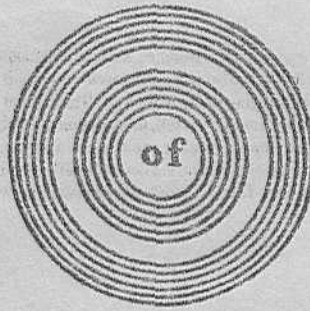


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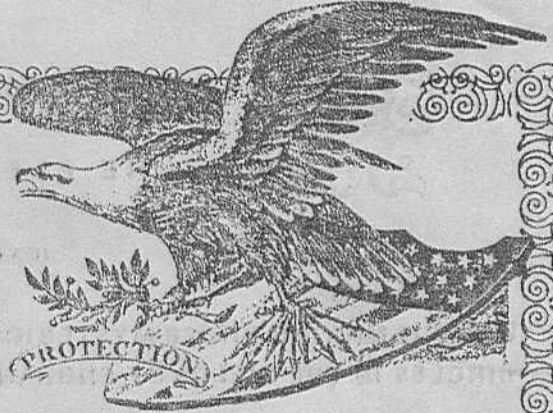
The New Age Cosmic Newsletter

ISSUE NO. 365



Awareness

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



Official Summons

TO : GEORGE BUSH, PRESIDENT OF THE UNITED STATES
TO : THE CONGRESS OF THE UNITED STATES

WHEREAS the Government has approved and entered into a secret treaty with an Alien Nation against the Constitution and without the advise and consent of Congress or the People;

WHEREAS, the Government in this treaty has given this Alien Nation land and bases within these United States;

WHEREAS, the Government in this treaty has traded human lives and property for Alien technology and has denied the Citizens of the United States of America the lawful protection due them under the Constitution. The property being in the form of livestock and land;

WHEREAS, in the taking of human lives, property and livestock of the Citizens of these United States of America and in the commission of numerous other abominable and barbarous acts, this Alien Nation has proven to be a mortal enemy of the People, the Nation, and all of Humanity. Abductions, surgical operations, implantations, biological sampling, impregnations, psychological damage, and other horrors have been and are being performed upon human beings by this Alien Nation. For these reasons a State of War now exists and has existed between the People of the United States and the Alien Nation.

WHEREAS, in approving of, and participating in the crimes outlined in paragraphs 1, 2, 3, and 4 above, the Government is in violation of Article 11/ Section 2, Article III/ Section 3 and several Articles of the Constitution of the United States and is hereby charged with:

**MURDER AND TREASON AGAINST THE PEOPLE AND THE
CONSTITUTION OF THESE UNITED STATES OF AMERICA**

(Filed by William Milton Cooper and John A. Lear)
November 7, 1989 in Washington, D.C.

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



THE WEB OF CONSPIRACY: (THE ALIEN PRESENCE)...Continued.

MORE FLESH FOR THE SKELETON

(PART 2)

(C.A.C. General Reading, April 4, 1990)

WHAT IS MAKING THOSE MYSTERIOUS CIRCLES IN THE FIELDS OF ENGLAND ?

QUESTION:

This is a question sent in by quite a few people. I'll read this one from T.H. in Wisconsin:

"A story that appeared in the September 18, 1989, issue of TIME magazine tells of 'strange, circular depressions, up to 100 feet in diameter' that have appeared in crop fields in the farmlands of southern England. The first recorded sighting of these circles took place in 1976. Since 1980, when serious research into the mystery began, more than 600 occurrences have been reported in Britain, including almost 250 this year. In addition, there have been reports of circles from as far away as the Soviet Union, Japan and New Zealand, but by far the greatest number have appeared in an area of southern England that is near Stonehenge and Avebury. Dr. Terence Meaden, a physicist, who has been tracking the formation since 1980, speculates that the circles come from a previously unknown form of atmospheric disturbance with associated electrical effects. He contends that a 'spinning ball of air' that is highly charged with electricity hits the crop field and marks out circle. But, the TIME reporter asks, how could wind produce such carefully sculpted creations? Others have speculated that these circular formations are being caused by UFOs. Would Awareness please look at this situation and explain what is causing these circles and why?"

COSMIC AWARENESS:

This Awareness indicates that these are the result of the landing of UFOs in these various vicinities; that this has long been seen in the vicinity of UFOs, that records of such marks go back several decades in your recent books and literature of the UFO lore; that it is only new in that there are so many of these things occurring now; that the increased occurrence as that which is an indication of the increased activity in regard to the operations of these craft.

This Awareness reminds you that some several years ago, this Awareness indicated that the United States, Britain, and Russia as well as Argentina and Brazil had UFO craft available to them. To a much lesser degree the Brazilian government as having had some effort in this direction from a captured ship; that there is not seen any military holding of such in terms of a flyable or usable craft.

Robert Lazar and His Experiences in Area 51

This Awareness indicates that in the past few months considerable information has been released by the entity Robert Lazar relating to his involvement as a scientist working in Area 51 in Nevada, wherein he was engaged and involved in the facilities of the government testing alien space craft; that this indeed was aired on Nevada television news in which this entity described not only the works in which he was involved, and the location and the activities that were occurring there, but he also explained why he was telling this to the public; that he felt it was essential that people knew what was going on. He also felt it was extremely important that scientists be involved in this work; that he himself was less qualified than many others for the work, but he felt that he was hired because he had few close relatives and could be controlled.

The entity, describing the kind of controls they used on their scientists as being very heavily into brainwash techniques, frightening them, such as holding guns to their head to intimidate them and keep them from discussing anything other than what they were supposed to discuss; the entity, being fairly young, became rebellious and upon leaving, began telling the world. This entity then, in giving out the information, even took others to the area, this private property overlooking the area, to show them the spacecraft being tested at one o'clock in the morning, knowing the approximate

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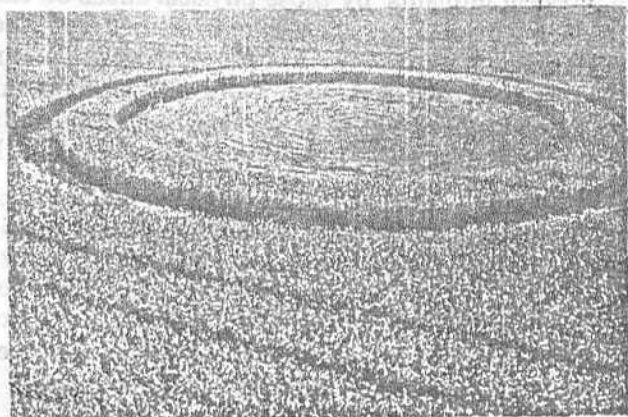
times when these tests would occur. Within a few days there were several hundred people sitting out there on that hill waiting for the time, then watching the occurrence of the tests.

This Awareness indicates that eventually it occurred that these entities were not allowed to go near the area and the entity Robert Lazar, upon being checked by different sources for credibility, discovered that his record of having worked there was removed and there was no record of him ever having been employed; that his college records were gone, and that essentially, all of the records that he claimed in regard to his past, had disappeared. This Awareness suggests that the entity became aware at this point that he was being made into a non-person for the purpose of being eliminated as a threat or as a viable source of information.

However, further evidence by the reporters investigating his story turned up his name in the records of the company where it had not been taken out; this in reference to newspaper articles or the newsletter relating to the company; that there is a video of much of this information as it was broadcast on television and that this as circulating in certain UFO circles*

*ED's Note: CAC has a copy of this video, which consists of a nightly series of UFO stories researched and presented by the staff of KLAS-TV (Channel 8), Las Vegas, Nevada, on their 6 o'clock evening news. I wrote to George Knapp, the anchorman who put the series together, asking him if it is possible to obtain on video that entire series for sale to the CAC membership. I mentioned that after 16 years of gathering information in this field, that series was the most accurate I had ever seen and was amazed the series was allowed on the air, that hundreds of people had been killed for releasing much less in the past. (I have yet to receive a response. I suspect that the heavy hand of the secret government came down on them for presenting that series, which included a very revealing interview with Bob Lazar).

This Awareness indicates that essentially, the nature of these craft being used by the powers of governments for further experimentation, testing, as that which allows for not only alien activities and use of the spacecraft, but also certain of the government representatives. For this reason, there are often reports of humans inhabiting the spacecraft. This Awareness indicates that the circles are simple tracks that are left indicating a landing of



Strange but true: a carefully sculpted and rare double zero
Explanations range from UFOs to "spinning balls" of air.

the craft. Also the craft makes use of certain energies that are of electromagnetic nature, that cover the bottom part of the craft, and it is in part this energy that causes the circular effect in the grass.

Two Types of UFO Propulsion

This Awareness indicates that there have also been those laser-cut extractions of land wherein portions of earth have been cut out and lifted up and moved out of place; that these too are the result of UFO technology.* It is an unusual technology that is not common to the laws of Newtonian physics. It makes use of space and time warping that is such as to allow for teleportation as well as travel; that these craft use two different modes of traversing time and space: one being a more conventional high speed travel through electromagnetic and gravitational forces, the other being a kind of teleportation by the warping of time and space so that it can appear at one place, have a contact in another place, and warp the space with certain kind of energy to allow it to instantly be in the other place when the time-warp is reversed or turned off.

*For an account of these laser-cut extractions, please refer to 'Revelations of Awareness' No. 90-3 (The Mystery of the Giant Divot in a Washington State Wheat Field); \$3.00 from C.A.C.

This Awareness indicates that this is not something that can be easily explained though there are efforts in certain books that are available to explain this kind of traversing. These are also being tested in Great Britain and also in Russia; that the testing in the United States occurs in more than one place, but in conjunction with aliens in supplying technological assistance; that the information as that which can be found in various writings and books and material on the market or in UFO circles. This is not exposing any government secrets, It is simply giving forth information that is available.

WHY SO MANY CIRCLES NEAR STONEHENGE ?

(FOLLOW-UP QUESTION):

These circles in the fields of England have attracted a lot of media attention. They have had hundreds of people, including scientists out there trying to duplicate these circles, and they couldn't do it, and they've had scientists with cameras that would stay there all night long and not detect anything, but they would hear a humming or something, so evidently these UFOs can become invisible. My question is: Awareness indicated that the divot that was taken out, lifted up from a field here in Washington State, was done by a single entity who was being mischievous. Is this what is happening in England, or is there a specific reason there's so many of these ships landing in these fields, and does the fact that Stonehenge is nearby have anything to do with it?

COSMIC AWARENESS:

This Awareness indicates that the Stonehenge area as that which is famous for its mysticism and its mystical qualities and reputation, and there is an effort by aliens to let entities know that they are not in control

of their own planet exclusively. This Awareness indicates that the aliens are gradually stepping up a program to get humans used to their presence, by doing so in such a way as to keep it gradual to allow this knowledge to come out without creating chaos. It is all part of a gradual release of information by governments to inform the masses of the alien presence. It is that they wish to make this information known on their own terms at their own time and would prefer that others not release information ahead of time, ahead of their schedule. However, there is some information, speculation and indication which they do wish to get out, therefore, they often deliberately let entities see them, such as 'The Gulf Breeze sightings.' They deliberately let information about them surface here and there. They deliberately leave trails or marks or indications of their presence in order that mankind will very gradually and slowly come to accept them.

Official Announcement May Come Within a Year or Two

It is all part of the preparation for the announcement of their presence, which was originally scheduled for the year 1984, but which appears to be moving up very quickly. This Awareness suggests it is more likely to occur within the next year or two; this because there is so many things now coming out that the government did not plan to be released as yet, such as the Cooper information and all of the ramifications of that released information. The government wishes to

THE PURPOSE OF IMPLANTS BY BOTH GOOD AND BAD ALIENS AND HOW TO REMOVE THEM IF YOU SHOULD GET ONE

QUESTION:

Another question members are asking is in regard to implants. We just had lunch with a member from Australia who tells us that there are the 'good-guy' aliens, and the 'bad-guy' alien, and they're both implanting entities on this plane. Could Awareness go into this subject of implants a bit and explain what the purpose of these are and how entities can detect them and how they can get rid of them, if possible?

COSMIC AWARENESS:

This Awareness indicates that often entities are implanted by these aliens with an implant that is either inserted up through the nostril into an area near the optic nerve, or will be given an implant in the back of the head near the medulla oblongata, or it will be near the back of the head in the area of the right ear, behind the ear; that these can be detected by certain means as described by Whitley Strieber in his lectures, wherein he shows certain scan pictures of his own head where the implants were, and entities can see their location.

This Awareness indicates that there is also a kind of standing rule that anyone who has such an implant should not go near military bases because these implants can be monitored by military guards and they are under orders to shoot anyone coming near with an implant; that this as being expressed or explained in the Cooper material. There is, in some cases, the possibility of removing implants through operations; these, of course, can be costly and dangerous. This is in reference to these material implants that are imp-

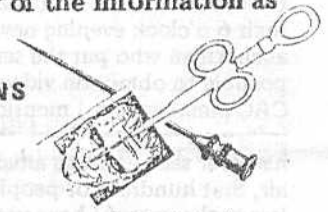
4. release the information on its own terms rather than have entities such as Cooper or Bob Lazar to be introducing and releasing the information.

How the Great Pyramid was Built

This Awareness indicates that because it is being released from so many sources, it is likely that it will be released more quickly in the near future and that more and more entities will discover or will be informed that the alien presence is indeed here. The *Alien Nation* and the *War of the Worlds* television series as part of this preparation for the announcement of this presence.

This Awareness indicates that the lifting of the blocks of earth, the traversing and levitation of objects, indeed, the lifting and levitation that went into the construction and building of the Great Pyramid, all used the principle of a time/space warp which alters gravity to allow for the antigravity necessary for such levitation. You will recall also that there was a castle built in Florida and that the castle was built by a man who was told that it was not in the right place and he would have to tear it down and move it. That the next day the castle had moved to a different place; this as having also been moved and originally built using this principle.

This Awareness indicates that there are many strange things which indeed have their strangeness because of the unavailability of the information as to how they are done.



lanted by the physical aliens.

This Awareness indicates that your friend today referred to the use of these implants as being able to cause pain, and this was correct. They are also able to cause disorientation, and to cause an entity to hear voices, or to get directions or instructions. It is likened unto having some kind of radio contact with an entity, with the contacts being implanted in the head so that the entity thinks these are his own thoughts. These also serve as monitoring devices, whereby the entity can be located at any time.

Ethereal Implants Used by the Pleiadian Aliens (The Evolution of Homo Sapiens)

This Awareness indicates that this is in reference to the physical implants by those physical aliens on earth. The so-called good-guy aliens, those entities from the Pleiades, also have their way of monitoring and communicating ethereally and psychically with humans, and that they also have a kind of implant that they produce but it does not take the form of a physical implant. It is an ethereal or astral type of implant.

This Awareness indicates generally, this would be more like an ethereal implant into the ethereal body, and it is for those who are especially open to receive instructions from higher spiritual guides so that there can be a closer communication and link between them and the higher spiritual guides; that the aliens from the Pleiades have a direct link or quality relating to beings of a higher dimension. These being the Elohim, from whence humans were partially formed and the Pleiades types as more highly evolved humans, or

those which might be termed angels, and the combination of the genetics that came from the Elohim and angelic qualities mixing with the more mundane qualities of Cro-magnon man and the earlier forms of mankind on earth, the Neanderthal and stone-age types, has gradually brought about the evolution of the homo sapien, but the homo sapien as also being a kind of mixture, began evolving toward a higher spiritual path with each successive generation, and it is continuing to do so, and in doing so, there is that vibration that allows for closer and closer communication to those Elohim and to those guides of the Pleiades.

This Awareness indicates that these reflect into and from dimensions paralleling your physical dimension, so that much of what you sense as your guides are also higher vibratory frequencies that correlate to Pleiadian types of human or what you may wish to call angels; that these, when in physical form, may be seen as angelic or as human types, depending on what form they wish to take. In ages past they took on the form of winged angels of great beauty, but in more recent times they take on the form of humans of great beauty, having spacecraft. These entities are capable of taking on the form that is appropriate. These are your ancestors and forebearers of your race.

This Awareness indicates that the so-called implants which this entity referred to in regard to these 'good-guys,' are not actually physical implants. They are there in the consciousness levels of the ethereal body, to allow you to have closer contact, and these are there also for that time when things require communication and contact with them, so that indeed, you can receive instructions and the blessings that they would have to offer.

How to Override a Physical Implant

This Awareness indicates that so long as your motives, intentions and purposes are of the highest, and your qualities are truly spiritual, these entities remain in contact and keep the lines of contact open in a protective manner. It is important that you do not move into grossness in your behavior, or it will shut down the contacts. This Awareness indicates that the question of

the implants by the physical aliens on earth as to how to get rid of these; it is possible for entities not to be controlled by these things, if they have their motives, purposes and spiritual intentions focused on the highest spiritual thing they can imagine, whatever they perceive to be God, the Creator, or the most spiritual aspect of creation.

By having themselves so focused, it tends to disorient those who would seek to control these entities. This Awareness indicates that there is a strong likelihood that in the event of a crisis, a global crisis relating to aliens and a conflict between humans and aliens, that those who have alien implants of a physical nature will be rounded up and confined for fear that they might in some way be agents, or become agents of the alien factor. This Awareness indicates that the next question may be asked.

DO PHYSICAL IMPLANTS CAUSE REVELATORY OR SPIRITUAL EXPERIENCES?

QUESTION:

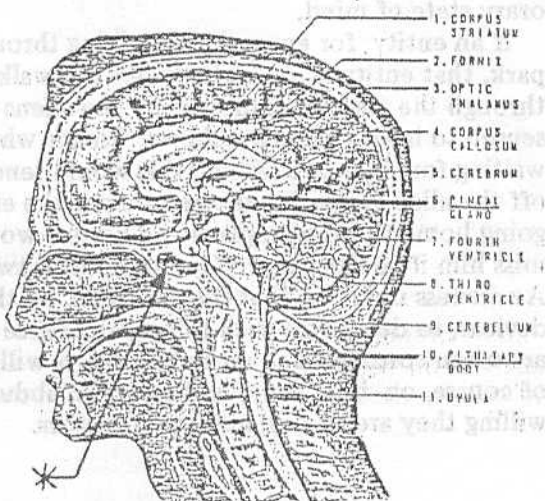
In relation to the implants, they're putting out that nearly 58%, like Strieber, are convinced that whatever their experiences were with these aliens, it has in some way prompted a kind of illumination, revelatory, or Cosmic Consciousness experience. Is this true with these negative type aliens who lift entities up to inspect them and so forth and insert physical implants?

COSMIC AWARENESS:

This Awareness indicates that these entities are inspecting individual, human individuals, in part for their own scientific research. In part they have been carrying on long experiments in trying to create a kind of new being which will allow their race to merge with humans, because their race is deteriorating from excessive repeated cloning. Each generation or each clone becomes less vital, losing its vitality and they are seeking a way to recharge their race by somehow commingling with the new vital energy of humans in a kind of genetic recreation for the purpose of bringing about a new creation, a new being.

That this, however, is not what this Awareness has referred to as the New Being of the New Age, for this would bring about certain benefits to the offspring, having the benefit of much of the intelligence of the aliens. It would benefit the aliens in giving them much of the compassion and passion and feelings of humans which they lack, therefore, it would be a new race or a new being but it would not add greatly to the spiritual aspect. The new being would not gain that much spiritually.

This Awareness indicates the need for humans to have some kind of spiritual upliftment is essential if there is to be any merging with aliens toward the creation of another species of beings; that for this reason, the need to move toward those beings of a higher spiritual nature is imperative and entities should be most cautious about any allegiance or alliances formed with those aliens who do not have the higher spiritual values. This Awareness suggests that the question be restated, if this has been clarified; that there appears to have been an...



COMMON PLACES FOR IMPLANTS--
Both by U.S. Government and by aliens.
One most often used is right near the
pituitary gland.

(FOLLOW-UP QUESTION):

Well, is it correct then that there was something intrinsic in the experience; that the aliens imposed a sense of spiritual evolvment in those they abducted?

COSMIC AWARENESS:

This Awareness indicates that it appears the aliens have, in the experience of abducting individuals, introduced a certain sense of confusion and have taken away their feeling of free will and personal destiny, and that many entities will transfer this feeling into a need for greater spiritual dependency on something higher than themselves, and they will interpret this as though the aliens have given them something spiritual. Others will recall or will feel from the experience, that they have been greatly violated at having had their own free will tampered with; that they were essentially raped by aliens, which in fact, is more close to the truth for many, and these entities will tend to be more fearful of aliens and will have many disturbing days, weeks, years of confusion that follow abductions.

Foods the Aliens Don't Want You to Eat

There are many entities whose lives are totally ruined from having been abducted. Others, who upon having their abduction occur in which perhaps they were not violated so heavily, or they were well protected from the memory, will distort the experience as something that was quite beneficial to them. You will recall that Strieber was told by the aliens, in fact, chastised severely, for having eaten chocolate. This Awareness indicates that these entities do not like the glandular substance taken from entities who have eaten chocolate. It is disturbing to them. The entity did not have his glandular substances taken from him, and therefore was not violated, did not have the serious repercussions that many others would have in a similar situation.

This Awareness indicates that other foods that disturb the glandular substance as far as the aliens are concerned are sugar, sweet foods, and spinach and rhubarb, hot spicy foods, such as chili peppers; that the aliens do not like certain of these energies affecting the glandular substances and therefore, do not gain the benefits, so they are less likely to bother with the glandular extractions from such entities. This Awareness indicates that the need for entities to be cautious in regard to any contact with UFOs cannot be overstated, for these entities are not here as guardian angels. This was the reputation earned by the Pleiades type, not those from Orion or the Zeta Reticuli,--these entities being more interested in what they can get from humans for their own benefit.

DO THOSE ABDUCTED HAVE A PREVIOUS AGREEMENT WITH THE ALIENS FOR THIS?

(DESCRIPTIONS OF LIKELY CANDIDATES FOR ABDUCTION)

(FOLLOW-UP QUESTION):

In regard to these abductions, is there a factor involved where there is agreement on some level given to these aliens? For example, our friend Michael had an abduction experience as a child, and he's questioned this. He was lifted up by this blue beam, I believe it

6. was, and he's positive they have returned many times, or at least several times since, now that he's grown up. We have discussed this with him, and he wonders whether he gave some sort of agreement originally as a child, or was it necessary to give agreement for this experience to happen. He seems to think it was a violation, but he says it was a great experience and he wouldn't have missed it for anything, because he feels that there was some kind of illumination given.

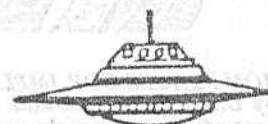
COSMIC AWARENESS:

This Awareness indicates that indeed there is a kind of exchange that occurs in which the glandular substances are taken, but at the same time there are certain influences; this is difficult to explain; that there are certain psychic or psychological influences that are returned to the entity in a manner that works somewhat like osmosis, in which the entity's intellect can be enhanced by such a contact. This Awareness indicates that generally, these entities tend to look for those who are either lonely or confused, who are not clearly or strongly grounded in any particular individuality. In other words, that wherein an entity has a strong individuality, they are less likely to be a candidate for abduction, but wherein an entity is relatively open and receptive to environmental influences of a wide order, in other words, one who is in need of help, in need of friendship, in need of clarity or in need of something stable in his or her life; these are the types that are more likely candidates for abduction and these entities will tend to look for those types.

Beware of the Hunting Party

This Awareness indicates it is best to see these entities, these aliens as being hunters; that essentially they are out hunting for sources of glandular substances, and do not want to experience any personal harassment from the action, so they generally will attempt to find entities who are alone, or to themselves, of the type that is more unbalanced or unstable or socially disoriented at the time. This Awareness indicates that by these terms 'unbalanced, disabled or disoriented,' It does not imply this to be a permanent state of mind, It is referring to perhaps only a temporary state of mind.

If an entity, for example, is walking through the park, that entity is alone. If the entity, walking through the park is monitored by the aliens and is sensed to have a great number of friends who are waiting for him or a family, this would tend to hold off the alien abduction moreso than if the entity is going home to his own place and no one would really miss him if he disappeared for an hour or two. This Awareness indicates that they are able, by their devices, to determine such things, and these things are often considered in an abduction. It will depend of course, on how anxious they are to abduct, how willing they are to risk, and other factors.



IN THE CASE OF ABDUCTION,

WHERE IS ONE'S "GUARDIAN ANGEL"?

FOLLOW-UP QUESTION:

In the case of a child then, who probably was violated and gave no permission, doesn't the High Self of the child, or the guardian angel, or whatever name one cares to call It, wouldn't It protect the child from that violation or does It see somehow the long-term growth of the child and see that there might be some benefit in the experience, and allows it to happen?

COSMIC AWARENESS:

This Awareness indicates It will protect the child's soul, care for and comfort the child's soul. It cannot interfere with the action. It may protect the child prior to such an abduction to prevent it from occurring, but if there is a reason in a karmic sense for the child to experience a negative event of this nature; perhaps the child participated in some kind of torture to others, or perhaps the child simply needs to develop a greater self-awareness, the higher guardian angel of a child may allow an event to occur that is traumatic to the child.

How Your Guardian Angel Works

This Awareness wishes to explain something that is not understood. Guardian angels are not inclined to interfere unless one asks for such help. It is part of a general rule by which they are directed to abide. If there is the request for help by a guardian angel or higher being, then they are free to help, if it is in the fate of the child to be helped, or if it is something preordained that the child must go through this experience in order to learn something that was preordained prior to the child's birth in physical form; even then, the guardian angel or higher spiritual guide will allow this to occur. They are powerless to stop it.

This Awareness indicates that it may, for example, be part of the child's own free will to return to this plane, to pay back certain karmic debts, by enduring certain pain or suffering or action at the hands of some force, not necessarily the one whom the child had previously harmed, which calls for that karmic repayment. This Awareness indicates that this is not to say that entities should simply say: "Oh, well, that's just the kid's karma," for it is also given that a child or an entity having karma, even though the higher forces may not be able to remove the entity's karma without the entity showing remorse and requesting the removal of a karma, even though this may not be possible from higher beings, if an individual of physical form takes on someone else's karma by rescuing, by helping or by carrying that karma, the entity then can be freed of the karma.

Taking on the Karma of Another: How this Works

This Awareness indicates that it then becomes a situation in which the one who rescued or took on the karma is obligated to have the burden of that karma in place of, in lieu of the other, and though it may be difficult and painful to carry the karma of another, there are also greater rewards for having done so. This Awareness indicates that these rewards do not always come because the entity may then turn to the child and say: "You owe me your life! From

now on you do what I say!", or something else, and thus the rescuer becomes the tyrant over the rescued, and of course, this is not a proper role for one who has rescued another, and the rescuer would not then be a likely candidate for greater reward for having rescued, if the entity is attempting to gain greater reward on his or her own.

This Awareness indicates that it is somewhat difficult to explain karma because karma has to do so much with what is felt within an individual in regard to an action which the individual is involved in. If an individual is involved in an action of rescuing another and has no ulterior motive, either at the time or thereafter, and simply does it out of spontaneous reaction, indeed, even though the entity may suffer from that rescue, such as the young boy who made sure that his teenage girlfriend got off the tracks, but in so doing was run over by the train; this entity gained good karma. He has taken on what could have been her karma, and therefore, the entity as having good karma for his action of saving her.*

This Awareness indicates that this does not cause her to have bad karma because of his action, for it was not her doing that led to the incident of his sacrificing himself for her. Though she may energize guilt from the experience and thus create a degree of negative karma for herself, it would be better that she look at him, remember him with great appreciation and try to live her life in such a way as to repay him by the way she lives her life for his sacrifice.

This Awareness indicates that generally speaking, the giving and receiving of self to benefit others or to benefit self as that which serves as a kind of basis for karmic debt or for karmic earning, and therefore, entities may simply weigh and balance from their intention and motives if they wish to judge whether an action was karmic, negatively or positively.

*A few days before this reading, a teenage boy was killed here in Olympia while he and his girlfriend were walking along a train trestle. It was night and a train came barreling out of the darkness from around a hill. The young man, seeing that they both could not escape the train, pushed his girlfriend off the trestle, but in that instant was killed, but his girlfriend was saved. Paul and I had discussed that incident one night, wondering what kind of karma, if any, had been involved. The answer to those questions appeared later on in this reading. Awareness has often provided answers in later readings to the many questions Paul and I have discussed and energized in private conversations. Particularly those questions for which we could find no sure answers.

DOES AN ABDUCTION

ENCOURAGE SPIRITUAL GROWTH?

(How the Aliens Scramble Brainwaves)

(FOLLOW-UP QUESTION):

It would seem that any abductee would almost have to define their experience in the best possible light, such as spiritual enlightenment, in order to live with it psychologically; but does the event itself, encourage spiritual growth because of its intensity?

This Awareness indicates that this will depend on the individual and how the individual wishes to relate to the event. In most cases the individual does not recall much of the event because the event is usually of such a nature that the aliens wipe out the memory on a conscious level through the use of chemicals or drugs and also through the use of certain trauma involved in the event. They also have the benefit of frequency programming, whereby certain frequencies are used that can totally distort the memory of an event, so that while the event is occurring, the brainwaves are being scrambled simultaneously so that the brain does not record the event clearly.

This Awareness indicates that because some of the events of the abduction may be interesting, consciously remembered and even pleasant or intriguing, entities may remember only that part and parts that are more of a violative nature may be repressed into subconscious levels and not remembered at all. That for some, they are not recorded deeply in the subconscious, or they are recorded deeply in the subconscious and still have a kind of gnawing effect on the entity's emotions, causing a feeling of dread or fear or anxiety in regard to the event, and depending on the individual and the degree of memory, dread, fear or anxiety, each individual will have a slightly different attitude toward the abduction.

Some entities can take it better than others. Most entities do not like the experience and have a negative feeling toward what happened, and see it as a kind of violation. Some entities will experience it and remember only the best and will then attempt to make the best of it, remember it in the best light and express it as something wonderful.

METHODS OF REMOVING IMPLANTS

(Germanium Taken Over a Year Works)

QUESTION:

In regard to implants, there's been literature circulating around that doctors have been told around the country to send X-rays when they run across an implant, to a place in California, I believe, which has records of tens of thousands of these, and the stories that it is impossible to surgically remove these without killing the entity. Now, my question is, if this is true, is there anything, herbal for example, or otherwise, entities could take that would remove these?

One member, for example, wrote in that she has heard that germanium dissolves implants.

COSMIC AWARENESS:

This Awareness indicates that it does appear there is a benefit in the taking of germanium in regard to this; it appears that it would need to be taken over an extended period of time to have such an effect. This Awareness indicates that the surgical removal of implants is on occasion possible, especially that which is implanted behind the right ear. An implant by the medulla as that which would be nearly impossible to remove, and an implant near the optic nerve would be quite difficult, if not impossible, to remove without serious damage to the individual.

This Awareness indicates that it would appear that the use of germanium over a period of approximately

8. one year, taken on a regular basis, in accordance with normal dosage, would be sufficient in most cases to defuse the effectiveness of an implant. This Awareness wishes a pause. (Long pause).

This Awareness indicates that there appear to be other substances that can be beneficial, but these are not seen clearly at this time; that this may become clear and available at a future time.

DO THE ALIENS USE HOLOGRAPHIC LASERS TO IMPLANT HUMANS ?

QUESTION:

B.A. sent in a copy of a question and answer session with Dr. Fred Bell who is a pretty well-known UFO expert who goes around lecturing, and he claims that these neuro-implant transmitters in the brain are planted by the Greys, using holographic laser equipment. Is that true? Is that the method they use?

COSMIC AWARENESS:

This Awareness indicates that this appears to be a good description of the method used. It is a kind of projection and creation at the same time. It is not an action so much as making a hole and taking it in; it is more likened unto creating a laser-sized incision or hole between the molecules to the place for implant, and then projecting on that light or laser track the information or coding that creates the implant in that spot; that it is first created in a kind of holographic vision and then it materializes as a substance.

WILL VIDEOTAPES BE MADE OF THE ALIENS' OPERATIONS UNDERGROUND AT DULCE?

QUESTION:

This information comes from a question and answer session with this Dr. Fred Bell, and the questioner says: "Didn't you mention in Hawaii that you had been in Dulce and you were going to take videos of level 7 and 8?" And Dr. Bell says: "Yes. I've been to Dulce. I'm getting ready to take a film crew in there with helicopters. I will go there with the assistance of the Pleiadians. Brad Steiger and I are hoping to get videos of their operations, like on levels 7 and 8, where they are crossbreeding with humans and are cloning themselves."

Does Awareness see that this will actually be brought about, that entities can actually bring video tapes back of some of these levels where these aliens are running experiments there?

COSMIC AWARENESS:

This Awareness indicates that this could occur, only with the help of the Pleiadeans; that this as that which is planned and which may take place. There is some indication of it being successful. There is also some indication of failure. It is at this time seen as being likely. There are some dangers involved. However, the assistance of the Pleiadians as that which minimizes the danger. There is seen no other way by which this can be accomplished. These entities in fact, would dematerialize, moving into other dimensions, and then appearing in those areas for the filming purposes.

9. **ARE ALIENS IMPLANTING HUMAN FEMALES, THEN ABORTING THE FETUS?**

QUESTION:

From this same paper the questioner asks: "We have heard that the Greys were robotic and therefore did not carry any spirit." Dr. Bell replies: "Well, judging from what I know and how they behave, I know that they often times implant a human being and then cause an abortion at three months. They take that fetus into a laboratory and grow it from there. I know they have created robotic types which are in the underground caverns at Dulce."

Does Awareness see that information as being valid, and if so, how prevalent is this, creating abortions in women and taking the fetus at three months?

COSMIC AWARENESS:

This Awareness indicates that this is a common practice. It is a way by which they gain the genes that they need and use for their various genetic experiments. It is part of the operation they use in the cloning processes. It helps them to take some of these substances of the genes and to grow new clones of themselves with these energies. It is a situation in which they manage to take on certain human qualities through the fetuses and thereby alter their own nature. This is part of their effort to bring about a new life-form for themselves to inhabit the earth with greater ease.

This Awareness wishes you to understand that these entities are not well adapted to the atmosphere on earth. It is for this reason that they live underground. It is also because of this reason that entities aboard an alien spacecraft will feel a sense of nausea, because the atmosphere is not suitable for human life. The atmosphere being different, and that by arranging the molecules and genetic engineering to comingle human and alien life forms, this new creation which they are working on can better adapt to the new environment which is being prepared on the outer surface of the earth.

This Awareness indicates that this essentially relating to the weakening of the ozone layer, the diminishment of oxygen, and the general changes that are going on environmentally. Essentially the aliens are helping through the environmental disturbances to rearrange the environment for their own needs.

ARE ALIENS RESPONSIBLE FOR THE HOLE IN THE OZONE LAYER?

(FOLLOW-UP QUESTION):

Like maybe the hole in the ozone layer, they would find to their benefit. Is that true?

COSMIC AWARENESS:

This in the affirmative; that the hole in the ozone layer is allowing more of certain rays to enter in, which in turn affect the atmospheric flux of chemicals involved in the atmosphere, so that the atmosphere then becomes more to their liking.

(FOLLOW-UP QUESTION):

So it's possible these aliens are behind some of these efforts or some of these companies and so on that are creating some of these massive ecological potential disasters. Is that correct?

COSMIC AWARENESS:

This Awareness reminds you of the information given some years ago by Dr. Beter that many of the heads of corporations were being replaced by synthetics; that their clones being used for reasons suitable to those who clone them.*

ARE THE ALIENS ABOUT TO UNLEASH GERM WARFARE THIS FALL OR WINTER?

(Government Working on Anti-Serum to Help Entities Build Up Immune System)

QUESTION:

Getting back to the Dr. Bell information, the questioner asks: "What do you see as the most imminent threat at this time from the Greys?" Dr. Bell replies: "There is a program which is about to be inaugurated, and it's got me very concerned. They (the Greys) are about to unleash biological warfare on this planet. They will probably start this before the year is out. They want to exterminate a large portion of the human race and none of the governments have any control over this. Scientists and doctors are working on a serum. It's based on a SD-40 virus which is an anti-serum taken off the chain of the polio virus. It will build people's immune systems up and hopefully negate the effects of this germ warfare. It will be marketed commercially. One of the ways the Greys infiltrate the humans is by separating the physical body from the etheric and entering in from there. Those beings with higher vibratory rates who are merged with their etheric body will pose more of a threat to the Greys' covert activities."

Is that information basically true?

COSMIC AWARENESS:

This Awareness indicates that this is essentially correct; that the entity as having inside information in regard to much that is planned and also in regard to the more metaphysical aspects and ethereal aspects of human nature. That of course there are certain areas that have been implied in this question that have not been thoroughly explored; this in regard to the reason the government would be coming out with inoculations to help prevent the Greys from gaining such control.

The Big Dilemma Now Facing the Greys

This Awareness indicates that there is the need to realize that the government has come to assess the situation and determined that the Greys have not been straight-forward, and are in fact preparing the earth for an invasion by their masters; that as they are but the servants, they are preparing the way for the earth to be taken over by their masters. They do have some inclination to want their freedom from their masters, and to do so they would need the help of the governments of earth.

They also have the intelligence to realize that the governments of earth, without great technology and time and the funding to carry out a crash program, would not be ready in time to prevent the invasion of their masters, the reptilian race, and therefore, they

*Awareness has previously indicated that almost 50% of the big corporations are staffed with Synthetics. This is really bad news for those who hope these big corporate polluters will clean up their act to help save the ozone layer and the rest of our environment.

might be supporting the wrong side or get caught in having betrayed their masters, thus, they are at a kind of dilemma: "Do we help humans and in turn help prevent our masters from coming back, or do we go ahead and subjugate humans for our masters to rule, and then take our place under our masters in our new domain?" They are at a dilemma.

Why 'Alternative 003' & The Mars Base Won't Work

This Awareness indicates that because they are not clear as to where they stand, it also behooves the governments of the world to consider what is needed to preserve the human race in the event they are unable to gain cooperation from these aliens. That in either case, the more people there are to survive, the better the chance for humans of long-term survival. Of course, the entities who understand and have read *Alternative 003* may think that the government will simply abandon the earth and go to its colonies on Mars, and not care about humans left on earth. This Awareness indicates however, any thought toward this at all will show that a government colony on Mars, trying to start over a new civilization, would have about as much chance of survival in event of an alien invasion as would such a colony on the Gobi desert.

This Awareness indicates the *Alternative 003* scenario has little merit in light of the realization of greater forces coming toward the earth for future invasion, therefore, the only real option available to the government is to either work with the Greys, with the present aliens against the invading aliens, or to oppose not only the present aliens, but to prepare for the invading aliens. This Awareness indicates that to prepare for the invading aliens with present technology would be of little value, for earth lags behind. Earth needs all of the technology available through the Grey aliens, if it is to hope for survival in the future.

THE GREAT FLU EPIDEMICS THAT KILLED OFF MILLIONS: WERE THE ALIENS RESPONSIBLE? (PREPARING FOR THE HARVEST BY WEEDING OUT THE CROP)

QUESTION:

One final question, this in relation to biological warfare. The great influenza epidemic that swept the world around 1917 and 1918, shortly after World War I, have never been explained by doctors or scientists, and today they're talking about flu coming from outer space, some scientists are. I'd like to ask specifically: Was such an epidemic as just described created by the aliens, and if so, have they been doing this for ages in an attempt to wipe out the people on this planet?

COSMIC AWARENESS:

This Awareness indicates that this as having been used as a kind of population control. It is much like the action of entities who would regulate the crop, by destroying or weeding out certain numbers of plants within a garden, wherein they plant more than is necessary or allow more than is needed to be planted, and then take out many of the plants as the crop develops. This Awareness indicates that in the action

of husbandry of animals, the same principle may apply; that if the animals began reproducing too quickly and the pen becomes overcrowded before its time, some of the animals may be removed and killed in order that the others grow according to the plan to that status that is desired for the best quality desired.

The aliens are essentially looking for certain breeding stock as well as certain benefits from the glandular secretions or glandular substances, and in order to get that which is of the highest quality for their purposes, humanity needed to evolve to a certain stage. This Awareness indicates that humanity is at a place where they could now gain good stock for their cloning purposes, that is, part of humanity is. There have been times in which the mass of humanity exceeded the production of the earth to provide for the masses, and the humans were yet not as well evolved in a quality sense, such as during the time of the Black Plague and during other times, and therefore, these things were introduced to help wipe out some of the weaker or overcrowded areas of humankind.

The Time for Harvest Approaches

(Ahriman's Soul Eaters to Dine Also)

It is again, a similar situation, wherein the aliens are preparing for these times of harvest in which the energies of entities have reached a certain stage, requiring a kind of purification or purging, in accordance with their way of thinking. That those who survive will inevitably create a stronger stock and this is to their intention. This Awareness indicates that there are, of course, far more sinister forces in terms of human souls involved in these plagues, and that has to do with the other dimensional beings, those forces of Ahriman, in their harvest of souls, who collect the energies of entities who have not yet evolved spiritually to their satisfaction and who are still caught in and locked in to the vibratory rates that are satisfactory to Ahriman and those forces, and therefore, these plagues help to feed the appetites or purposes of the Ahriman influences.

This Awareness indicates that this has a kind of other-dimensional energy that also is at work to benefit or gain from these plagues that occur from time to time. This does not mean that anyone who dies during the plague is losing their soul to Ahriman, but that the more entities who die, the more of them who have low development in their soul who will be available for Ahriman to feed off of. The Ahriman energies using those who are of similar vibratory rate to gain energy.*

This Awareness indicates that there are also, of course, those who have higher spiritual rates of vibration and these will move into higher realms. This Awareness indicates that the transitions that occur during times of plagues are seen from these other dimensions as times of great influx of human souls, and wherein there are those spirits that feed on lost souls, it is a time of feasting for them. This Awareness indicates that there is much confusion in regard to this message, for some entities, because *It* speaks not only of the physical aliens on earth, but *It* is also speaking of the astral and ethereal beings of positive and negative nature that exist in other realms or other dimensions.

It is important that entities recognize this and that they also realize the differences between Ahriman and the aliens; that Ahriman is a reference to those beings that follow the negative force, which are essentially in other dimensions most of the time. This is not to say that they cannot project into physical form, but that most of the time they are in an etheric body, and when entities pass over, they often pass through those realms. This Awareness indicates that in regard to the aliens who are presently physical in their earth existence, these are not what is meant by Ahriman forces, although these entities have qualities very much akin to the Ahriman forces and may be said to have been influenced by the Ahriman forces.

To be more technical, the Zeta Greys tend to be more like the Ahriman types, and the Orion types tend to be more Luciferian in their nature; Luciferian being more involved in deception and in political maneuverings, coercion and influencing others, while the Zetas, or the Ahriman-types being more brutal and sadistic in their natures. This Awareness indicates that in the underworld, those known as the Deros are even more exemplary of the Ahriman-type energies, extremely sadistic in nature, creating torture for the pleasure of seeing torture. These entities are, however, enemies of the Zeta Greys.

The Deros and the Zetas not liking each other; they are too much alike.

This Awareness suggests that the Interpreter be brought from trance; that this reading may be continued later.

(The Law of Gratitude is given)

ED's Note: This reading prompted me to go back and reread that special 25 page report, No. 82-24: "What You Need to Know About the Forces of Ahriman," (\$4.00 from C.A.C.). This report contains much information on the aliens, the Men in Black, the coming of the antichrist, and particularly the various scenarios concerning how the One World Government will be presented. This includes the possibility of various 'raptures', including one for the Light Workers, if things get really heavy. This editor recommends you

dig out this reading, 82-24, and review it once more in light of the current information we have been releasing about the alien presence. It also explains why the aliens are here; why they are part of the 'Grand Design' and how you can fend them off.

* In reference to the eating of souls by the Ahriman forces, this relates to the information channeled by Kyle Griffith and published in his books, "Spiritual Revolution," and "War in Heaven". Many CAC members have bought these books from Griffith and sent in many questions for Awareness regarding them. As a result, we have at least two complete readings explaining all this, which have not been published. Griffith's material is scary and leads entities into believing that after they pass over, all hell is going to break loose, with all sorts of goblin-like creatures pursuing them through time and eternity in an attempt to eat their soul. Essentially, Awareness is telling us that although this sort of thing may occur on the very lowest of the astral levels, that entities like the CAC readers, who are into more spiritual interests and who obey the Laws and Precepts as given, need not worry nor pay attention to nor energize these concepts, for they will move through these lower levels on their way up to the higher etheric levels, including those 'heaven' levels and Celestria. Those entities who spend their lives violating others, making money their god, slaughtering others in lives of crime, wasting their lives on drugs etc. have very low vibrations, and like Oscar Wildes' famous story of the 'Picture of Dorian Grey,' which gradually shows the erosion of that entity's soul, although his physical features did not show them all, all entities, in passing over, can only go to that highest vibration they are capable of reaching; and in these cases, the highest vibration they are capable of reaching is some of the very lowest of vibrations, and it is in these realms where the dictators and violators go, with only reflections of themselves do they see in all the others, will you find those creatures of Ahriman who rely on the soul substance vitality and energy of others. Some members have asked how come the editor has not yet printed those readings based on Kyle Griffith's works, and I can only reply that such information is a very low priority item and probably would only worry some people and prompt more questions. It is possible we will never publish the information, at least for some time. (I personally do not even like to energize those concepts; they are too creepy and give one the feelings that very very low spirits are hanging around, licking their chops and saying: "Watch out. One day we will get you, too." Perhaps.)

WILL THE LIGHT WORKERS BE UNDER ATTACK BECAUSE OF THEIR HIGHER VIBRATION ?

WHAT IS THAT PROTECTIVE "SOMETHING" HUMANS HAVE THAT THE ALIENS DON'T ?

(C.A.C. General Reading, April 4, 1990)

(Continued from last reading)

QUESTION:

There's a few questions left on the subject of aliens, one of them from this report I was reading in the last session that B.A. sent in, of an interview with Dr. Fred Bell. He was asked: "We received information this week that within the next three years, the Light bearers, because of their higher frequency rate, were going to be under attack by the Greys," and Dr. Bell replies: "You're right on with that information."

Would Awareness explain what exactly they were discussing there?

COSMIC AWARENESS:

This Awareness indicates that it does appear there is considerable concern by these aliens in regard to those entities who are sensitive and who have a more spiritual outlook toward life, that they will not be as easily controlled by the manipulative powers which these entities are hoping to install. It does appear that the energies will be more of a psychological nature and social pressure, whereby those who are classed as New Age metaphysical types will come under considerable criticism by others whose philosophies differ and that this will serve in the interest of the Greys in an effort to create more problems for these entities.

It appears also that Greys may try to make use of some government influences in targeting and focusing harassing activities on some of these New Age groups. This Awareness suggests however, that this does not appear to be something which will have much effect and that in fact, it may serve in the reverse whereby these groups may turn out to be more helpful in reversing the power of the Greys and helping humanity. It is seen that elements of the government are having second thoughts about working with the Greys and may indeed in time appreciate any help from those in society who are prepared and who are able to serve in a more spiritual capacity to lead to new attitudes and approaches toward spiritual directions for humanity.

This Awareness indicates that it appears there is much in regard to this entity's response to that statement, this entity Bell, which had some particular detailed understanding which he was aware of, that he perceived from his analysis that may have also been intended by his statements that this is not seen as altogether accurate in his assessment. It does have a certain degree of validity, that these groups and individuals are perceived to some degree as threats to the aliens. The aliens do not like psychics, for psychics and people who are sensitive, can feel emanations from the aliens which give warnings as to their true nature, and this disturbs them. They do not know how to deal with this kind of energy. They are used to using telepathy to influence, rather than allowing themselves to be read by others.

This Awareness indicates it is seen that if the Greys had the opportunity to cause harm to the more enlightened ones on earth, they would attempt to do so; however, it appears that this is because they have less control on them and the more enlightened ones tend to have a certain degree of protection that the Greys cannot fully comprehend and do not quite know how to overcome. It is that spiritual quality that the Greys cannot understand, being that they do not themselves have any background in such energies.

This Awareness indicates that in understanding the Greys you must realize that they are very much likened unto a robot-type of creation, having an insect base in the genetic structure of their being. They are simply not quite able to deal with the kind of energies that entities who are into spiritual essences, who can call on spiritual energies, who are in effect emanating Divine Energy in their aura. They have some difficulty in dealing with these entities. This Awareness indicates that there is greater safety in the spiritual energies than danger.

PROTECTIVE DEVICES

QUESTION: THAT PREVENT ATTACKS

Evidently Bell had some kind of device. The questioner asks: "How does your nuclear device help with protection?" and Bell replies: "These nuclear devices work in several different ways. They consist of different gem stones and work as a filter or a microwave amplifier which will build up the basic body functions of the person wearing them. Most recently, the Pleiadians gave me a receptor that works on the crown chakra and the pineal gland. It takes people out of the lower

survival mode and accelerates their vibratory rate. It allows them to excel under any kind of ELF, extra low frequency attack. There are literally hundreds of thousands of these devices out there all over the world, and they have proven to be effective." The questioner then asks: "So these new devices, when placed on the physical body, accelerate the speed of the cellular structure which gives us immunity from attack. Is that correct?" Dr. Bell replies: "Right. The Greys bring your cellular structure down to a lower rate of speed, and this pushes your etheric body out from your physical body and they make an entry in between. That's the whole modis-operandi--for controlling human beings."

I'd like to ask Awareness, is there some kind of device that he's talking about, or a substitute, that will protect entities, and is the way the aliens control people as explained by Bell, correct?

COSMIC AWARENESS:

This Awareness indicates that this is correct. That you will recall previously wherein this Awareness described that there were certain entities who would be loosened from their body, and the aliens would walk into their body as a walk-in, in this manner, taking over the human body. That this as one way of possession, and gaining access of a human's body whereby the entity simply moves the owner out of the body and takes over in the driver's seat.

This Awareness indicates that the entity in moving in will still have all of the memory of that previous owner's brain, as these things are recorded on the brain and the memories stay in the consciousness of the inhabitant. That in regard to the units that are available to help strengthen an entity's attachment to the physical form, there are some devices of different types that are useful in this manner; that there are those radionics devices such are available through the entity Gary Zuckett and some of his associates, which can also be beneficial.*

*ED's Note: Gary & Emily Zuckett are long time C.A.C. members with many interests. I am not sure he is still selling radionic devices, but if you send him a stamped self-addressed envelope and ask for his latest catalog, you can find out. I know he used to sell them, because I bought one from him several years ago. The address: Gary Zuckett, Box 144, Pullman, W. Va. 26421.

There are also other benefits derived from crystals; that the particular type spoken of by Bell from the Pleiadians, as those which you cannot simply build yourself or find at a local gem store. You might request more information from Bell as to whether there is a way or an arrangement that would allow these devices to be made more widespread, and if so, find out how they could be obtained.

Avoid the 'Fear and Survival' Mode & You Avoid Greys

This Awareness indicates that the important message Bell was giving has to do with the fact of raising the vibration out of that fear and survival concern into the more spiritual aspects of consciousness so as to overcome the areas that can be controlled by the Greys. This Awareness indicates that by raising

one's vibration to the higher chakras and the more spiritual aspects, wherein the heart chakra is energized, the chakras above the heart are opened and energized, and those chakras relating to the fear and excessive concern in regard to animal lusts are given a more recessive priority in one's life. The cells of the entity's body and the hormonal reaction to the endocrine system and its general effects on the cells as that which will lead the cells to emanate a more spiritual vibration, which in itself become a protection against the frequencies and vibrations that are used by those alien types.

This Awareness indicates that this essentially can be beneficial, even if the alien types attempt to challenge and to cause a psychic-type of harassment against the more spiritually evolved entity. This Awareness indicates that essentially what *It* is saying is that the more spiritually evolved you are, the more you may become the target, but the easier it will be to overcome any frequencies that the Greys could emanate to cause harm. That even in regard to such thing as harassment, in reference to bureaucratic, government or personal harassment by individuals or aliens; these things can only have a limited degree of effect in accordance with the strength of your own faith and attunement to the higher spiritual essences.

13.

Always Call Down the White Light for Protection

If you allow excessive fear to enter into your thinking, into your feeling, into your life, it can help to draw in these things. If you do not allow these and can keep your faith strong, even if there is an attempt to harass, you will be more able to overcome any alien force directed at yourself. This Awareness suggests you not forget to cover yourself with White Light, cover your family, home, and all things associated with the White Light of Perfection and all will be easier during these coming months and years; that any time there is what appears to be a threat or a fear of imminent difficulties, simply call on the White Light, the Christ Light, the spiritual light, however you perceive it to be, to come down as protection around, above and below you, to cover and to protect yourself, your loved ones, and all that is associated with your concerns.

ED's Note: Dr. Fred Bell is a lecturer, author and authority on UFOs and extraterrestrial activity. He served in the U.S. Air Force and later worked with NASA on the Apollo and Saturn Moon projects. He later studied with Himalayan Masters. We do not have his address, but some of his UFO encounters are captured in "The Fellowship", a book by Brad Steiger. (We don't have that either, but would like to).

WILLIAM COOPER AND JOHN LEAR FILE OFFICIAL LAWSUIT AGAINST PRESIDENT OF THE UNITED STATES AND CONGRESS FOR TREASON

QUESTION:

One of our members in England sent me some pages from a magazine called *Journal of UFO Investigation*, Volume eight, number 5, dated 1989. Quest International,* and I'd like to read and excerpt from this and ask Awareness if this information is valid and has taken place. It says:

"Contingency Plan Should the Information Become Public or Should the Aliens Attempt to Take Over. This plan called for a public announcement that a terrorist organization had entered the United States with an atomic weapon. It would be announced that the terrorists planned to detonate the weapon in a major city. Martial law would be declared, and all persons with implants would be rounded-up and placed in concentration camps. The press, radio and TV would be nationalized and controlled. Anyone resisting would be arrested or killed. William Milton Cooper and John Lear who have both confirmed the authenticity of the above information, have this week taken out official summonses against the American President and Senate. The summonses state:

- (1) 'The government has approved and entered into a secret treaty with an alien nation against the Constitution and without the advise and consent of Congress or the people.
- (2) The government in this treaty has given this alien nation, land and bases within these United States.
- (3) The government in this treaty has traded human lives and property for alien technology and has denied

the citizens of the United States of America the lawful protection due to them under the Constitution. The property is in the form of livestock and land.

(4) In the taking of human lives, property and livestock of the citizens of these United States of America and in the commission of numerous other abominable and barbarous acts, this alien nation has proven to be a mortal enemy of the people, the nation, and all of humanity. Abductions, surgical operations, implantations, biological sampling, impregnations, psychological damage, and other horrors have been and are being performed upon human beings by this alien nation. For these reasons a state of war now exists and has existed between the people of the United States, and the alien nation.

(5) In approving of, and participating in the crimes outlined in paragraphs 1,2,3, and 4 above, the government is in violation of Article 11/ Section 2, Article III/ Section 3 and several articles of the Constitution, and is guilty of and is hereby charged with murder and treason against the people and the Constitution of these United States of America.'

In all, there are 12 charges being brought against the American government. These documents have been drawn up legally and will have been served on the American government by the time you see this report. They are true legal documents stamped with the Federal Seal of the United States of America. I can verify them as I have Federally stamped copies in my possession.'

The lawsuit was filed by William Cooper and John Lear. That's the end of the article. I'd like to ask Awareness if this information is valid, if this summons was actually served, and if so, what would be the result, if any?

*The Journal of UFO Investigation, Quest Publications, 15 Pickard Court, Temple Newsam, Leeds LS159AY, England. (Rates and backissues on request).

COSMIC AWARENESS:

This Awareness indicates the summons as indicated was served, though it appears that the service may not have been satisfactory to the usual requirements of such a legal procedure. There may be some question in regard to its having been properly served. This Awareness indicates that in regard to what the results will be, it will antagonize those powers that hold reins of government who would be affected by this and it could well create a great deal of discussion, concern and frustration as to how to stop these actions of these individuals.

This Awareness indicates it could also cause some speeding up of events leading to a Martial Law crack-down in order to round up entities such as might be classed as trouble-makers for these government officials who would be caught in this kind of legal maneuver if it were to be successful. It does not appear that unless there is great outcry from masses that there will be much to come from this other than an attempt to quash it as quickly and quietly as possible, perhaps creating some other diversion to do so.

This Awareness indicates that it would not be realistic to expect that these two entities in presenting such a summons could actually cause a great change in the powers that are controlling this situation; that there would indeed need to be much more than just this act alone. This Awareness indicates that there are entities who are awakening to the realities and some of these entities are also picking up the ball, so to speak, and carrying the ball along with these to Cooper and Lear and others, and that this could quite easily continue to snowball, leading to a movement which could have a profound effect.

This Awareness indicates however, that it must be understood, attacking those who have made agreements with the aliens is not totally fair, for there are mitigating circumstances, as indicated before, that this nation had very little choice in the matter. Had this nation gone to war against these entities, the nation could have been totally devastated by the technology these entities possess, and by making deals with the entities, the nation stalled for time, gained some technology.

The main error in the secret government and its deals with the alien is that even after discovering that individuals were being abducted and mutilated, and harmed, they continued quietly allowing this to be, but in the interest of fairness to these entities, it needs to be understood too, that they were not informed or aware until relatively recently, in the last few years, that such mutilations were occurring against humans. It is a strange dilemma that humans find themselves facing in dealing with

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aliens of greater power and technology than they. It is also strange that the masses were not informed and that the information was kept secret for so long, for had the masses been informed earlier, things would not have gotten so involved, complex and out of control by the humans.

This Awareness indicates that in so far as the specific document goes, it is influential as a symbolic gesture. It is unlikely that unless there is some great support for it that it will ever have the effect intended, and it is unlikely there will be great support for it, unless for some strange reason, the media should publicize the document. It does not appear that the media is inclined to touch such a topic.

THE MYSTERY OF THE B-52 "CRASH" IN THE JUNGLES OF LAOS

QUESTION:

One of our members, E.W., heard a radio show out of Las Vegas, 11:00 PM. March 1, 1990, and it ran till 1:00 AM on the Billy Goodman Happening. It was an interview with UFO investigator Bill English, and she took notes, evidently in short hand, of the conversation, and I'd like to read some of this information and ask Awareness if this is typical, or if this information is simply disinformation and so on.

"Bill English was a captain in the Green Berets and served in Laos in 1969 through '71. He was part of a ten man team sent to investigate a B-52 bomber crash in the jungles of Laos. The plane reportedly had been attacked not by aircraft, but by another object. The team, however, found *no crash pattern* at the scene! It was as if the plane had been set down by a giant hand in the middle of the jungle. The plane showed no damage, although it was fully loaded with fuel and bombs.

The men blew open a hatch and there was the crew, all sitting in their safety harnesses. They had been mutilated in what was termed the 'standard' manner: anus cored out, apparently with some large corkscrew; patches of skin sliced from neck and jaw; and eyes and genitalia removed by extremely precise surgery. Yet *no blood was spilled anywhere*. At the time, the team assumed the Viet Cong were responsible, no credence being given to the report of a strange encounter. Bill took photographs, which were turned in to Headquarters, along with the crew's dog-tags and flight recorder.

After becoming a civilian in Germany, English married, and he and his wife moved to England. She transferred to the Dept. of Defense, and he looked for a job. He soon ran into a friend, and was surprised to learn that he could obtain a position in the SECURITY SERVICE COMMAND! His job was to evaluate reports of UFOs and aliens, and assign them a percentage of validity.

Bill heard nothing more about the Laos incident, until, years later, he found on his desk the 'GRUDGE' Report, Project Blue Book No. 13." It included the bomber incident, with photographs which he himself knew to be authentic,--along with other items of the same nature: abductions, the relocation of persons who had had Close Encounters of the Third Kind, etc.

If this report is correct, Bill declared, we have all we ever would need to convince us that aliens exist, and that the U.S. Government had actually had aliens and spacecraft in its possession. The report contained several photographs of three aliens, standing against a wall, looking confused; photographs of flying discs and autopsies and microphotographs of tissue samples.

Bill now believes that the Security Command knew that he shot the Laos photographs, and that this may have been the reason why someone put the GRUDGE Report on his desk. The official line is that the Report does not exist, "because 13 is an unlucky number". 'Operation Blue Book Reports, 1 through 12, and the 'Final' Report, No. 14, have been published. Bill said the GRUDGE file may be what William Cooper mentions in "The Secret Government" papers.

English described the aliens as about four feet tall and very slender, with long arms; their wrists hung down past their knees. They had large heads, no nose, pointed chin, and very large eyes with solid pupils. They definitely were living creatures.

"I rated the GRUDGE file as having 90% probability of being true," English said. He handed in his evaluation and, the next thing he knew, he was being told, "Your services are no longer needed!" He was to be immediately flown back to the U.S., and was not permitted to telephone his wife or anyone else until he arrived there. But he found, when he tried to call his wife in England, that the phone would ring once, a man would answer, and then the line went dead. This happened several times; it also occurred if he tried to call other friends.

Bill had been married four years, and his wife is an American citizen. They had a 3-year-old boy and one under a year old. It has been 13 years since he's had any contact with his wife and children. He learned that the authorities told his wife that he had deserted her. He has not been able to bring a court case. His passport was revoked; several times he applied for a Visa to visit England; he is always refused, and no reason is given. He knows now that other persons have had the same things happen.

English was forced to stay in hiding for some 8 years and spent two years on a pig farm his mother purchased, thinking she was buying only a pig. (The farm cost \$20,000). No one knew Bill was there. One day he told his mother he would never make a farmer. He left the farm and went to Lynchburg, Va., and worked on a radio station there.

Bill mentioned that there had been attempts on his life and related one on the radio: he was on a motorcycle, traveling from Tucson to Sierra Vista, Calif., to ask his father to co-sign a loan so Bill could go into a new business. He noted a large black car pacing him for several miles. When they came to a deserted stretch of the highway, the car behind him suddenly speeded up. Bill moved to the right shoulder to allow the car to pass, but the car moved over, also. At the last moment before the car would have run him down, Bill swerved left, and the car went by, barely missing him. When the car turned around and came back toward him, Bill lit off into the desert. The car tried to follow but bogged down in the sand. Bill mentioned that attacking a motorcycle rider is a standard MO in such cases.

15. Later, a caller stated, "You are one of the few credible UFO researchers I know. Could I contact you?" Bill replied: "Certainly." He explained that he is now Executive Director of UFONET, 770 Granada Center, Alamogordo, New Mexico.

UFONET receives reports from all around the world. They now have several million pages of data available to subscribers. If you have a computer and modem, you can reach UFONET: their number is (505)-434-4760. UFONET files are closed to all but members, and the access fee is \$30 a year. UFONET also publishes a newsletter. Bill English's address is P.O. Box 123, Alamogordo, New Mexico, 88311.

This report on the radio show goes on and one, with English fielding all sorts of questions from the radio audience who call in. My basic question to Awareness, however concerns the information about those mutilated pilots on that bomber in Laos. Is that information true, and does this type of thing happen very often?

COSMIC AWARENESS:

This Awareness indicates that the information is correct; that it does not happen frequently. It happens to individuals who are abducted on occasion, in fact, relatively frequently. This would be the result of the abduction. Entities only hear of the abductions in which an entity is returned, and the entity recalls the abduction. This Awareness indicates that the instance was triggered by an alien spacecraft that became vengeful toward the plane because of certain threatening actions toward their being, their inhabitation, their place, by the encroaching of American war-planes and chose to teach a lesson in a kind of game, wherein they saw this as sort of humorous, because of their technology being so far superior. It would be likened unto a group of modernly equipped military Marines or soldiers coming across a group of primitive people fighting each other with spears and stones and wishing to show them what they could do with their weapons, and so attacking them with their modern equipment to show them how primitive their weapons were.

It was a kind of sadistic act, this being an action by those Greys from Orion, the short Greys, from Belletrax.

A PEEK AT WHAT THE REPTILIAN

ALIENS ARE REALLY LIKE

QUESTION:

One of our members in England who has channeled information, mentioned that the aliens that Cooper was describing are only the servants, and you should wait to see what the masters are like. Awareness has explained that the reptilian race is coming with the intent to enslave entities and are the masters of these creatures that are now on earth. Could It now give us some details and information about the reptilian race? In UFO literature, there are vague references to it, but I haven't yet seen anything that describes what these entities are really like. Do they have High Selves, or low selves, and how do they compare with the intellect of the aliens on earth at this time, and so forth. Could Awareness give us some information on these serpent-type aliens?

COSMIC AWARENESS:

This Awareness indicates that these entities are very much like those that were portrayed on the television series called *V*, although they are more ancient people, and have considerable mind power; the power to influence simply by focusing their mind. This Awareness indicates that it would be possible for them to portray themselves as humanoid types, as was presented on the series *V*, but it does not appear that this will be their approach. Rather, they are expecting humanity to be well-controlled by the time they arrive.

They have sent their emissaries ahead to gain control, and their intent is simply to set up, when they arrive. This Awareness wishes again, to remind you *It* has already indicated there is a contingency plan to destroy this planetoid before its arrival on earth. That is one potential option, which at this time appears to be given a high priority. This Awareness indicates that it would be premature to worry about the reptilians; that there is enough to be concerned about already; that the addition of the reptilian threat may in fact become an element that helps to solve much of the problem, for it creates the temptation of the Greys who are already present, to turn against their masters and join with the human element in so doing.

HOW ALIENS HAVE ALTERED THE COURSE OF OUR HISTORY DOWN THRU THE AGES

(What Humans Have in Common with the Reptilians)

(Closing Message):

This Awareness indicates that the world is undergoing some great transitions. It is not that these energies are necessarily new. It is that they are new to most entities in terms of their view of the world. This Awareness indicates that down through the ages, these entities and entities like them have participated in altering the course of your history. There are also others who have participated in the directing of your evolution and history, and there are even moments in the past in which the reptilians have been in contact with humans prior to settlements on earth, and this may trigger certain primordial memories.

This Awareness wishes you to understand that your own reptilian brain,—that part of the brain which moves down the spinal column some distance, as that which is to some degree genetically reflective of certain elements in the genetic makeup of the reptilians. It gives a certain kinship. There are, in fact, frozen in the Antarctica, remnants of the reptilian race in earlier visitations to earth. Many humans walking in human bodies have at one time or another, inhabited reptilian bodies on other planets. It is not that these entities are to be seen as absolutely alien in every way. There are some areas in which entities have things in common.

We Are Perceiving a Whole New Reality

This Awareness indicates that what is actually occurring at this time is not so much what appears as a disturbance to your reality; what is actually occurring at this time is that you are becoming aware of a greater reality than you have previously perceived. It has

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That in order for this to occur, the technologies the Greys possess would need to be shared with the humans and that, in turn, creates a greater opportunity for humans' survival. This Awareness indicates that this is getting into areas which are more than is appropriate for your membership. It is bordering too closely on some of the areas that have not yet been made public, to the masses, and therefore, this Awareness wishes to refrain from further comment at this time unless there is some form of exposure.

This Awareness reminds you that *It* does not participate in exposing information that is held secret by your government, or information that could assist aliens or any others in gaining an advantage; that *It* gives information only that has already been released in order to help your membership and those who are interested in finding out what they can do, or what they must become aware of, so that the information they gain is not from a secret source, but is simply compiled.

This Awareness indicates that *It* does not wish to disclose secrets that would cause harm to yourselves or to those whose secrets have been exposed, but if information has already been exposed and can be helpful to your readers, then this Awareness can release the information with certain comments.

always been there. It is much like if you were put into a giant dome and lived in a small corner with people who looked like yourself, became very much acquainted with them, and suddenly, after many months or years of this, had the light of reality extended to discover that there were bats and other creatures also living out in the shadows of your reality, and then in exploring and discovering these unidentified flying objects of bats and other creatures, you were to continue peering into the darkness, into the shadows, to discover that not only were there bats, there were also reptiles, and in further discovery, you realize that there are beings out there in your reality, and those beings are somewhat likened unto yourself, but have qualities that are intermingled with bats and with reptiles, and in this discovery, you begin to perceive a totally new reality.

This Awareness indicates what is actually happening here is that you are discovering that the reality is being created as you discover, but that your reality may lag behind the reality of others who have already experienced these creations, and that you too, are being created by the realities of others as they grow and develop new perceptions. This Awareness indicates that it is not that your discovery of something new created that something, for that something may have existed before you, but the nature of creation is such that one thing discovers another, and is discovered by something else, and then these things begin to make more real their presence, and in so doing, new realities are perceived and understood and new laws are discovered, to be dealt with.

You have outgrown the need for the old simple reality of the 1950's, and have reached a time wherein you can deal with a greater reality that has more elements, more challenges, more opportunities, and from these challenges and opportunities, new growth will come, new realizations of your own potential, new opportunities for your own soul growth, for your own greater evolution into godhood. It is important that you not shirk from your new opportunities and not seek to hide in illusions that have been so common, living in your shell, in your protective reality, but that you recognize there is a different reality than you have previously seen and that you can reside in that reality with just as much courage as you could in the 1950's, walk down the street with the threat that someone might come up and mug you or rob you.

In this new reality, threats are still a potential. Dangers are still a potential. The dangers may be even more consequential, but if you have the same kind of faith and courage in your own Divinity and the Divine Forces that protect you, yay, though you walk through the valley of the shadow of death, you need not fear evil. This Awareness indicates that you are simply entering into a new reality, and your own consciousness is capable of dealing with the realities that you perceive.

The greatest threat in the past, in the present, in the future, is in yielding to fear, and fearing that you are incompetent when in fact, you are blessed with the seeds of God within, and can rise to any occasion by calling upon that God Seed within.

This Awareness suggests the Interpreter be brought from trance.

The Law of Gratitude is given

BOOKS, UFO MAGAZINES, TAPE RECORDINGS FOR RESEARCH ON THE ALIEN PRESENCE

ED's Note: For more information on UFOs and the Alien Presence, please refer to the following issues of 'Revelations of Awareness:'

- 79-1 (The Gathering Storm); \$4.00
- 79-18 (A Cosmic History of the Illuminati);
- 79-25 (The Web of Conspiracy: The Secret of the UFOs):\$4.00
- 80-27 (Alien Invasion and Robotoids):
- 83-18 (Bigfoot and other weird items);
- 85-15 (The Dark Side of the Moon);
- 86-1 (Some Mysteries Explained)
- 86-14 (The Physics of Consciousness: The Bermuda Triangle);
- 87-6 (A Peek at Life on Venus);
- 89-9 (UFO Invasion and Space 'Monsters');
- 89-7 ('ET's Go Home!');
- 89-1 (Some Possibilities in the Coming Months);
- 90-2 (The Web of Conspiracy, Part 5): The William Cooper Papers: The Alien Presence & the Secret Government Exposed; \$5.00.
- 90-3 (Is There a NASA Coverup?)
- 90-4 (The Alien Presence: What was Missing from Dr. Beter's Info.);
- 90-5 (The Hidden Crisis: The Quandary of the Secret Government):
- 90-6 (The Third Prophecy of Fatima: The Alien Connection):
- 90-7(The Drug Crisis: Are we Being Set Up for an Alien Takeover?);
- 90-8 (The Crystal Pyramid. Alien Walk-Ins, Descriptions of Aliens etc.);
- 90-9(The Web of Conspiracy, Part 6: The Servants Awaiting Their Masters: An Overview & Update on the Situation):
- 90--10 ("Nightmare Hall"); the Underground City at Dulce N.M.. (Special Report); \$5.00.
- 90-11 (More Flesh for the Skeleton; Part 1)
- 90-12 (Part 2: The Cooper-Lear Lawsuit)

Note: Except where noted, all the above reprints are \$3.00 each, available from C.A.C.

INTERESTING BOOKS AVAILABLE FROM C.A.C.

The Gulf Breeze Sightings, by Ed Walters. \$19.95 plus postage
An Alien Harvest, by Linda Moulton Howe, \$45 plus \$3 postage

Communion: A True Story of Alien Abductions, by Whitley Strieber. \$15 plus postage (Hardbound edition).

The Earth Chronicles, by Zecharia Sitchin: Comprised of the following four books:

The Twelfth Planet...\$4.95

The Stairway to Heaven...\$4.95

The Wars of Gods and Men...\$4.95

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FOR FURTHER RESEARCH:

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California UFO,
1800 S. Robertson Blvd., Box 355,
Los Angeles, California 90035
Subscription: \$18 a year (\$26 foreign)

The UFO Data Base:
1800 S. Robertson Blvd, PO Box 355
Los Angeles, Calif. 90035. (With a computer and laser printer, you can have the whole story. Send \$2.00 for catalog and info.)

UFOLOGY Information Network
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Alamogordo, N.M. 86311

Send SSAE for free info on their services. (Newsletters, computer access).

Nevada Aerial Research Group Newsletter
PO Box 81407, Las Vegas, NV 89180.
(Write for free info and prices)

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(Write for free catalog of UFO books etc.)

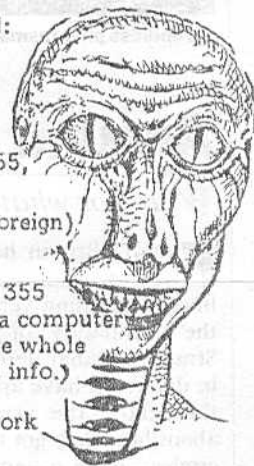
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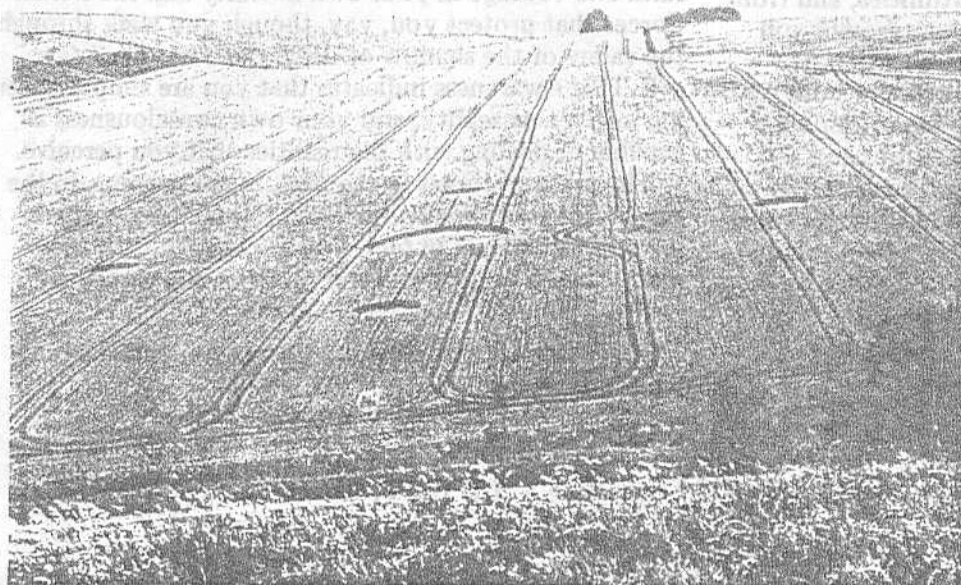
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An endless phantasmagoria: a complex formation near Andover in southern England



Examining the gentle swirling pattern

BRITAIN

Around and Around in Circles

Who—or what—is creating those mysterious crop-field rings?

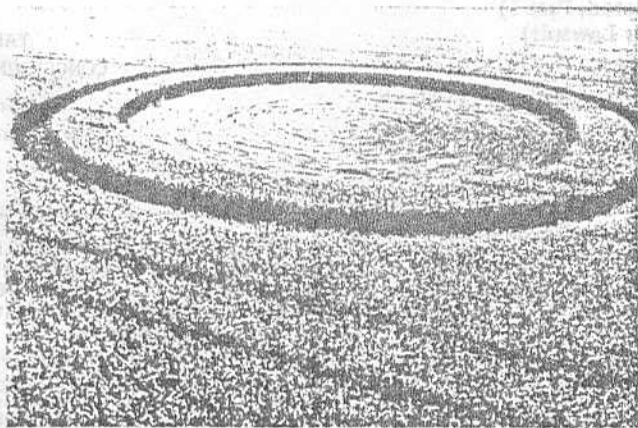
Finally Britain has an issue that cuts across social, economic and political lines: something very odd is going on in the farmlands of southern England. Strange circular depressions, up to 100 ft. in diameter, have appeared in crop fields throughout the area, leaving no clues about how they got there. These puzzling circles—large sweeping areas neatly flattened in a swirling pattern—do not exhibit the kind of rough damage caused by harsh weather, animals or humans. Researchers studying the phenomenon have convincingly ruled out man-made hoaxes, yet they differ on how to explain the occurrences. The search for answers has even sparked interest in Parliament, where two M.P.s have called for the government to investigate.

The first recorded sighting of the circles took place in 1976, when a farmworker at Headbourne Worthy in Hampshire noticed a large circular pattern in a field near the A34 highway. Since 1980, when serious research into the mystery began, more than 600 occurrences have been reported in Britain, including almost 250 this year. While there have been reports of circles from as far away as the Soviet Union, Japan and New Zealand, by far the greatest number have appeared in Hampshire and Wiltshire. To some, it is no coincidence that this area of southern England is also home to the simi-

larly mysterious stone formations at Stonehenge and Avebury.

Whatever the cause, the circles are particularly intriguing because they are beautiful geometric formations that level crops in a precise pattern. The plant, usually a grain, although mustard, soybeans and sugar beets have also been affected, is flattened in a distinctive swirl; nonetheless, it continues to ripen until ready for harvest. The formations range from single rings to more complex quintuplets and even a "Celtic cross" of four circles linked by one large ring. This year two new patterns were spotted: a ringed circle with swirls in opposite directions, and the "tadpole," a single circle with a long curling tail.

The recent upsurge in circle sight-



Strange but true: a carefully sculpted and rare double zero

Explanations range from UFOs to "spinning balls" of air.

ings coincides with the publication of two new books on the subject. The most carefully documented is *The Circles Effect and Its Mysteries* by Dr. Terence Meaden, a physicist who has been tracking the puzzling formations since 1980. Meaden speculates that the disturbances may come from what he calls the "plasma vortex phenomenon," a previously unknown form of atmospheric disturbance with associated electrical effects. He contends that a "spinning ball of air" that is highly charged with electricity hits the crop field and marks out the circle. But how could something as wild as a vicious wind produce such carefully sculpted creations?

The other book, *Circular Evidence* by Pat Delgado and Colin Andrews, is handsomely illustrated but largely anecdotal. It attempts to link the circles to such paranormal events as luminous apparitions and UFOs. Some observers support such supernatural notions, claiming that one of the groupings might be formed by landing pods from a spaceship.

Humbug, responds Dr. Meaden. "Those who like to fantasize that something from outer space is responsible can be excluded," he insists. "What *does* cause these circles is better than fiction." But with or without government research funding, it may be a while before students of the phantasmagoria come up with a totally convincing explanation. Indeed, some suspect that researchers and the locals may enjoy their novel oddity so much that another ring is more interesting than a conclusive answer.

—By Sally B. Donnelly.
Reported by Lisa Distelheim/London