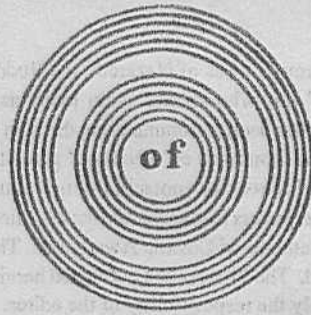


# Revelations

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# Awareness

Cosmic Awareness Communications  
P.O. Box 115, Olympia, Washington 98507  
Helping People Become Aware



**Is it time to examine  
your Home Base ?**

COSMIC AWARENESS is the Force that expressed Itself through Jesus of Nazareth, the Buddha, Krishna, Mohammed, Edgar Cayce and other great avatars who served as 'Channels' for the 'Heavenly Father' and who speaks again today as the world begins to enter the 'New Age' of spiritual consciousness and awareness. Since 1963 Cosmic Awareness has been communicating through carefully trained channels. This information is for those who desire to help in bringing in the New Age. Throughout the thousands of 'Readings' given through these various channels, Cosmic Awareness tells us not to believe anything, but to question, explore, doubt, and discover for yourself, through your own channel what is the truth. Cosmic Awareness will only 'indicate' and 'suggest'. Neither C.A.C. or any of the Interpreters is responsible for anything Cosmic Awareness states in any of these readings, nor does C.A.C. or the Interpreters necessarily agree with the statements of Cosmic Awareness. The Interpreters interpret the energies as they see them in trance levels and are not personally responsible for what is said. The Interpreters published herein have no connection with, nor control over the editorial comments and material, including illustrations. This is entirely the responsibility of the editor. Members of C.A.C. are invited to send in questions of general interest to ask Awareness for possible publication in this newsletter.

Paul Shockley, Interpreter

## HAVE YOU EVER ASKED YOURSELF: "WHAT IS MY CENTRAL CORE BELIEF"?

### ( HOW TO EXPERIENCE A TRANSFORMATION IN YOUR LIFE )

( Opening Message, C.A.C. General Reading )

#### COSMIC AWARENESS:

This Awareness suggests that entities consider that which is a concept related to the 'Home Base.' This Awareness indicates that in the game of baseball, that game in which entities step up to the plate at home base and strike the ball, and the game then follows, with entities running from base to base until they run to home base and are then given credit; that this is called a score or point; that this game as that which can be looked at from a metaphysical sense as representing many things in the universe that operate from a concept of a home base.

This Awareness indicates when applying this concept to one's life, one can also have a home base from which to operate; the entities move to and from that home base. It becomes likened unto a center for their activity, and in their life, they move in and out of home base, carrying on their various games of life or operations. That essentially, your body also can be a home base, from which you move in and out, in dream states, in mental travel, in pursuits, and in studies of mental activities, where your consciousness moves toward self, and then out from self, toward other things in life, toward other people, toward other activities and interests. This Awareness indicates it always returns to the home base, the body.

This Awareness indicates this is likened unto its home, and the consciousness resides there, although it does not always need to be shut in. That likewise, in experiences of one's life, the entity can attach that body, can attach that life, attach that self to some concept or idea that becomes a center point for the life. This Awareness indicates that when a life is experienced in having a central focus, or central base on which to build itself, a concept around which the life is built, that life then has a totally different vibration, expression, experience, then if the entity had chosen a greatly different home base philosophy or concept around which to build.

For example, assuming that one entity chooses to build a life around the concept of honesty and truth at all costs, you can imagine the difference in the way the entity might approach things in life from another who builds around a concept of: "Don't hurt anyone's

feelings, regardless of what might happen," and although both of these may be noble and worthy concepts, the behavior of each of the entities will be quite different in the same situation. One entity, for example, believing that honesty is the most important thing, might refuse to be polite and courteous and diplomatic, but instead say to the other what they think the entity should hear, regardless of whether it hurts or not, while the entity who does not want to hurt another will hedge on telling the other facts and truths that might be necessary for the entity, and instead attempt to be diplomatic and hide the truth so as not to cause the entity to feel hurt.

This Awareness indicates that if entities of both noble position have such a gross difference in how they relate to another, imagine how different lives are when they have a totally different motivation around which they base their activities; for example, the entity who comes to the conclusion that the reality around which he or she wishes to build her or his life is that the world is a cold place and it's dog eat dog. If an entity comes to that conclusion and sees that as the reality of the world, and determines that to be the base of operations from which he or she will proceed, then this entity in coming across another will treat them in an entirely different way, than say, the entity who does not want to hurt anyone, or the entity who feels that honesty is the best policy, regardless. You can image the great difference in the behavior of these three types.

This Awareness wishes you to realize that there are as many different types of philosophy concepts around which entities may build their life as there are entities; each one may be similar, but there can be little nuances of difference and this is what creates individuality. This Awareness indicates that these entities may look the same, may resemble each other in physical appearance, in the way they stand, look, act, behave at first appearance, yet they may be totally different inside because their life is oriented around a different behavior, a different belief, a different center from which they operate.

You Don't Really Know A Person...Until...

This Awareness indicates that many people think that they know someone because they have talked to them, because they have looked at them, and because

they see what they appear to be from the surface level. <sup>3</sup> This Awareness indicates however, you do not know anyone, until you have found their central core belief, -that seed around which they operate, that home base of operations that is the motivator for their behavior in life. That in other words, entities need to talk to each other and to be advised of this deeper level in order to really know who you are working with.

This Awareness indicates that these central core beliefs as titled in the Seth material, are the same things that this Awareness referred to as the home base, or as that which in Scientology is called stable data, and that which in Biblical terms is called the rock on which one builds his or her house; that this stable data which entities use to build around, to operate from, as that which entities should be very aware of, especially within themselves. How many have stopped to examine what 'my central core belief is?' How many have asked themselves that question? How many have an understanding of that central core belief, that stable data, that pivotal point within their own psyche around which they build their house, build their philosophy, build their lives, build their relationships, around which they build their personality and their manner of behavior?

This Awareness indicates that as you stop to examine these inner core pivotal points, you will also notice that each of these may spawn children or other points around which lesser philosophies are created; these lesser philosophies also serving as points around which some behavior is in operation, may affect certain areas of your life without affecting the entire philosophy of your life. For example, you may have a central core pivotal point around which your attitude toward money operates, or toward your social life, or toward some other sector in your expression as a human being; these different sectors of your life, your personality, your expression, also center around a certain attitude or central core behavior belief or pivotal point.

When you have been thoroughly confused by this, this Awareness suggests that you recall the philosopher's statement: "Know thyself," and you will see that this is very important; that as you know yourself, you begin to have a better understanding of life in general, and in order to know yourself, whether it is confusing or not, you need to find those central pivotal points in your own consciousness in order to further understand why you do what you do, and where it is taking you. This Awareness indicates that any time you have a problem regarding self, it is important at those moments to look deep within and see what that pivotal point which is the stimulation for your reaction or behavior in connection with that problem, which is the cause of that problem or your behavior with the problem, and in looking deeply into self, to find what it is that triggered off your behavior, you will find a pivotal point philosophy, either an important one or a sub, or minor one, depending on what level of expression and activity the point is operating from.

This Awareness indicates that the basic central core philosophy for the general behavior of yourself, the overall pivotal point, which resides as your basic life philosophy, is that, which when tampered with, disrupts your sense of identity and creates the feeling of

great fear that you, as an individual, are being threatened, and the closer you get to that basic general pivotal philosophy, the more intense will be the fear, if there is a threat to that basic belief.

This Awareness indicates that following around that basic center, there will be other stations, or other philosophical points set up that operate like guards protecting the first and most basic philosophical concept and beyond those guards or substations or sub points, there will be still others, protecting them, and beyond them, there are still others. Eventually, on the more shallow levels of one's life, there will be areas where entities can relate and be flexible without feeling threatened; someone can disagree with you, for example, about the color of a dress, whether it is better to be blue or pink, and you do not feel threatened by such disagreement, but when there is a relationship in which you are taking a stand on what is most precious to your identification as a self, as an individual, against someone who opposes that basic premise on which you have based your life, you feel a great threat to yourself and you are a threat to that other entity, and in those areas wherein you do not feel you can survive without having that particular premise protected, there can be considerable disagreement and great breakdown in relationship when anyone appears to threaten that.

This Awareness indicates that this is often the cause of prejudice, of extreme hostility toward those who do not share your premise with you. It is often the cause of harmonious relationships with those who do share your premise with you, for when entities can share the same or similar premise, then they feel doubly protected, and when groups of people sharing the same premise come together, they feel great power in promoting and pushing that premise on others.

#### A Premise Can Be Most Anything

This Awareness indicates that the premise may be philosophical, may be political, may be in terms of religious belief, may be but a myth, may be a culture or a cult of followers based around an individual, and these followers holding that individual or that product or that program or that image or myth as a center around which they build their lives, and the more there are centering around that, the greater security they feel, the more they protect that center point, the more powerful that center point becomes, thus, these focal points can become extremely powerful symbols in consciousness.

The individual who serves as a symbol for something; Marilyn Monroe serving as a sex symbol, Oliver North serving as an offbeat symbol of offbeat patriotism, Jimmy Swaggart symbolizing that which is the fundamentalist example of Christianity, the flag symbolizing the nation, the bottle of coke symbolizing commercialism and opportunity for excelling in business; all of these things that are so familiar to the mass consciousness become symbols and these symbols have power, and the power comes from the recognition of masses, the acceptance or the rejection of that symbol; thus one group rejects the hammer and sickle on the red flag, and the other group rejects the red, white and blue stripes on the opposing group's flag.

This Awareness indicates that these things have little to do with the realities but have much to do with the premises around which entities base their life and find their security and individuality; that inside, entities are essentially the same: They all want to be secure in their lives, they all want the freedom to enjoy life and to enjoy other people, but they are hindered in that action because there are those threats, those fears, those intrusions which are seen to threaten the core of their being.

This Awareness indicates that as you experience and study yourself and study life and study people and observe the differences that exist, and observe the strange behavior that some people exude, think of these pivotal power points and understand that this is where it is coming from, and if you wish to alter entities' behavioral patterns, look deeply at those pivotal points of philosophy, those concepts, those premises, that are the basis for the entities' behavior.

#### How to Experience a Transformation in Your Life

This Awareness indicates that if you destroy an entity's premise around which he or she has built his or her life, you are essentially destroying that person, but if you can assist the entity in exchanging that premise for a better one, then indeed the entity can transform; that the transformation then can lead the entity into a totally different lifestyle. This Awareness indicates that if you yourself wish to experience a transformation in your life, think carefully, rethink your premises. If you do not like the premise on which your life is built, you do not need to keep it, but if you are going to change it, think carefully and select a premise that is more suitable to bring you those benefits that you truly desire in your life.

For example, if you would like to have a happy life, a life of joy, a life with friends, a life in which you are enjoying the company and adoration of others, you cannot expect to have that kind of life if you exude from a premise that "the world owes me something, the world mistreats me and everything out there is a dog eat dog world;" who is going to love a person with that philosophy? Who is going to enjoy being around a person with that philosophy? It can be very harmful to any who come around such a person.

This Awareness indicates there are entities who think they are being realistic when they are being negative, and they think that: "The world is a rotten place, and I'm simply being realistic about it, and therefore, why are you with me when I tell you that you're going to fail, and nothing is coming from any of your effort?" This Awareness indicates who would want to be friends with a person who behaves and thinks from such a premise? This Awareness indicates that you make your world by the premise you express from, and that premise may be altered so that you can have a different world.

This Awareness indicates that there is the possibility however, of going to extreme in the opposite direction and thinking that: "all is going to be well, all is going to work out, even though everything looks like it is foolish and chaotic and a real deception, I believe,

4. because it is fun to believe, that this is going to work out well." This Awareness indicates that such naivety can lead to failure, wherein a naive person fails to achieve or acquire that which is expected simply because they were unrealistic. There needs to be a balance, a looking at what is, not what you hope for or what you fear. There are many entities who look at things and fear the worse, and they think that it is realistic. There are others who look at things and hope for the best, and they think that it is being positive.

#### The "Positive Approach"

This Awareness indicates the positive approach is to realize that,--note the word *realize*,--to realize that What Is, Is, and can be changed; if it is unpleasant at the moment, and you realize it can be changed, then you can take the steps that are necessary for making those changes, one step at a time, one action following another in a manner that is realistic, in a manner that is understandable, in a manner that does not rely on fear or hope, but relies on your willingness and your effort to make the change.

This Awareness indicates that in the case of a premise, around which you operate, you may see that the world is full of hazards and opportunities which require a certain kind of skill in order to avoid the hazards and to take advantage of the opportunities, and you may also see that such action doesn't require that you harm others in the process of taking advantage of opportunities, nor that you fear others unrealistically; such action requires that you relate clearly, understand fully, know what you are doing, and know which steps to take, or find someone you can trust who is expert in the field, to help you in those areas which you do not have skills.

This Awareness indicates one of the greatest resources for entities is other people. You can draw on their experience, on the knowledge of other people for those areas which you yourself do not understand or have skills. Also, one of the greatest hazards in accomplishing something is other people. Those other people can come in and in one or two swipes, wipe out everything you have tried to do and put you in great jeopardy, so you must learn to be discerning as to who you are working with. You do not invite those who are inept or destructive, or who do not wish to see you succeed into your sphere of operations. You only invite those in who are necessary to your success.

This Awareness indicates that if you wish to go out and mingle with the others who are of a negative nature, who are destructive, then let this be a separate action, but in those things which are precious to you, which are requiring great and careful energizing on your part, you do not want to bring in those who would be troublesome, would make trouble for you. It is a matter of being selective, and caring more about your project, and protecting the project.

For example, a mother's project may be to raise a child in a healthy manner. You do not bring in someone who would violate that child. When an entity is in a creative mode, trying to create something, you do not bring in those entities who would be destructive to that creation; that when you are in an action based around some principle, around some point, around some premise, around some particular purpose or creative invention or

idea, you protect the environment around that, in the same manner that you would protect your belief, or the energies of your life as they relate to your central premise of life.

This Awareness indicates that there are too many entities who waste their life's energy; who set out to do something with their life, but because they are unable to say no to influences that come toward them, those influences come in and eat up the energies or wreak havoc to the creation they work for. An entity can be extremely creative and have much to offer; an entity can put in many many hours or years of study and development to promote some concept, some idea, some plan, and in a mere matter of moments, an influence can come in that totally destroys all that the entity has worked for.

#### How the Dark Force Can Enter One's Life

Witness for example, the life of Gary Hart. A few brief moments and this entity's entire career was wiped out. What can be salvaged will never be the same as that which the entity once had as a dream, and the opportunities the entity once had in fulfilling that dream. This Awareness indicates that so it is with everyone. Everyone has their moment in which their lives have been shattered by some momentary intrusion which they allowed in. That negative force is *always* looking for a weak point in the scheme or the plan which the entity is trying to promote in his or her life, and that weak point, or weak moment is almost always associated with some kind of deception or opening; that deception, drugs, alcohol, frivolity; these are the weak points in which dark forces enter to disrupt the purpose and direction the entity may have worked for.

#### How to Tell Who, In Fact, You Really Are

This Awareness indicates all of these things are associated in astrological terms to the 12th House; drugs, insanity, escapism, romance, fantasies, and surreptitious behavior, clandestine activities; all of these things are the weak points in an entity's life, and become the open door for intrusion against an entity's long-term goals and plans or basic premise for his or her life. This Awareness indicates that as you look at yourself to discover how you are operating as to discover who in fact, you really are, as you look at yourself to discover your individuality, this Awareness suggests that you discover that who you are is essentially what you are and what you do. It is not your name, it is what you do and what your premises are, and what your values are.

Any entity can be described. If someone asks: "Who is that person?" Instead of simply saying the name, you can describe: "I'll tell you who that person is. That person is one who has a philosophy centered around this basic premise; that premise creates this particular type of behavior, but the entity has an opposing premise that causes conflict within which in turn creates deception and hypocrisy, and which in turn affects the relationships the entity has and which in turn, etcetera, etcetera, for an entity is what an entity is, and who the entity is, essentially, is what the entity is.

Most entities want to know: Who am I? Where am I going? Where did I come from? You came from the concept that is the premise of your being, and around that concept, built energies, and around those energies came

patterns and form and features and environmental objects of your selection, and relationships of your selection, and behavioral patterns and attachments and things that you reject. This Awareness indicates that these behavioral patterns are you, and if you want to know who you are, you are what you are. It is not so much the clothes you wear, it is not so much the name you bear, it is not so much the presentation you hope to share with others; rather it is what you are inside and what expresses itself because of what you are inside.

This Awareness indicates that there are entities who build their life on a premise such as the premise of getting. There are many who have that as the premise of their life: "I want to get mine while I can!" Around that may be other premises or subpremises which tend to make the basic premise seem alright, such as: "I want to get mine while I can so I can help my family. I want to get mine while I can so I can help to improve my life so that someday I can do something good for someone else." There are these premises and subpremises which tend often to justify the basic premise.

#### Basing Your Life on a Religion or a Guru

There are other premises: "I am a Christian. I am a Mormon. I am a Jehovah's Witness. I am a follower of this guru, and these are the premises around which I build my life. The teaching of these entities is the heart of my being." This Awareness indicates that many times entities select such, and then they are shattered when their guru, their preacher or their symbol turns out to have a rotten spot on the backside, or cancer, or some kind of distortion, and is not what he or she appeared to be, but is instead hypocritical or deceptive. It is because they have based their life on something that then becomes false, which means in turn that they are false; their life premise has been false.

This Awareness indicates that when an entity feels betrayed in that sense, it breaks the loyalty; it causes entities to become ill, physically ill, if they are to continue following such a premise; they feel hypocritical, and they turn away and they turn away and look for something else; that in this manner, many entities suffer great loss, great problems, when they have created a philosophy based around something that is temporal in nature or is not absolute.

This Awareness indicates that wherein an entity can find something in the universe that is absolute, is never changing, cannot be falsified, cannot be false, and when the entity makes this the central point, central premise on which he or she builds their life, then indeed the entity shall always be stable. When entities cannot do that and have nothing that is stable, these entities quickly succumb to insanity, escapism, loss of self, loss of individuality, loss of their own sense of being, their own identity.

This Awareness indicates that this is what creates mental instability, emotional problems, insanities. An entity may base his or her life on and around their mate, and when the mate fails, or when the mate dies, or when the mate departs, the entity's life is shattered. The entity then may turn to some other thing, grabbing for straws, grabbing for something that makes the pain less, and may turn to alcohol, or may turn to some gratifying person or thing or philosophy that attempts

to fill a need, attempts to substitute for that which the entity lost. This Awareness indicates that when this kind of devastation occurs, entities may never recover fully. It is dangerous to have your life centered around a person, thing, place or belief that is temporal, is finite, has a beginning and an end. It is healthy for an individual to base his or her life on a premise, a concept, an idea, a being, or even a myth that is eternal and never changing.

This Awareness suggests therefore, that entities may gain much by identifying with concepts of the Christ Light. Entities may gain much by identifying with concepts of a living universe, and being part of that living universe as a cell in the body of God, a God that is eternal life within that living universe. Entities may gain much by the belief that the air beside them is living, is an ocean of life, and that this ocean of life permeates all things, and they are part of it, and even when their physical body fades, their life force continues in that ocean of life, that universe of life.

This Awareness indicates when you have such a premise, when you have such a belief, you no longer need to have great fear, and you do not feel threatened when someone challenges your belief or threatens you with some kind of harmful experience, for you know, you sense, you feel, you understand, that these things are temporal; that beliefs change, that gods are created for various cultures, and when those cultures fade and die, those gods are gone, but this Awareness suggests that the universe goes on, and the Life Force in the universe goes on, and when your god is that Life Force in the universe, and you are one with it, you cease to have great fear, you cease to be tied to something which is temporal, and when you see that this Life Force in the universe is the Christ Light, the Universal Light, the Light of God, the vibration, the word, the frequency that creates life; what is there left to fear?, for you are part of it, you are one with God.

This Awareness suggests that entities consider this premise as the central point in their life around which to build their philosophy, around which to build their house, the structure which holds their life together. This Awareness suggests you may alter this in any way you choose. You may give this any name you wish. You may call this living force Akasha, you may call it Christ Light, you may call it Christ Consciousness, you may call it Cosmic Awareness, you may call it anything you choose. The name itself is irrelevant, so long as the name symbolizes that which is this Eternal Life within the universe, and you are part of it, and you are in it and you are connected to it, as one.

This Awareness indicates that you may call it the Father, and say, in truth: 'I and the Father are one.' You may call it the Mother, the mother of life, the life that is given in consciousness of the Mother Universe. It matters not. This Awareness suggests what does matter, is that you mean, and understand what you mean when you speak of that which is ever-lasting life, and see yourself as part of, and attuned to and always attached to that ever-lasting Light, and see that Light as the Universal Consciousness, which has no limits, which is infinite in time and space, and never ceases to care for you.

6. This Awareness indicates that building a life on such a premise is not difficult, for in fact it is a premise based on truth, and as you begin to realize this greater truth, you find yourself able to understand, able to remain steadfast, even in face of those who challenge you with their more finite beliefs and premises, able to remain steadfast and eternal in your reality, even in face of those chaotic situations that may occur. When chaos flies around, you still know that every breath you take is the breath of God, is coming into you, permeating yourself, for in each breath there is that life, that eternal life that permeates the universe, and in out-going breaths, that God Force, that Life within you feeds back into that ever-living universe, whereby a trading in and out, of breathing in and out, of Life Force, exists every breath, exists in every moment, in every moment, in every place, and in all time, and that you move eternally within that breath of God.

This Awareness indicates that this premise will satisfy each entity who fully understands so that no entity is ever again insecure, so that no entity needs ever again to be shattered, to be disillusioned, to be broken apart because the central premise has fallen apart. This earth and all therein could be destroyed, and yet, your realization, the essence of your being, your beliefs, your premise, the organization of your individuality which is based on an ever-lasting living universe, would have foundation to continue.

This Awareness suggests that this may be considered the end of the opening message; that other questions may be asked, or questions relating to this may be asked.

## CAN ONE BE SEPARATED BECAUSE OF GUILT OR ASSUMED FAILURE?

(FORCES THAT WOULD KEEP AWAY THE TRUTH)

(FOLLOW-UP QUESTION):

I was wondering if there's any truth to the notion put forth by a number of writers and some philosophers, in relation to a basic premise of life, by those who either don't have one, or if they have one, it's a negative one, and that this is somehow engrained in them through some kind of a genetic kernel that triggers some memory on some level of their psyche that makes them feel guilty and alone, maybe because of the original separation, or what they would think of as separation from God, because they failed, somewhere a long way back up the line, in a job that they came to do. Is there any truth to that?

COSMIC AWARENESS:

This Awareness indicates that the only way entities can ever feel cut off from the Universal Truth is if they themselves cease to recognize their Universal Attachment and connection to the Living Universe, and this concept of a living universe is that which many forces would like not to promote or to allow. This Awareness indicates that those forces which control various sectors of the universe, and seek to rule those sectors as finite beings, do not want entities to understand the infinite universe, do not want entities to understand that they are infinite in their being, that they

reside in a universe that has no limits in terms of time or space, and that they reside in a universe in which they need not limit their own being in terms of time or space.

#### How Creation Occurred

This Awareness indicates that the entities who prefer to think of themselves as finite beings in a dead universe, made out of material that somehow started moving, and somehow created life from dead matter, there are many who would like to promote this concept, because it does not give the power of life to any higher force, it assumes the creation was an accident, caused by some kind of freak movement. No one knows what made the movement. It is assumed the movement came about without intent, without a will, from something dead. This Awareness indicates these entities do not think that far enough. They do not see that the big bang which created the movement of matter from a central point is but part of a breath, taken by the Universal Deity, in which the breath centers, comes in to a point of intense light, and in that compression, then must be released, and in that release, these galaxies, nebulae, suns, stars and planets are hurled outward into the universe, filling the vacuum that had been created from the movement inward. This Awareness indicates that life always *was*, matter came into being because of life. Life did not come from matter.

This Awareness indicates that consciousness always was. Consciousness did not spring from matter. This Awareness indicates that as entities seek to extend their thought to understand, they tend to start with self and move out, using the senses rather than the mind, to discover what is out there. Essentially, science has been studying from the fruit of the five senses, and gradually, over long periods of time, these senses have become more refined, so that the eyes are extended through telescopes and through radio telescopes, the ears are extended through listening devices that listen to sounds in the universe.

#### Frequencies, Octaves, and Extended Senses

This Awareness indicates that as these increased extensions of the five senses pick up and receive data that is outside the realms of the five senses, it adds greatly to the body of science so that science begins to see more than it previously saw, when it began its quest using only the data available to the five senses. This Awareness indicates that now there are seen those energies of the infrared ray, and it is seen that the universe and that which appears to be space, is actually filled with clouds of infrared matter, and there is not just the infrared realm, and the realm of light, visible to the eyes, there are many many other bands and frequencies in the electromagnetic field, and so far, science is able to use only those things of the five senses and see into those realms and is now beginning to recognize things outside the spectrum, invisible to the eyes, into the next octave of infrared; but there are still other octaves, there are still other realms, which science will discover, and in time, science will realize that consciousness is a thing, a vibration, a frequency that permeates the entire universe at an extremely high frequency, and that consciousness itself is not inclined to one single band of vibration or frequency, but has multiple levels.

7. There is that subconscious and that conscious and that superconscious octave and there are bands in-between, so that consciousness itself is a layer of frequencies and realms which permeate throughout the universe, even as heat and light and cold and other vibrations; sound, infrared and all these other vibrations in between; the x-rays and gamma rays, all of these things are permeating this universe, creating and destroying matter, creating and destroying the vibrations which come into existence and fade.

This Awareness indicates the one thing that is always present and never changes is that highest frequency of consciousness which is the ultimate sound behind all things that are. This Awareness indicates that as entities realize this ultimate sound or current of energy permeates all things and that you are in touch with it at all times, then indeed you are able to be one with God, at one with the Universal Energies and you may draw on that sound current. This Awareness indicates the entities who do not recognize this are earthbound, are stuck in the frequencies of the fruit of the tree of knowledge, the five senses, and in that fruit of the tree of knowledge, those five senses, entities are limited, but the limitation is only caused by their own limitations, by their own self-imposed limitations. It is as though you stick yourself in a box and then say: "I cannot extend any further than I am, therefore, I am finite. This much is me, and no more."

This Awareness indicates consciousness needs not be confined to the extent of the physical body, or the size of the head. Consciousness can go anywhere and use the body as a home base. It can also leave the body and select a different home base. This Awareness indicates that this is the reality, the ultimate reality in which entities live. This Awareness suggests that entities can live by a belief, even a false belief. They can base their entire lives around a premise that is, that was, that always will be, a myth, a false story, but entities who want truth can always find the truth which lies within, as they tune to reality, and tuning to reality may require that they set aside all beliefs and all words that have been formulated by others. Even these words which this Awareness now speaks are not sacred, are not truth. The truth lies behind the words, in that which is reality, and if entities cannot understand the realities that these words speak toward, they must forget these words and look for the realities, and find their own words to describe the reality they see.

#### Believing in Christ Does Not Make a Christian

This Awareness indicates too many entities are caught in the words and labels, and they spout these words and labels as if these were the truth, but truth is not confined to words, --words are only sign posts pointing toward truth. Entities walk along a trail finding a sign that points toward the city, and then they think: "Oh, here is the city. It says the city! We are at the city!" This Awareness indicates that is the way many entities think in regard to words. They think the word or see the word *God* and assume that because they utter the word, they know God. The word is but a sign pointing toward that which is God.

This Awareness indicates that the entity has not found God simply because he claims to be a follower

of God, simply because he uses the word God. The entity is not a Christian simply because he claims to be a Christian, or uses the word and says: "I believe in Christ." The entity is only a Christian when he or she experiences and is merged with the Christ Light. The entity is only with God when the entity merges with God and feels and understands and knows that he or she is one with God because he or she has given up and surrendered totally to that which is the God of the Universe.

Problems in Saying: "I am God" or "You are God"

This Awareness indicates you can only surrender self to God when you realize that God is everywhere present and is also present within yourself, and the self becomes unimportant and the God becomes all that is. There are many who in trying to understand and promote this concept have distorted it because they could not find the proper way to say: "I and the Father are one." They could not find the proper way to convey the information of attunement with God, and they say: "You are God. I am God," and others hearing this, because they know this person was born only a few years ago, and how could this person be God if God created the universe before this person was born?, and so this confusion regarding the words and the claims, make these people seem foolish, make them seem unrealistic, and entities do not understand what they are talking about, and therefore reject them and their message.

This Awareness indicates that what is really happening is that these entities are trying to convey the reality that God is everywhere and that they are therefore part of that everpresent God Force, but you cannot say, "I am God," and have a separate being expressed as the 'I' or symbolized as the 'I'. You can't say: "God is me," for if you do, you are separating the concept of a Universal God, and you are separating yourself from that and making a claim of self as God, and the reality is that all is God, and that you can be part of It by recognizing yourself as being part of It, but the self is not God, the separate self; only the unified self is God. But then, what is the significance of claiming yourself to be God, when even the rock, even the tree, even the lowly rat, even the fly, even the mosquito: all is part of that Living God.

The Real Meaning of "Original Sin"

This Awareness indicates that in understanding the Life Force in the universe which permeates all things is the Creator, the Mind Force of God, and that the Universe itself is the body of God; in understanding this, then indeed, the significance of being God is of no importance, the significance of self is of no importance. The only thing that is important is staying in touch with that Universal Deity. This Awareness indicates that entities who cut themselves off, who break that connection of self, who separate themselves from that Universal Deity, - this is the original sin.

This Awareness indicates the original sin is the sin of separation and separation is but a human illusion, for no one can separate themselves from God, not in reality. No one can separate themselves from the life force of the universe; only through the illusion of separation can this occur, and it is not fact, it is only a human artificial separation. This Awareness indicates that as long as entities hold onto that separation, as

8 long as entities step back and say: "I am no longer part of God. I am separated from God! I am Myself!", this is the Luciferian trip, the action of Lucifer, in which he sees himself as the shining angel equal to that Creator; that separation in the mind of Lucifer is a deception of self, deceiving the Luciferian mind into thinking that he is the brightest light and can challenge God. This is the original sin, and many entities are in fact, Luciferian in their thinking, because they see themselves separate from God.

This Awareness indicates even those who worship God, who see themselves as separate from God are in fact Luciferian in their thinking. This Awareness indicates that those who are one with God, who see themselves attuned with God; these are the true Christians. This Awareness wishes entities to understand that when the Christ spoke and said: "I and the Father are One," this was a description for entities to understand the nature of the Christ Light, so that when they became followers of the Christ Light and become One with the Christ Light, they too could say: "I and the Father are One," for the connection with the Universal Deity as that which always was and always will be, but never appears to be when an entity feels cut off, as a follower of Lucifer, the Luciferian concept of self, of separate self, cut off from God.

This Awareness indicates that any questions may be asked.

#### ALONE AND CUT OFF FROM GOD--- AN ILLUSION FROM PROGRAMMING?

(FOLLOW-UP QUESTION):

Then those entities and philosophers and writers who believe that they are alone and cut off from God; This is not true in reality, but is due basically to their programming. It isn't anything like they might surmise, the belief is genetically passed down to them because of the original fall?

#### COSMIC AWARENESS:

This as in the affirmative, that there never was an action of God in cutting off entities; the separation as that which entities made themselves in their own mind as part of the illusion of importance; the self being made important enough to separate. This Awareness indicates that it is the same as wherein an entity is involved with a group of friends and that entity suddenly steps out of the group, steps out of the circle of friends and becomes separated. The action of intentional separation gives the illusion to the entity that he is no longer a part of that group, and that means that the entity stands out separately, but in reality the group still includes him as a friend, as a loved one, as part of the group. The illusion that this entity feels that he is separated, gives him a feeling of autonomy, gives him a feeling that: "I am alone and I can do things that I couldn't do in the group," and all of this is true; the entity can conduct activities separated from the group, but that separation is limited only in that the entity can act independently and do things independently, but yet, the group still cares for the entity.



This Awareness indicates in the case of one separating from God, it is even more pronounced, for God permeates everything. It is as though a fish were to say: "I am disgusted with this ocean. I am disgusted with being around and just being part of the sea, and I am going to swim off somewhere else and be separated from this ocean, and the fish, huffing and angry, goes off and believes himself to be separated from the ocean. He even may say: "I don't believe in the ocean. I think it's all just some kind of illusion." He may even say: "I am a total atheist in regard to the ocean. There is no ocean. Where? Has anyone ever seen the ocean?" This Awareness indicates the fish may believe that he has separated and is now very important because he has overcome the ocean, and has no need of the ocean, and yet the entity is still swimming around in the ocean, enjoying his illusion, but the ocean knows, and continues to love and to hold the fish in its essence. \*\*\*\*\*

( The Law of Gratitude is given )



## TOTAL FOCUS--A NEW WAY OF LOOKING AT YOUR MEDITATION PRACTICES

( HOW TO HEAL YOURSELF OR OTHERS )

( Opening Message, C.A.C. General Reading )

This Awareness indicates that entities in practicing meditation may benefit from understanding the meaning of meditation in a somewhat different light. This Awareness suggests that entities think of meditation as total focus on whatever they are meditating on. Total focus, meaning the absence of allowing distraction from that which one focuses on.

This Awareness indicates if one is focusing on a particular point or concept or being, or purpose or goal, total meditation would be keeping the consciousness on that particular thing so that wherein a distraction occurs, the mind returns quickly to that on which the entity meditates,--that this is one form of meditation.

This Awareness indicates that another form of meditation which still requires the total focus is that which may be referred to as a de-focused meditation, where you focus on everything equally, and nothing in particular; that this requires total effort or total defocusing. It is a total focus on everything, and no focus on any particular point. This Awareness indicates that this as a much more difficult kind of meditation, but in meditating in all directions at once, focusing in all directions at once, an entity's consciousness begins to expand toward universal consciousness, and moves out, ever outward from a central point.

This Awareness indicates that essentially this is a view of meditation in its actions, rather than a particular kind of meditation; that you may either focus on a point, or focus on nothing, and both are forms of meditating. This Awareness indicates that there is also the third option of meditating on a particular

subject or topic, but doing so in all directions. For example, if one has a pain in the knee, or some other place, and focuses on that particular pain, that is a meditation on the part.

This Awareness indicates if, on the other hand, you want to defocus the pain, the action then would be to move your consciousness by focusing into the very heart of the pain, enter into the exact center of the pain, where it emanates from, and then focus outward from that, in all directions, so that you are dispersing the pain outwardly. This may require imaging yourself as residing in the knee so that you see a big knee around you, and you feel yourself as the pain itself, causing the knee to be unpleasantly affected, and then, seeing your knee, or the pain, emanating outwardly, so that it goes out beyond the knee and becomes dispersed.

This Awareness indicates that this is a healing technique which this Awareness often uses on entities who have a particular pain in a place, whereby they ask this Awareness to heal this or that pain. This Awareness simply moves into the heart of the pain and then radiates outward. This Awareness indicates that any entity can do this also by using this form of meditation. That there are many types of meditation; it is simply an action of focusing on one or more things simultaneously, or focusing only on one thing exclusively, or focusing in all directions from the center of something, or focusing from your own center of consciousness, in all directions, with nothing in particular being focused on.

This Awareness indicates that this focusing may have an object such as the breath, or some image or some being, but there is always that same kind of action in which one must focus on something, focus on several things, or focus on nothing, or everything. This Awareness indicates that in understanding this principle, you may look at the meditations that you do and be better able to improve on your meditation, or, you may be able to create meditations for your own self, according to what you wish to accomplish.

#### HOW DOES ONE VISUALIZE PAIN?

(HOW TO GET INTO THE BODY & PSYCHE OF ANOTHER)

(FOLLOW-UP QUESTION):

In 'focusing outwards,' how would one visualize the pain? For example, would they visualize that as maybe white light coming into it, or, how would one do that?

#### COSMIC AWARENESS:

This Awareness indicates there are various ways you may do this. You may see it as an object toward which you look, or towards which you send white light or healing energies, or you may visualize the pain as being yourself, and seeing yourself moving into the knee, or into that area of the pain, and then feel yourself as the pain; that you may imagine for example: What if I am the pain itself in somebody's knee? This Awareness indicates in doing so, you may say at this point: "I must disperse myself, I no longer need to harm this entity or to cause this displeasure, In dispersing myself I will heal the cells that are emanating me; I will heal the energies and bring the radiation into a more dispersed state, and you just begin to emanate outwardly, and dissolve yourself as the pain. In so doing, it occurs likewise in the entity.

On Cosmic Level You Can Be Anything You Want to Be

This Awareness indicates that it appears rather amazing that you can be anything you want to be on the psychic level, on the level of imagination; it is a matter of feeling that thing around you and imagining yourself as such. This Awareness suggests that entities may enjoy practicing the feeling of being a rock. You may have seen a rock on a hillside or in a field. This Awareness suggests you imagine yourself as being locked up inside that rock, with no body, only consciousness, and holding yourself in that position in the field or on the hillside. If you do this, you will know exactly what a rock feels like.

This Awareness indicates you may do the same with a tree or with a blade of grass; feel yourself being inside the blade of grass, being affected by the wind, being stepped on by something. Simply

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ignore the body, forget the body and move your consciousness into that particular thing you want to experience, and in so doing, you will actually feel the experience of what it is like to be a tree, or to be a blade of grass.

Likewise, you can do this with another individual. You simply drop your body from your mind, and imagine yourself in the other individual's body, looking out. You will find it amazing, in that you may discover or experience feelings in that entity's life and attitude which allow you even to look backward and see experiences which the entity has experienced. It may not be perfectly clear at first, but the more you experience that, the more you will be able to know how the entity feels, and what the entity is like, and what the priorities are, what the entity's fear and enjoyments might be; there is much that you can know about the entity.

#### Healing Physical Pain in Another

This Awareness indicates you may also wish to simply move into an entity's ear for example, and visualize yourself as an ear, hanging off of your head, and dropping your own body and attachment and identification with your body, you instead identify with the ear on this person, and you may then begin to emanate a healing for that ear, if it has pain; you may become the pain and disperse yourself out into thin air, so that the pain in the entity's ear is no longer present. In doing this in your imagination, it affects the entity, and the entity's pain will also begin to diminish.

This Awareness indicates that you must recognize that your consciousness does not come from your body, but your consciousness may be attached to your body, but it is also possible to attach it to anything else. It is a matter of concentrating on what you want to attach yourself to and imagine being that. This Awareness indicates many entities think: "Well, that's just imagination. It isn't real." This Awareness indicates however, you will find that in doing this, you will discover things which only by your experiencing could have been discovered.

You may, for example, discover that a person you are identifying with, or the person's home, which you have never seen; you may begin to see things about that home, to describe the home to the entity, even though you have never seen the home. It may take some practice before you become expert; you may make some mistakes at first, but gradually you will begin to find a greater and greater success ratio in what you are doing.

#### What Consciousness Really Is

This Awareness indicates consciousness is not something that grows out of the physical body. It is something that *is*, and it develops the physical body around itself. It is not fixed eternally to that physical body, nor does it die when the physical body is dropped. Consciousness can leave the physical body,

just as one gets out of one's automobile, but whereas you are familiar with getting in and out of an automobile, most entities think they are stuck in their physical body, and therefore they don't believe they can get out. This Awareness indicates in actuality, you are free to get in and out of anything that is physical, and you are free to get in and out of many things that are nonphysical.

#### Always Observe Psychic Etiquette When Entering Another

You may merge, for example, with another entity's psyche, and experience their memories and feelings, experience their attitude, experience their joys and sorrows. This Awareness indicates *It* has already given information that entities in doing this must be cautious not to create what *It* terms psychic rape, for one can enter into another's psyche and violate the entity. This is not a good thing to do. This Awareness suggests that you may also enter into another's psyche to read them, to discover something about them, and you may do this to harm them, or to take advantage of them. This is not a good thing to do.

This Awareness suggests that you may also read their psyche in order to better understand them, so that you can work with them better, and this can be a healthy thing to do. This Awareness indicates that in letting your consciousness enter into another thing or another being, it depends on your intention, motives and methods, whether or not it is healthy or unhealthy. You do not want to enter into someone's psyche simply because you lust after them, or want something they have, or need to know something to gain advantage over them. If you wish to enter into their psyche in order to better understand them, or to assist them, or to send them healing energies, this can be beneficial to them.

This Awareness suggests however, that if they do not want this kind of assistance from you, it could be a violation. You must be aware of what is psychically social etiquette in such communication, and it is something that may gradually become more clearly understood, just as social etiquette is not always easily learned. Entities can violate each other socially. It is not that it is a horrible sin so much as it is a social infraction. This Awareness indicates you may also do similar things on the psychic level. It is a question of how great your violation, whether it's a violation, or whether it is a service you are rendering, and much of this will depend on how the entity interprets, for indeed when you enter into another entity's consciousness, that entity will feel your presence and may become frightened by it, if they have not already requested that you do this.

This Awareness indicates most entities experiencing such may not mention what they felt when you entered into their psyche, but they in fact resent it, or have some kind of fear if they don't understand



*"It's not a deterrent—it's a guidance system."*

it. They may have a fear of you because of it. It is not something you can do to play games with them. For example, if one has been rejected by a girl friend or boy friend, and the other invades you and tries to feel out where you are psychically, you will know this, you will feel this, and you may resent the fact the entity is doing this, or you may not understand what is happening to you. You will simply feel your ex-boy friend's presence in your psyche and you may become resentful or hostile or frightened. Is that going to influence the way you feel about the entity the next time you communicate with him? Probably so.

This Awareness indicates entities who try to influence others psychically in this manner may actually be doing more harm in terms of the relationship than if they were to be simply straightforward, and talk to the person about the relationship on levels that are more standardized and commonly understood. There are those who advertise that you can make anyone do anything you like using psychic powers. This Awareness indicates this is simply not true; you can manipulate entities psychically, but they will invariably resent it, even if they for some short period of time are influenced by your presence. This Awareness indicates that anytime you adversely affect another's will using psychic manipulation, you can harm the overall long term relationship, even though you may get a short-term victory.

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