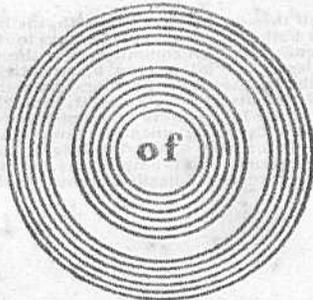


Revelations



Awareness

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Cosmic Awareness Communications

P. O. Box 115, Olympia, Washington 98507

Helping People Become Aware



SLEEP

HOW TO GET IT TOGETHER

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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

HOW TO REDUCE THE NUMBER OF HOURS YOU SLEEP AND STILL REMAIN HEALTHY

QUESTION:

A question from W.E., St. Paul, Minn. "I have a question about the human sleep cycle, and healthy sleeping habits. I have been attempting to condition myself to gradually reduce the amount of sleep I need so that I may eventually obtain as much awake time as possible, while maintaining a healthy balance. Basically, it has not worked for me, and I have the opinion that different people can function normally, or in some healthy manner with different amounts of sleep.

I would like to ask Awareness what *It* recommends in terms of healthy and beneficial sleeping habits? Does it help to take short naps to supplement one's nightly rest? Or can too little sleep upset an entity's mental and emotional bodies in terms of continuity and balance?

COSMIC AWARENESS:

This Awareness indicates that calcium, strong amounts of calcium in your system as beneficial; also that triptophane as that which is beneficial. That in terms of taking naps during the daytime, this Awareness suggests that if you do sleep a short period of time, such as for 4 or 5 hours, and take a brief nap or two during the day, those naps during the day will tend to supplement as much as one hour's rest, or will tend to substitute for that amount of rest.

This Awareness indicates that the nap may only be for a matter of five minutes, just long enough for your consciousness to touch upon the threshold of sleep, but this can have a very relaxing effect upon the psyche in general so that you do not need to have that full amount of sleep. This Awareness indicates that also some entities have difficulties in terms of their sleep because of metabolic problems; that some entities in particular who have tendencies toward hypoglycemia, or other adrenaline/pancreas related conditions, may need more sleep than others, due to their poor metabolism; in which case, the body does not utilize the time of the rest to receive full benefit for its sleep. The depth of sleep and rest varying from individual to individual due to the imbalance of one's metabolism and the flow of adrenaline and the assimilation of blood sugar and its effect on the body.

How to Reset Your Biological Clock

This Awareness indicates that there is also that action which one can take in terms of setting one's biological clock, whereby if one is sleepy during the day, or likes to sleep in during the morning and stays up late at night, and the entity does not like this routine, or cannot fit the routine with his or her schedule; the entity may wish to change his or her biological clock so that the energies are set to a particular time.

This Awareness indicates that generally, one cannot set this biological clock backward as easily as by going forward. For example, if you wish to rise earlier in the mornings and go to bed earlier at night, and you find instead that you are sleeping in till noon, and going to bed at 3:00 A.M., rather than trying to force yourself to get up at 5:00 and go to bed at 11:00, it is sometimes easier to move your clock forward.

This Awareness suggests for example, that you stay up until 4:00 A.M. instead of 3:00 A.M., and get up at 1:00 P.M. instead of noon. Then on the next day you stay up until 5:00 A.M. and get up at 2:00 P.M., and then the next day you stay up until 6:00 A.M. and get up at 3:00 P.M. and so forth, until you are going to bed at the time you choose, such as 10:00 P.M., and are getting up at the time you choose, such as 6:00 A.M.

This Awareness indicates that in this manner, rather than attempting to get up earlier, and go to bed earlier when you are both tired, or when you are wide awake, you may stretch the time to where you stay awake longer, and sleep longer, and on a daily basis, move this

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time forward, either one or two hours, or possibly as much as three hours at a time, until you reach the desired time, and in this manner you then continue at that desired time, and have set your biological clock.

This Awareness indicates that this may allow you to have a more satisfying day and a more satisfying night. For example, wherein your clock is not set properly, you may find yourself going to bed early because you want to get up early, but find yourself not sleepy, and therefore having to sleep longer than you would like; and because you must sleep longer than you would like in order to rest, you find yourself being tired in the morning if you get up too early, simply because you could not go to sleep after you got to bed.

This Awareness indicates therefore, by setting your clock, your biological clock, you may also find it reduces the number of hours you need to sleep.



IS FIVE HOURS
OF SLEEP
ALL WE REALLY NEED?

(FOLLOW-UP QUESTION):

Awareness once mentioned that 5 hours was really all the amount of time most entities needed in sleep. Is that still valid?

COSMIC AWARENESS:

This Awareness indicates that this was mentioned through one of the other Interpreters. This Awareness indicates that this appears to have been without complete qualification; that this statement as kind of a blanket statement, but one which does not apply in all cases; that younger children need more sleep than active adults, and older entities, depending upon their health, may need less or more sleep than active adults.

This Awareness indicates that the important thing is not to concern yourself with how many hours you should or should not sleep, but rather how many hours do you *want* to sleep, and how do you feel, and how do you function with that much sleep, and do you need more or less? This Awareness indicates that it is not appropriate for entities to attempt to regulate their sleeping habits with some ideal yardstick in order to fit a pattern described by another who may work within that pattern. This is likened unto describing that a voice range should lie between this note and that note, whereby entities would be attempting then to place their voice-range between these two notes. This Awareness indicates that every individual is unique and different, and according to their own individual needs may require more or less sleep. This Awareness indicates that 5 hours of sleep IS sufficient for entities, if they are healthy and balanced and receive proper food and exercise, and do not have toxins in their systems, and are not under emotional or physical stress, and if such entities have a strong vital constitution and a strong vitality.

This Awareness indicates that exercise assists one in needing less sleep; that the system with toxins in it requires greater amounts of sleep in order for the system to properly restore the cellular rest and activity in spite of the toxins. In reference to toxins, this applies also to emotional stress and to mental stress, which contribute certain types of essences such as adrenaline fluids and so forth, hormones into the system which need time to be discharged or balanced. That toxins don't always come from outside sources alone, but may also be triggered by the body under stress.

CAN ONE GET ADDICTED TO TOO MUCH REST?

FOLLOW-UP QUESTION:

Awareness, there's been a couple of time where I felt like I needed more rest, and so I made a concerted effort to sleep more; but instead of feeling more refreshed, it seemed to almost be a syndrome where I wanted to sleep more and more. Is this a psychological syndrome or addiction or what?

COSMIC AWARENESS:

This Awareness indicates that on many occasions, entities feel that they need rest, more rest, when in fact that body is reacting to toxins in the system. These often in such cases associated with sugar reactions from the pancreas, whereby the sugar is not being properly absorbed or has been used and depleted and the system is over-charged with adrenaline or some other substance; that these physical reactions, and reactions due to hormones and enzymes and organ activities, often trigger a feeling of being tired and needing rest.

Stress and its Relation to Sleep

This Awareness indicates that the rest itself sometimes does not satisfy the needs, and when this occurs frequently or on a chronic level, it can very likely be a sign that rather than seeking more rest or more sleep, you should have more exercise. This Awareness indicates that many entities who are under emotional stress, and again this Awareness reminds entities that stress is the inability to make a decision or to take an action; that wherein entities are under some form of stress, they often feel tired, because if they can't make a decision or take an action, why bother to stand up? They might as well lie down and rest.

This Awareness indicates that this is the attitude which the body feels. This Awareness suggests that when this becomes chronic, or if this occurs and entities recognize this, they may wish instead to take action. Taking an action which would reduce stress in such a case, would be to decide on a routine whereby for this day or for this hour, or every day, or for so many days: "I will take a walk, or I will involve myself in exercise, or I will do this form of physical activity."

This Awareness indicates that by taking an action during such a time when you are otherwise tempted to go to sleep, this kind of decision as that which may help to overcome the stress syndrome which is influencing

you to wish to sleep. When one is under stress and yields to the temptation to sleep, they may still wake up feeling downhearted, discouraged, tired, because nothing has been solved, no action has been taken, the body has not felt any rest, and the worry is still there.

Essentially, it is the physical body that is asking the conscious self: "Give me a break, will you? You've worried about this long enough and are doing nothing about it!" This Awareness indicates if the conscious self interprets this as: "Give me a break, let me go to sleep," the subconscious may accept, but then, when awakening it feels no better off than it felt before.

This Awareness indicates that therefore, it may actually have a greater break by involving itself in something physical rather than in the continual mental stress, or emotional stress. This Awareness indicates that the greatest therapy for mental and emotional stress is physical activity.



THE "FIGHT OR FLIGHT" SYNDROME

(GOOD AND BAD EFFECTS
OF ADRENALINE)

(Closing Message)

This Awareness indicates that physical stress, mental stress, and the tiredness of the body should be looked at in terms of the attitudes which one has before one falls asleep; that wherein one falls asleep, wherein one's physical body has been hard at work, and the energies are such that the physical body is tired physically, needing recuperation, needing time to rest, to rebuild its energies; this kind of sleep is generally the most satisfying and healthy of all sleep.

This Awareness indicates that wherein the mind is at stress, or emotions have been at stress and something has been so disturbing that you can hardly find any sleep or comfort at all, the mind does not wish to let go, does not wish to stop thinking, wishes to continue working, although the physical body is screaming to be put to bed; this is the most difficult of all types of sleep. That during such times, entities often need sleeping pills or some form of tea, or substance that allows them to be more tranquil.

This Awareness indicates that when there is that emotional tension or mental tension and rest is not easy, whereby the mind or the emotions cannot let go, such as during times of great shock or stress; physical exercise, such as taking a walk for a mile or two miles, or 5 miles; whatever is necessary to fully tire out the body, so that it feels it has done *something*; this type of activity can also be very powerful in helping the emotions and the mind to accept what has happened and to come to a state of rest.

This Awareness indicates that in such times of stress, vast amounts of adrenaline may flow into the hormone system and into the body and bloodstream, and this adrenaline entering into the organs and into the bloodstream, and into the brain, can cause entities not to be able to rest. This Awareness indicates that the purpose of adrenaline in the system is related to the "fight or flight syndrome"; that adrenaline is intended to help one fight or flee danger. In other words, adrenaline is intended to give strength so that one can act, physically act.

This Awareness indicates that wherein one cannot take action because of some event which was too powerful, or which the entity has no dominion over, such as the death of a loved one, or the loss of a loved one, or the loss of something; wherein this energy is so powerful that the entity cannot do anything but accept, at least for the moment, what has happened, then the adrenaline has little value to the system and the adrenaline, rushing through the system, screaming and ready to fight or flee, is a destructive force and is extremely dangerous to the system. In some cases it can turn one's hair white overnight, permanently.*

This Awareness indicates that therefore, rather than simply sit and allow the adrenaline to churn through your system, in a state of anger or shock or frustration or worry or fear, use the adrenaline as it was intended --to put it into action. This Awareness indicates that in today's society, you may not be able to fight or to flee from the event, but you can use that adrenaline which is screaming to be used, you can use that adrenaline in a form of action. Thus, you may take a long walk or may run, or may pound your pillows, or take some other form of action whereby you express yourself and get the adrenaline out of your system.

Adrenaline--Poisonous Venom if Not Released

This Awareness indicates that when this is done, you will find that your health restores, returns to normal in a very short duration, but if the adrenaline is not released, and this condition continues without release, you may discover that it created a problem with your system, whereby from that time on, or at some later time, you have a difficulty associated perhaps with circulation, associated with heart disease, or associated with psychological problems or skin rashes or other diseases such as diabetes or hypoglycemia, or some other circulatory related disease.

This Awareness indicates that it may not occur from one event; but even one event, if strong enough and shocking enough, or if causing too much anger or fear; one event can in fact, destroy many cells in your system so that your system is weaker after the event if the adrenaline has not been released, if the adrenaline has been left in the system to continue its destructive effect.

This Awareness indicates the adrenaline is likened unto poisonous venom that is intended to give super-strength in fighting or in fleeing, but if it cannot be used physically, it turns on the one internally and fights the cells and organs of the entity. This Awareness suggests therefore, that you be aware of these energies in your system and express your adrenaline in a way which is not antisocial, and not harmful to others, but

which allows you to get your feelings out; that you may pound your pillow or whatever; you may scream if that is necessary, or you may be more sophisticated and wish simply to go jogging or hiking, but this Awareness suggests whatever approach you take, that you get the adrenaline out of your system.

* This editor knows that what Awareness is saying about the hair is true. My father's hair turned white overnight. He was in World War II, in the navy as a young man. His hair was black as the ace of spades. He never understood why it changed color and he never talked about the war. Years later I discovered he was on a ship in the South Pacific that was attacked by Japanese Kamikaze (suicide) planes, repeatedly, day after day. It was a nightmare and a miracle that any one survived. I am sure that it was during that terrible time that out of fear his adrenaline caused his hair to go white overnight.

"NIGHT PEOPLE" AND "DAY PEOPLE"

(ASTROLOGICAL RELATIONS TO SLEEP)

FOLLOW-UP QUESTION:

A couple of questions relating to the last session about sleep. Is there any truth to the notion that some people are night people, and some people are day people, and this because of their sun sign? Sam Millar, for example, claims that all Gemini's are night people.

COSMIC AWARENESS:

This Awareness indicates that this is not being associated with the sun sign directly, although certain astrological energies do have some effect on whether entities work best during the early hours or during the late hours. This Awareness indicates however, that the so-called night person or the so-called day person is that which is determined more by the biological clock and how it has been set; wherein the entity is used to staying up late at night, or is used to getting up early in the morning and going to bed early at night.

This Awareness indicates the question is not so much a question of one's biological clock being fixed by some form of heredity or astrological condition. The determining factor has more to do with the entity's interest. That wherein an entity is a more physically active person, the entity tends to lean toward the "early to rise" type of behavior. Wherein an entity is a mentally active person, but does not particularly pursue physical activities, the entity may be more inclined to the "late night" type of person.

The Effects of Ultraviolet and Infrared Energies

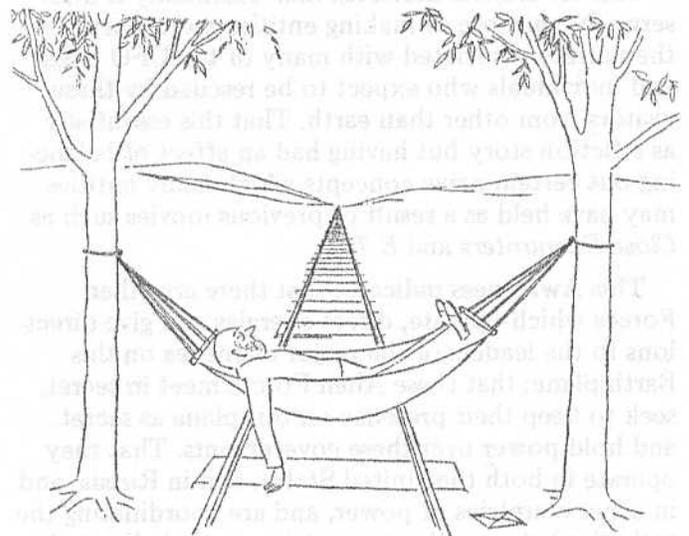
This Awareness indicates that the reason for this is because of the ultraviolet types of energies in the morning, and the infrared types of energies in the evening, and the night energies, wherein these forces are absent. That in those hours late at night when activity is slow or wherein one is not feeling great obligation toward physical activity, the mind becomes more able to focus on creative or romantic or deep meditative type of thinking.

This Awareness indicates that early in the morning upon awakening, the mind is not prone toward quick agile fluid thinking, but rather is still somewhat sluggish. That on the other hand, the body begins waking up more quickly and although some entities' bodies wake up slowly, within a short time after awakening, most entities desire to get their blood circulating, their body active and begin some form of physical activity, which as it progresses, tends to affect the fluidity of the mind so that the thought formation, the brain waves and the activity of the brain begins to speed up and accelerate as the day goes on.

This Awareness indicates that this of course varies with individuals and with circumstances during the day. That essentially however, the entities who emphasize physical activities tend to be more the type to work best in the earlier hours of the day, and those who tend toward creative endeavors tend to work best in the later hours of the day, and their biological clocks tend to become set, not by heredity, but by preference, and by adjustment to these times, whereby if they work best in the evening, they tend to set their biological clocks toward evening work.

This Awareness indicates that this of course can be changed as previously described, when an entity wishes to alter such biological clock timing.

ED's Note: For more information on sleep, please refer to 'Revelations of Awareness' issues, No. 78-9 which explains what would happen should you die in your sleep, and the importance of falling asleep with certain images in your mind. \$2.00; 80-24 (the importance of sleeping with your head pointing North); \$1.00. Also 79-7 (How to keep psychic vampires away from you as you sleep); \$2.00; also 79-29 (How to heal the physical body while you sleep); \$4.00 from CAC.



UFO ALIENS AND THE TV MOVIE "V"

(DO ALIENS INFLUENCE OUR WORLD LEADERS?)

(6/9/83)

QUESTION:

Several members have sent in questions about a television mini-series called *V* or *Visitors*. I'll read this one question from H.M. of Atlanta, Georgia. He writes: "I am sitting here watching an interesting TV movie on NBC entitled *Visitors*. It is about a whole bunch of gigantic UFOs coming to cities all over the earth. They are acting like real nice guys,--friendly, peace-loving. All they want is some factories changed over so they can manufacture some chemicals and so forth that they need for their planet.

"Anyway, as it turns out they are literally snake people, as found by an over-zealous reporter. They train a youth group ala the young Nazis, which gladly helps them do their dirty work. These young people inform on anyone, including parents, that seems to not like the Visitors. Basically, the movie seems to be planting distrust of space aliens. It shows that they are not to be trusted or believed. Could this be a good service the producer is trying to do, so that in the future everyone will not so willingly give in to the UFO people that will be trying to gain their confidence? Please ask Awareness if this is the subtle message this movie is trying to convey?"

COSMIC AWARENESS:

This Awareness indicates that this essentially was written more for the commercial value of the movie, yet it expressed the writer's view that aliens or space beings might not necessarily be redeemers. Just because humanity is lagging in its technology to fly to other planets does not mean that others who *can* fly to the planet Earth are so advanced spiritually as to be able to redeem humanity and not have ulterior motives of their own.

This Awareness indicates that essentially it does serve the purpose of making entities more wary of the naivety associated with many of the UFO cults and individuals who expect to be rescued by these visitors from other than earth. That this essentially as a fiction story but having had an effect of balancing out certain naive concepts which many entities may have held as a result of previous movies such as *Close Encounters* and *E. T.*

This Awareness indicates that there *are* Alien Forces which operate, direct energies and give directions to the leaders of the major countries on this Earth plane; that these Alien Forces meet in secret, seek to keep their presence on this plane as secret, and hold power over these governments. That they operate in both the United States, and in Russia, and in other countries of power, and are coordinating the activities between these countries, as they direct the course of events, as they move this planet through its final cleansing.

(FOLLOW-UP QUESTION):

Are the leaders of these governments aware of these aliens and are they aware that they are being influenced by these aliens?

COSMIC AWARENESS:

This Awareness indicates these aliens direct the ones who direct the leaders, or direct the leaders directly; that they are aware of these entities. This Awareness indicates that in many instances, in *most* incidences, the leaders of these countries *are* other than human, are, as previously given, replicas. That these forces are both sinister and powerful, but their purpose in the scheme of change is to make this planet ready for redemption for its sins, and for entry into the Cosmic Federation, whereby the beings on this planet can join those beings in other planets and in other dimensions without fear.

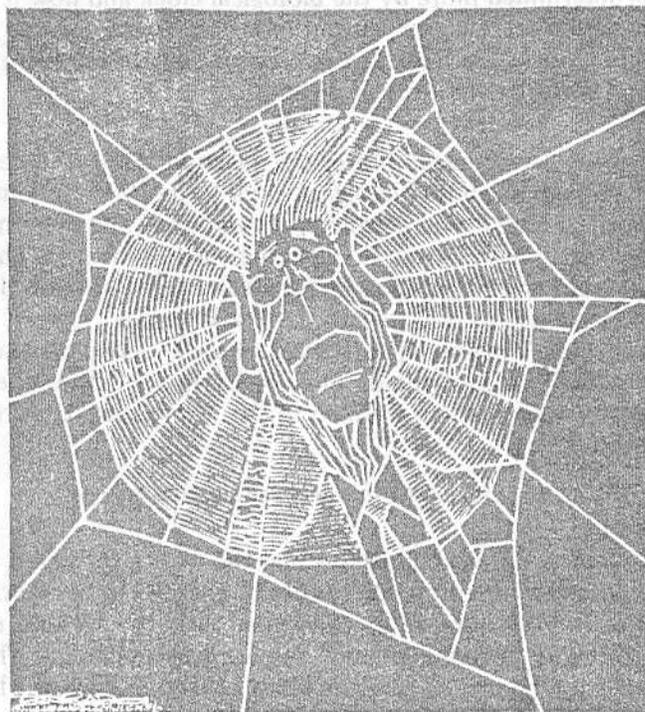
This Awareness indicates that forces which serve as devils often are the forces which drive entities toward the Light.

(FOLLOW-UP QUESTION):

So what we're talking about is manifestations of necessary evil, so to speak?

COSMIC AWARENESS:

This Awareness suggests these may be referred to as wrathful deities.

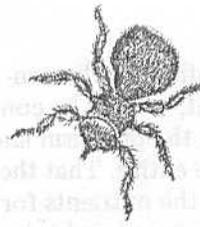


O WHAT A TANGLED WEB WE WEAVE,
WHEN FIRST WE PRACTICE TO DECEIVE!

— SIR WALTER SCOTT

IS ALCOHOLISM A KARMIC PROBLEM?

(BEWARE THE ALCOHOLIC GENE)



QUESTION:

A question from M.P., Yucca Valley, Calif. "I just read the newsletter on alcohol and it completely changed my life. I have been a heavy drinker for 25 years, but upon reading your words I completely lost the desire to drink, even abhorred the thought of drinking again. Those parasites got to me! I have a question on one aspect of the problem which was not addressed in the newsletter: I would like to know if an entity having a problem with alcohol is a result of the karma of the soul, or simply a malfunction in the machine which is the body the soul inhabits?"

COSMIC AWARENESS:

This Awareness indicates that this as being related to certain genetic qualities which are associated with chemicals within the body; that this particularly is in reference to entities who have the alcoholic genes, or the propensity to become alcoholics. There is a certain set of chemicals which these entities suffer from and which cause the genetic malfunction in relation to alcohol use.

Coming Soon--An Anti-alcoholic Pill

This Awareness indicates that within approximately two years this problem of alcoholism is that which will be altered considerably by a pill which alters the chemical balance and affects the gene, thus changing the condition so that the entity is no longer susceptible to becoming alcoholic. That this message as referring to the mechanics, rather than the causes of alcoholism; the causes being that which programmed the genetic codes in the first place. This Awareness indicates the causes being psychological and coming from certain concepts of dependency of the oral nature, as well as escapism related to fears. That these having a great variety of sources from many various experiences of each individual.

This Awareness indicates that wherein individuals experience, and react to these experiences of fear, or escapism, of the desire for oral sublimation and involvement through the subconscious quest for security; that these various experiences which entities may have, either as babies or small children, or as adults who have been deprived in some way or another, these experiences affecting the entity's self-image and feeling of self worth; these may be reacted to by individuals in a variety of ways. Some entities choose alcohol as a means of avoiding the issue, others choose food as a substitute, others choose certain kinds of behavior or activities, still others may become involved in talking incessantly. That the alcoholic as one who chooses to find some consolation for oral cravings by sucking on the bottle as a substitute for mother's breast, or as a substitute for personal affection.

Passing Alcoholism Down Through the Generations

This Awareness indicates that when this is accompanied by the desire for escape from reality through Neptunian and mystical pursuits, the entity becomes quite susceptible to the alcoholic chemicals which affect the genes and which in turn program these genes toward that susceptibility. That over a period of time, these genes then change and are passed on to the following generation,--the children and grandchildren,--and thus, these future generations are made more susceptible to alcoholism because of their parents' or grandparents' susceptibility and programming.

Likewise, the same type of effect occurs in regard to entities overindulging in sugars and sweets which have their effect on the chemicals of the body, which in turn affect the genes, which in turn are passed on to the offspring and leave entities susceptible to diabetes or hypoglycemia. That likewise, entities having certain attitudes, such as that of escapism, or that of hostility or of anger, pass these attitudes through the chemical effects of the releases of hormones from the endocrine system, into the genes, affecting the genes so that the offspring of the individual carries similar feelings and attitudes within the genes as was occurring near the time of conception. That in this manner, characteristics are passed from mother and father to child, and from child, to his or her children.

This Awareness indicates that while the genes carry much in terms of the hereditary qualities and the psychological qualities of the parents, there also are the cultural effects of living with those parents, the environmental effects of living in a situation whereby the entity with the programmed genes of his parents still has this programming modified by whatever the environmental influences are. Thus, a child taken from his or her parents at a young age may have an environmental influence which alters the pattern of psychological development,--that alteration being from the environment and its effect upon the genetic characteristics of the entity. Thus the hereditary and environmental forces work hand-in-hand to affect the growth and development of the entity.

This Awareness indicates also, that the astrological influences may be seen to reflect, (rather than cause), --reflect the nature of the pattern at the time the entity is conceived, and also at the time when the entity takes the first breath. Thus environment, heredity, and astrological influences are important. Also, attitude as that which can be important, according to the entity's level of realization. Attitude is programmed until an entity becomes aware of the attitude, and his or her ability to work with the attitude and to alter attitudes at will.

This Awareness indicates that diet may be considered as part of the environment, or may be considered as a separate influence on the organism and psychological development of the entity. That the diet as being that which serves as the nutrients for the growth of the body, emotions, mind and consciousness of the individual. The strength and the chemical balance are affected by the diet, as well as attitudes.

This Awareness indicates that attitudes can also cry out for certain chemicals to pacify them, which in turn leads entities toward a particular diet; whether the vegetarian, the carnivorous, or the alcoholic, or the sugar-sweet foods. That the attitudes calling out for pacification often create the obsession with a particular diet. Therefore, attitudes can have effects on the chemical and biological and genetic levels through the diet, as well as through their own effects on the endocrine system.

ED's Note: it is surprising how many letters CAC has received from entities stating that they have taken the pledge after reading the newsletter on alcohol and the brain-eating parasites alcohol contains. For more information on alcohol, please refer to the following 'Revelation of Awareness' newsletters: 77-01 (a light-pulse meditation for the alcoholic); \$2.00; 81-22 (Alcoholism and parasites); \$3.00; 82-23 (Alcohol related accidents); \$3.00 from CAC.

POSITIVE & NEGATIVE EFFECTS OF WEARING GOLD AND SILVER

QUESTION:

A question from R.B., Phoenix, Arizona. "Silver has been used for ages in some circles at least, as a form of psychic protector. The phrase, 'Born or raised with a silver spoon in his or her mouth', for example. Could silver coins, U.S. pre-1965, be carried or worn for protection or personal energy field amplification? Did certain influential persons in the treasury understand this and cause such coins to be removed from circulation? Could Awareness please comment on silver, the number two metal, also associated with lunar energies, and one of the finest conductors of electricity?"

COSMIC AWARENESS:

This Awareness indicates that silver does have certain protective properties, and can be beneficial to entities who carry silver. This Awareness indicates it was not in order to weaken entities that silver was withdrawn; however, it has had an effect of this nature, although this as being somewhat unnoticeable. This Awareness indicates that entities carrying silver will strengthen their aura and their sense of well-being. This in turn will have an effect upon their attitudes toward themselves, toward their relationships with others, and will, in a sense, enhance their ability to function.

This Awareness indicates that gold also has certain properties; that gold tends to magnify whatever attitude or feeling an entity may have. Gold tends to increase the effect of any metal or gem which is associated or close to gold. That for example, diamond and gold together will increase the vibratory quality of the diamond, because of its close association with gold. That when lapis and gold are together, the lapis is much stronger in its effect.

This Awareness indicates that when an entity has a deep negative mood, and is wearing gold, the gold will enhance and strengthen that negative mood, thus entities should wear gold when they are feeling good, or to put it another way, when entities are wearing gold, they should avoid negative moods or negative concerns. This Awareness indicates that this does not apply to actual physical illnesses. Wearing of gold when one is ill does not make the person more ill. That this applies to emotions rather than to physical states.

WHEN EXACTLY WILL THE 'NEW AGE' ARRIVE?

QUESTION:

In reference to the question of Divine Grace, there's a question from V.K. along this line. She says: "Moirra, a highly evolved spirit from the astral plane, states all karma will be forgiven when we enter the New Age, and everyone on the earth will be able to begin anew with a clean slate. When he speaks, it sounds as though this is just around the corner. What specific signs will be evident, permitting everyone to know the exact time has arrived and they are free? Also, it sounds as though entities will have reached a state of perfection, Christ Consciousness; and if this is so, they would not be capable of developing any further karma. Assuming this is all true as stated thus far, will entities then go straight to the Godhead after passing over? I find this confusing and would appreciate a clarification."

COSMIC AWARENESS:

This Awareness indicates that entities expect a door to open and the New Age to suddenly be on the doorsteps. This Awareness indicates that the New Age as that which, like the dawn, comes in slowly,--a little light here, which grows somewhat stronger, brighter, brighter yet, creating clarity of image, wiping away dark shadows, moving that which is black into that which is gray, and that which is gray into that which is colorful and bright. This Awareness indicates that the New Age as that which does not come in a flash, but comes like a thief in the night, stealing away the darkness and leaving in its place that which is light. This Awareness indicates therefore, the karma as that which shall be taken slowly, while entities are beginning to focus and awaken to the light which comes forth; the karma as likened unto the bad dreams which entities have experienced during the dark years on this plane.

WHAT IS THAT HUGE LEVER SEEN ON THE MOON ?

QUESTION:

June 9, 1983

A question from T.H. "I have often wondered if it would be possible to see the Soviet particle beam weapons and their installations on the moon through a telescope. I have enclosed an article from the June, 1983, *FATE*, that includes a sketch of an object that an amateur astronomer, Jack P. Swaney of Las Vegas, saw on the moon. Could this be a particle beam installation? If it is possible to see these, when and where is the best time and place to look?"

And I'll read the small article that he enclosed. It shows a lever sticking out of the moon at 50 degrees East longitude, and 15 degrees North latitude. The article is titled, "What is the Lever For?" and reads as follows:

"As an amateur astronomer, I have become aware of objects and formations on the moon so bizarre as to beggar description. One such is a 45 mile long rectangular pit or housing on the Western shore of the Sea of Crisis, which seems to have a lever sticking out of it. The rod or shaft comprising this component shimmers with a metallic gleam, and an appropriate thickening at the end is reminiscent of a handle. My sketch shows the area as it appears through an astronomical telescope when the moon is 4 days old. If the thing actually is a lever, weird connotations come to mind. Who or what could actuate such a gigantic thing, and what does it do? This artifact is readily visible when the moon is in its crescent phase and it is within the grasp of very small telescopes. Signed, Jack B. Swaney, Los Vegas, Nevada."

Would Awareness comment on that, please?

COSMIC AWARENESS:

This Awareness indicates that this appears to be part of a construction on the moon; this as what may be termed a moon base; that this appears to be linked somewhat to those activities involving the Russian base. This also as tied in with others besides Russians. This Appears to be aliens. This Awareness indicates that this does appear to be a monitoring device such as a telescope to watch the earth; that there is not seen any further information on this at this time.

ED's Note: For more information on what is going on up there on the moon, please refer to 'Revelations of Awareness' No. 85-15 (The Dark Side of the Moon); \$3.00 from CAC.

Also recommended is issue 79-1 (The Gathering Storm); \$4.00 and the UFO readings.

The illustration of the object of the lever-like object seen by the writer can be found in the June, 1983 issue of *FATE* magazine. (Many libraries have copies of this magazine on file.

For similar type information, please refer to the books: "We Discovered Alien Bases on the Moon," By Fred Steckling. Also, "Moongate: Suppressed Findings of the U.S. Space Program--The NASA-Military Cover-Up", by William Brian II, available in book stores or through CAC. Please refer to the CAC Book Catalog.

WHY IS AWARENESS ADDRESSING THE WESTERN, CHRISTIAN WORLD AND NOT THE MID-EASTERN ?

QUESTION:

Awareness, CAC receive a letter the other day, from a person in Mecca, Saudi Arabia, who had read the booklet, *Cosmic Awareness Speaks*, and who seemed to be trying to recognize and put together the various truths as he was beginning to see them, and it was obvious from his letter that the Christian references made in the Awareness material was a problem, since he was of another faith in his basic teachings. Since I would expect we'll be having more people from a wide, diverse background (and I know at one point there is a project to show all the various relationships and parallels of the major religions), I was wondering if there might be something between now and when that project is completed that Awareness might address to such new people?

COSMIC AWARENESS:

This Awareness indicates that *It* so far, being mostly centered in the Western world, whereby the Western world is highly influenced by the Judeo-Christian religion, has not actually delved into the other religions to any great degree. This Awareness indicates that *It* eventually would discuss the other religions and their relationship to the universal forces. This Awareness has given some indications whereby those of other faiths may have information relating to their own religion and can apply this to various messages which this Awareness has given. This Awareness indicates however, that basically because all of this information has not been compiled in one place, it is unavailable to most entities.

This Awareness suggests that the focus of these readings at this time is not to satisfy every entity who comes into contact with one or two Awareness readings. The focus is to give as much information on as many topics as entities wish to question about which are of any significance or purpose or concern to the development and understanding of humanity and of the environment in which humanity finds itself.

This Awareness indicates that the concern for winning the hearts of others or supplying others with the information necessary for them to have a complete acceptance of what this Awareness is giving,--this as being an impossible task when the information is only being given one reading at a time and mailed out to entities one reading at a time.

This Awareness indicates that eventually, as more support for this action is brought forth, there will be publishing houses whereby these materials can be assembled into booklets, and entities can research their pet areas to satisfy their own interests and needs, much as the Cayce Foundation had done with the readings which this entity channeled.

This Awareness indicates that any organization which is in the process of giving forth information, particularly in its early stages, as this has been, can easily be criticized by others who come in contact with that organization for not being further along in its development. This Awareness indicates however, that this has nothing to do with reality; for the organization which is assisting in bringing through these messages is as far along in its development as it is; and all the criticisms or wishful thinking cannot push it any faster than it can go.

This Awareness indicates that the purpose of this Awareness communicating largely through the background of the Western world and the Christian doctrine, is that this is a highly charged area of interest for those who are most receptive to this type of message.

This Awareness indicates that had this Awareness attempted to speak through entities in certain of the Moslem countries, these messages would need to come through with a concern based on the Moslem culture and religious energies, and therefore being colored by the influences from these countries. This Awareness indicates that entities in other countries could object to Muhammad's messages as not having any real concern for the Christian doctrine. This Awareness indicates that basically the messages were given with relation to the Moslem beliefs because of the intense cultural influence in that area where they were channeled.

This Awareness indicates however, that *It* intends within time to address as many different philosophies as is possible, so that these may all be better understood as a kind of comparative religion course, allowing each other to look at the other's beliefs and see the similarities and key points which overlap or which coincide in essence if not in words, names, or labels.

This Awareness indicates that in many ways, this has been done through various messages, but all of the messages have not been compiled together so that entities can have this all in one booklet.

This Awareness indicates there are also other messages besides those relating to religious or philosophical belief systems which also eventually need to be compiled. This including health messages, as well as various technical material which has been given on different topics, historical material, and other kinds of philosophical material and relationship material, and also information relating to current events.

This Awareness indicates that the task of compiling all of this type of material into booklets suitable for the entity who wants to look at

his or her pet area of interest, is an action which will require great sums of energy, time, and costs. This Awareness indicates these are not presently available to either CAC or to the Aquarian Church. This Awareness indicates however, that there appears to be such time in the future whereby this may occur.

ALL ABOUT CHIA — THE HIGH ENERGY SEED FOOD

QUESTION:

A question from J.N. H. of Carlisle, Kentucky. It's a rather long one. "I live in a small town of about 1800 people which borders the famous Bluegrass region of Central Kentucky. Most income in this area is derived from growing tobacco or marijuana. There is also a lot of garment and knitting factories, non-union, in the area. I am a member of the local health spa and karate club, as well as a member of the Good Foods Co-Op in Lexington. A lot of people come to me for advice on diet, exercise and health-related problems.

"I would like to start speaking informally at our karate club meeting and writing articles for our co-op newsletter. I am presently writing an article about chia seeds,--salvia columbaria. There is very little information available about chia though it once formed a staple part of the diets of the Indians of Mexico and of the Southwest United States. I have used chia ever since living in Las Vegas over 10 years ago, and have turned on many people to this remarkable energy food.

"However, I would like to be able to explain what it is in chia that imparts such readily available energy. Some people suspect there is a stimulant, drug, or substance that gives chia its reputation. Others claim there is an enzyme in chia that converts its high protein content, up to 30% into a more readily assimilable form. This supposedly similar to papain, bromelain, ficin, found in papaya, pineapple, figs respectively.

"I believe the energy in chia is real and not a drug, and could benefit a lot of people, including the membership of CAC. Would Awareness comment on chia seeds, salvia columbaria, in particular, and their potential use for our modern society? With so many people looking for ways to maintain their health and energy in the fast-paced world of today, could chia be a safe alternative to 'speed', caffeine and other kidney/adrenal-stimulants so popular in our daily existence? What is in chia that makes it so unique?

"I realize this request may take a back-seat to other priorities in the membership, particularly in these difficult times. Thank you!"

COSMIC AWARENESS:

This Awareness indicates that the entity has answered his own question; this being an enzyme within this substance, which, when mixed with saliva and stomach juices breaks down and enters into the system, and in turn digests or breaks down protein to an assimilable degree that it enters quickly into not only the bloodstream, but into the etheric body of the individual. This Awareness indicates that simply having chia seed on one's person also can be effective in helping to strengthen one's aura.

This Awareness suggests that a pouch worn around the neck or carried in the pocket, whereby chia seeds are present with an entity; this can be beneficial. This Awareness indicates that the natives on the West Coast, in earlier times, could run and carry messages, running 30 or 40 miles daily, with chia as their staple food. However, these entities used a type of chia that is uncommon today, this being a kind of golden chia; this being golden colored. Most chia found in market places as that which is black and is of inferior quality to that of the golden chia.

(Follow-Up Question):

Would chia be a good substitute for caffeine?

COSMIC AWARENESS:

This Awareness indicates this in the affirmative; that it appears this does contain a small amount of caffeine, this being quite small however.

(Follow-Up Question):

Does this constitute about the healthiest energy food that's available today?

COSMIC AWARENESS:

This Awareness indicates that this depends...

(Follow-Up Question):

...taken as a substitute for coffee, for example?

COSMIC AWARENESS:

This Awareness indicates that as a tea, that this ranks high. That it depends largely upon individual taste and individual metabolism. Some entities will receive more benefits from chia than others will receive. Some entities will receive benefits from the use of licorice tea. That others, using ginseng or gota kola, or some other teas such as taheebo will receive greater energy levels. This depending on the particular individual metabolism.

Some entities will feel little or nothing from any of these teas in comparison to caffeine drinks, and therefore, may seek their energy quota from caffeine drinks, even though these drinks are more harmful in the long run. That chia as a substance which may be used in different ways, as a tea, or as a food. This

substance may also be used in cooking,--in breads, in pastries, or as cereal, or sprinkled on food.

This Awareness indicates that essentially, it is a substance which has many benefits for many entities, giving them a greater energy boost from its effect on their system. This Awareness suggests that entities try this substance for themselves. It is harmless to the system.

ED's Note: Chia seeds are available in most healthfood stores and food co-ops; also mail order healthfood catalogs.

HOW TO GET CENTERED IN YOUR LIFE

QUESTION:

A question from M. L., Cottage Grove, Oregon. "These are confusing and difficult times in many areas: ecology, overpopulation, hunger, energy crisis and so forth, and so on. Although I do Transcendental Meditation and yoga regularly, and do Cosmic Awareness meditations, I have not felt centered and with a picture of 'what is'. Instead of acting on the urgency as Awareness has suggested, I have felt everything urgent and thus taken little action, so I feel like part of the problem instead of part of the solution. How can I better understand my proper role, my right action and thus increase my usefulness?"

COSMIC AWARENESS:

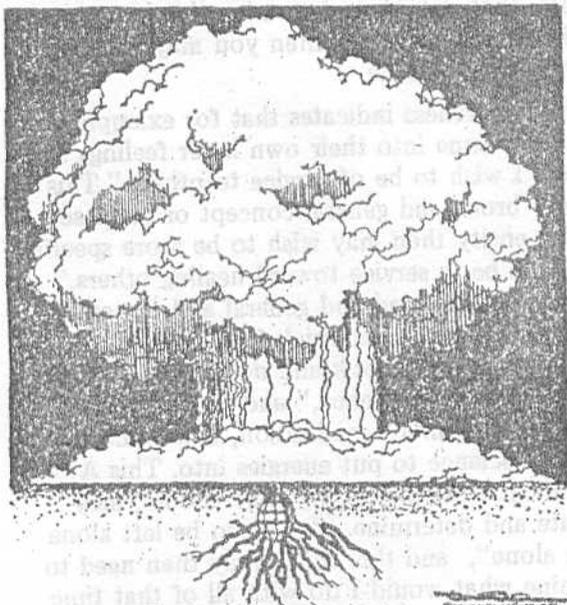
This Awareness indicates that you look at the urgency within your own closest environment first. If within yourself there is an urgency to become centered, this Awareness suggests that then you look at that which you call yourself and determine after much meditation or concern, what is most urgent within your own being, what it is inside that you wish to do. This Awareness indicates that you look deeply to determine your own purpose in this life, that once you determine this in a very broad and general sense, then you may wish to become more specific.

This Awareness indicates that for example, an entity may tune into their own inner feelings and decide, "I wish to be of service to others." This is a very broad and general concept or purpose, that the entity then may wish to be more specific: "I wish to be in service toward healing others," that this is still broad and general and the entity may then determine in which field of healing. Another entity may look and determine, "I wish to be of service to science," and the entity may gradually, after much meditation, determine what branch of science to put energies into. This Awareness indicates another entity may choose, may meditate and determine, "I wish to be left alone to live alone", and this entity may then need to determine what would I do with all of that time alone? The entity then may become more and more specific in this way.

This Awareness suggests that you first look within at your own general centering needs, then considering these urgencies of your own, then look around at the urgencies of the world closest to you and if these are demanding anything from you, respond accordingly as the demand demands or as the urgency demands, and if those urgencies close to you do not demand anything from you or if the urgencies are being supplied and attended to by others, then look out further at other urgencies in the world about you and see if there is something which demands a response from someone, yet there is no one responding. This Awareness indicates that *It* does not advocate that you hunt for urgencies in order to respond, but rather that you become *aware* of urgencies with such an attentiveness that you find yourself moving in response involuntarily. When you find yourself moving in response without actually willing to do so, you are acting as a channel for this Awareness. This Awareness indicates that it is not necessary for you to be a channel for this Awareness, but that those who are will feel themselves to be satisfied with their lives and with their actions.

THE LAW OF MOTIVATION

This Awareness indicates that entities following the *Law of Gratitude*, following the *Law of Motivation*, wherein the motivation is the means and the end, may discover that the *Law of Gratitude* returning more quickly to them, with greater abundance, the energy that has been given.



THE RITE OF SPRING

This Awareness suggests that entities visualize a great cosmic funnel, a funnel such as is used to pour water into a container.

This Awareness suggests that this great cosmic funnel as being so large that it catches all of the thoughts, energies, and concepts of entities, all of the experiences which entities have experienced throughout all time and all eternity; and these experiences of the cosmos and all of the individuals within, are being rushed into this funnel like a stream of consciousness which condenses them down into a smaller and smaller space.

This Awareness suggests you visualize yourself in that stream of consciousness, as the big self, being all of that, being squeezed into that funnel, becoming smaller and smaller, condensed more and more, encompassing the entire experience of the universe itself. This Awareness suggests you visualize yourself being squeezed into that black hole, into that tiny, tiny hole; being condensed down, needing to feel all those energies, those agonies, those joys, those pleasures, those experiences, those sudden awakenings, the sudden deaths, the sudden explosions, the expansions and contractions, the nerves, the agonies of physical pain, the joys of bliss. This Awareness suggests you hear all of the cries and voices from all ages, the speeches, the profundity, all of that sweet talk in each others' ears, and the loud cursings of each other. This Awareness suggests that you feel all of this which is the experience within the universe of all creatures,-- the screams and cries, the calls and answers, all of the splashing of water, of energy, of fire.

This Awareness suggests you feel all of this being condensed down into that tiny funnel, and that you yourself are being squeezed into this stream, holding all of this within yourself, becoming smaller and smaller and smaller to that which is the little self; and from that little self, look out with your beam of light and contact that which is the Universal Self, the Big Self, and know that you are One.

