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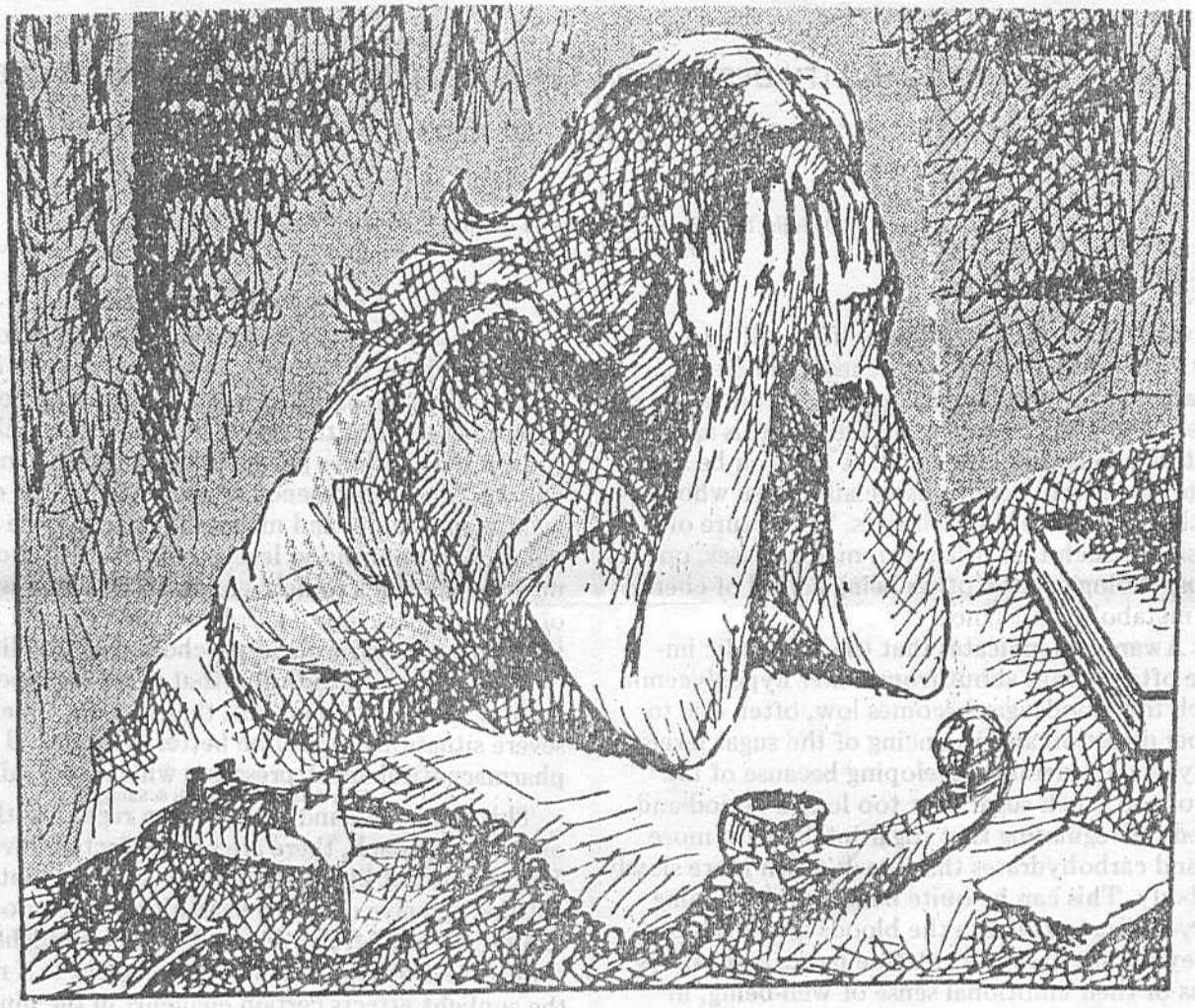

DEPRESSION and SUICIDE

A GROWING PROBLEM FOR YOUNG PEOPLE & THE ELDERLY

AND WHAT TO DO ABOUT IT

ALSO

IN THIS REPORT:

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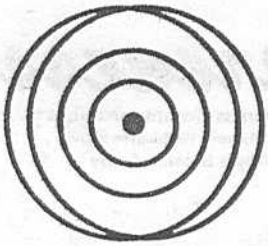

COSMIC AWARENESS is the Force that expressed Itself through Jesus of Nazareth, the Buddha, Krishna, Mohammed, Edgar Cayce and other great avatars who served as 'Channels' for the 'Heavenly Father' and who speaks again today as the world begins to enter the 'New Age' of spiritual consciousness and awareness.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

Paul Shockley, Interpreter

HOW TO DEAL WITH DEPRESSION, SUICIDAL PEOPLE, LOSS OF A LOVED ONE.

...THE PERSONAL "PASSAGE PERILOUS" OF AMERICA'S YOUTH AND THE ELDERLY

(Opening Message, C.A.C. General Reading)
January 20, 1990

COSMIC AWARENESS:

This Awareness wishes to address the condition known as depression. This Awareness indicates that this is especially a problem for young people in their late teens and early twenties; that it is in this age bracket that most suicides occur. It also can be a problem for elderly people, especially those who have had setbacks or losses in their lives. The nature of depression is such that it has two major causes, one being psychological, the other being a kind of chemical or metabolic imbalance.

This Awareness indicates that the metabolic imbalance often comes about from either hypoglycemia, in which the bloodsugar becomes low, often due to improper digestion and balancing of the sugar levels; hypoglycemia generally developing because of the intake of too much sugar over too long a period and the need for regulating that sugar intake with more grains and carbohydrates that break down more slowly in the body. This can be quite beneficial in helping hypoglycemics to regulate the bloodsugar level so that they do not have the extreme peaks and valleys in terms of their emotional sense of well-being, in terms of their moods.

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Dealing with Mood Swings

This Awareness indicates that there are also benefits in receiving sufficient amounts of protein in the system; that the various amino acids can be beneficial in helping to keep the mood in a kind of stability, thus, if entities have great swings in terms of mood, it may be from a deficiency in protein; that the diet lacking in calcium and magnesium can also be a contributor to poor mood levels; calcium with proper magnesium tends to help entities maintain a sense of stability, not only in terms of their general health level, but also in terms of psychological stability.

This Awareness indicates that these are especially helpful in regulating moods; that entities, unless under severe situations, would be better off to avoid the pharmaceutical antidepressants which have side effects.

(The Effects of Minerals & Sunlight)

This Awareness indicates that in regard to the psychological approach, there are several factors involved. The amount of light, particularly sunlight that some entities perceive or receive can alter their mood levels and create or alleviate depression. The sunlight as having some effect on the Vitamin D levels, but it is more that the sunlight affects certain elements in the pineal to secrete substances into the endocrine system which can be helpful for these entities.

It is not that everyone needs sunlight to avoid depression, but some entities will benefit from more sunlight and become quite depressed during cloudy days. A lot of this is more of a psychological mood created by expectation than by chemistry; that some entities just associate cloudy days with bad days and associate sunny days with good days, and if they have dark, dismal, rainy or cloudy days for several consecutive time periods, they begin to feel very disgruntled about it and associate this with depression.

This Awareness indicates that many entities associate sunny days with times when they can get out and about and be physical and enjoy nature, and therefore see this as a more pleasant time; that entities who tend to have little depression influenced from cloudy days do not consider cloudy days as hindering them. They may in fact not particularly like the hot sun and they might enjoy getting out in

the rain or in cloudy and cooler times, and avoid those hot sunny rays on their skin, and this allows them to enjoy those cloudy days moreso than does the next person. Therefore, they do not feel depressed by cloudy days as do some entities.

Thus, if either of these is the case, you might want to look at this carefully and note that it is not the cloudiness or the sunlight that is the main influence on depression, but your attitude toward whether or not you can deal with sunlight or cloudiness. If you can deal with either, then there is no need to feel depressed. If you can bundle up and get out there in the rain or snow or cool cloudy weather, and enjoy a walk, or enjoy going somewhere, then that need to be out and about is satisfied, and you do not need to *feel the same kind of depression that another might* feel if afraid of the cool cloudy weather.

Likewise, the entity who does not like the sunshine might consider taking a sun umbrella and going out, keeping the sun off of self with a large hat or sun umbrella and still being out and about during the bright sunny hot weather.

When Disappointment Creates Depression

This Awareness indicates that another factor is more psychological than this in that entities often tend to become depressed when they have had disappointments in their lives, in which they feel there is no reprieve, in which they feel great disappointment and loss of some wishful goal, or lose something that they held dear.

If they are denied something that they wanted or had, they may feel great depression, a sense of uselessness, as though all had been ruined for them, and there is no further need to go on. "How can I go on without you?" they might say, after losing a mate or a loved one. They might become greatly depressed over this. They might ask: "How can I go on without you when you left me for that other person?" It becomes, in some cases, a form of self pity, wondering how this person whom they loved so much could go for another and leave them alone.

This Awareness indicates that this departure may be triggered by death or by rejection. Either one can cause the sense of loss, or the departure may be caused from some kind of violation or from an accident wherein perhaps there is a kidnapping; an entity simply disappears or loses touch with reality or enters into a coma, or loses the ability to communicate as before. These things can cause great depression for those *around that entity.*

The Cycle of Grief

This Awareness indicates that there are stages which entities will normally pass through in relation to such losses. There is the grieving stage. Of course the shock comes first. Then the denial that this is real, and that denial may be only fleeting. It may create anger that it happened, and then there is the grieving and the self pity and the blaming, wherein one may blame oneself or blame others for what happened, and there may be the thrashing about for a desperate direction: "What should I do now? How can I ever go on?" These questions, these thoughts, these arguments may be extremely compelling to the entity.

Then there is the reliving of events and experiences. This Awareness indicates that all of these are normal stages. If an entity gets locked into one of these stages and does not move on through the next and next and next, and eventually into letting go of the past, the entity may begin to lose touch with reality, living in any of those levels in which the entity harbors resentment and holds blame, for others or for self, or perhaps the entity grieves continuously for years following and pities himself, or the entity may look back and attempt to relive experiences with the entity holding onto memories and making all of present life relate back to previous experiences.

This Awareness indicates that these times in which entities get locked into those stages of loss are those *which can do considerable damage to the entity in* terms of his own present opportunities or future opportunities and relationships with others, and though the entity may not care about such things, there is still a life to live and he cannot change the past, and entities need to realize this; that the past must be allowed to be free and you cannot pull back those who have departed.

This Awareness indicates that there are too many entities who, when things are hopeless, carry on too long trying to make them work; and they suffer greatly for this, and they also cause others to suffer. This Awareness indicates that a way of overcoming these levels of disappointment in which someone's plans fell through, a desire was not attained, or a loved one was lost, or some goal was denied; the way to overcome these disappointments is to set about creating new goals, new directions, new interests and new activities that have the potential for intriguing you.

What to do When you Lose a Loved One (Perils of the Rebound Relationship)

This Awareness indicates if you lose a loved one, after the normal or proper degree of grieving and reaction, it is important to get out and meet other people. If, for example, a loved one has simply rejected you, as in the case of many young people, rather than committing suicide and feeling this is the end of your world, get out and meet someone, particularly someone who gives you a bad time. If you can find someone who wants to argue with you and who wants to harass you or give you a negative time, who triggers your emotions of anger, if you can find someone like that, where you can become emotionally intertwined with the entity, you will find that your emotions can be totally distracted or untied from that past attachment and you can quickly be relieved of the grieving that the past rejection has caused.

This Awareness indicates it does not mean you must tie yourself into the life of this new entity, but for temporary purposes, it can be helpful in letting you disattach from the previous relationship, even if it has no permanent value to your future. You may wish to have several such relationships; the more of these that you can develop, the better off you will be emotionally. It is not healthy, when rejected by the loss of a loved one, to go out and try to find someone to take his or her place.

You cannot simply buy a new puppy because your puppy died. This Awareness indicates that often parents in teaching their children, when their children

lose a pet, the parents will say: "Oh, it's alright! We'll get you another!", and entities in growing older, move into a romantic relationship with someone and that someone jilts them for somebody else, and their first thought is: "Oh! That's alright! I'll just go get me someone else!", but if they are strongly attracted and attached to that entity and they go out seeking someone who is much the same, they may find themselves greatly disappointed, or they may find themselves becoming involved on the rebound of a previous relationship so that they attach themselves to someone else out of spite to the first entity who rejected them, and before they know what they're doing, they are attached legally or otherwise and romantically to someone whom they hardly know, or whom they later discover they cannot stand to be around.

This Awareness indicates such rebound relationships are unfair to the entity who is the subject of such attachment, for they are simply being used by the one who has been jilted as a tool to get back at the one who jilted. Therefore, rather than going from one relationship in which you were hurt, into another, trying to find security and help as a substitute for that relationship, it is better to get into a relationship, even a one-time date, or short term friendship with someone whom you don't really like that well. Get into a relationship with someone who makes you angry rather than whom you see to be a close substitute for the one you wanted.

This action of getting involved with someone who angers you helps you to alter the focus of your emotions, and gradually, by repeating this action with different entities, not seeking romance, but simply seeking human interactions of emotional kind, you gradually begin to have other emotions, rather than those which depress you, and call you back to previous memories and feelings of rejection.

That along with this, pick out some goals for your future, that you know you can pursue and have a good chance of attaining. One cannot get into the mood for suicide if one has a goal which they wish to attain and feel it is possible. It is only when you see no joy in the future that you can even consider concepts of suicide, and depression is basically caused by a feeling of inability to cope with the future. You see no way out of your present dilemma, by continuing as is toward the future, therefore, you are depressed.

Enthusiasm and a Goal Can Help End Depression

This Awareness indicates that enthusiasm, which is the opposite of depression, is that which allows you to rush toward the future with great hope, and you can only have enthusiasm if there is some kind of goal, or something desirable in the future that you feel you can attain. Therefore, if you know someone who is getting depressed or who might be suicidal in their thinking, try to get them involved in some attainable goal in the future that would give them considerable amount of joy. Give them something they can look forward to.

Tell them, for example, "We'll take a trip to Hawaii this summer!", or tell them: "We'll do something together next week!", or "Let's have a party!", or "Would you like to attend school somewhere?", or help them in some way to pick out a goal that they themselves really have long wanted to attain, and in the meantime, while they are developing a future for themselves, something in the future to hold their attention to make them want to stick around; while they are doing this, keep them active in short-term future projects. "Call me tomorrow. I'll call you at three. Let's go have lunch tomorrow at ten," something to keep them looking forward from moment to moment so that they do not ever feel that they have been left alone with nothing in the future to lead them.

Do not let them feel that they are not responsible; make them feel they are responsible to meet you, to meet someone, to be somewhere, and that it is important for them to be there. Make them feel that they are important to your life, that they have a purpose, not only in long-term levels, but tomorrow, this afternoon, twenty minutes from now. If the entity is especially desperate, make them feel that they are obligated in twenty minutes, a half hour or an hour, to meet you, to do something.

Dealing With the Suicidal Entity

If you can keep them looking forward to something in the near future so that they gradually can keep moving from moment to moment and do not have the opportunity for dwelling on the moment of suicide, they will likely continue. It is when they feel deserted, there is nothing to look forward to, the whole future looks blank; that is when entities begin to feel suicidal.

This Awareness indicates that there is much that can be done for entities. Generally, they let you know when they feel depressed, useless, worthless. There is one problem that you may come across. Too often, the entity who is suicidal has made enemies of all of his friends. They are so hard to deal with, no one wants to be around them, and this makes it difficult. You almost feel: "So what! They keep threatening to kill themselves! All they want to do is use me."

This Awareness indicates it is much better, if you cannot deal with the entity, at least help them to realize that you know they have the ability, and when they are ready to get over their self-pity, you want to see them, you want to be with them, you want to visit them, you want to be friends. You do not have to have a permanent attachment, but you are willing to be friends with them, and if necessary, suggest to them certain places where they may receive help.

If Suicide Does Occur--Do Not Feel Responsible

This Awareness indicates a final consideration: you cannot be responsible if the entity should ultimately decide to commit suicide. To hold yourself responsible, even if in part you are, is to create guilt for yourself, and to hinder your own well-being and future life. You are not responsible to assure the survival of everyone else. It is your responsibility to do what you can do according to your ability, to help others as much as is within your scope of responsibility, but you are not openly the final party in charge of the outcome of a situation such as when another commits suicide.

This Awareness indicates that entities understand this; that it is important to do all you can within your own level of competency, and when you have, if it isn't enough, don't then feel guilty or energize guilt

U.S. government working side by side with aliens

MILITARY UFO experts are being killed in a desperate attempt by the U.S. government to keep top secret information under wraps!

That's the astounding claim of Milton Cooper, a former Navy intelligence officer who says he has seen classified reports that prove the government is working hand-in-hand with UFO aliens.

DR. M. K. JESSUP

Terminated

Writes Cooper in a recent issue of UFO Universe magazine: "The documents stated that many military and government personnel had been terminated when they had attempted to reveal (the existence of UFO aliens)."

Timothy Beckley, a UFO investigator and the publisher of UFO Universe, is keeping an open mind regarding Cooper's report.

But, he notes, there have been a number of mysterious deaths among UFO researchers.

"The case of Dr. M.K. Jessup certainly has to be one of the most bizarre deaths I know of in the field," Beckley told the EXAMINER.

"He was an astronomer who had written a few books about UFOs, and supposedly he had information on the propulsion system of UFOs and where they originated. He was found dead in his car in a park in Florida.

Suicide?

"His death was originally reported as a suicide, but it was investigated pretty thoroughly, and determined that it would have been very difficult for him to have killed himself the way it allegedly occurred."

— DON VAUGHAN

Ed. 4/17/90

Assignment asteroids

Vice President Dan Quayle, chairman of the National Space Council, thinks Americans are too complacent about the possibility that the Earth might be hit by an asteroid, like the one thought to have wiped out the dinosaurs 65 million years ago.

It's hard being vice president and having to carry these heavy burdens virtually alone. But Quayle has an idea on how such a collision can be avoided, and somebody ought to listen.

Quayle and the American Institute of Aeronautics and Astronauts champion the idea of a $5 million telescope to watch out for such "Earth crossings" and, maybe, shoot off a nuclear device to push asteroids off course before they smash us.

In March of last year an asteroid bigger than an aircraft carrier traveling at 46,000 mph just missed the Earth by six hours. But no one saw it until it had passed. Had it hit, it would have released the equivalent energy of 2,500 one-megaton hydrogen bombs.

Even if an asteroid fails to show up on Dan Quayle's watch, it's a relief to know that President Bush has found a task worthy of his vice president's talents.

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AN OPEN LETTER TO ALL ARIZONA U.S. CONGRESSMEN

July 18, 1990

Gentlemen:

Over a year ago you received, as did all U.S. congressional leaders, the Cooper & Lear information on the UFO situation. Since that time Bill Cooper has been on Japanese TV four times in shows lasting an hour or more, the twenty page article you have in your posession entitled "The Secret Government" was aired, as was a show on the alien presence in New Mexico.

In Nevada, a series on prime-time news released an enormous amount of information on the U.S. government's involvement in testing alien spacecraft within the confines of the Nevada Nuclear Test Site (Area 51). In addition to this, absolutely indisputable alien pictures appeared in the recently published book, The Gulf Breeze Sightings, and these pictures have been picked up by the networks. And now Robert Lazar, a young scientist working at the secret UFO testing factory in Nevada no longer can look the other way and is telling what he knows to as many people as possible. Photographs of alien ships being tested at night at the factory, a result of Mr. Lazar's confessions and taken by people who were made aware of the situation by Mr. Lazar, have been aired in Los Angeles, Nevada, and other places.

You would be amazed at how many people know what is going on and you would be amazed to know how quickly the truth is spreading. The Aliens in New Mexico are cloning more aliens. These aliens have for too long been siphoning off funds from the American people to build their underground bases. These aliens have for too long been abducting humans for their research and personal needs. These aliens have for too long not been living up to the agreements they made with the U.S. government and others.

I, and others, would like to know what you are going to do. Are you going to let the people of this great nation know the truth or are you going to be talked into declaring martial law so that the secret government can release their "favorable" version of the situation so that they can continue their quest for absolute control? We sincerely hope and pray that you can truly understand and put into practice the immortal wisdom of one of our country's greatest leaders, Abraham Lincoln: "Let the people know the truth and the country will be safe." You have my firm support.

Sincerely,

Robert Hanzel

Robert Hanzel
Minister
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Tucson, AZ 85712

Copies to:
People of influence in government, industry, religion and the media.

ED's Note:

Awareness has indicated that it is important that the people of America be told the truth about the Alien Presence, particularly before the government releases its own "official" version, which in all probability will not tell the full story, particularly about the violations: abductions, operations, genetic experiments, egg-stealing from women and young girls, mutilations, etc. Our government and its leaders have sworn, under oath, to protect its citizens and they are not doing so, as indicated in the indictment filed by William Cooper and John Lear, who also mailed every senator and Congressperson in our state and federal governments copies of "The Secret Government: Operation Majority". So most of our leaders do know about the alien presence. What to do about it is another matter, for they probably feel, (and rightly so) if they tell the truth to the people, they could be charged with murder and treason. Can we coax these politicians to tell the public the truth if we write them reassuring letters? It's worth a try.

On your right is a brilliantly worded appeal to our leaders, written by Minister of Awareness, Robert Hanzel. The delivery is gentle and undemanding, yet it informs them that We know that THEY know, and there is still time for them to tell the truth to a forgiving public, if they can stop the horror and violations to U.S. citizens. I urge you to read this letter carefully, use it as a guide and send it to your Congresspeople and others in government, religion and media. If we can convince them that WE know that they know, they may do the right thing after all. It's worth a try, gang! Go for it! (Avaton)

REVELATIONS OF AWARENESS is a cosmic newsletter, published every three weeks for members of Cosmic Awareness Communications and the Universal Church of Awareness. However, you do not need to be member to subscribe. Members are encouraged to study the Awareness philosophy as well as other philosophic and secular material in their search for truth and Who in Fact they Really Are, and to integrate those 'Gems and Nuggets' they discover into their daily lifestyle and basic premise of life, and to act as role models to others. C.A.C. is a not-for-profit, tax exempt organization. Dues and donations are exempt from Federal Income Tax. All revenues are used to spread the Cosmic Awareness philosophy to others. Donations are encouraged! We desperately need them at this time! INDIVIDUAL & FAMILY MEMBERSHIP: $30 per year. CONTRIBUTING MEMBER: $52; SPONSORING MEMBERSHIP: $144; PATRON MEMBER: $1000; ENDOWING MEMBER: $5000.