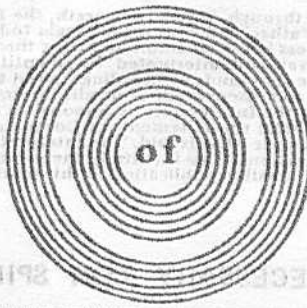


Revelations



Awareness

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The New-Age Cosmic Newsletter

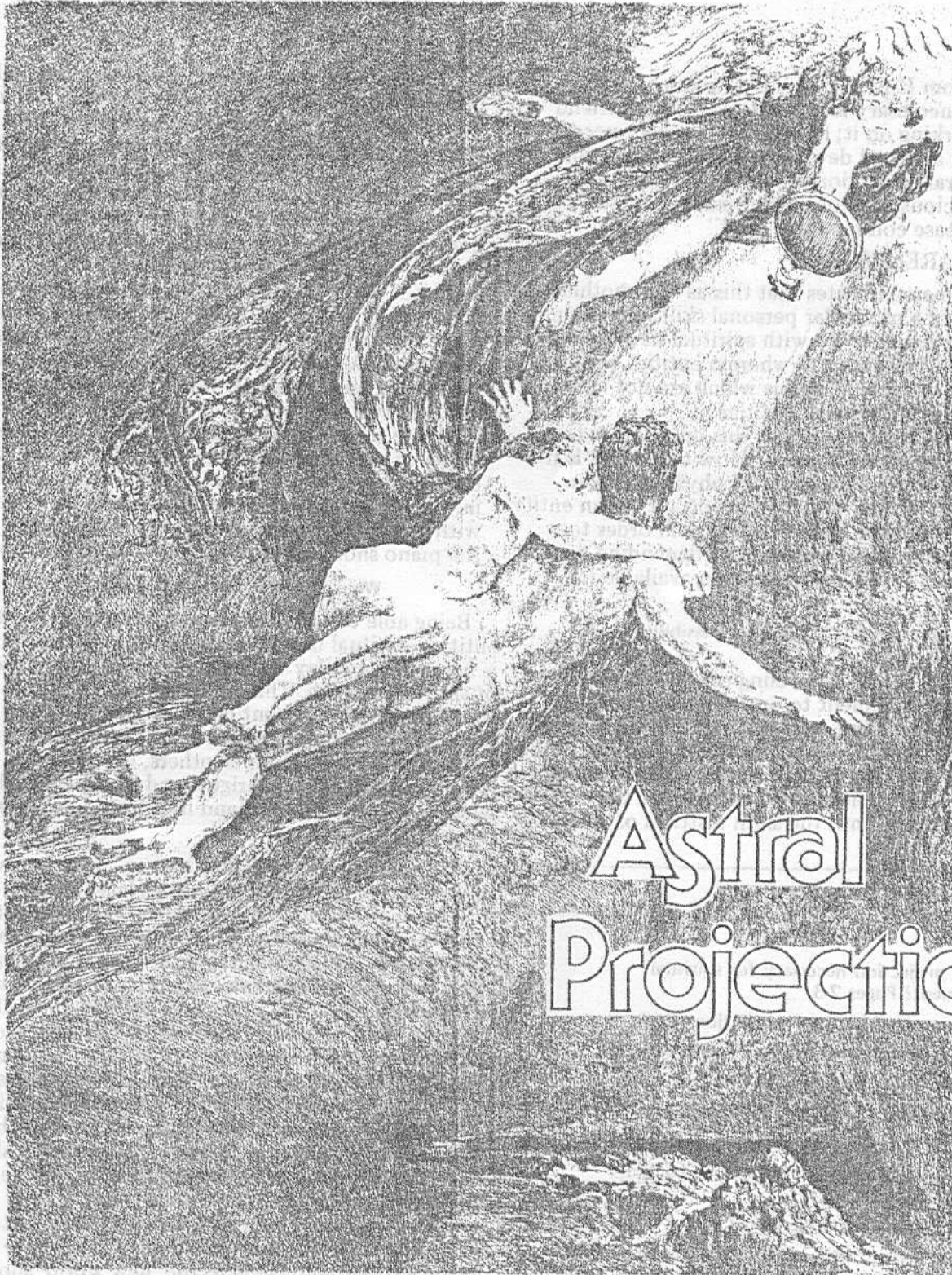
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Helping People Become Aware



Astral Projection

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 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. Paul Shockley, Interpreter

IS ASTRAL PROJECTION NECESSARY FOR SPIRITUAL DEVELOPMENT ?

QUESTION:

A question from R.K., St. Cloud, Minnesota: "How important or necessary is astral projection? A friend of mine is working on it; he believes it is very necessary for higher spiritual development. My understanding is that astral projection is useful only on the lower levels of consciousness concerning earth planes. Would Awareness please comment on this?"

COSMIC AWARENESS:

This Awareness indicates that this as but another development of a particular personal skill; this having nothing in particular to do with spiritual development, although it can be beneficial wherein entities wish to travel astrally to explore realms which are not being explored by the majority of entities.

This Awareness indicates that this question as being likened unto the one who asks, "How important is it in my social development to travel physically from place to place?" It may be very important for an entity to travel from place to place physically in order to develop his or her social expressions, depending on whether there is any social expression available in his area.

Getting Astrally Diseased a Possibility

The question of astral traveling can, if not properly used, be a great detriment to one's spiritual development, particularly if the entity travels into areas which are not beneficial, which are detrimental and harmful to the entity. That likewise, the entity who seeks to have a social development and believes that travel is essential, may travel into the slum districts of a culture,

only to discover that the entity has become socially diseased. That entities in astrally traveling can also become astrally diseased; that there are entities in astral levels who can be most harmful and dangerous to the entity becoming involved in astral traveling.

This Awareness suggests that the action of traveling in these various bodies; --the astral, mental, or spiritual bodies, --must be done with care and understanding, in order to be safe in the movement.

This Awareness indicates the astral plane is not a particularly high level of development; the mental plane being higher, and the spiritual plane being higher yet. Astral travel as but a tool which can be interesting and beneficial when developed, so that the entity may know what is occurring elsewhere by traveling there through the astral body. This can assist the entity in saving gasoline, for example, by not having to drive there physically; that this can be a beneficial tool in this respect; that it is not necessarily to be confused with spiritual growth any more than being able to play the piano should be confused with spiritual growth.

What Spiritual Growth Depends Upon

Being able to play the piano can, indeed, assist an entity's spiritual development, but not necessarily; nor is being able to play the piano a necessary requirement of spiritual growth. This Awareness suggests that spiritual growth and development depends more in terms of expanding one's consciousness out from self-importance and into the recognition of others, the rights of others in relation to one's own rights and the universal laws, wherein all are respected and loved and have their right to be.

This Awareness indicates that as entities grow in service to one another, as entities learn to love one another, as entities express respect for one another, this quickens the spiritual growth and development. Personal accomplishments in the realms of phenomena, wherein for example, an entity were able to stand on one finger on the point of a straight pin without crying, "Ouch!" Such an entity might have accomplished a great phenomenon but still have little understanding of spiritual things. That likewise, the entity who travels astrally may have little understanding of spiritual relationships. The entity may simply be ego-tripping into the astral planes for purposes of show, talk, and bragging of his adventures into the new frontiers.

This Awareness indicates that this needs not be confused with spiritual development any more than those entities who came to the 'new world' should have the right to brag that they had seen America and therefore were more spiritual than those Europeans who had not yet gone over.

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View Astral Travel as an Adventure

Astral traveling is an adventure; when properly done, is a safe adventure, an educative adventure, one wherein entities can learn much, and one wherein entities can explore new areas and new parts and develop different and unusual aspects of their personal being. However, this is not necessarily to be confused or considered as having spiritual connotations.

For example, some entities use astral traveling in ways which are very detrimental to their spiritual development. Some entities use astral travel for purposes of black magic or harm to others, and this does not assist in their spiritual development; that this may be considered a talent, which one may use properly or improperly, if it is developed. This Awareness suggests entities becoming involved in this action, to see this as a talent which can be used for benefiting oneself and others, but asks entities not to consider this as the end of spiritual development nor to make this an ego accomplishment, but simply recognize this as another human experience, one which has not yet been fully explored; so that entities having explored much of the physical plane may now move into frontiers, not "out there", but inside themselves.

This Awareness indicates that through these inner doors of consciousness, entities may begin to discover more and more about the nature of consciousness itself and may, from these various explorations, move into greater understanding of the universe. That wherein entities make their accomplishments significant, such significance often turns against them and hinders their spiritual growth; that one of the great hindrances to spiritual development is pride and vanity.

This Awareness suggests however, that *It does encourage entities to develop all their capabilities, including the psychic abilities such as astral travel, clairvoyance, and other forms of increasing their understanding through the exploration of consciousness itself.*

This Awareness asks that entities in exploring the sea of consciousness, not to lose touch with the external world of reality, the physical plane, but to recognize the need for both, and the value of both, and the nature of both these worlds.

This Awareness indicates that an analogy might be: The entity who considers himself to be an air-breathing entity may wish to explore the water, and therefore become a skin diver. This Awareness asks that the skin diver not forget that he can also breathe air and return to the shore.

This Awareness suggests that entities moving into astral levels and psychic levels,—the worlds of the images in the sea of consciousness,—that these entities not lose touch with Terrestria, the world of the physical life. That they instead recognize both as being part of the total. This Awareness suggests that you keep yourself integrated in each of these realms of reality.

ASTRAL PROJECTION IN RELATION TO DREAMING

(THE MANY MANSIONS IN THE FATHER'S HOUSE)

(FOLLOW-UP QUESTION):

Awareness, is it true that entities don't necessarily have to practice these disciplines or learn astral projection consciously, that often times when one is asleep one actually does leave the body and travels around on astral levels and some of these adventures are remembered in the form of dreams. Is this correct?

COSMIC AWARENESS:

This Awareness indicates this IS the action of dreaming. That this action of dreaming is a form of astral travel in the realm of consciousness. That there are many entities who travel together in these various dreams, in commuting from place to plane with one another; that the dreamland state in the sea of consciousness is not confined to that little space inside the dreamer's head, but moves outward from the body into the dark side of the universe, or that which is called the inner plane.

The 'Black Hole' Within Each Entity

This Awareness indicates that within each entity there is a hole, a black hole, through which the entity's identification may pass into the world of sleep. And when passing through that hole within the consciousness, the entity enters into the inner planes,—that of the astral, or that of the mental, or that which moves into spiritual levels.

There are many sub-planes and many different divisions of each of these planes, and within these are many rooms or areas. This Awareness indicates that it has been said, "In my Father's house are many mansions." This Awareness indicates that the Father's house is the human body, and through that doorway known as the eye, exists the many mansions.

THE REAL DANGER INVOLVED IN ASTRAL TRAVEL

(HOW ONE ENTITY GOT CANCER)

(FOLLOW-UP QUESTION):

Then the dangers are not so great when one goes into the astral levels simply after falling asleep than it is if you actually study these techniques and attempt to do it?

COSMIC AWARENESS:

This Awareness indicates that the dangers of astral traveling come about when entities seek importance through that action, and in seeking to move into areas for gathering information or experience which will make them feel important, which will allow them to talk to others of their great accomplishments and experiences; such entities often tread into areas of danger in order to subconsciously have something dramatic to talk about; that such entities often travel into lower realms of the astral, or into areas of the astral plane wherein they are intruding in places where they do not

yet have the invitation or right to be.

This Awareness indicates an example being, that entity who once wrote to *Servants of Awareness*, stating that he had actually traveled through the tetragramaton and ended up in a Tibetan monastery, shocking the monks who were meditating there, and in so doing, had received a blast of psychic energy from these entities which later developed a skin cancer upon this entity. That this was in fact a real experience to this entity, and it was one which was not necessary, but accidental, because of the entity's blundering into an area where he should not have gone and a reaction which should not have been seen by those on whom he intruded.

This Awareness indicates that generally, however, the entity who simply seeks to travel astrally without having great desire for self-importance in the travel but simply wishes to see what is occurring somewhere, particularly when this can be of service to another and particularly wherein the entity is not intending to use this traveling experience for self-glorification, the entity then is safe in moving through these areas; particularly when the entity is not fearful of images in the astral plane, is not attracted to lower elements of the astral levels, does not have hostility within his or her being, does not have great paranoia, greed, fear, vanity, or is not seeking to harm another or impress another. Wherein an entity is at peace with himself or with herself, but is also willing to explore new realms and feels confident in such explorations, and is not frightened by the ugly eye of an image or a wrathful deity, and wherein the entity recognizes that these wrathful deities are essentially projections of their own consciousness or their own subconsciousness, and is not afraid of seeing these things as images or reflections of themselves, then the entity is relatively safe in his or her journey.

This Awareness indicates also, that wherein the entity does not feel separate from the highest and best of spiritual forces, but feels attuned to these, then indeed, the rod and staff shall comfort the entity, even though he travels through the valley of the shadow of death.

THE BOOK: "A PRACTICAL GUIDE TO ASTRAL PROJECTION"--IS IT RECOMMENDED BY AWARENESS?

(STAYING GROUNDED WITH FIDO & GARLIC)

(FOLLOW-UP QUESTION):

While we're on this subject, the Llewellyn Publishing Company has asked CAC to add to their booklist a new book called *The Llewellyn Practical Guide to Astral Projection*, by Melita Denning and Osborne Phillips. They claim it is a definitive book on how entities can do this, and I'd like to ask Awareness if this would be book that would benefit our membership and should we stock it?

COSMIC AWARENESS:

This Awareness indicates that this appears to be a well-written, concise book with easy-to-follow instructions and exercises; one which can be of great benefit to those interested in this action. This Awareness recommends that this be read by those wishing to become involved in such astral traveling.

This Awareness suggests that entities who have an overactive imagination, who live in fantasies, and who put more significance in their dreams and fantasies than in realities, that these entities avoid further activity in the psychic research until they have more fully grounded themselves in the physical plane.

This Awareness suggests these entities may assist in their grounding by eating garlic, onions, potatoes, carrots, and other vegetables which grow just beneath the surface of the ground, and by having a pet, particularly a dog, for dogs assist in the grounding of entities. Those who are not properly oriented or integrated in the physical reality, moving too far and too fast in the psychic realms and in astral traveling in the world of imagination, these entities can very easily lose touch with the physical reality, and therefore lose touch with other entities and become clinically insane or mentally imbalanced or emotionally imbalanced.

This Awareness indicates the physical reality as being likened unto a common denominator between human beings, so that they can have something in common and be in touch with each other; and wherein this is not yet established, those entities moving too quickly and too fast into the astral, emotional, imaginative realms, such entities are but weaving dreams and fantasies that have no substantial foundation to allow them to keep a rapport with others. This likened unto entities flying in balloons, having no place to land, having no place to touch down, to communicate with others, wherein these balloonists simply can wave at others as they pass by, having a brief but distant communication.

This Awareness suggests that entities be thoroughly grounded, physically integrated, before moving or developing into those areas of the mind, emotion, astral or imaginative realms.

I'D LIKE TO DO SOMETHING REALLY SIGNIFICANT WITH MY LIFE... MAYBE BECOME A GREAT WORLD LEADER AND SAVE THE EARTH FROM NUCLEAR DEVASTATION, FEED ALL THE HUNGRY, OR MAYBE EVEN TRAVEL TO FAR AWAY PLANETS... BUT WHO AM I KIDDING? I'M JUST A TINY BLACK FLY SITTING ON SOME BALD GUY'S HEAD.



ATTC

("The fiery embrace, the passion, ecstatic fulfillment")

THE MAGIC OF SEX ON THE ASTRAL LEVELS

FOLLOW-UP QUESTION:

Awareness, one final question on the subject of astral projection that was in the sales letter on this book from Llewellyn. Among a number of things they claim is beneficial, is sexual fulfillment. They say "sex on the astral plane is not only possible, but extremely desirable for the more complete union of man and women and a renewed spiritual growth for both. Sex can be magical. *The pleasures attainable on the astral are literally the stuff from which dreams are made. Here is the closeness, the fiery embrace, the passion, the ecstatic fulfillment, and the inner meaning which we all instinctively know to be a part of a complete sexual relationship.*"

Would Awareness comment on that, please?

COSMIC AWARENESS:

This Awareness indicates this as largely intended as a sales hook to catch entities who are sexually oriented; that this being part of the promotion package.

This Awareness indicates essentially, astral sex as *being more likened unto emotional attunement with another*, and that entities may indeed emotionally attune themselves with others, and in so doing gain greater understanding of the other. This of course, as any other action, can be used to violate another. This Awareness has referred to such violations as psychic rape, wherein an entity uses transpersonative techniques to move into the consciousness of another, experience the other to fulfill the sexual fantasies the entity might have. However, this as uncommon and also as being of little real significance.

This Awareness indicates however, that it can be a violation to another, particularly when the other is unaware of what is occurring or when the other would not consent to such a merging of consciousness. That this however, is to be expected as entities move from their lower, physical natures into astral explorations and discover these realms.

This Awareness indicates that this as also eventually to be considered as a crime, even as physical rape is presently considered as a crime; that in the universal laws, this would not be considered as appropriate in an action where one moves his or her consciousness into another's for sexual fantasy, except wherein this as being agreeable to both parties.

The Meaning of Jesus' Statement: 'Adultery as Lust from the Heart'

This Awareness indicates this also can be reflective upon the consciousness of the entity and reflects upon the lives of those involved in the physical sense. This as the meaning of the statement of Jesus wherein he discussed the action of the entity who lusted from his heart, and therefore committed adultery. That wherein an entity astrally rapes another,--which is not to be confused with astral seduction of another or astrally making love with another, for there is a distinction, which is distinguished by the degree of consent,--wherein one does astrally rape another, this as having certain karmic consequences, but that these not being as great as the physical rape of another.

This Awareness indicates the relativity in regards to this, the relative degree of karma, as being obvious to the discerning faculties of most entities.

(FOLLOW-UP QUESTION):

The sales pitch sort of implied that this, rather than an act of rape, would be a mutual thing, and even said married couples together can enter these astral levels and experience sexual unions which make them more highly spiritually evolved.

COSMIC AWARENESS:

This Awareness indicates this does, in fact, create greater sensitivity between entities which is not based solely on physical contact, for this as likened unto the merging of souls without the flesh interfering.

The Doorway to Other Dimensions

(Closing Message)

This Awareness indicates that the many different frames of reference can also be expressed inter-dimensionally; whereas an entity views the physical world from many frames of reference, the astral world from many frames of reference, seeing different pictures in each frame, the spiritual world from many frames of reference.

This Awareness indicates there are also frames through which entities can peer, and through these frames, entities can move from dimension to dimension, from the physical into the astral, into the mental, into the spiritual, or back and forth. These frames of reference are generally referred to as doorways to different dimensions.

ED's Note:

The book, "The Llewellyn Practical Guide to Astral Projection," by Melita Denning and Osborne Phillips, is published by the Llewellyn Publishing Company, St. Paul, Minnesota, and is also available from CAC. Please refer to the CAC Book Catalog.

For more information on astral travel, please refer to 'Revelations of Awareness' No. 84-19 (Astral travel, the out-of-body experience); \$3.00; also No. 82-3 on dreams (an astral orgy); \$3.00; also No. 80-36 (How to go back in time); \$2.00. For more info on astral rape, please refer to No. 80-31 (Astral Rape--more common than people realize); \$3.00 from CAC.



ANY PROBLEM IF BABY IS CARRIED FOR TWELVE MONTHS INSTEAD OF NINE?

QUESTION:

A question from M.P., Washington, D.C. "What are the psychological or other effects, if any, on an entity carried ten or eleven months, rather than nine in the womb? I met two in two days, and it got me thinking. The first said she just didn't want to come into the world again, but had a job to do. The second said she's been late ever since and can't seem to fight it."

COSMIC AWARENESS:

This Awareness indicates that in terms of psychological conditions, that this is not an actual liability. This Awareness indicates that this entity who has been 'late ever since' is in fact dealing more with the cosmic timing, and finds it difficult to fit into a regimented, robotized society. That the first entity simply was hesitant to enter for purposes in relation to her own desire to be more fully prepared.

This Awareness has given information some time back in relation to the twelve month gestation period, whereby an entity carried in the womb for twelve months would reach a much higher level of development; that *It* also gave indications that this kind of overdue experience within the womb would become more prevalent in future times.

This Awareness indicates that essentially, the longer the child is carried, the greater sense of security and the more well-developed physically, particularly in the sense of biochemical qualities of the fetus being developed within the womb,-- this giving greater strength and vitality to the entity. This relates also unto the health and vitality of the mother, as well as the minerals and vitamins the mother is capable of supplying to the fetus; and also to hereditary factors, astrological factors, and general environmental factors, both prior to birth and after.

This Awareness indicates that essentially, in relation to the particular question asked, the longer the child is carried, the more secure it will feel, and the more prepared it will be. This Awareness suggests however, that the other factors after birth, prior to birth, nutritionally, astrologically and hereditary can influence the child also.

This Awareness indicates wherein a child is born early, if the mother can create a very comfortable situation, one which is of great gentleness, loving closeness of the mother, wherein the mother's aura is close to the child, wherein the child is given good nourishment, particularly mother's milk, wherein the child is in a harmonious environment, particularly one where soft, harmonious music or quiet is common for the child, wherein the child is kept warm and dry and comfortable; this can also be beneficial in helping to make up much of the difference between the early birth and the late birth of the child.

WHAT REALLY HAPPENED TO AMELIA EARHART ?

QUESTION:

Awareness, there's been, over the years, many many articles and stories and numerous books written about the famous American aviator, or aviatrix, Amelia Earhart, who inexplicably disappeared on July 2nd, 1937, somewhere in the Pacific. Some of the books claim that this entity was a spy for the United States government and was spying on Japanese installations prior to World War II. Others, who were in World War II on some of these islands, claim that they have seen her plane where it crashed, now hidden under dense tropical overgrowth, and that they have seen her grave and they have heard stories about how she had been captured, plus numerous rumors and so forth.

Just the other day an airline pilot has come up with a new clue in the search for this entity, and I'd like to read a little of this and ask Awareness about it. It says: "An Aviation expert said yesterday he has a *new* clue which helped him determine where the plane of famed aviatrix Amelia Earhart crashed in the South Pacific 45 years ago. Elgin Long, who made a record round-the-world flight 11 years ago, will present his evidence at a special symposium this week at the Smithsonian Institution. He hopes to spur a search for the twin-engine Lockheed in water 16,800 feet deep, 35 miles West-Northwest of Howland Island. The site, 2500 miles East of New Guinea, is about 11 miles from where the U.S. Navy determined Earhart's plane ran out of fuel on July 2nd, 1937. Long, a 747 pilot for the Flying Tigers Airline, believes the Navy calculations were misguided. He said he has learned that Earhart's fuel was stored for several months in drums in the hot tropical sun, which Long believes changed the consistency of the gasoline and shortened the distance she could fly with it."



The last photograph
of Amelia Earhart

Would Awareness explain once and for all, what actually happened to this entity Amelia Earhart?

COSMIC AWARENESS:

This Awareness indicates that it appears this entity as having crashed as indicated in the earlier stories, as having crashed in what appears to be near an island; that it does not appear that the entity survived. This Awareness indicates it does not appear that the airplane crashed on an island, but rather it appears that the airplane crashed in the sea.

This Awareness indicates that the many rumors

and stories which have appeared are in part brought on by mistaken identification, and in part by the significance and curiosity associated with this phenomena. This Awareness indicates that it appears that the entity who was discussed during the latter part of the question, as being on the right track. That the airplane seen on the island as that which was another craft. This Awareness indicates however, that the energy available for this is not of a high level, and therefore, this answer itself may be questionable and that a future reasking of this question could add, or alter the answer given. This Awareness indicates that the Interpreter as having certain difficulties and needs to be released.

CAN ONE ALTER THE PRESENT BY MOVING BACK IN TIME ?

(CAN "BACK TO THE FUTURE" REALLY HAPPEN ?)

QUESTION:

A question from R.E. in San Quentin. "Some masters claim to be able to alter the present by traveling back in time, where they find the past still existent on what they term the "past time track", and making changes there, though they rarely, if ever, do this because of the possible karma and dangers in terms of ramifications in evolution. Will such time travel become possible for most people on earth in the New Age, wherein they can actually invisibly stand beside the people and events of the past, or of themselves in past lives, without being perceived by the participants of that past drama?"

COSMIC AWARENESS:

This Awareness indicates that there are several ways to look at this situation. That wherein energies move from a certain point in the past up to the present, this using the *Law of Leverage** in terms of time, those energies gain momentum from inertia and from the growth which takes place as the energies move or the energies diminish and fade as time passes, depending on whether entities energize or hold onto those energies, adding to or clinging to those energies from the past. That wherein entities who are the carriers decide not to continue carrying these energies, the energies drop and fade.

This Awareness indicates that assuming an instance wherein there is an energy emanated from time A, which is in movement toward time B, and the expression of that energy at time B will coincide with another energy coming from another source on a collision course, so that at time B a certain event will occur because of the collision of these two energies. This Awareness indicates that another entity, being aware

of the nature of the potential collision of these energies, could in fact before the event occurs, move back in time by entering into the inner dimension, trace back the origin of that energy to its source, diffuse the energy by following up to the present position of this energy, and communicating with the energy in a manner which would diffuse that energy so that it lost momentum, lost its carrier, or that the carrier lost interest in continuing to carry that energy, and therefore the energy was dropped and the carrier would move in different directions.

This Awareness indicates now for a more practical explanation, assuming that an entity has carried a grudge for another for some thirty years, and these two entities are seen by a mutual friend, approaching each other for the first time in thirty years; the mutual friend rushes back in time on the inner dimension, his memory realizes that A is carrying a thirty year grudge for B, and B is approaching A on a collision course. entity C then rushes down to entity A or entity B, to warn entity B or to diffuse entity A.

This Awareness indicates that this diffusing action may come about by the actions of entity C to prevent the collision from occurring, and in this manner entity C, by moving back in time or memory has, in fact, prevented a present occurrence from happening, which would have undoubtedly occurred had not entity C moved back in time and traced these energies and influenced the past. This Awareness indicates this influencing of the past may raise questions, that there are many ways to influence the past by speaking to entities of the past, having them retrace their feelings to those times, reexamine, reexperience those times with new perspective and new understanding.

*The Law of Leverage is that Law wherein a small amount of energy exerted to change the course of events at present time, can move mountains in the future.

This Awareness indicates entities often learn more when they are removed from an experience than when they are involved in the experience, but entities often need to return to that place of experience at a different time in order to fully understand what occurred, therefore, entities reexamining a childhood experience in their memory, or reenacting a childhood experience in their memory, or returning to a childhood home, will gain certain release from the emotional body, which allows them to overlook blocks and inertias which have been propelling them from these experiences.

This Awareness indicates that this can also be carried back into times previous to the present lifetime and can also relate to other levels besides emotional, for this may relate also to relationships, to concepts, to health, or to family ties and spiritual concerns, wherein entities move back and reexamine objectively earlier experiences, these entities may be able to release the feelings which they presently hold. This Awareness indicates as this can apply to individuals, likewise this can also apply to cultures; that entities who trace back to the roots of a religious movement can in fact, on psychic levels, have certain effects on present expressions of that religious movement if they thoroughly understand that experience at its early times, so that they can communicate this clearly in present expressions.

Edgar Cayce's Explorations

This Awareness indicates that in this manner, entities tuning themselves to the past, can influence the future. An example of this is the entity Edgar Cayce in tuning into the ancient Egyptians and Atlantean mysteries and assisting in bringing forth another philosophy around which other philosophies could evolve and could explore,--this having its effect on present time by the return to earlier origins. This Awareness indicates this is not restricted to psychic readings or psychic explorations of earlier times, this also does include the scholastic researchers such as historians, psychologists,, mythologists and the other general scientists who look back in time toward the origins of present expressions.

(FOLLOW-UP QUESTION):

Awareness, if the example just given of the entity A walking up the street towards B, who has held a grudge for thirty years, and the entity C travels out the time line and alters this, would this not in fact (even though there is a time difference of thirty years), have changed the whole situation at the time A originally had the grudge? In other words, as I understand it (which isn't very much, this double dimension thing), that it would actually have prevented the original grudge from happening when they met thirty years before. Is that correct?

COSMIC AWARENESS:

This Awareness indicates that the question being: Is it possible to alter the course of inertia when an

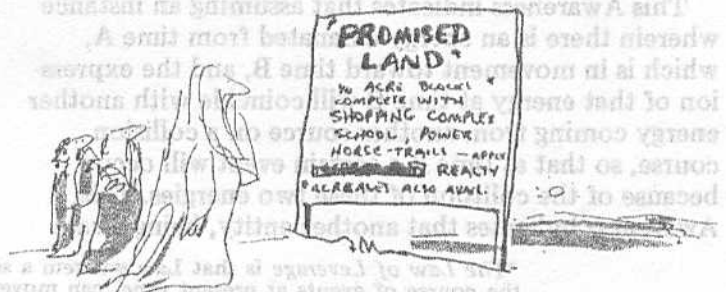
entity moves back in time, so that the inertia which is in movement in a given situation, is not actually in movement in that given situation, because an entity has moved back in time and altered that inertia. This Awareness indicates that is a kind of tongue-twister, a mind-bender, that there can be no validity in this as it is a double bind, wherein one gives that the inertia is in movement on the one hand, then on the other hand, states that an entity can move back in time and stop that inertia from being in movement.

This Awareness indicates that if one gives that an entity *can* move back in time and stop the inertia of a movement, then one must also deny that the inertia is in movement; the reason being that the entity moved back in time and prevented that from continuing in its movement. This Awareness indicates that anything other than that conclusion would be mere hypothetical speculation, that one could say, for example, assuming an entity went back in time and did stop this particular action from happening, the movement of this energy in its inertia did not occur because this entity moved back in time and prevented this. This Awareness indicates there could be absolutely no way of proving this true or false, as this would simply be a matter of conjecture, a matter of speculation, a hypothesis that could not be considered as being valid or invalid, but simply a mental game.

This Awareness indicates either the entity moves back in time and prevents something from occurring by dealing with that from a realization of its past, and a realization of its present occurrence; in other words, an entity deals with the present from his or her understanding of its past, or the entity moves back in time to a supposed present event, prevents the supposed present event from becoming a reality. This Awareness indicates that you cannot have both a real occurrence and simultaneously prevent that occurrence by having moved back in time and prevented it.

ED's Note: for more information on this subject, please refer to 'Revelations of Awareness' No. 80-36, (How to go back in time); \$3.00 from CAC.

This particular reading was given back in January, 1980, five years before the popular movie, "Back to the Future" came out. The information just given by Awareness implies that the movie is not just 'science-fiction' as many would believe.



...CAN DIET ELIMINATE THE MENSTRUAL CYCLE?

HOW DIFFERENT EATING HABITS REFLECT IN LIFESTYLE & CHARACTER

(WHAT'S AHEAD AT THE SUPERMARKET)

QUESTION:

L.F., a member who teaches classes in diet and vegetarianism, claims that all women who would eat a proper diet would either not have a menstrual cycle, or at least they would not have any blood in the menstrual cycle. She claims that those girls and women who continue to have a monthly cycle, is simply proof that they are continuing to pollute their bodies. Now I have read somewhere that this phenomenon had been observed in hippie communes and in certain cults where the diet was very restrictive, but doctors have dismissed this phenomenon as being simply a shock to the entity's system, which disrupted the entire menstrual cycle. What is the truth about this?

COSMIC AWARENESS:

This Awareness indicates that this as being a rather common concept among certain culture of entities, this coming from a certain book which is sold to entities through the network associated with the health and cooperative stores outlets. This Awareness indicates that there are indeed cases and situations wherein entities' menstrual cycles have been disrupted and do not occur; that essentially the evaluation of the doctors as that which is accurate in that the diet affects the hormonal and endocrine system in such a manner as to rearrange the energies of the system, so that the cycle is not as strong and may also be avoided.

This Awareness indicates that the cycle itself continues, but the drainage and effects commonly experienced are brought into a diminishing action; that the body which is unpolluted in terms of excessive mucus-forming foods, or heavy toxic foods, will tend to be more responsive to this, and the necessity for elimination in this manner will be diminished. That essentially, both aspects are correct; that the doctors are correct in their evaluation, and the information given in the books as that which also is correct in that when a particular diet is followed, the menstrual experience is diminished.

This Awareness indicates however, that it does not necessarily follow that this will bring about better health simply because the menstrual cycle does not occur, nor does it follow that having a menstrual cycle is unnatural, and an indication of an unclean body. Rather, that it is a combination of a reaction to a disturbance of the hormones and also a diminishing need to release certain energies during the cycle.

Vegetarians, Gourmets & Fast-Food Eaters
-What Your Diet Tells About You

This Awareness indicates that many entities can learn from studying various diets and systems. The world at present is going through a transition, whereby opportunities for studying various dietary types are available. The fast-food outlets, the gourmet types, the vegetarian types and the health-food types, each have their own particular characteristics, and they extend beyond the diet into attitudes about their country, about their religious beliefs and about their personal lives.

This Awareness indicates that there appears to be among those who are particularly involved in vegetarianism, there appears to be a tendency to be restrictive in diet, while loose in sex; that those involved in health-food mentality appear to be quite concerned about propriety, appearances, and the types of food eaten. These entities also tend to be quite suspicious of government and of society in general. This Awareness indicates that those who indulge in the fast-food outlets tend toward the conservative attitudes and those of the fundamentalist religious principles and concepts. Those who are involved in the gourmet attitudes and foods tend to be desirous of many types of expressions, activities and wide areas of research, knowledge, exploration, and generally are open to discovery, moreso than many of the others.

This Awareness indicates that these various lifestyles in present society are giving an opportunity for research into the types of diseases which develop among these different styles of life, the types of social behavior and patterns, the type of clothing to be most acceptable in each type, and a general idea of what effect diet has on an individual's overall lifestyle and expression, and how this can affect a society.



"What makes Mama so cross?"

"Because she eats at McDonald's, son."

Animals to Eat will Disappear

This Awareness indicates that the general direction on this plane is away from excessive use of meats, and more toward grains at this time, and also fruits. That fruit as that which appears to be of greater significance to men than to women, yet fruit as also not being sufficient for most men to live on completely as a diet. That the tendency at present is a general movement toward grains and fresh foods and away from the refined foods of the past. However, this tendency as that which is moving slowly and is not marked in dramatic changes, but may be seen in supermarkets, wherein new items are added which include more healthy foods and also wherein items which once were on the shelf, now seem to be missing or in smaller quantities.

This Awareness indicates for example, the white flour pastries of the past, the white bread in most areas, is not as pronounced in the markets as was twenty years ago. There now are more whole wheat pastries, there are more confectioneries made from healthy foods and ingredients such as honey, whole wheat, seeds, or fruit; that the gradual change in the dietary patterns as that which is healthy and which can become quite meaningful and pronounced around the turn of the century. This Awareness indicates that there also are certain new foods which will be created through genetic engineering and other systems of horticulture, whereby these foods will supply the nutrients that will satisfy even those who are generally in need of meat products, so that these foods of a vegetable/grain nature can eventually supplant the use of animals for food.

This Awareness indicates when this occurs, many of the animals will cease to be needed, and will not be raised for slaughter, and the animal population will diminish greatly on this plane.

Big Brother wants yours



JUST SAY NO



COMING SOON—YOUR EYES WILL BECOME YOUR OFFICIAL I.D.

("THE MARK OF THE EYES")

QUESTION:

J.W. in Ohio writes: "On late night TV I saw a man in Portland, Oregon, who has, or is developing a system so that one looks at the automatic teller in a bank or somewhere, and one's blood vessels behind the eyes, which are even more individual than fingerprints or a social security number, are read quickly and silently for a very positive identification, and this can be done without one's knowledge. Is this true? And if so, what are the implications of it?"

COSMIC AWARENESS:

This Awareness indicates that this as a project which is being worked on as an alternative to the laser marking; there are many various types of projects by different sources and entities who are attempting to develop greater means of identifying individuals. This Awareness indicates there is a need for such identification, according to the present society's standards and systems; that in this instance, it would be a very profound and effective means of identifying an individual, for it could not easily be altered by counterfeiters.

This Awareness indicates that fingerprints as that which could be altered through the use of inserts or slip-on type fingerprints; that laser marks could also be altered by entities who might have connection with such technology as to be able to duplicate or alter a laser mark; that fingerprints also could be stolen from an entity simply by chopping off his or her fingers, and in this manner one could extract money from one's account at an overnight outlet, a teller outlet.

Therefore, this method as appearing to be the most foolproof method; that it does not violate an entity, in the sense of making a mark or brand upon the entity, for that marking is there by natural process, and is simply being used to identify the entity, much as one's face is used to identify an entity. In this sense it would not be a violation to the laws of nature, nor a violation to the dignity of man, and it would not be something which could be used to force all entities to participate in a program of controlled slavery.

This Awareness indicates that wherein there is the laser mark on one's hand, and those who do not have the mark cannot buy or sell, this creates a class of entities who are cooperating with the Beast, and a class who do not cooperate with the Beast forces, and those who are not cooperating may be judged as criminals and may be sentenced by some law or process to deal with those entities. However, that wherein one's eye is used for identification, everyone has their own similar identification mark except for those who have no eyes, and therefore, the entities are not singled out and forced to participate in these activities.

This Awareness indicates that any violation to the individual would not be in reference to the mark placed upon the individual, for the identification is there anyway. The violation might occur if individuals were put into circumstances or situations whereby because of their individuality, they were excluded in some way from participating in the banking process. However, this would not be due to the general program of marking the individual, but rather, would be associated with an individual's desire to cooperate or not cooperate with a social system.

This Awareness indicates in this respect, it would remove any type of stigma in regard to a program including concepts of the Electronic Funds Transfer Service. That whereas the Electronic Funds Transfer System, if using this type of natural selection process, or natural identification process, could use such a system and be quite effective in defining and locating who and where an entity is; this could serve the same purpose as marking the entity's hand or forehead, and also this could serve to remove money from circulation and put it all in computers, yet the prospects of creating a divided people, whereby those who cooperate and those who do not cooperate by receiving an artificial mark; this would be eliminated, therefore, causing less of that which might be termed the "Tribulation" period.

This Awareness indicates that this use of a natural identification of individuals, rather than an artificial identification mark, does not eliminate the possibility of misusing power, misusing the process and causing entities to come under domination because of the ability to locate and track an individual due to these natural markings; that would be a separate matter to be dealt with in its own unique way. However, this does create an aversion, or alternate system away from the prospect of the laser marking of one's hand. That this would not affect an entity's soul in the sense that this mark of the eye is already present, or the mark of one's fingerprints are already present, the features of one's face is already present, and one cannot help but be identified by his or her features, therefore, the entity cannot be held accountable as cooperating with a being or force that is violative in nature.

This Awareness indicates that in the event of the laser marking, the mark on the hand or forehead, entities who cooperate with such can be held as accountable in assisting to set up that type of system which would be selective and rewarding to those who played along, while destructive to those who would not cooperate, and it is this cooperative attitude toward the Beast which would indicate the complicity of the individual, the tacit acceptance of the material values, over that which would be of a spiritual concern.

This Awareness indicates that even though the entity would need not to go through the turmoil of deciding whether or not to accept the mark, if this system of reading the eye is used, it still will not relieve the entity from being concerned as to whether or not he or she is cooperating with a system that is

unjust. However, entities on this earth plane are fully used to dealing with such moral problems as to determine whether one is following the righteous path or the unrighteous path, whether one is cooperating with unjust leaders, unjust behaviors and policies that are not just in their nature.

This Awareness indicates therefore, entities could be more used to dealing with the problems that may come, and may have the greater opportunity to modify and change those problems without the extreme demands of immediate choice that would be placed upon entities were they to be forced to choose between having a mark on the hand or forehead, or facing alienation or death, if not accepting. That whereas one's only requirement is to have an eye that has a mark and identifies the individual, the individual cannot be held as in compliance, or in rebellion against a system. The individual simply uses the system, or decides not to use the system, therefore less chance of violence toward others will be experienced in the event of the use of some natural marking.

This Awareness indicates that the natural identification as that which eventually will come, and will be used in determining how to distinguish one individual from another. The problems of morality, right and wrong, still will remain, but will not be put into the extreme test that would occur with the laser marking which would set part of the society against others who would not cooperate.

(FOLLOW-UP QUESTION):

She said this system can be done without one's knowledge. Is this the way it's going to be? And can Awareness tell us what the name of this system will be?

COSMIC AWARENESS:

This Awareness indicates this would simply be a camera-type object that would photograph or peer into the face of an entity who simultaneously may insert a card, or may speak with his or her voice; that it could even occur with just the look, the picture of the eye. That the use of the voice would be a secondary form of identification and a card could also be used, but this also would not be essential. This Awareness indicates there are various projects occurring which may or may not be used.

This Awareness indicates that this particular system as that which appears to be more promising in terms of eliminating the problems that others might cause. However, it is not certain that this system will be universally accepted. There appear to be some technological difficulties which may require greater development before this can be used universally; that there are other systems such as cards, voice, sounds, voice identification, or secret code names and numbers, and also fingerprint techniques, all of which may in some degree or another be implemented, although likely none of these will be universally used.

This Awareness indicates this system as being the most satisfactory in reaching the desired goal of these entities to have proper identification techniques without violating the individual's privacy. The name as not seen.

(FOLLOW-UP QUESTION):

Then if this system is implemented, they will inform the public that when they're standing in front of the teller that their eye is being scanned? It won't be something happening surreptitiously and unknown to the banking customer; is that correct?

COSMIC AWARENESS:

This in the affirmative.

ED's Note: For more information on the Mark of the Beast and those who willingly accept the mark, please refer to 'Revelations of Awareness' No. 79-1 (The Gathering Storm); \$4.00 from CAC. Also, more information on this subject can be found in many other issues. Please refer to the CAC Back Issues Catalogs.



"Please turn me upside down so I won't dwell on this subject. Thank you!"

ANY SIGNIFICANCE TO THE PLANNED SATELLITE OF THE CATHOLIC CHURCH?

QUESTION:

Here's an excerpt from the *Las Vegas Review Journal*. It says: "The United States Catholic Conference plans to establish a \$4.5 million dollar satellite communications system, a nationwide cable network which could eventually link every parish, parochial school, Catholic colleges and hospitals in the country. Plans include transmitting TV programs, private electronic mail, and nationwide telephone and teleconferencing system. This is expected to be operational by the end of the year."

Would Awareness look at this and inform us what the implications of that network is, and if there's something sinister behind it?

COSMIC AWARENESS:

This Awareness indicates that this as that which will enhance communication capabilities of the church with its various parishes and members and its officials; that this as not in itself being any more sinister than was the creation of the telephone links which brought about linking of communication to

the various churches and their parishioners. That essentially, it is all a matter of motives and uses and purposes as to how entities communicate and what the communications reveal.

This Awareness indicates that this system will give the participants a greater advantage over those who are not involved in a similar system; the advantage being that of being able to communicate with each other more quickly and completely, and also of creating an interest so that others may wish to enter into the participating action. This Awareness indicates however, that the advantage created by this action for this group as that which needs not be seen as a competitive advantage. It simply is that which is ahead of its time. That other organizations and groups, in time, will also have similar networks.

(FOLLOW-UP QUESTION):

It seems to me that it could be used for programming entities and for expanding church power...

COSMIC AWARENESS:

This Awareness indicates this as a *purpose* of such communication; that the purpose of the church is to have parishioners, to have priests, to have churches and meeting places, and the purpose is to program and to expand the church's influence. That the purpose of having enhanced communications systems serves this initial purpose also. That likewise, any other organization that has a desire to influence members, influence societies or individuals, having any form of communication with them, could use that communication for those purposes of influencing and programming and increasing power or influence.

This Awareness indicates that the motive is that which is always present in any form of communication, that whether it is a sinister action, or a beneficial action depends on how the communication is used, what effects it has, and what it is intended to do.

(FOLLOW-UP QUESTION):

Well, I was wondering, along the line that there's a lot of people that believe that somehow the *Book of Revelation* is telling them that the anti-Christ will be introduced through the Catholic Church, and it seemed to me that with a network system based on satellites, that this might be one good way of doing it. Is there anything to that?

COSMIC AWARENESS:

This Awareness indicates that this might be one good way of doing it. That it is not necessarily as the way of doing it. That the anti-Christ needs not be introduced through the Catholic Church when the forces behind the anti-Christ already control the television networks, generally, throughout the world.
