind has been so busy directing, judging or condemning others that it has not really had much time to devote to poetry, to thinking about friends and relatives at a distance, to enjoy a summer day, to indulge in mental puzzles or study of some mental pursuit.

This Awareness indicates many entities only use the mind for 5 or 6 different patterns of thought and spend their entire day, their entire week, looking for those particular circumstances so they can bombard that circumstance with their particular pattern of relating to that circumstance. This Awareness indicates that some entities are so well conditioned that they are predictable to others; they enter a room and their pattern of relating is so predictable that before they have come into the room, the entity knows almost exactly what will be said, the kind of criticism to expect, the kind of greeting, or the type of objection which they expect to hear.

This Awareness indicates that some entities are simple and have perhaps 3 or 4 or not more than half a dozen ways of relating to others, either through criticism, through directing, through requesting with a particular tone of voice that sounds more like a command than a request, through complaint or through ridicule, and these entities having these particular ways of relating move from circumstance to circumstance, never altering, as simple as a robot, and yet these entities may feel that they have total control of the circumstances, of the situation, of their lives.

This Awareness indicates the pathetic reality is that the entities do not have total control of their own minds because they have limited their thinking to those few patterns of expression and are fully unaware of what their minds are capable of, and the talents and skills and the great wonder of what lies undiscovered in the rest of their mind, if only it would be used for something other than those limited patterns of relating.

This Awareness suggests to entities that you look at your own potential, for you can be almost anything that you can imagine yourself to be if you are willing to put forth the commitment and the time necessary for the accomplishment. This Awareness indicates that nothing comes to entities which is not earned by the entity, and therefore, entities who have any desire for anything must be willing to put forth the energy and effort to receive that which they desire, and to receive this in a manner that is beneficial for all concerned.

This Awareness suggests the Interpreter be brought from trance.

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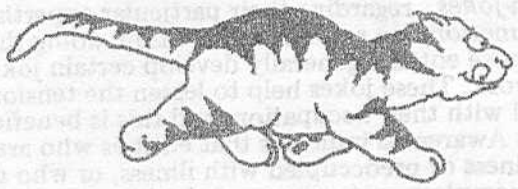

England's *Westmoreland Gazette* published this cheery classified ad: "Lost—Cartmel area. Bald, one-eyed ginger tom. Crippled in both back legs, recently castrated, answering to the name of Lucky."

From PLAYBOY

ORAL CHELATION--REAMING OUT THE ARTERIES THE EASY WAY

(4/24/83)

QUESTION:

There's a product put out by the Hoffman Health and Research company of Ogden, Utah, that is supposed to be as good, if not better, than chelation treatments. I'd like to read a little bit of their advertising copy and ask Awareness if this is valid information. The product is called CN. I don't know what that stands for, but they claim that:

"Research findings show that most people's arteries are really plugged up, even many of those who have had chelation therapy. A group of chelation recipients was checked before and after treatment. On a scale of 1 to 32, (1 being ideal), the average body reading before chelation therapy was 22. After chelation therapy it was 18. With CN, the average before using CN was 17. After using CN, the average of the CN users was 1.0.

"Chelation therapy has also been shown to cause excessive kidney stress." Now, they had a question and answer section: "When you say: unplug arteries fast, how fast? The answer: We have not found anyone yet who took longer than 90 days to complete the procedure. This is fast, considering it took 5 to 60 years for the accumulation to occur."

"What does the correction consist of? For most people this can be done effectively in a period of from 60 to 90 days, using 2 to 3 bottles of CN. The CN is taken orally, at least 1/2 hour apart from other supplements, 2 capsules 2 times per day, for 45 to 70 days. Is there a chance that the breakdown of the accumulation within the circulatory system can cause clots, blockages, or other problems? Not that we are aware of."

"The reason for this is that the body regulates the rate at which this accumulation is broken down as the body can safely eliminate in a given period of time. The change occurs within the energy body by correcting the vibratory rate within the circulatory system with the above-mentioned formulation. The result you get will depend on your body's ability to heal itself when given the necessary factors with which to do so.

"No pill or potion has ever cured anyone. It is the body that does the healing, when given the needed factors. What kind of results or changes should I expect?

Cold feet or hands may return to normal. Warmth, and a feeling of circulation may return. Blood pressure may decrease. There may be an increased feeling of energy. Circulation of the entire arterial and veinous system should improve. Will everyone get results? Yes. Thousands of others have when the directions were followed correctly."

"How does one know if one needs CN? It has been found that approximately 90 to 95% of all people have an accumulation to some degree in the arteries and veins. Most people should certainly benefit from using CN. What is in these formulas? The CN formulation contains homeopathic vibrations of inorganic calcium 6x, lime 6x, cholesterol 6x, hydrogenated oil 6x, sugar plaque 6x, lipoids 6x, and energized lactose."

"This formulation is in a lactose base in gelatin capsules. They are all natural,--no artificial anything." And they have other information that this will clear up the cause of headaches, dizziness, loss of memory, phlebitus, and so forth, caused by an accumulation of foreign substances in the body, with primarily the accents on sugars and starches, and flours, unbleached flours and so forth, raw cow's milk...much of the information given by Awareness goes along with this, and I'd like to ask Awareness: Is this product CN, which sells for 3 bottles for $60, as good as they claim?

COSMIC AWARENESS:

This Awareness indicates that the product as that which is quite beneficial and can be of great benefit to users. This Awareness indicates that whereas every product has a different effect on each individual, this likewise can be used with varying effects on individuals. This however, does appear to have a beneficial result and effect on entities, regardless of their condition.

This Awareness indicates that the claims as being valid, although perhaps slightly exaggerated; the exaggeration however, as having more to do with the words used, rather than the intent to exaggerate. Any form of advertisement, in order to make a dramatic point, will tend to select words which are dramatic in nature.

This Awareness indicates that for some individuals, the effects may not be as dramatic as they expect after hearing the advertisement, but that with continued use a gradual and definite effect should be felt by nearly all individuals,--this in reference to individuals who actually have such problems and need this type of cleansing.

This Awareness indicates that there are a number of products that are beginning to surface which do similar actions, similar to that of chelation, whereby they assist in cleansing the arteries and bloodstream. That more information on these will be forthcoming. That this is a dramatic breakthrough for the health field, whereby entities may have their arteries cleansed by these various types of thereapy without the necessity of the chelation treatments. This Awareness indicates that it is correct that the chelation treatments can be hazardous to the kidneys, creating much stress in the process of elimination, and in some cases can be dangerous to entities whose kidneys are already weak. However, any doctor who is competent to give chelation treatments would check out the kidneys, to see if the entity is capable of receiving such treatments. In reference to this particular product asked about in the question, this needs not be a concern. However, if one has extremely weak or poor kidneys, the entity should consult a doctor in regard to this anyway. The release of toxins, often passing through the kidneys can have some adverse effect on the kidneys if they are particularly weak, or diseased.

This Awareness indicates that with this substance, this is seen as a very minor problem, even with weak and diseased kidneys, although it should be accompanied by a doctor's supervision in such cases. The cleansing of the arteries as that which can help to prevent circulatory problems, angina, heart problems, and can also increase the activity and function of the brain, the general vitality of the system. The purification of the bloodstream and organs can also lead to a strengthening of the immunity system, so that the natural forces may ward off other diseases.

This can also apply to diseases such as cancer or leukemia which may tend to have a greater chance of growth in a body that is weak or wherein the immunity system is weak; that with a strong immunity system, supplied by nutrients of clean and healthy blood circulating well through the body, the chances of such diseases are minimized.

This Awareness indicates that this also can assist in relieving pain in the system such as that caused by arthritis, and other problems relating to circulatory conditions, or even injuries. That this can also serve to assist the nerves because the blood carrying nutrients to these areas can help the nerve endings to eliminate dead cells and to restore vitality to the nerve tissue. This can restore feeling in limbs and areas which are not sensitive. That this also affecting those feelings of numbness in the fingers or feet which are often experienced as entities' circulatory system becomes weakend and clogged. That any entity using this should experience some benefits. This may not be so dramatic for younger persons and persons whose arteries and veins are not particularly plugged; that those who have for years subsisted on poor diets, may feel the most dramatic effects from this.

AFTER A STROKE--ORAL CHELATION FOR RESTORING HEALTH

QUESTION:

Would this eliminate, for the most part, the probability of an entity having a stroke or a coronary heart attack due to a blood clot?

COSMIC AWARENESS:

This Awareness indicates this in the affirmative. That chelation, and also this substance can help to restore an entity's balance after a stroke, particularly if this is caught soon after the stroke. That wherein an entity has had a stroke, one might even be restored to complete capacity from the use of this substance, or from chelation. This is not an absolute certainty; it depends much on the condition of the individual and how quickly the body responds to the substance.

QUESTION:

Many of our members are following Awareness's instructions on the daily taking of vitamins, minerals, aloe vera, pumpkin-seed oil and so forth. Does Awareness see any conflict, or damage caused, or problems by the addition of this CN to their daily program?

COSMIC AWARENESS:

This Awareness suggests that this substance be used according to directions. That this be used approximately 90 days as indicated. That this may be extended to 120 days in some cases. This Awareness suggests that then the substance not be used for a similar period, or longer, and that during the intermission, wherein this substance is not used, that entities be sure to receive the proper vitamins for their good health; that during and after the use of this substance that calcium tablets, along with magnesium be taken, or that the entity receive appropriate calcium through diet.

Why not to drink homogenized milk ...More benefits of calcium

This Awareness wishes to comment briefly on the mention of raw milk. That it is not the raw milk which causes the problems of the circulatory system, it is the homogenized milk. That the homogenized milk as that which prevents certain molecular breakdown, which

in turn causes the milk not to be digested properly, thus, it enters the bloodstream and collects upon the sides of the arteries and has an effect of damaging a substance in the sides of the arteries, which in turn creates a kind of condition on the artery walls which then allows for cholesterol, sodium and calcium deposits to build up on these artery walls. That in this manner, the use of homogenized milk can contribute to the clogging of the arteries. Raw milk does not have this same property. Some states do not sell raw milk for human consumption, yet some states do sell raw milk for animals. Many entities are afraid to use raw milk for fear of contracting disease. This Awareness suggests that in the event that raw milk is not available or is not desired, that you minimize the amount of homogenized products that you use, homogenized dairy products, and that you find calcium for your system through other means, such as through tablets or through vegetables which are high in calcium; that calcium as being a very important product for good health. It tends to tone up the body and the vitality. That an entity can be low on protein without suffering so much damage as if they are low on calcium. That calcium however, requires that magnesium be in the body also, in order to process the calcium. Therefore, entities should always make sure that along with the calcium, they are receiving the proper amounts of magnesium.

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ED's Note: This reading was given over a year ago, and since that time a number of oral chelation products have come onto the market. We have checked some of these out and the one that is getting the best results appears to be Dr. D's Oraflow--a nutritional support for the circulatory system. (In order to get oral chelation products on the market, none of the companies will make any claims whatsoever, and all use the word 'Nutritional support' or 'supplement'. However, there are instructions within the package and additional information can be obtained from those selling the products. The CN mentioned in this reading is put out by Hoffman Health and Research Company, Ogden, Utah. Dr. D's Qraflow, which claims it is the finest oral chelation formulation that technology can produce is available from the following:

William C Watson Enterprises
144 Alexander Drive
Newport News, Virginia 23602

We have checked with entities at this company and they assure us they can ship an order within 5 days if you send them a postal money order or certified check. They ship only via UPS. The Oraflow chelation program is designed for 3 months (5 pills twice a day with meals), then 3 months with 5 pills only per day. This is the equivalent to the full standard chelation treatment offered by some doctors, which can cost up to $2000. Prices for a one month supply of Dr. D's Oraflow is $59.95 plus $2.00 for UPS shipment, or $4.00 for UPS Blue Label shipment and $3.00 UPS shipment to Hawaii. There are discounts available when you reorder after the third month's supply. Oraflow is also being sold on a multi-level marketing plan in order to make it available rapidly to entities in the U.S. It is not required that you participate in this plan, but it is available for those who desire to obtain the product at less cost than otherwise.

It is possible that the Goodship in Portland, Oregon may have a similar product available soon. You should write for details to these companies for additional information.

CAC has no interests in the above mentioned companies and receives no compensation for providing this information. This as a courtesy to the membership only.

For more information on chelation treatments, please refer to back issues of this newsletter.

For pictures of cholesterol in the arteries and other bad news, please refer to the March 26, 1984 issue of TIME magazine and their feature article: 'The Bad News About Cholesterol". (Of course, they, as usual, are about 6 years late in revealing this information which Awareness released long ago to the membership.

WHAT DID JEHOVAH DO TO SARAH TO MAKE HER CONCEIVE?

QUESTION:

A question from R.S. of Cassier, B.C. Well, actually there's a lot of questions, but the basic question concerns the Biblical Abraham. I'll read his letter. He writes: "Dear Avaton, I have a zillion questions about the Bible that seem extraordinarily important. Here's one. Note: I usually use the New International version when I quote the Bible.

"In John 8: 39-41, Jesus tells the Jews that Abraham wasn't really their father. That their *real* father was someone else. He goes on to say that this someone else, (God, according to the Jews) was the devil, a murderer and a liar. Well, that fits the description of Jehovah alright! I point this passage out to various people, but they are completely unable to see the message in it. (I'm now referring to John: 8: 42-47).

"Anyway, what I had trouble figuring out was verse 41, where Jesus claims that Abraham was not really their true ancestor. Then I remembered how Jehovah had to do "something" to Abraham's wife Sarah, in order for her to conceive, even though she was well beyond child-bearing years. My question to Awareness is this: What did Jehovah do to Sarah? Was Isaac yet another clone of Jehovah? How about Samson, Samuel (and some of all the sons of), and Jacob?

"It seems Jehovah had a direct and intimate influence on at least some of these conceptions. There is much to wonder about here, and I, for one, would not become in the least bit bored if Awareness decides to comment in length about it all."

COSMIC AWARENESS:

This Awareness indicates that this as being appropriate as an analysis of the situation. However, the energies at this time in this trance as not being sufficient to go into this question at this time, for this would require much energy. This Awareness suggests that briefly however, the Jehovah, being the term used for those beings, this likened unto the term: "The Commander," which came upon Sarah, and assisted her to bear children; this as an action of advanced science. This not unlike the present action of cloning.

This Awareness indicates that many children from these activities as forming a hierarchy, or family tree that did extend from Abraham and Sarah, but which as previously indicated, was triggered from Jehovah, rather than from Abraham. (This Awareness indicates that there is not sufficient energy to follow this further at this time.

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