ARE THE WESTERN UNITED STATES SPECIAL?

(Is It the "Heart Chakra" of the Planet?)

QUESTION:

In another area, a question from R.P., in Colorado. He writes: "In a personal reading several years ago, Awareness mentioned that there were 60 million Wanderers in the western U.S. That probably accounts for everybody out here and I realize *It* probably meant 6,000 or so.
My question is: What is the significance of the western United States? Several sources I've come across either directly or indirectly refer to the western United States as a very important place, as Ramtha has said, in the days to come.

"For instance, a group of psychics explored why the Four Corners area was sacred in Native American prophecy. They found that this area was the real heart chakra of the planet and not in Tibet as the Tibetans claim. Another book mentions there are several thousand 'Silver Ray' souls stationed in the western United States and yet, another says the Rainbow Warriors of Native American prophecy have survived.

"Finally, my conclusion is that the western United States will be a place where America will rebuild after economic catastrophy and physical earth readjustments causing migrations to where more aware souls will help the displaced ones. Would Awareness comment on the significance of the western United States in the days to come?"

COSMIC AWARENESS:

This Awareness wishes to comment first on the statement regarding the 60 million Wanderers; that this appears to have either been a mistake in the interpretation or a mistake in the translation of the tape,or a mistake in the typing of message. It appears that this Awareness intended to say there are approximately 60 million Wanderers in the western world, this including the Americas and Europe, and not including Eastern world of China, Russia and India and those countries of southeast Asia.

This Awareness indicates that the western United States as that which is a relatively new land, having emerged from the sea more recently than other areas of the western world, particularly Europe and the eastern part of the United States, and this western part of the United States as having been the home of the American Indians, many of these entities having been highly evolved spiritually and performed many types of rituals in these western states relating to spiritual matters.

There has been a relatively small amount of war and human sacrifice in the western part of the United States compared to other areas of the world, thus, the area might be considered as somewhat virgin territory and pure in the sense of vibrations, more pure than many of the other areas of the world. This Awareness indicates that it is more sparcely populated than most areas of the world and therefore, and the feeling of space and infinity allows an entity to think in terms of timelessness, in terms of eternity, and in terms of vastness and distance. This allows the entity to feel more free and to get away from those feelings of personal confinement which might hinder one's ability to tune in to spiritual matters. Thus, the entity who is out in a special area, in an area of the sky or land or sea, whereby no significant or threatening energies are bearing down on the entity, it allows the entity to think about the future, about the past, about purpose and direction.

It allows the entity to get in touch with his or her soul, with his or her purpose, with his or her direction, because there is nothing else bearing down to be concerned about. This Awareness indicates that this same feeling that individuals have can be felt by groups of entities and thus, the western world and the western states especially, can become places where entities are more free to think, are free to think more freely, or people are allowed to think more freely without having their thoughts poked or blocked or kicked or stifled by someone who wants to control thoughts.

Therefore, the entities can come up with ideas and concepts that could never be conceived in other areas of the world and entities can invent, create, develop ideas, inventions or new ways of perceiving, and thus, the entity or the group or the culture can develop on its own with less interference from tradition and old ways that would stifle the spirit.

This Awareness indicates that you are correct in perceiving that out of the west, many of the great new ideas of the New Age will begin to grow and develop and spread.

FOLLOW-UP QUESTION:

Is this area the real heart chakra of the planet, and not in Tibet, as the Tibetans claim?

COSMIC AWARENESS:

This Awareness indicates it is a point wherein there is a special energy. This Awareness does not understand what is meant by the heart chakra of the planet. The planet has no heart other than that which entities feel for the planet in their hearts; that these terms are but metaphorical and artificial in nature and have no meaning to this Awareness.

ON APPRECIATING ENERGIES

CLOSING MESSAGE:

This Awareness indicates that there are many energies that come in to play in different ways, whereby entities attune to these energies for a moment and gain understanding and gain insight and then the energies move on, and entities find themselves looking at something else, dealing with something else and having that something else as the central point in their lives, and moment by moment entities move from energy to energy and then rest for a moment, rise and continue dealing with further energies in their lives.

It is important in all the wanderings to recognize the difference in the kind of energies you run across and to make a point of giving special appreciation to those energies which are of sacredness and value to you, for these energies are often sometimes very fragile and sometimes fleeing, and once gone, they never again appear.

This Awareness indicates that these energies may be for spiritual growth, or they may be for some loved one, a child, a relative, a wife, a husband, but these energies need to have your special love, your special attention, your special blessing, for once they are gone, you may never again have the opportunity to relook, to reassess, to reevaluate or to rebless and give yourself or your energies to these.

This Awareness indicates the saddest thing entities can experience is the loss of a loved one, when knowing that they wanted to give that loved one so much love, but never had the time to do so, and now it is too late.

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AS YOUR VIBRATION CHANGES: HOW CAN YOU TELL?

(Teaching Children How to See and Use Energy)

CAC General Reading, June 17, 1994

OPENING MESSAGE:

This Awareness indicates that as vibrations begin to change, as entities' vibrations move into higher frequency, many entities will anticipate some noticeable change within themselves and feel that nothing is really happening to them because nothing dramatic has taken place.

This Awareness indicates that this anticipation is that which is not fully correct, because to anticipate a dramatic change in your own vibration is very difficult, since when you change your vibration, you seem to adjust to that new vibration. The only way you can really tell whether you have changed is by looking back at what you were previously.

This Awareness indicates it is easy for entities to look back on what they were like last year or five years ago, and see that they have changed somewhat, that they are more attuned to spiritual concepts and spiritual meanings than to feel more spiritual. Entities simply don't feel more spiritual just because they vibrate at a higher frequency. They can only really tell that there has been a change by looking back on themselves to what they were before, and how they would handle certain situations of the past if they came up today. This Awareness suggests therefore, that even as you move into higher states of spiritual evolution, you may not be clearly aware of your movement at the moment.

This Awareness suggests that entities may not have felt much change in themselves as years have passed, but if they look back five or ten years, and remember how they behaved five or ten years ago, they may see that they have changed considerably.

How to Help Children in Their Evolution: How to See Auras

This Awareness wishes to comment at this point on helping children in their evolution. This Awareness indicates if your children are old enough to understand the concept of energy, it could be helpful for you to have a talk with your child. Take the child into a room where there is light and some darkness, such as in the evening, where a lamp is on, have the child put his or her thumb and forefinger together and pull them apart slightly so that the child can look between the forefinger and thumb at the energy, the aura that appears between these two as they are held against a dark background.

This Awareness indicates with the light shining on the area and a dark background, you can see the energies between the forefinger and the thumb. It is as though you were pinching something, but instead of pinching, you pull the finger apart about one-eighth of an inch, holding them, pulling and closing the gap, you will see that there is energy, an aura between.

Once the child sees this energy and understands what you are talking about when you speak of auras, you can then get the child to look out at trees on a bright sunny day or even on a light day when it is overcast, and the child may be able to see the aura around a tree, when looking toward a cloudy or blue sky background.

This Awareness indicates once you have shown the child how to see these energy fields, you can also help them to see the energy fields around people so that they learn to see auras around people and around all organic matter. This Awareness indicates that with this ability to see energy, you can then point out to the child how people tend to try to get each other's energies when they are in conflict with each other, when there is competition or quarrel; that this is common for entities to deplete someone's energy or win someone's energy and drain them, or whether the entity gives energy to another.

This Awareness indicates that the children may then at some point be able to see the energy as it passes from one person to another. This training, while very simple to a child, can be a valuable training that will help the child throughout his or her lifetime, and as you show the child this energy field that is around everything, the time may come wherein you can also help the child to learn how to gather energy from the world around him or her, how to gather it from plants, how to gather it from simply sitting on the ground and absorbing energy.

Once the child learns to do this, it can be most helpful in terms of his or her health and energy levels and in terms of helping the child to understand the conflicts that entities often fall into so that the child does not simply get into disputes as part of an energy battle, and so that the child does not initiate such efforts to get attention, in order to steal someone's energies.

This Awareness indicates if you can help the entity understand some of the principles that are expressed in the book *The Celestine Prophecy* in regard to energy, you have taught the child a very important lesson that can be of great use to the child, for this information is not likely to be presented in any schools in the near future, and the opportunity for the child to learn this at a young age will allow the child to grow older and perfect his or her understanding of energy in such a way that he or she may become masters in this regard, of understanding the energy and its involvement in relationships.

By the time the child is older, the child could become a true peace maker from the information learned in this regard. This Awareness indicates that you could even help the child as he or she becomes older to understand that many of the wars that occur for humanity are actually wars over energy between nations.

HOW TO FEEL ENERGY FROM A REDWOOD TREE

(Charismatic Healing, Levitation and Dissolving Clouds)

FOLLOW-UP QUESTION

For years I've shown my kids how to put their hands under redwood trees, in various places. The redwood tree doesn't have to be full grown; it has these fronds that come out of it, but the bigger the tree the better; and you hold your hands, palms upwards, underneath the fronds of these redwood trees, not touching them, but just about touching them, and you start feeling the energy, and if you hold them there a few minutes, the energy gets so hot, your hands get so hot, you have to pull them away from the fronds of the tree.

Is this the same type of energy the tree has that a child would have or anyone would have in their fingers, as just indicated?

COSMIC AWARENESS:

This is in the affirmative. In the redwood tree, the energy grows and strengthens as the hand is held close. This Awareness indicates it should be possible under proper circumstances to see that energy as it moves from the tree toward the fingers, as it is built up between the tree and the fingers.

This Awareness indicates also in the charismatic healing technique, this Awareness has described ways of building energy for healing, wherein the hands come together without touching and pull apart and move back close together, how it stretches the energy between the fingers and hands, the palms of the hands, and by continually moving the hands back and forth toward each other without touching, the

energy field builds between these hands until it is strong, it is felt around each hand, and this too is energy that can be felt and seen when held against a dark background with light shining from the other side.

This Awareness indicates that this can be a way of showing entities how to gather or build energies in their hands to help cure certain things such as headaches or toothaches or alleviate certain pain that might occur on someone's body, or just for the purpose of seeing the energy that can be generated.

Using Chi Energy in Karate and Levitation

This Awareness indicates that also, the child could at some point learn to dissolve clouds by staring at clouds, and gain a better understanding of the nature of this auric energy.

This Awareness indicates any person who studies karate far enough will learn about the Chi which is the energy that entities in that art build for gaining superhuman strength. This Awareness indicates that the Karate and Kung Fu schools especially will teach this at some point in the movement toward the Black Belt status, wherein entities learn to build Chi in their body so that they can break bricks, et cetera, without hurting their hands in the process.

It is good to introduce children to this energy while they are quite young, because they can then begin to work with it without being disturbed or thinking it is not real. If the entity is unfamiliar with this until much later being introduced, such as after adolescence, the entity may simply think you are superstitious or trying to put something over on them.

Entities become more skeptical as they get older. If they cannot see it, touch it, feel it, taste it, or hear it, they are very skeptical, but if they can see it while quite young, they can develop the ability to perceive it as they grow older so that it becomes very clear as time passes.

This Awareness indicates also, it should be understood that this same energy is used in levitation of objects, and entities might at some point in their development and use of this energy, accidentally create a levitation of an object. It should not be frightening to them, and the parent should not become frightened or hostile to the child for levitating an object.

It should be simply explained that the Chi from the child's body entered the object and caused it to become opposite in its magnetism so that it formed anti-gravity. This Awareness indicates that there have been instances wherein a child would levitate something and the parent, becoming frightened, would perhaps think it was of the devil, or he had some kind of monster child, and become very hostile and frighten the child and prevent the child from ever doing such a thing again.

This Awareness indicates that this actually is a natural outgrowth of being able to see energy and use the energy that is present. It is a natural outgrowth of spiritual evolution for entities in being able to recognize the invisible energy around them, that someday they can become more adept at moving such energies such as in the dissolving of clouds or levitating of objects.

This is how the first great pyramid was built, through the levitation of objects, the stones involved.

CAN THE ENERGY BE USED FOR REJUVENATION?

FOLLOW-UP QUESTION:

Can people learn to direct and control that energy, say, for their own rejuvenation?

COSMIC AWARENESS:

They *could* use the energy for energizing themselves, for curing themselves, or for curing others of various diseases, and many entities are capable of this. This Awareness suggests however, that it should be understood that even if you cure another person of their illness, if the mental process or thought or the subconscious emotional trauma that brought on the disease has not been neutralized, it is likely or not uncommon for the disease to return, even after it has been "cured" from such energy.

In some cases, it might take a turn and a new disease or a new expression of the disease could take place in a different area of the body, or in a different way, but the attitude or trauma that brings on the disease needs to be alleviated along with the healing energy input.

ANALYZING THE AWARENESS ANTI-AGING INFORMATION

(More on How Quantum Physics and the Mind Works)

QUESTION:

R.J. in Vermont expressed a little skepticism in a letter to me about some of the rejuvenation information, and I wrote and told her we're putting together a tape of the affirmations and I'd send her one if she wanted it, and she responds: "The trance tape sounds good. I am still unclear about the notion that our bodies resulted from the activity of our minds. What of the parental ova and sperm? That didn't create our bodies. If anyone was likely to be young forever, it might have been me, since I have never had the slightest idea how to be old. I fully expected to remain youthful forever and was aghast when my face wrinkled horribly, once menopause reduced the estrogen in the body. I look absurd, against all expectations. Skin on my arms wrinkled years ago from sunburn, rather suddenly. Surely the sun did this, and not my aging thoughts! I have a lot of trouble with this sort of concept. I believe in the power of the mind, but physical factors very obviously also apply."

Could Awareness comment on her thoughts there?

COSMIC AWARENESS:

This Awareness indicates the entity is correct. You cannot remain youthful forever, even with the power of the mind in operation. However, you can help to forestall aging considerably by your attitude and with proper attitude, you can bring on old age and death very quickly. It can occur in a matter of months if something occurs that alters your attitude about your life and your purpose and things of importance to you.

This is why often an entity will be living a rather healthy life until some trauma occurs which takes away the sense of purpose or reason to live, and then the entity within a year's time may develop a chronic, fatal disease, or otherwise look and become so haggard as to not wish to continue living, and will, in a very short time, be totally incapable of sustaining life.

This Awareness indicates that the mind is capable of doing extremely unusual things. Entities can walk on hot coals. Entities can walk on glass without being cut, under certain circumstances wherein the mind is set against such injury. It can also keep entities from suffering from extreme illness which it would otherwise experience if the mind were not set in a powerful way.

This Awareness indicates however, *It* is not trying to give entities the impression that a little meditation such as was given is going to keep you young forever. This Awareness indicates it is a start at training the mind to think young, it is a start at training the mind to not add aging to one's being from mental attitudes or programming.

This Awareness indicates that some entities who are very capable of focusing and accepting suggestion will find the meditation this Awareness has given as being very beneficial in helping to energize and in helping to forestall the aging experience. Others, who are skeptical, are not likely to experience the same results.

The action is basically that which relies on the concept of suggestion and self-hypnosis or self-suggestion, if that is a better term. If you believe yourself to be healed more from such meditation, then it becomes more powerful. If you say to yourself: "This is doing nothing for me!", then of course it is doing nothing for you.

This Awareness indicates that *It* presented the information in such a way that you or anyone following this suggestion would have an opportunity to forestall aging to some degree, to the degree that you are capable of accepting the suggestions.

The Problem With Analyzing Too Much

This Awareness indicates that the problem with analyzing too much is that it can wipe out a suggestion and make it seem absurd, and if the results of an effect depend on one's ability to accept a suggestion, then it wipes out the power or effect of the experiment and the action.

This Awareness indicates that this is the basic nature of quantum physics; that the observer becomes part of the experiment, and if the observer is excessively skeptical of an experiment it will have different results than if the observer participates in the experiment.

This Awareness indicates since the old Newtonian laws wherein one studies matter as if it were some kind of mechanical creation put together and all that is necessary is to learn how it works, the old Newtonian laws now are being recognized as being invalid when compared to quantum physics, which recognizes that not only are these mechanics of creation not subject to absolute mechanical laws, but that they are also subject to attitudes of the onlooker of the mind that explores.

Therefore, no absolute laws can be found to govern matter, because the mind has some influence over the matter. This Awareness indicates that essentially, it is as matter that results in part from the influence of the mind. This Awareness indicates that a good portion of the aging process comes about through the influence of radiation on the physical form.

Hypnosis Can Do Amazing Things For the Non-Skeptic

It is possible for entities to hypnotize themselves to such a point that they could take poison or that which would normally kill a person and still survive because they were so deeply hypnotized into thinking the poison was something good for them and this kind of thing could be done.

This Awareness does not recommend that you do it. This Awareness indicates however, it has also been demonstrated by hypnotists that one can drink water, and being told it is alcohol, can become genuinely drunk on the water, and these things are simply manipulations of the mind through suggestion, where the mind does not criticize or analyze but simply accepts what is being told.

This Awareness indicates that it is also a fact that an entity can be told that their body is as rigid and strong as a bar of steel, so that someone lying them across two chairs, with their heels on one chair and their head on another chair, could stand on the middle of the person and the person would not fall, would hold the weight of that person, even if the person were heavier than the one lying rigid and hypnotized.

This Awareness indicates this would be impossible for a person who doubted the suggestion and such entities in being skeptical, prevent the hypnosis from having the results. Does that mean that it doesn't work? Or does that simply mean that the hypnosis or the suggestion loses its power when entities are skeptical?

This Awareness indicates that it simply means that the acceptance of the suggestion needs to be part of the accepted reality if it is to have its proper effect. This Awareness indicates that it is likened unto one who says "I know you can do this! I know you have the strength and the integrity and the determination to accomplish this!" and the entity therefore does it.

If that entity were to question, and not accept the encouragement; if the entity was to say "I don't know how you could possibly know whether I have the integrity, the determination, the strength and the ability to do this, because I don't think you know me that well, and I don't think you know what is going on in my mind!", and if the entity could put up an argument of this nature, to cause one who is encouraging the other to feel defensive and to acknowledge: "Well, maybe I *don't* know this! I think you could do it. You probably can do it, if you really put your mind to it!", then the entity who is objecting and critical and skeptical no longer has the sense of real encouragement from the first person and therefore, they are back to the point of doubting whether it is even worth the effort to try to accomplish this thing.

The Mind is the Builder as Well as the Destroyer

This Awareness indicates that in other words, the very act of being skeptical about something which entities perceive as being an intellectual approach, is likely to destroy the faith that may be necessary for it to succeed. This Awareness indicates the mind can be the builder, but the mind can also be the destroyer.

This Awareness indicates that by stating: "I know this will occur, even if I don't believe it!", you can sometimes trick the skeptical mind into accepting: "Oh, I don't believe it, but it will occur anyway!", and this will be helpful in overcoming that skeptical aspect of the conscious mind. You are trying to influence the subconscious, which does not have the critical approach.

If you can get past the conscious mind with such trickery, then perhaps you can have the proper results of your suggestion.

WOULD GIs SHOOT AMERICANS

Would U.S. troops under UN command shoot U.S. citizens who resisted gun confiscation?

EXCLUSIVE TO THE SPOTLIGHT

By Mike Blair

The SPOTLIGHT has obtained a copy of a survey given to members of the U.S. Marine Corps, asking, among other things, their willingness to serve in various capacities under the command of the United Nations.

Most frightening of all, however, was a question asking if they had any reservations about firing upon U.S. citizens who refuse to turn over their personal firearms as part of a gun confiscation program.

The survey was given to Marines on May 10 at the Twenty-Nine Palms Marine Corps Base, located on the southeast corner of the Mojave Desert, about 70 miles due east of San Bernardino, California, just east of Los Angeles.

Among other things, the Marine facility is the site of the corps' Combat Center, commanded by Brig. Gen. Russell H. Sutton, and Expeditionary Air Field, which is used as a test and training center for the Marines' 1st Unmanned Aerial Vehicle Company, which utilizes unmanned aerial drones intended for long-range reconnaissance purposes.

According to a young Marine, who provided a copy of the survey to The SPOTLIGHT, it was given by a Navy commander, who claimed he was "working on his masters degree" and was writing his thesis "about giving up our military's sovereignty to the United Nations secretary general."

Those taking the survey were limited to veterans of "Operation Just Cause," the U.S. invasion of Panama; "Operation Desert Storm," the war against Iraq; or "Operation Restore Hope," the supposed humanitarian mission to feed starving Somalis.

While the surveys were being passed out to the young Marines, one was able to obtain two copies from the pile of questionnaires.

Under the heading, "Combat Arms Survey," the questionnaire stated: "This questionnaire is to gather data concerning the attitudes of combat-trained personnel with regards to nontraditional missions. All of your responses are confidential. Write your answers directly on the questionnaire form. In Part II, place an 'X' in the space provided for your response."

The series of situations posed to the servicemen is as follows:

"The U.S. runs a field training exercise. UN combat troops should be allowed to serve in U.S. combat units during these exercises under U.S. command and control."

"The United Nations runs a field training exercise. U.S. combat troops under U.S. command and control should serve in UN combat units during these exercises."

"The United Nations runs a field training exercise. U.S. combat troops should serve under UN command and control during these exercises."

"U.S. combat troops should participate in U.N. missions under United Nations command and control."

"U.S. combat troops should be commanded by UN officers and non-commissioned officers (NCOs) at battalion and company levels while performing UN missions."

"It would make no difference to me to have UN soldiers as members of my team (e.g. fire team, squad, platoon)."

"I feel the President of the United States has the authority to pass his responsibilities as Commander-in-Chief to the UN Secretary General."

"I feel there is no conflict between my oath of office and serving as a UN soldier."

"I feel my unit's combat effectiveness would not be affected by performing humanitarian missions for the United Nations."

"I feel a designated unit of U.S. combat soldiers should be permanently assigned to the command and control of the United Nations."

"I would be willing to volunteer for assignment to a U.S. combat unit under a UN commander."

"I would like UN member countries, including the U.S., to give the UN all the soldiers necessary to maintain world peace."

"I would swear to the following code: 'I am a United Nations fighting person. I serve in the forces which maintain world peace and every nation's way of life. I am prepared to give my life in their defense.'"

"The U.S. government declares a ban on the possession, sale, transportation, and transfer of all non-sporting firearms. A thirty (30) day amnesty period is permitted for these firearms to be turned over to the local authorities. At the end of this period, a number of citizen groups refuse to turn over their firearms. Consider the following statement:

"I would fire upon U.S. citizens who refuse or resist confiscation of firearms banned by the U.S. government."

Results of the survey were not available. ●

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