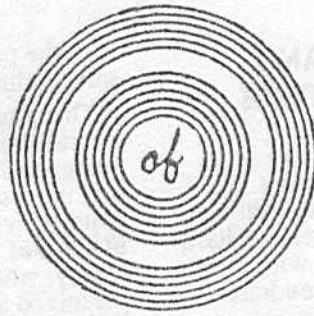


# Revelations

THE COSMIC NEWSLETTER  
(Uncovering the Mask of Illusion)



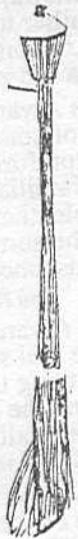
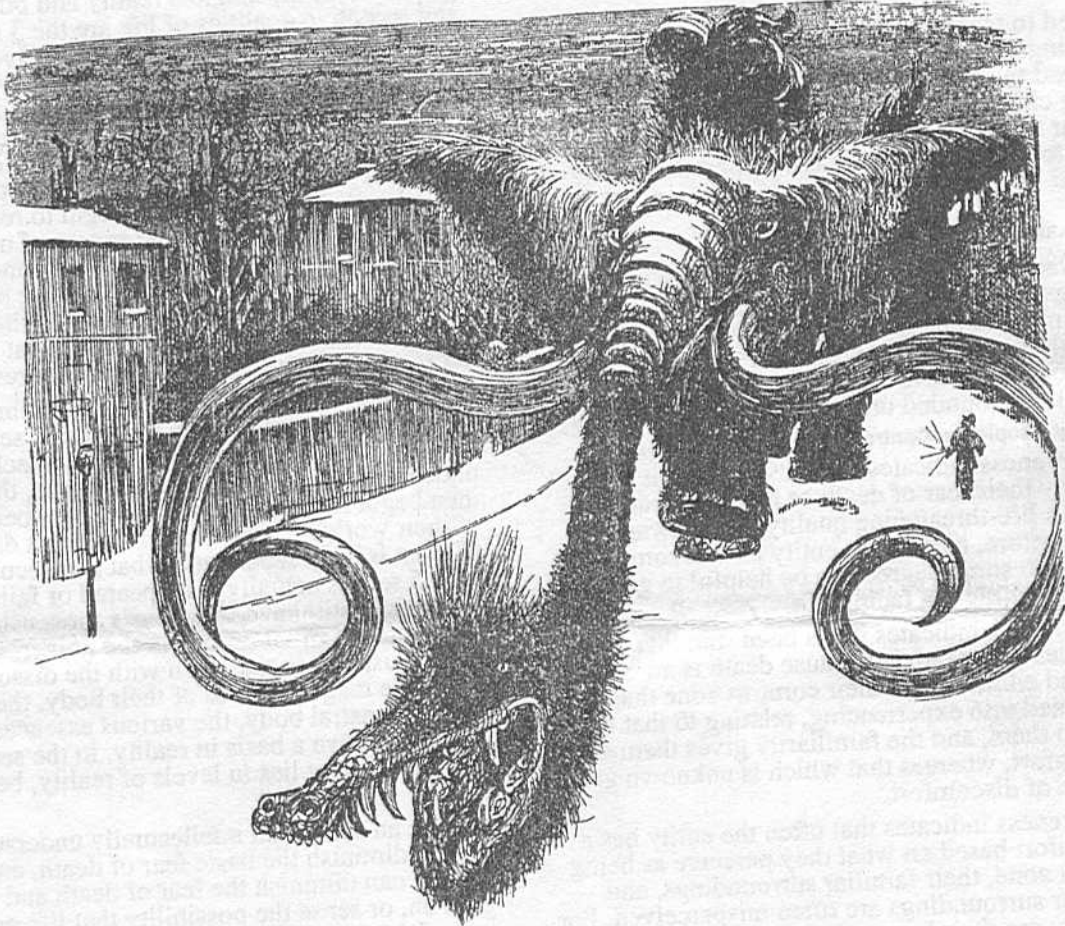
# Awareness

COSMIC AWARENESS COMMUNICATIONS  
P.O. Box 115, Olympia, Washington 98507  
Helping People Become Aware

96-3

Issue No. 463

\$3.00



## How to Deal with Fear and Insecurity and what might be coming down the pike

INDEX IS ON PAGE 8

## HOW TO DEAL WITH FEAR AND INSECURITY ABOUT THE FUTURE

(CAC General Reading 12/13/95)

### QUESTION:

A question from Dan O'C., Huntington, Vermont. He asks: "Can Awareness give us more on how to deal with fear?, particularly concerning coming changes and hard times? I'm thinking mostly of helping others with their fear. Okay, I'll be specific. My wife has tremendous fears about this.

I've tried to teach her with the Awareness philosophy and teachings, but her fears seem unreachable. She doesn't read the newsletter, but believes what I tell her of coming changes and knows it's true. She seems to have a fear that reaches into past lives and it's very hard to get her to talk about it or make preparations. Any help would be appreciated."

### COSMIC AWARENESS:

This Awareness indicates that it is best not to talk about things that would cause the entity to experience fear, but simply to talk about the nature of fear itself, and about those things that produce a sense of security. This Awareness indicates that the nature of fear is that fear basically is founded on uncertainty and insecurity.

#### Most People are Controlled by the Fear of Death

This Awareness indicates that 90% of people are controlled by their fear of death or fear of threats that might have a life-threatening quality. This Awareness suggests therefore, helping an entity to overcome the fear of death to some degree can be helpful in giving them greater courage in facing life.

This Awareness indicates it has been said that the reason entities fear death is because death is an unknown and entities have their comfort zone that they are conditioned into experiencing, relating to that which is familiar to them, and the familiarity gives them a sense of comfort, whereas that which is unknown gives them a sense of discomfort.

This Awareness indicates that often the entity has a sense of comfort based on what they perceive as being their comfort zone, their familiar surroundings, and those familiar surroundings are often misperceived. For example, they see their home, they see their city, their land, the surrounding environments as stable. This may be a misconception.

#### The Real Stability Lies In Consciousness Itself

This Awareness indicates if you can get them to see that the real stability isn't found so much in things, or surrounding things, but in consciousness itself; that the body and the home and the surrounding environment will eventually fail to support their reality, but that consciousness can go on eternally.

This Awareness indicates if entities can perceive the essence of their reality as being their consciousness, then the entities can build on something that is more stable than the surrounding environment, or the physical form itself. And when entities see that consciousness can survive the death of the body and survive the destruction of their physical surroundings, then they will have a true security.

This Awareness indicates that it is not always easy for entities to jump to the reality of consciousness as being the more permanent quality of one's being, but with continued thought and continued observation and sensing of consciousness itself, and as entities become more and more aware of consciousness as a reality, they gradually can overcome much of the fear associated

with the potential loss of the physical body or of the surrounding environment.

This Awareness indicates it is not easy to move from a conditioning that relies on the 5 senses for the perception of reality, but once entities begin to realize that the 5 senses only give the reality of the illusion of a material world, and that vibration is the more truthful essence of reality and that what is seen as the visual reality, what is heard as the auditory reality, what is perceived as the tangible reality and other sensual data and receptive qualities of life are the 5 senses and their illusions; once entities begin to perceive that these 5 senses are only perception for vibratory frequencies, that the senses simply pick up the vibrations of the illusion and translate it into that which entities believe to be the tangible reality and that dogs, cats and other creatures have a different kind of perception of these so-called realities; when people begin to realize that their 5 senses are different from the senses of other creatures, and therefore, the various realities of one species may be different from the reality of another because of the way each species interprets its reality they must begin, at least intellectually, to understand that perhaps the 5 senses are not describing the absolute reality.

Perhaps the Absolute reality is the vibration itself, not the appearance, as seen by the various senses. This Awareness indicates that when they reach this understanding, in an intellectual sense, they may also then begin to recognize the vibrations being the realities of their world, may produce for them a different sense of what is truly secure and what is insecure, and that if their 5 senses actually disappeared or failed to function, they might still have some basis for sensing the frequencies and vibrations in the universe through their consciousness, so that even with the dissolving of the body, the magnetic field of their body, the vibrational body, the astral body, the various essences, of the being could still have a basis in reality, in the sense of having a substance that lies in levels of reality, beyond physical form.

Once an entity can intellectually understand this, it help to diminish the basic fear of death, and once entities can diminish the fear of death and know that life goes on, or sense the possibility that life goes on, the fear of death will diminish considerably.

#### Fear Is Caused by the Concern of Losing Something

This Awareness indicates that basically, fear is caused by concern about losing something that one is attached to or has a desire to be close to. Desire and fear are basically opposites. Your attachment to something or your desire to be attached to something is a craving, and a desire of this nature is opposite of the fears, and when one craves or desires to be near something or with something, then the opposite being fear of losing that something.

This Awareness indicates the fear being a need to detach or a concern for being detached. This Awareness indicates that attachment to something desirable opposes the feeling of the attachment to something undesirable. If it is undesirable, the entity wishes to detach. If it is desirable, the entity wishes to attach.

#### Entities Should Avoid Being Obsessed with Material Things

This Awareness suggests that often entities need to think more in terms of attaching to Divinity and detaching from those temporal things that are not permanent in nature. Detachment from material things is not something this Awareness promotes as a general principle. This Awareness suggests material things can be beneficial as tools, but this Awareness does suggest you avoid the obsession with attachment to material



things.

This Awareness suggests that instead of being obsessed with material things, you may find it easier to obsess yourself with spiritual things and recognize the spiritual as the most important things to which you may attach yourself, and the physical things as being simply landing pads or of things to which you may attach in order to accomplish certain purposes in the physical world.

This Awareness indicates that thinking about the concept of attachment or detachment can help an entity overcome concepts of fear because it helps to clarify the relationships entities have with things or with concepts and ideas. As entities attach themselves to spiritual realities more and to material realities less, the concept of these things helps to diminish the fears that entities often experience.

This Awareness indicates *It* does not mean that you will overcome fear altogether or that you become careless; *It* simply balances things in a more appropriate way so that your fear does not control you so much and your attachment to the spiritual reality becomes more of a guiding factor and more of an uplifting and courage inducing factor in your life.

#### **Fear Becomes Less a Factor if you Feel Courageous in Spirit**

If you feel courageous in spirit, then fear becomes less a factor in your life. This Awareness indicates *It* recognizes that this is different for every individual, and that entities who have long been in situations of insecurity, where there have been threats to the entities' well-being, will have fears that are greater for that entity than will other entities who have not been raised with fearful insecurities as part of their lifestyle.

This Awareness indicates entities living with such persons need to be very patient and understanding and protective to make sure that the entity who has been raised on a diet of fear will receive sufficient understanding and care and protection to help them get used to being or feeling secure.

This Awareness indicates that to ask: How can one overcome fear? is almost useless in terms of finding the right words or the right concept for overcoming fear, and basically what needs to occur is for the entity to find a lifestyle or situation or circumstance in which the entity has no reason to be fearful, where the entity learns to trust those around and feels safe in proximity to those who are near them, so that there is no reason for being fearful, and whereby this can go on for long periods of time.

#### **Long Periods of Security Can Create Feeling that Life Is Good**

This Awareness indicates that a short period of protection and care from entities does not necessarily mean that the entity has overcome fear or has overcome the insecurity that may have developed through childhood, but if an entity is given long periods of security or feelings of security, the period of security will help to solidify a sense of being in which the entity begins to feel that life is good; that there is no need to be fearful.

This Awareness indicates it is more a matter of giving a safe environment for an entity to develop courage and hope, rather than simply giving some answer and thoughts or reasoned argument as to how to overcome fear or rid yourself of fear. To give an answer is often seen as a solution to a problem, but sometimes the answer doesn't come in words, it comes in deeds, and in this case, it may take a deed that stretches out over many years, allowing the entity to have time to feel secure for many years.

This Awareness indicates that if an entity can accept

that there will always be insecurity, and that insecurity being always there can be worked around, and that it can be dealt with in the same way that you might deal with a person who has come to live with you whom you do not particularly like, or perhaps an animal who lives in your home which you must work around, or perhaps a ghost that lives in your house which you must work around or which will simply drive you crazy, then that insecurity, treated in the manner of such an intruder as if it was the personification of some creature, can begin to be allowed its place without having extreme effect on your well-being.

#### **Acknowledge You Have a Fear and Insecurity and Work Around It**

In other words, acknowledge you have an insecurity that may always be present. You have a fear and an uncertainty that you may never clearly overcome, but also recognize that you have the ability to work around that fear and that insecurity and still be a productive person, and still get things done in your life that you wish to do in spite of your fear, in spite of your insecurity.

This Awareness indicates that when you learn to work around your fear, work in spite of your fear being present, then the fear becomes less offensive and less influential in your life.

This Awareness indicates that this is but a concept and a way of looking at things, and can be of some benefit to you emotionally or mentally, but it does not substitute for the feeling of having a good environment in which to live, wherein there is no real reason to be fearful.

#### **Why Awareness Sometimes Gives Warnings**

This Awareness indicates that in certain messages in which this Awareness gives warning, it is not intended to give these warnings to make people fearful; it is simply intended to alert entities to certain potential dangers. This Awareness indicates that if you are driving down the highway and someone sits beside you and begins shouting and screaming, "Here comes a big truck! Here comes a big truck! Watch out! Watch out for that truck!", this may not be beneficial to some entities. It may be startling, it may be distressing to the entity who is driving.

This Awareness indicates this is kind of reaction some entities may have to the messages this Awareness gives in regards to potential hazards in the future that are coming toward them. This Awareness indicates for these entities, it may be best that they look elsewhere or look a different direction and not focus on these messages.

This Awareness indicates however, there are some entities who can handle that kind of information without it seeming to be a pattern of alarm that is coming from some source that causes them to be disturbed. This Awareness indicates that some entities *want* to know what is coming, and if they cannot see clearly on their own what is coming down the highway toward them, they may want to hear so they can prepare themselves.

It is likened unto having road signs pointing to a sharp curve or hazard signs warning of a deer-crossing or some other situation that might occur down the line. This Awareness indicates that if you had someone sitting beside you shouting out the concerns for the road signs: "Watch out for cattle crossing!", and if this was offensive to you, troublesome to you, of course you may prefer not to hear it; you may prefer simply to drive along and wait for the cattle to cross, then become alarmed, or then react.

This Awareness indicates it is much the same with the readings this Awareness gives. *It* can explain to entities: "Watch out for potential difficulties in regard to this or

that situation! There are certain elements in your government that are not working to your benefit and which may lead to a disaster ahead if you do not take action now!"

This Awareness indicates that some entities appreciate the warning. Some do not. Some become extremely nervous and fearful. This Awareness reminds you that there are different kinds of road signs and different kinds of warnings that come and that not everyone has to be bombarded by these warnings.

#### Sometimes Alerting Others is Not the Thing to Do

If you are driving on the highway and a sign says: "Danger! Wild animals ahead! Do not park your car!", you do not have to wake up your passengers and get them all excited about being attacked by wild animals. You simply drive on through, making sure that you do not stop, park your car or get out in that area.

This Awareness indicates that those who prefer to sleep through may be better off and you may be better off not getting the passengers riled up. It might be easier for you to function in the situation than to have riled up passengers trying to control the situation which you yourself already have under control.

This Awareness indicates that in other words, trying to get your close mate and ally into your concerns to be part of your army, or team of freedom-fighters, may not necessarily be the right thing to do. If their energies are not into it, then perhaps it is best to simply take the actions you feel are necessary and let them have as much peace as is possible without their being too involved.

#### Go Slow and Be Careful When Informing Others

This Awareness indicates that on the other hand, if there are entities who hear about these concerns and respond to you in like concern, then it is an opening to give them more information. When an entity responds in a way that shows a strong interest on their part and you give them further information, they may accept a certain amount of your material or information and then ask for a pause.

"That's all I can handle for now!" Perhaps they will say nothing, or perhaps they will say, "That's all I can handle for now. I don't want to talk about it any further." Or perhaps they will say, "That's a bunch of bologna!" This Awareness indicates this is a signal for you to stop, close up shop, and go back to your work without them.

This Awareness indicates that often these entities will be silent for some time. They may not even come to your shop or come to visit you for some time, but at some point in the future they are very likely to return, wanting to know more about that situation. They will come to you and say, "Well, what's happening? What have you been doing? What's going on in the world from your point of view?"

This is in indication that they are ready to hear more from you. This Awareness indicates at this point you can again open the subject that you spoke of prior and then again start talking about these things until they show they are not interested. When they show a disinterest or fear of hearing anything further, close up shop again and don't talk to them about it.

#### Too Much Information Too Fast is Like Emotional Rape

This is the best way in which to handle this kind of information. This Awareness indicates that some people have to have more time to digest these kind of facts and concepts so that they do not become over-saturated and have their view of reality jerked open. The jerking open of an entity's view of reality may be compared to rape.

If you hit someone too hard, too sudden, with information that tears apart his or her reality, it is a kind of psychic or emotional rape. You do not give them time to adjust. This Awareness suggests rather than such action, be gentle, be careful in sharing some of the information you have with others. Give them time to adjust. Give them time to digest the information.

This Awareness indicates it is not something that people have to be hit with. They do not need to be shocked into becoming awake or aware; they need to be coaxed, and that allows you to be gentle in your coaxing.

## HOW COUNSELING CAN HELP PEOPLE WITH DEEP FEARS

(Questions to ask the frightened entity)

#### QUESTION:

There was a follow-up letter from Dan, a week or so later. I'll read it in case it can bring forth perhaps a little more information on this subject. He writes: "In my last letter, a couple of weeks ago, I asked about my wife's fear of coming changes. May I expand the question a bit? How do we best help people with deep fears?"

"In my work as a counselor and body worker, I've worked with many people who have fears that go back to abuse in childhood or rape or other trauma. The effects of such events seem to be barriers in a person's psyche that are nearly impenetrable and extremely painful to work through.

Any light Awareness could shed on this could be most appreciated, and actually, I would love to hear *Its* ideas on therapy and any advice for those of us in this profession!"

#### COSMIC AWARENESS:

This Awareness indicates the best approach for such is to ask questions that very gently and very gradually get the entity to talk about the circumstances that have led to the fears. This Awareness indicates that you may not wish to ask the person directly about the event because it may be too traumatic for the entity to discuss, but you may find it beneficial to ask the entity how they feel when they think about those things that happened in childhood.

"How do you feel about talking about such things? Do you feel like talking directly about the event, or about what led up to the event? Or do you feel panicky even in considering a reflection on the event? If you can get them to talk about their feelings in regard to peripheral or things surrounding the event, that may be a way of gradually getting deeper into the situation so that eventually they find themselves actually talking about the event.

This Awareness indicates that you may find it necessary not to talk about the event at all, just to talk about their feelings when they think of the event, or when they glance at the event in their memory. You may ask them: "What does it do to you in terms of physical feelings when you flash back in your memory on things that happened near the time of that event? Does it make your palm sweat? Does it cause your heart to beat faster?"

They can talk about these things perhaps, but they may not be able to talk about the event itself. Or, you may ask: "Did this kind of thing happen very often?", and talk about perhaps how often it happened. "Do you remember how many times it occurred?" If they respond that they don't want to think about it, you may ask them, "What happens to you when you think about it?"

"You don't have to talk about it or think about it, but



I'm curious as to what happens if you *did* think about it or if you *did* talk about it, what would you feel? Would you feel nervous? Would you feel anxious? Would you feel terrified? How terrified would you feel if you *do* feel terrified in just thinking about it? What kind of effect would it have on you emotionally, if you *did* think about it?"

This Awareness indicates in other words, if they can't focus on the problem, what about the peripheral areas of the problem? Can they look at that, or can they look at their emotions that are causing them to feel some kind of anxiety?

#### How the Fearful Begin to Take Control Over their Anxieties

If they can talk about the emotions they feel when they are threatened with the potential of talking about the problem of the past, then that is a big breakthrough, for they can talk about these emotions and observe their own emotions without necessarily thinking about these things of the past, and in so doing, they get acquainted with themselves, with their emotions, so that it becomes more familiar to them.

They begin to look at their own anxieties, and once they become familiar with those anxieties, the anxieties do not have such control over them. They gain control over their own anxieties by looking at them, becoming aware of them. This Awareness indicates, that the more entities can be made aware of whatever it is within them that is disturbing them, the better off they are.

If their awareness can only be allowed to look at their anxieties and not at the trauma itself, then that is a big step. Gradually, if they can look at their anxieties, they may also, from there, begin to observe more deeply the trauma.

This Awareness indicates of course they have to be made to feel secure. That can Come from the therapist, who may say, "You are all right! It's okay! You are just looking at your own anxieties. You are not looking at the trauma. We don't care about the trauma now! We don't care to look at the event! We only want to examine your anxieties. You do not need to tell me about your anxieties, but do want you to look at them and to observe what these emotions are that you are feeling when you glance at the possibility of examining the trauma."

This Awareness indicates that the gradual act of helping the entity to become aware of their own feelings, their emotions, the deep-seated anxieties, can help the entity to gradually obtain some kind of control so that the fears subside and courage becomes strengthened by the curiosity that follows the increase in awareness.

Entities who become curious about their own feelings, about their anxieties, will tend to look more deeply and become more curious still. The greater the curiosity, the more deeply the entity will look, if you can provide a safe place, and sometimes it may be necessary to slow down the pace, but if you can provide a safe place for the entity to look and satisfy the curiosity, this can gradually lead to a deeper exploration of oneself.

#### Don't Allow the Entity to Move Too Fast

If the entity appears to be going too fast in exploring these areas, you may suggest that the entity has looked enough. "Let's not do this any further, until later. Let's wait for two days before you look at this again!" And in so doing, it causes the entity to become more interested yet in exploring more deeply, and the entity, finding you not pushing for a further explanation, will tend to become the leader in exploring the hidden regions of his or her mind.

This way the entity, in finding greater curiosity about these areas, will be tending to push you into letting him or her go further in looking at this, rather than resisting your efforts or persuasion to have them look more deeply. This Awareness indicates you do not want to push the entity too fast into looking at a trauma. It is better to encourage the entity on their own to become the initiator of such probing, while you assure the entity that: "You don't need to know all of this!" and that they do not need to look at it all now; that they can look more gradually if they want to, but that they should not feel pressured in recalling those efforts of their past which are unpleasant to them.

This Awareness suggests that by having them look at their personal feelings at present rather than looking at their feelings in the past, in relation to a situation or trauma; that is sufficient to get the focus on the trauma in its own time according to the proper timing of the individual's emotional needs.

This Awareness of course assumes that as a counselor, one will have the ability to help the entity once the entity does look at the trauma if the entity should become distraught or hysterical when viewing the trauma. This Awareness suggests that the counselor, for example, could simply remind the entity: "It's all right! You're experiencing this only in memory! It is not really happening! It is only a memory! Don't be too alarmed! It is not happening to you now! This is only a memory!", and continue to help pull the entity back from extreme experiencing.

Ask them to look at it as a person who is detached. "You are now 30 years away from this event. You are now safe. The event is not happening to you now. You are simply looking at it in memory, and this is an opportunity to observe it objectively without being hysterical or too upset. Just observe it as an onlooker from 30 years away and describe what is happening to the child you once were."

#### Questions to ask the Child About the Trauma

This Awareness indicates by helping the entity to remain detached during the description of the trauma can be beneficial in letting the entity describe and re-experience the trauma, even though the entity might otherwise panic. This Awareness suggests you also help to encourage the entity by showing the entity that if it is a situation that led the entity to feel guilt or fear, that these feelings of guilt or fear are no longer necessary; that it was not the fault of the child. The child had no control over the situation. It is not a reason to be afraid of now because the situation is not occurring at present, and therefore, the entity can be detached and observe what is happening.

It is possible also that you may ask the entity how they feel about any other person who may have been present at the time of the traumatic event, and if they are angry or if they are disturbed for the others involved, who are affected by the event, and what problems are likely to come about from the event as seen by the child at the time, and in this manner, get the child to talk about all of the fears and uncertainties being experienced at the time of the trauma.

This Awareness suggests also that you may ask at some point in the therapy if the child can understand the violation that took place and if it is something that can be forgiven or understood, so that the child can let it go and see it as an unfortunate event, or if the child had a right to be angry and totally unforgiving.

#### Getting the Frightened Entity to Let Go of Hostility

In some cases it may be helpful for you to explain

that: "You have the right not to forgive this entity, but does it help to continue holding such hostility?", and, "Would it be of benefit if you considered letting go of your hostility toward this person by simply recognizing that this person was mentally or emotionally disturbed, was sick, or that this entity was basically so warped that he or she did not know right from wrong".

If the entity can settle the situation even by saying that the entity was warped and mentally ill, it can be a great help to the entity being counseled. This Awareness indicates that you may also encourage the entity to talk to the person who was there at the time of the trauma, to ask the person: "Why did you do this?"

This Awareness indicates this of course is referring to the adult patient talking to the person who violated the adult, or who was present at the time of trauma when the adult person was a child, encouraging the adult person to speak in behalf of the child: "Why did you do this? Why didn't you help? Why didn't you understand what I was going through? Why did you misbehave toward me? Why did you misunderstand my activities or actions? Why did you punish me for something I didn't do?"

#### Directing Questions to Someone on the Psychic Level

Asking questions of the person who was there at the time of the trauma, even though that person cannot possibly answer these questions, it allows the traumatic patient to raise the question in behalf of the child they are essentially representing on a psychic level, and you may also find it beneficial to ask the patient at this time: "Now try to answer in behalf of the other person the questions raised in behalf of the child that you represented when you ask those questions."

At this point, you ask the patient to try to respond to those questions. For example, the question: "Why did you not believe me, when I told you what happened? Why did you punish me when I told you what happened?" You may answer in behalf of the person to whom you asked the question and respond according to what you feel is correct from that person's viewpoint:

"I was so upset! I just simply couldn't believe what you said! I was so upset, I just went crazy with anger!"

By looking at it from the other person's point of view, allowing the patient to see the other person's point of view, it tends to balance out the energies of the trauma so that the entity can gradually begin to balance out the trauma itself, seeing it from all sides, seeing it from all viewpoints.

This Awareness indicates that whatever the situation, questions can be asked by the adult reflecting back in behalf of the child, of any other entity involved in the traumatic situation, and this helps to balance out the trauma.

This Awareness indicates that in the case of entities who had repeated traumas, over and over, all of these traumas may need to be experienced briefly, but reaching the most critical of the traumas and dealing with it in this way can help to diminish all of the others more quickly so that the worst of the traumas being dealt with will help to diminish all of the others that are only likened unto echoes of the worst of the traumas.

If, of course, these traumas are quite unique and different in their own way, you may need to deal with each of them separately.

#### Total Forgiveness Not Necessary to Resolve Karma

This Awareness indicates that it does not necessarily require of an individual that they totally forgive someone who violated them in the past in order to resolve the karma of a past situation, and this

Awareness is referring to the emotional karma in the present life, but it is important for the entity to eventually, if not at the time of therapy, find a way of diminishing any hostility toward the entity who violated them in order to dissolve any future karma with the violator.

In other words, if you continue to carry hostility for someone who violated you in the past, there is a strong likelihood that you may then have a karmic relationship with that entity in a future life, to work out a similar situation or trauma between yourself.

This Awareness indicates on the other hand, if you can defuse your hostility, set aside your hostility toward the entity without ever saying necessarily, "It's okay that you violated me!"; you do not need to say it is okay; you can simply say, "You violated me! You are stupid! I do not hate you! I only recognize your stupidity! It was based on ignorance. You had some very strange emotional or intellectual concepts which led you to violate me. You were sick! You were stupid, but I do not have room in my life to spend any further time hating you for it!", and if you can drop the hatred in this manner, then you have essentially defused the karma of a future re-enactment that might otherwise occur.

You may even wish the entity, "Good luck in the future! I hope you learn something from this experience so that you never do this again to another person!" This Awareness indicates that this will help to resolve any potential karma you might have with that entity again, saving you much trouble.

#### Talk to the Vibration of the Entity who Violated You

This Awareness suggests you talk to the vibration of the entity, even if you cannot visualize the entity's face clearly, even if the entity has passed on into the Great Beyond. This Awareness indicates you can also use this same approach for entities who are now out of your life, but not necessarily passed on into the Great Beyond, who may simply be elsewhere. You can simply dissolve the karma by wishing them well, saying good-bye, and telling them that you no longer have any desire to see them: "Stay away! I do not have room to hate you! I just don't want you in my life anymore!"

This Awareness indicates that this kind of communication on a vibrational level can often rid an entity from your life if you are seriously ready to have the entity out of your life. This Awareness does not suggest this to be done as an act of anger. Trying to rid someone from your life on a psychic level because you are angry at them might simply form a backlash in your psyche which later calls for them or wants them to return because you feel guilty at having sent them away when they in fact are gone for a number of months or years and you feel that you have been the cause of their leaving, while you still had some kind of attachment.

This may cause you much distress. Therefore, *It* does not suggest entities banish others psychically if they have some anger toward them because the anger may indicate they are still attached in some way, and that attachment may not be easily broken. The point of such psychic banishment is intended to reconcile the feelings you have for others to dissolve any kind of attachment or hostility, not to punish the other.

#### How About Forgiving the Stupidity?

##### FOLLOW-UP QUESTION:

If they recognized the entity's act was stupidity, wouldn't it be more effective karma-wise if they went one step further and forgave the entity's stupidity?

##### COSMIC AWARENESS:

This Awareness indicates that this is in the



affirmative. You could also acknowledge that, "Your act of stupidity was not your own fault. You may have not been taught properly, or you may have had some physical impairment that did not allow you to have a clear understanding. Therefore, I do not hold your stupidity against you! I simply do not want to have anything more to do with you, or any stupidity which you still carry at any time of our future meeting in this life or another!"

This Awareness indicates you may possibly even go further in clarifying any karma or rectifying any karma by saying: "If you ever reach a point where you are not stupid in your relationships with others, and if you ever reach a point where you would like to show some respect and consideration to me in the future, I would not be opposed to meeting you in some future time or future life". And in that manner, you may have resolved the karma totally in such a recognition or declaration, if it is sincere.

This Awareness indicates however, most entities, having had negative karma with people, cannot reach that kind of total resolution in a single lifetime, but if they can do so, as Jesus on the cross said: "Forgive them, for they know not what they do!"; if one can have that kind of true and total understanding and forgiveness, then the karma is totally balanced.

This Awareness indicates that it is not for a counselor to push an entity and make them think it is necessary to be forgiving. It is not for a counselor to say: "It is wrong for you not to forgive this entity!" It is only appropriate for a counselor to explain how the entity can look at the situation and gain something by understanding the violator and by gaining even more by forgiving the violator of his or her stupidity or of any other areas that can be forgiven, not for the sake of the violator, but for the sake of the person who forgives. They are the one who gain the most.

This Awareness indicates if the entity does not wish to forgive, it should be explained that holding on to the hostility does not harm that entity. It only harms yourself, and almost assures that you will meet that entity again in some future life and relive a similar situation with the entity because that is the Law of Karma; that if you carry emotionally charged energies in regard to someone else's vibrations, these energies are going to attract and draw to each other and you will again have a similar relationship.

If you wish to be free of the entity, freeing them from you and you from them, it is best to find some way to forgive the entity, either forgiving his or her stupidity, or forgiving his or her distorted emotions, or whatever, so that the entity does not again attach to you in some future lifetime experience in similar vibration.

### How to Determine Which Trauma to Explore

#### FOLLOW-UP QUESTION (VIKKI):

Since no one makes it to adulthood without some degree of violation, fear and trauma, either explored or unexplored, what is the criteria in determining which ones are worth probing and working through?

#### COSMIC AWARENESS:

This Awareness suggests you not worry about the traumas that occurred in childhood so much as concerning yourself with the character flaws or disturbances that you have in present experiences and in observing those character flaws or disturbances, look at them carefully to determine where they came from and trace them back to your childhood and look at various childhood memories of traumatic events that echo or reflect or remind you of the present concerns of

character disturbance or flaws.

If you see a character flaw or disturbance at present that reflects as a kind of distorted mirror into a childhood memory of some event that caused you to feel a certain way, which you feel when you run into your present character disturbance or flaw, you will know that you have a match, and that your current disturbance or flaw probably came from that event, and therefore, by understanding that event more completely, you may balance out the character flaw or disturbance at present time.

#### How the Action of a Parent Can Intimidate the Child

This Awareness indicates that one character flaw in your childhood may draw to your attention something that occurred later or under a different circumstance so that you seem to balance out several traumas in order to clear up a present character flaw. This Awareness indicates that these traumas are not always single episodes. For example, a parent who, during your childhood, constantly criticized and ridiculed other people's children for being a certain way, can give you, as a child, the feeling that it is wrong for you to be like that.

As a child, perhaps your parents looked at other people's children and said: "Their children are just show-offs! They are constantly showing off! They act so wild! They are so hyper! Can't they keep them under control?" and you may grow up being very quiet, very timid, very shy, thinking that this is just the opposite of what your parents did not like in other people's children, so that as you get older, you believe that the right way to behave is to be very quiet, very shy, and very timid, and as you enter into adulthood and into the work force, you find yourself applying for a job being very shy, very timid and very quiet, and the people responding to you: "Well, I just don't think you are the person we're looking for. We want someone who is more assertive, someone who can sell things, who can get out there and make things happen, and I just don't think you're the type we're looking for!"

This Awareness indicates you may find that you have inherited a particular type of character flaw because of a criticism your parents had against other people's children rather than yourself. In your effort to please your parents you cultivated a particular type of personality that did not fit into the world you sought to enter as an adult. This Awareness indicates that this is an example of how entities may have a childhood experience that does not necessarily fit into the definition of a trauma, but still has a traumatic effect on the entity's life.

#### When a Child Hears a Parent Comment Negatively on Affection

This Awareness indicates that there are many ways where parents can have a profound influence on children. If parents are highly critical of seeing children showing affection to one another, or seeing their friends or other people holding hands in public, or giving someone an embrace in public, and the child overhears the parents saying how sickening that is, how disturbing that is, how they flaunt their affection right in public, the child is going to grow up thinking that kind of behavior is really bad, and thus, when they are into the adult world, they will be very shy and inhibited about touching other people or showing any form of affection, and this can be very hindering to any relationship they may wish to develop.

It will only allow them to have certain kinds of relationships with people who have similar cold views of relating. Thus, the entity may be afraid to show any form of affection, and it can also hinder the entity in terms of getting acquainted with others who think the

entity is stand-offish or cold in behavior.

This Awareness indicates there are very many different ways whereby entities can be influenced by parental or guardian influences without it necessarily being a negative or disturbing or emotionally violent type of trauma. Thus, in looking at your character qualities or disturbances, you may wish to look also at family values that you grew up with which may be having an effect on you in an adverse way.

### Can Tachyon Energy be Used for Healing?

#### QUESTION:

A question from Vaughn L. in California. He writes: "In Dr. Nieper's book *Revolution in Technology, Medicine and Society*, he talks about the free energy of tachyon field. Apparently, Nicola Tesla was able to run a Pierce Arrow automobile on this energy earlier in the century without the need for fossil fuel.

"Evidently, there are healing applications as well. I would like Awareness to comment, and will these discoveries be more easily accessible now that the Photon Belt is approaching?"

#### COSMIC AWARENESS:

This Awareness indicates that tachyon energy is already being researched and used by certain high levels of government projects and energies in regard to certain technologies of a more advanced nature. The research associated with some of the UFO energy sources have led to tachyon energy research in certain higher or more secret of the laboratories.

This Awareness indicates that this Awareness has commented on this in previous readings. It is a topic that is very technical and the technical nature of it makes it difficult to explain, and in the explanation it could become a problem if it is explained because of the nature of tachyon energy.

This Awareness suggests that the Photon Belt and energies involved *do* appear to be such as to eventually lead to an increased understanding of the tachyon energy and also to the greater use of this energy following the events. This Awareness wishes to comment no further on this at this time. *It* does see a time when this can be discussed more openly in the future, but this Awareness suggests that this is enough for the present.

The Law of Gratitude is given.



"Come to your senses, professor Fernberg. We did not transcend the time-space continuum. We got drunk in a topless bar."

How to Deal with Fear and Insecurity About the Future	2
How Counseling can Help People with Deep Fears	4
How to Determine Which Trauma to Explore	7
Can Tachyon Energy be used for Healing?	8
Did God Create a Mother Goddess? (And is she in charge?)	9
That Statement: "God Created God"—What Does it Mean?	9
Feline Leukemia: Any Help at All for these Animals?	10
In the 4th Dimension: Will Thoughts Materialize?	10
Does Sherlock Holmes Exist in the 4th Dimension?	11
The Photon Belt Energies: Can we now Stop Exercising?	11
The Harm we Unknowingly do Others: Is this Dealt with After Death?	12
What Exactly are the "Lords of Karma"?	14
(The Secret of "Reading" the Energies by the Awareness Interpreter)	15
Secret of Telepathy	16
How to Send Healing Energy to Others	16
When you are Unaware of Creating Karma: Must you still Work it Out in the Next Lifetime?	16
Was Abraham Lincoln a Bad Guy?	17
When Animals Suffer Terribly: Is This Their Karma?	17
When a Cat Catches a Baby Rabbit	18
Any Help for Tendonitis?	18
Is There a Remedy for Carpal Tunnel Syndrome?	19
Has the Year 2012 Been Moved Up to 1997? (Mayan Calendar)	19
How to Locate Buried Treasure	
(How Dowsing Works)	20

### WHAT IS COSMIC AWARENESS?

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.

The Interpreter for the readings in this issue of "Revelations of Awareness" is Paul Shockley.

Avaton--Editor  
Vikki T.--Sec. Treas.

### —HOW TO GET THIS NEWSLETTER BY MAIL— EVERY 3 WEEKS ! ( More or Less )

REVELATIONS OF AWARENESS is a cosmic newsletter, published by Cosmic Awareness Communications, P.O. Box 115, Olympia, Washington, 98507, U.S.A. (A not-for-profit organization). Membership fees and donations are deductible from your Federal Income Tax. Try to remember Cosmic Awareness in your will if you wish to have these messages preserved and available to others in years to come. ("How many have you served, and how well?" is the question we will all be asked at the Passing Over).

#### MEMBERSHIPS AVAILABLE (Honor System!)

INDIVIDUAL: \$42 per year

FAMILY: \$52

CONTRIBUTING: \$77

PATRON: \$144

ENDOWING: \$5000

LIMITED INCOME (Broke, poor, etc.): \$30



## Did God Create A Mother Goddess? (Is She In the driver's Seat?)

### QUESTION:

A rather strange letter from Nina L., of Harshaw, WI. She writes: "Dear Vicki, remember when I wrote saying God Created God? Well, Awareness may scoff all he wants, but the Supreme Being created a female brain, Mother Goddess, five trillion years ago. It was *she* who turned around the Reptilian space-craft and still keeping earth in its launch-window, sent the craft sailing out of this solar system into the next, where they crash-landed and are unable to return to anywhere, and are quickly diminishing in number, for the planet they landed on is very barren and they have resorted to cannibalism.\*

\*For the real story, refer to Revelations of Awareness issue 94-3 (Deliverance?) \$3.00 from CAC.

"We need fear them no more. Those other aliens who were to follow the Reptilians ended up the same way. The Mother Goddess is in the driver's seat today. The Supreme Being wanted a human god, and He has one. Wanna hear more?" she asks. I'm not sure we do, but I thought we'd ask Awareness if *It* would comment on her letter.

### COSMIC AWARENESS:

This Awareness indicates that the Divine Force is neither he nor she, but a combination; thus, depending on how this entity interprets, could give her the understanding of a feminine God. This Awareness indicates *It* has no conflict or disagreement with this entity's interpretation in that regard. This Awareness indicates that in regard to the Reptoid invasion of the planet earth, this has been stopped, partly through the crash of certain space-craft in the movement of the planetoid or asteroid toward earth which crashed into Jupiter sometime back.

This Awareness indicates that there have been other craft that have also been diverted, as this entity suggests. This Awareness indicates that it can be said that this was the work of Divine Force, and an entity can interpret the Divine Force as being a female god, if that is desirable and acceptable to entities.

This Awareness indicates that Divinity is at such a high frequency and vibration that there is in essence no polarity in those higher frequencies, or the polarity is so miniscule that it becomes moot. This Awareness indicates of course, anything that is vibrating will have polarity, otherwise there could be no movement in the vibration. Therefore, there is some vibration.

This Awareness indicates however, in these higher frequencies, the vibration, even the movement is so miniscule, that it is essentially moot for all forms of measurement. Therefore, these higher frequencies or vibration are neither plus nor minus, nor male or female. They are neutral.

This Awareness also wishes to point out that in the creation of the Christian religion, the name "Jesus" was selected because it had a special meaning: "Neither male nor female." In other words, it was a perfect balance, without positive or negative polarities of God, in the highest sense. This Awareness indicates in this manner or in this sense, the entity's message would be correct, if this is the meaning behind her message. This Awareness indicates however, if she is interpreting that God is a representative or reflection of womanhood in the earthly sense, then the entity is totally mistaken, just as historically and traditionally, if entities think that God is a man-shaped creature, then they too are

mistaken.

The idea of personifying God is for the comfort of mankind to help them have something of a special image for which they can relate more easily than the more sophisticated mind that recognizes God the Creator is a Universal Vibration Frequency that permeates all things and carries intelligence of life and Divine Creative Forces, omnipotent in *Its* power to create, to understand, to experience love and compassion, and to do all things that God has been described as being able to do.

This Awareness indicates *It* is speaking in terms of the Universal God, not necessarily the gods of mythology, for there have been extraterrestrial creatures who have been called gods, and these entities were of high development, highly evolved either technologically or spiritually, but in general, many of these were physical-shaped beings, and not actually the Divine Creator of the universe.

This Awareness indicates when *It* uses the word "universe" *It* is using it in the broadest sense, referring to all of creation; however there are, in reality, what may be termed "many universes" making up the total creation.

## The Statement: "God Created God"?

### FOLLOW-UP QUESTION:

The statement that she made that "God created God". I don't understand that one.

### COSMIC AWARENESS:

This Awareness indicates that it is likened unto saying the number one created the number one. This Awareness indicates it is as meaningless in either case. One could actually say the number one *is* the number one!", or could say "God *is* God!", but number one only creates number one because it *is* number one, and God only created God because it *is* God.

This Awareness indicates that the only way one can make sense of this kind of statement is to recognize that God became aware of God, and that can be considered as a creation in the awareness levels, of a God. When one becomes self-aware, then one may be said to have discovered self, but to say that one creates oneself by becoming aware of self is simply a grouping of words to leave something for entities to think about, to try to understand and to try to decipher.

This Awareness indicates that it is a kind of Zen-type concept such as the idea of one-hand clapping, which causes the mind to become somewhat boggled as to what is being said so that the mind has to exercise its ability to think in an effort to understand what is being said: "God creating God."

This Awareness indicates that in a sense it is likened unto saying "God always was God!", or "God came into being!" Of course, the definition of God normally is that *It* is the First Cause. If there is no cause or creator of God then God must have created *Itself*, so the statement can be thought about by a rational mind in many different ways to get different feelings, different concepts, different ideas, and to try to make sense, just as the concept of one-hand clapping.

### The Sound of One Hand Clapping

This Awareness indicates it could be the basis of a two-hour meditation on God creating God, or it could be the basis of millions of people meditating on the concept for thousands of years. It would yield the same thing as the one-hour meditation or the one minute meditation.

If you wish to meditate on such a concept for any length of time, you'll still come up with the same mind-

boggling concept, just as the one-hand clapping concept will give you much to think about if you want to, but yield no insight after all of your thought. Whether it goes on for one minute or one thousand years, or whether there is one person thinking about it, or one million people thinking about the one-hand clapping, it is just a mind-boggling statement that has no way of resolving itself, or of being resolved by any other.

This Awareness indicates likewise, one wishing to play with such mind-boggling concept could contemplate: "Where does space end?", "Where does time end?", and "What lies beyond the end of space?", or "what lies beyond the end of time?" These are things that the mind is incapable of answering. They do not exist within mental levels because the mind deals with finite concepts. They can only exist in the essence of an experience.

You cannot use the mind to understand such concepts any more than you can use a computer to answer questions about how one feels, or what the loss of a loved one is like. Computers do not know this kind of thing, nor can the mind understand these mind-boggling concepts.

### Feline Leukemia: Any Help At All?

#### QUESTION:

On a less lofty level, a question from Barbara H., Gordonsville, VA. She writes: "While your letter was on the subject of cats, could we get some information on feline leukemia? My beloved pet was just diagnosed with this terminal disease. I have been giving him everything, including Manchurian tea and I don't want to lose him.

"Does Awareness have any information for feline leukemia?"

#### COSMIC AWARENESS:

This Awareness indicates that this is often spread through the bites of other cats. Also, it can be spread through cats eating from the dishes of other cats, or stray cats eating from your cat's dish. This Awareness indicates that it appears the feline leukemia can be slowed with increased oxygen. This Awareness indicates that this can be through drops of H<sub>2</sub>O<sub>2</sub> put into a mixture of water, either given to the cat through its drinks, its liquid, or dripped onto its food, just prior to its eating.

This Awareness indicates that one must be most careful not to overdo the amount, for it can be dangerous. This Awareness indicates that there is a substitute for H<sub>2</sub>O<sub>2</sub> or hydrogen peroxide, in the form of EQ02, which is made from table salt and does not carry the dangers of hydrogen peroxide. Hydrogen peroxide can create problems of a very serious or terminal nature if not used with great care. The EQ02 is much less hazardous.

This Awareness indicates that this is available through the Goodship\*. This Awareness indicates that within some weeks, the Holy Water that has been discussed by this Awareness can be made available for this, and this could be of great help in overcoming this feline leukemia. It can be given to the cat either in eye-drops dropped into its mouth, or through liquids the cat drinks.

This Awareness indicates however, the feline leukemia does move fairly quickly, and the question is whether it will survive long enough for the Holy Water to be made available. This Awareness indicates that this may be something that can be worked out, for it is a kind of race with time. In the meantime This Awareness suggests you use the EQ02. That also you can put approximately 5 drops of hydrogen peroxide into a 6

ounce glass of milk or water for the cat to drink from, and this can be helpful.

This Awareness suggests that you be careful not to put more than 5 drops for 6 ounces. One drop per ounce, or less than one drop per ounce is seen as acceptable.

\*The Goodship, P.O. Box 1116, McMinnville, Ore. 97128

### In 4th Dimension: Will Thoughts Materialize?

#### QUESTION:

A question from Millie P., in Tucson, Arizona. She writes: "Awareness has said that in the Fourth Dimension thoughts will materialize quickly. What about thoughts of people? If we think of an actual person, how would that person be affected, and will an aspect of them materialize?"

#### COSMIC AWARENESS:

This Awareness indicates that when *It* spoke of thoughts materializing quickly, *It* was referring to thoughts with the intent of materialization. In other words, entities who focus on materializing something will find it easier to materialize in the Fourth Dimension than in the Third Dimension.

This Awareness reminds you that the dream world is a Fourth Dimension, and that entities in their dreams can materialize all kinds of thoughts into what appear to be realities in that dimension. This Awareness indicates that the mind controls matter, has power over matter in the Fourth Dimension, much more so than in the Third present common dimension that entities normally think of as reality.

This Awareness indicates that the question be repeated if the answer did not encompass the full inquiry.

#### QUESTIONER:

Well, she was wondering, if she thinks of an actual person, how will that person be affected by her thoughts?

#### COSMIC AWARENESS:

This Awareness indicates that the entity may well be aware of one having psychic contact at that moment of thought communication. When one is in a dream state, while this is a kind of Fourth Dimensional reality in the dream, it is somewhat different from what would be termed the "Collective Fourth Dimension" that the earth is eventually to move into, because in that dimension, everyone shares in the creation of the dream.

In the dream state, usually the dreamer creates most of the dream, with the possibility that other dreamers, outside the mind of the dreamer can have some influence into the dreamer's mind and help create the dreamer's dream, but for the most part, the dreamer is the sole creator of his or her own dream, so that entities appearing in the dream are actually aspects of the dreamer in terms of his or her impression of the person.

In other words, while your sister or brother may appear in your dream, it is not really your sister or your brother that is your dream, it is your *impression* of your sister or brother that you are dealing with in the dream. This Awareness indicates that therefore, when you think in your dream of your brother or sister, you are really dealing with the impression you hold of your brother or sister.

This will be somewhat different from a real world in a Fourth Dimensional existence wherein the brother and sister have as much essence as do you, for when you think of them you may still, in that Fourth Dimension, think of them in terms of your impression of them, but they in turn have a reality that may not respond to you in accordance with your impression, and therefore, you



may have your impression of them altered by the way they respond to you.

They may quite easily pick up on your focus and realize you are thinking about them, and they may return thought to you. In other words, in the Fourth Dimension there will be more of a tendency for entities to communicate psychically through thought rather than through words. Words can still be used, but thoughts will be strong enough to allow entities to communicate through thought instead of words.

Gradually, words may fade away and thoughts may become the main form of communication.

## DOES SHERLOCK HOLMES EXIST IN THE 4TH DIMENSION?

### QUESTION:

One other question from Millie. She writes: "I've heard that the stories and characters we imagine: "Sherlock Holmes, Wuthering Heights and so forth, are real somewhere. Do they physically literally exist in other dimensions? I know it's healthy to stay focused in this reality that we're in, but sometimes a fictional character will have a profound influence on someone, or it will convey a personal feeling or lesson that goes beyond the story, and if we feel a connection, we can't help but wonder if they have a life of their own somewhere.

"And so, *if* in the Fourth Dimension, we think of an imaginary character, will the character materialize, and if so, what would its nature be?"

### COSMIC AWARENESS:

This Awareness indicates that the Fourth Dimension is the realm of imagination, and therefore, entities are capable of imagining *anything* that they wish to imagine. This Awareness indicates that the imaging of things can become a way of creating the world of the Fourth Dimension. This Awareness indicates that there could be fictional characters that take on what appears to be reality even though they might still be only part of your imagination, but in a realm of imagination, that becomes part of the reality.

In the criteria of what is real, if you are within a realm of imagination, then everything imaginable becomes real. It is for this reason that entities need to be able at some point to control their minds and not let their minds run rampant without any discipline, for there will be things created from minds that are not disciplined and it could become problematic if entities are allowed or allow themselves to have no self-discipline in regard to their own thinking.

This Awareness indicates that it is much the same in this realm except that this realm of the Third Dimension is not so easily influenced by imagination. Things change more slowly in the Third Dimension, but if a mind is undisciplined in the Third Dimension, and an entity imagines something over a long enough period of time, the imagined reality can begin to take form, particularly if the masses join in the energizing of that imaginary event or action.

### Why Immediate Manifestation in 3rd Dimension Doesn't Occur

This Awareness indicates essentially, the reason the Third Dimensional reality does not create immediate manifestation of thought is because so much of the reality in the Third Dimension has been frozen or crystallized by mass consciousness into an agreed upon set of criteria that defines reality as material and slow-moving changes in the material reality, while in a more imaginary world, the Fourth Dimension for example, the reality is much more fluid because no one has set it into

such heavy materialization.

They all agree upon the fluidity of reality. The collective consciousness has an agreement that the Fourth Dimension is more fluid, and therefore, concepts and ideas can be molded by individuals or by groups with greater ease and greater fluidity.

This Awareness indicates if you were to be hypnotized prior to sleeping and told that your dreams would be so vivid that they would have solid matter, they would not be fluid, that you would enter into a particular scene or setting of a small town where the streets are very solid, the buildings are very tangible, and colors are very fixed; the branches of the trees, the plants, all of these things are very much real and very finalized; they are not whimsical, they are not abstract, they are very real and can be broken, and when broken, they snap, and if you were told this in a hypnosis before going to sleep, that your dream would be filled with this kind of absolute reality, the images would be very concrete; then when entering that dream state, under hypnosis, with the suggestion intact, you would find yourself in another realm, another reality that was not very much like most dreams, but it would be more likened unto a different world from what you live in, but much the same in terms of its reality.

This Awareness indicates that you might even confuse that reality with your awakened state so that when you awakened from your dream, you wouldn't really know if you have been dreaming or had simply been somewhere else in another place, just as real as your awakened state. This Awareness indicates the fluidity of consciousness is the key to whether your reality is solid or is fluid.

In the fluid state of the Fourth Dimension, it is likened unto the dream state. Matter can change according to the consciousness involved. Likewise, in a world of solid reality, if your consciousness could be convinced that the reality is but a dream and you truly believe you have the ability to alter your dream, you could have mind over matter in this Third Dimensional realm, even if it *did* require a greater influence because of the collective reality forming the Third Dimensional reality.

This Awareness indicates your collective minds create an agreed-upon Third Dimensional reality, but if your mind had sufficient strength to believe that Third Dimensional reality that all agree upon is but a dream, you could influence matter with your mind, and entities sharing that reality with you might be amazed by your mental power because their reality would be affected by your mental view of the dream, and with sufficient strength you could alter the dream which they see as solid reality.

This Awareness is not encouraging entities to play around with this, *It* is simply trying to explain how these realities exist in relation to consciousness itself.

## THE PHOTON BELT ENERGIES: CAN WE NOW STOP EXERCISING?

### QUESTION(VIKKI):

It occurred to me that it didn't make sense for people to need to do physical exercise in order to stay healthy, since we're moving into the higher vibrations of the Photon belt. Is it going to be necessary to sweat our way into the New Age in order to be healthy for it?

### COSMIC AWARENESS:

This Awareness indicates that it is not seen as necessary. It is seen that entities who can hold the image of good health and good physical form will respond to that image by either exercising appropriately or by

simply creating through their own consciousness, a healthy form, a healthy body.

The action of focusing and imaging good health is all that really needs to be done. The rest will follow. It will follow either by an impulse to exercise, not a discipline, but a desire to go for a walk, or to act in a physical experience that the body wants in order to fulfill its relationship with the image of good health that you have held.

In other words, rather than being a parent to your physical body and trying to dictate its good health from a parental authority level, simply image good health, and if the body desires exercise, it will insist on it, and you will simply respond according to your bodily desires for exercise.

This Awareness indicates that if your body does not particularly want the exercise, through the imaging process, it will simply send the right enzymes, hormones and so forth to cause the physical energies and juices of the body to go to the right places; the cells, in order that the body maintain its health according to the image you hold for it.

In other words, if you want to be slender and energetic, the bodily energies that will be triggered by your image of what you want to be will respond to make that image a reality. This does not of course mean that you will not exercise, it simply means that you do not have to be a tyrant to your body.

You become a partner to it. You present the image, and the body responds to the image, and it may insist on exercising, but it is not something *you* insist on, nor do you push the body to exercise. It determines, and you simply allow it by cooperating with the body's desire for exercise.

This Awareness indicates there are some people who maintain good physical form without exercise, without any noticeable or willful exercise. There are others who exercise quite strongly, and there are some who work at exercising, and these entities who really *work* at exercising often get very resentful to their physical form and the exercising becomes a very difficult thing in their life, and they may exercise for awhile out of sheer will and hostility to their physical form, their body, but eventually this will wear them down to the point where they simply give up and no longer care, and their health then begins to fall apart.

#### How to Exercise the Easy Way

This Awareness suggests rather than taking this route, it would be much better for them to simply image the kind of body they want, hold the image consistently over long periods of time, and let the body respond to the image, demanding exercise if it demands it, or doing things it wants to do for pleasure, which may have something to do with getting exercise inadvertently, while going for a walk, that the body wants.

This Awareness indicates in some cases the body may even demand something more vigorous, more demanding. It may want to lift some heavy lumber or weights of some kind and you may find yourself inadvertently exercising simply because something in your subconsciousness directed you to put in a wall around your yard, a wall of rocks.

Perhaps you had no real desire to do so, but your body, wanting the exercise, dictates to your mind that the wall would make the yard and your home more valuable, and therefore, the idea begins to take root in your mind. You find yourself purchasing rock for the wall, and then putting the wall up, and without realizing it you are exercising.

This comes from the subconscious, because the subconscious sees the image you have of your physical health and realizes it needs some kind of project that gives you proper exercise in order to reach the image that you presented for it, and you yourself don't even think of it as exercise. You simply think of it as putting up the wall that will give your property greater value and make it look better.

This Awareness indicates in other words, you needn't worry so much about exercising. Just focus on the image you want for your physical self, and holding that image, one way or another, it begins to come about. Your diet may change, your exercise may change, but these follow as symptoms of your imagery.



"...but, of course, there's a scandalous dearth of solid research into the long-term side effects of positive thinking..."

## THE HARM WE UNKNOWINGLY DO OTHERS: IS THIS DEALT WITH AFTER DEATH BY THE "LORDS OF KARMA"?

### QUESTION:

A question from JD in New York. "Regarding the harm we unknowingly cause others, such as an entity who broke off contact with those he had endangered so as to remain unaware of any harm he may have done them; do we become aware of such after "dropping the body" and conferring with the so-called Lords of Karma?"

### COSMIC AWARENESS:

This Awareness indicates there is that opportunity to flash back on *all* aspects of your life and to become aware of not only the obvious errors that have occurred, but the more subtle errors that have been caused by negligence or by being unaware and by being ignorant of certain events.

This Awareness indicates that entities are not only responsible for the mistakes they cause, but are to a lesser degree responsible for *not being aware* of problems that they could help solve. This Awareness indicates it is a reference made by the French writer Camus, that you are not only responsible for your own errors, but are responsible for not knowing or not doing



something about the problems that occur on the other side of the world.

You are not simply free of any responsibility to those on the far side of the world just because you don't know about their problems. It is the responsibility of entities to become aware of everyone's needs. This Awareness indicates the entity Camus did not go into this level of explanation or detail, but made a reference to that effect, that entities are responsible even for those things they are not aware of, because entities *should* be aware of all of the errors and problems around the world.

This Awareness indicates it is much easier to say than to do. you cannot really be aware of everything, but you still may have some responsibility in the sense that you could have made a greater effort to help others by becoming more aware. This Awareness indicates that you must of course realize that the karma for this kind of mistake or lack of awareness is not going to be anywhere near the intensity of karma which you cause another in your direct relationships and violations to one.

This Awareness indicates too often entities speak of karma as if it were a sentence or a punishment being meted out for a crime. This Awareness indicates that karma has many subtle shades. It can be equated somewhat similarly to that of weather. There is that which is extreme cold, punishing cold or punishing heat, but there are also shades and degrees in which the karma drops a point or two or rises a point or two in such a way that you hardly even notice it.

This Awareness indicates if one's karma is relatively good, it could be compared to mild temperatures, wherein there is no burning karma or no freezing karma. This Awareness indicates that there are shades and degrees of karma that might not even be noticeable to an entity and there are other things that carry heavy karma where you cannot escape the knowledge of some debt to someone.

This Awareness suggests you not worry yourself excessively over the concern for those things you are unaware of such as the fact perhaps of your country being involved in some political policy that harms another in a foreign country. For example, perhaps your country creates a tariff that causes the foreign country to be unable to produce and sell foods in your country. Perhaps this tariff causes someone in the foreign country to lose their job, to be unable to feed their family. Perhaps someone in that family as a result doesn't have sufficient income to attend the needs of the family.

Perhaps medical care is lacking because of a loss of income and perhaps someone in the family dies or suffers severe illness. Are you responsible for living in the country that created the tariff that led to this situation of this entity losing his or her job in this foreign country? This Awareness indicates to some degree, according to Camus, you would be responsible because you did not take the time to become aware of the problem, and did not take the time and put forth the effort to keep your country responsible for its behavior toward others in a foreign country.

This Awareness indicates this is hardly a karmic problem for you even though it might be by the stretch of technicalities partly your fault, and you might have some responsibility because you have either ignored a

concern or have been unaware of the problem, but this Awareness indicates there is also another side.

If that tariff hadn't been imposed, could this not also create another problem for other entities? Perhaps someone within your country could not get a job because the foreign imports coming in take away the business from your country's business people, and because of this, someone in your own country goes without sufficient income, without sufficient household needs.

This Awareness indicates often in helping one you harm another, or in harming one you help someone else. This Awareness indicates there are often two sides, where one side of a situation creates good karma, and the other side creates bad karma. This Awareness indicates that these things tend to create a dichotomy, so that when you summarize what karma you owe, when the Lords of Karma begin to balance out your karma and see which karmas of a negative nature have developed and how they stack up to the positive karma that you have accumulated, oftentimes the karmas tend to balance out and you may have an equally similar amount of good karma along with an equally similar amount of bad karma.

This Awareness indicates that in this case, the entity does not get great rewards nor great punishment. The entity simply moves on to the next experience. This Awareness indicates that *It* wishes entities to realize this aspect of the concept of karma and not to become too caught up in the idea of being judged or condemned or punished for a slight development of karmic debt.

You may simply have to come back and do something good for some of those people whom you slighted or whom you may have inadvertently harmed, and at the same time you may get certain benefits from the karma that was earned as good karma which can be helpful in giving you the energy you need in working off that aspect of the negative karma, the karma you owe to others.

This Awareness indicates it is almost impossible for entities to exist on the physical plane without creating both negative and positive karma, but some entities manage to create more negative karma than good, and other entities manage to create more good karma than bad. By the word "bad" this Awareness means negative karma, or karmic debt, and by the word "good" karma this Awareness is referring to that which entities may call "grace" wherein you receive grace or beneficial karma for having done something worthwhile or beneficial to others.

This Awareness indicates that many entities create good karma without even being aware of it. This Awareness indicates that this of course has its opposite, wherein entities create negative karma without even being aware of it as in the reference to the question that started this discussion.

## WHAT ARE THE "LORDS OF KARMA"?

### (The Secret of "Reading" the energies)

#### QUESTION:

When she referred to conferring with the so-called "Lords of Karma", isn't essentially what is being described as the life of the entity passing in review like

she's viewing a movie screen very rapidly of her life, and doing it with a strong sense of rightness and wrongness that she feels as she sees these incidents; some of these careless little things that she was unaware of that caused other people misery; isn't that more what it means rather than conferring with "Lords of Karma" which implies you sit around at a table or something and there's people sitting there in judgment on you?

#### COSMIC AWARENESS:

This Awareness indicates that this concept of the Lords of Karma is a kind of convenient artificial creation. The actual reality is more of a recording on the memory of energy patterns that have resulted from experiences an entity witnesses in his or her sojourn in life.

#### That Little Bag of Karma

This Awareness indicates it is likened unto an experience that has occurred and leaves a scar, a mark or record on the soul of the individual. If you can imagine these records as being likened unto geometric figures, the record of one incident may be a triangular energy. This is all of course just metaphorical. Another incident may be rectangular in shape, and these various shapes are all thrown into a bag which may metaphorically be called your "bag of karma."

This Awareness indicates that when you reach a certain point in your spiritual evolution, all these geometric shapes begin to melt, even as ice melts and loses its shape, and they just become energies and the energy has no shape, has no memory of what it once was, but it has the accumulated feeling of the totality of the experiences so that an entity at some point begins to lose all karmic debt and the karmic energy becomes that which is able to assert itself as part of the individual's soul and vibratory essence, so the entity vibrates to the essence of the total experience without remembering all of the details along the way.

This Awareness indicates that there are stages in between these two extremes wherein an entity carries around these geometric shapes or the memory and residue of karma left over from life experiences, and the entity may even pull out one of the shapes to relive an incident that reflects or repeats karmic experience from a previous lifetime.

The entity has the ability to repeat the karmic experience exactly the same and return the geometric shapes to the bag of karma in exactly the same shape, or the entity has the opportunity to resolve or dissolve the karma so that in this repetition of the experience the shape dissolves or changes and the karma is resolved.

This Awareness indicates that this is simply a metaphor to help explain how entities can work off karma or can reinforce the karma. An entity may have violated someone in a previous lifetime and in a subsequent lifetime a relationship between these entities comes together again. It is likened unto pulling out one of these shapes, to relive that pattern and have the option of changing the pattern so that the violation does not occur, so that the violation is put aside and a resolution occurs instead, or the entity can repeat the violation exactly.

If the violation is repeated exactly, then the karma is simply reinforced and goes back into the bag of karma,

the pattern remaining the same, to be repeated again in another life. This Awareness indicates It hopes this metaphor can be helpful for entities seeking to understand karma.

If you can stop the wheel of karma by not repeating the same old action that started the karma in the first place you can resolve, you can dissolve and you can undo the karma and not have to carry it into your next life experience.

This Awareness indicates that you can essentially say that the Lords of Karma are just a personification, a symbol for the patterns of karmic debt that may be owed either by you or to you, and of course these patterns of karmic debt are energy, and all energy carries information, and therefore, with some degree of focus an entity can look at the energy of karma and read the information and see events of the past that have led to this karmic expression or energy of the present.

It is possible for entities to read the source of karmic indebtedness if they tune in to the energy and read the information available. This Awareness indicates that reading information from energy comes about by quietly focusing on the energy and seeking truth, while in a state of awareness. Awareness requires the putting aside of opinion or beliefs and thought, feelings, emotions; putting these things aside temporarily, and to simply wait after you have focused on something, to simply wait for some responsive energy to give you information.

#### How Awareness Sends Answers to Questions

This is what the Interpreter does in reading these messages from this Awareness. The focus from the question comes to this Awareness, triggers this Awareness from the energy that is given, and this Awareness in turn takes the energy and sends it back to the Interpreter who then deciphers the symbols or the energy that this Awareness has given and puts this into words for your consumption.

#### How to See and Understand Your Karma

This Awareness indicates if you wish to understand your karma, look at the pattern and the energy and the players in the karmic pattern without any form of thought or judgment, without any emotion. Just look at these things, these energies, and after a certain amount of energizing by your focus, you will begin to get feedback from the pattern and you will be able to read the information that comes back out of the energy that you have sent in to examine the energy of the pattern.

This Awareness indicates that a good symbol for this practice would be to imagine yourself staring at a rosebud, focusing on a rosebud. Let the rosebud symbolize the pattern or the question or the subject of your interest and see yourself focusing on the rosebud or the pattern of karma, whatever you choose the rosebud to represent, and after you have focused on this for a sufficient amount of time, you will see the rosebud begin to open up, one petal at a time, opening, opening, opening, and giving forth information as to the content of the rosebud so that it flowers open with its full expression and full message.

When you stare at the pattern of the karmic situation in the same way that you stared at the rosebud, you will find it opening up to you and giving forth information that helps you to understand the karma and what it came



from, and what it means, and how to resolve it. It is a matter of meditating. It is not a matter of thinking. The thinking would interfere with the process.

### Difference Between Thinking and Meditating

This Awareness indicates the difference between thinking and meditating in this manner is that thinking requires the formulation of thoughts and logic running through your mind, words running through your mind about something, and the meditating that is being described here comes about by your active observation. You simply observe and remain receptive. You observe by focusing, keeping your attention clearly on the subject matter, and be receptive to whatever comes out of the subject matter. You do not think. You do not formulate words. After something comes out of the observation, then it is possible for you to be receptive to it, to look at it, and at that point, or at a later point, you may put words of description to what you have seen.

This Awareness indicates that when the Interpreter attunes to this Awareness, the Interpreter is not permitted to think for this Awareness, or to think about what this Awareness is going to say, or to anticipate what this Awareness is likely to say, nor is the Interpreter permitted to think about the question.

The Interpreter can *only observe* the question that is placed before this Awareness and the Interpreter can then focus his attention on this energy of the question that is placed before this Awareness, and when this Awareness has devoured the question, this Awareness turns the energy around and sends it back to the Interpreter.

### How the Interpreter Sees the Answer

The Interpreter then sees the energy. It may not be words. It may be a symbol. It may be a flash of light. It may be some kind of pattern or image and the Interpreter then looks at the image, looks at the symbol, looks at the light, or sees letters that have been formulated and attempts to catch the meaning of these things through his own understanding of what these images and meaning represent to him.

Thus, the Interpreter does not read this Awareness in the language of this Awareness, but reads the Awareness in a language that is familiar to himself, often even reading the message from this Awareness in experiences or concepts that are familiar to him. For example, if this Awareness sends a flash of light that grows from a point to a kind of great opening, as if looking at a honeysuckle blossom, a "trumpet of light"... the Interpreter will not read that as a "trumpet of light."

The Interpreter does not say: "There is seen a Trumpet of Light!" The Interpreter sees this as something else, according to his own experiences or according to what he subjectively senses as the meaning of this "trumpet of light." He may describe this as an ever growing energy, a light that expands and encompasses such and such, or he may describe it as something else.

The Interpreter's role is to *interpret* according to his understanding of what is meant by what this Awareness gives. This Awareness indicates the interpretations are from his own words, according to his own understanding and interpretation of what this Awareness gives. This Awareness indicates that when you look at your karmic pattern it is for *you* to interpret, and if, in the interpretation, you see perhaps a pattern of a square box,

the square box may not convey the real meaning of the karmic situation, so that when you see the square box, instead of saying: "This karmic situation is a square box!", you may wish to interpret what the box means.

You may find that in further looking at the energies of the image given that there is a meaning behind the square box, you may see that the karmic situation for you indicates that there is a boxed-in energy; that energy is held captive by this karmic situation and that it needs to be opened and set free, and that what holds the energy prisoner is the fact that someone isn't letting go of some hostility, some memory, some unforgiveness is locking the energy in, and you may find that it is yourself that is holding the lid shut to keep this karma from being released.

This Awareness indicates you may find that by opening the box and letting the karma out, letting the energies of the hostile event float away, that the karma then has been resolved. The pattern has been broken. This Awareness indicates this is just a hypothetical possibility of the interpretation that one entity might receive from looking at a pattern of karma.

This Awareness indicates that for you, it might be something quite different, depending on what the karma and situation was. This was simply an example of how to read energies and information from a karmic situation.

This Awareness indicates of course, you also must be able to recognize a karmic situation. If you have someone with whom there is a conflict, and you are working with this entity, living with this entity, or have a relationship with this entity and there are difficulties between you, look at the *nature* of the difficulties and the nature of the relationship. See the entities involved. Observe these without thought, without emotion, without opinion and without feelings.

Just stare at the total picture as you observe without thinking. Eventually, there will be some kind of recognition of energy. Let the picture fade and focus on the energy. As you focus on the energy, there will come a time when the energy begins to give something out. It will be *information*. This information may be in the form of images, pictures or objects or it may be in the form of words. The words may be whispered. They may be shadowy. They may be unclear.

This Awareness indicates just continue focusing. The information will gradually become more and more clear as you continue your focus. Eventually it will become so clear that you will understand the message coming from the energy and you will have your answer as to what the karmic pattern is trying to tell you. If you are seeking a resolution, then it will answer in terms of the resolution you seek.

If you are seeking to know the origin about the karma, such as past life experience, you may get a brief glimpse of some event in a previous lifetime. Perhaps on a battlefield, perhaps in home, perhaps in some setting of a job or a business or some town. You may even get a sense of the time period or the surrounding circumstances, but you will get some kind of information along with the energy that comes out of the observed patterns of karma that you focus your attention on.

### The Secret of Telepathy

Keep in mind that all energy carries information. All information is energy. So when you send information or have a *thought*, you also are sending that thought as energy, and if you have a thought about someone, you are sending energy with the information to that entity. This is the key to telepathy. The more one practices this action, the greater the focus, the greater the telepathic communication.

You can read the energy and thoughts of others by simply focusing on the other, tuning in to the energy of the person, attuning to the vibration of the person, and holding your focus steady. In this manner you will begin to pick up information. Likewise, you can send information to another by focusing on the vibration of that entity, attuning to that entity's frequency, the essence of their being, and you can send a message by incorporating it into the focus, which is the energy you send them.

### How to Send a Healing Energy to Others

If you wish to send a healing energy, you simply focus energy or attention to the entity with the intent of a healing occurring. This Awareness indicates that perhaps the first few times your healing energy will be so subtle that they do not really feel much, but with practice, over periods of time, the energies will begin to have an effect, and you can eventually reach a point wherein you may focus healing energies on someone and they may immediately feel better.

This Awareness indicates that with proper feedback you may even hear from someone that *they* thought about you, or felt a strong image of you at a certain time. This Awareness indicates that if you let them know that you are planning to communicate at a certain time, and they set aside that moment to be receptive, it can make the communication even stronger.

This Awareness indicates that entities may try this and may say, "It didn't work! I couldn't do it! I just must not be telepathic!" This Awareness asks you: "How many efforts did it take for you to learn to speak? How many attempts did it take for you to learn to understand words that were being spoken by others?"

This Awareness indicates that children do not give up, do not say, "Hey! I just am not the speaking type! There's no point in my trying! I try to talk and it just came out as baby babble! So why should I even try to learn to speak?" This Awareness indicates if the child has that same attitude it would never learn to speak. Becoming telepathic requires that entities work at it just as entities had to work at learning to speak.

If it simply becomes a part of your daily behavior and activity to focus on things and try to read the energies from the focus as it intensifies, you will gradually find it happening. It may not happen the first day, or the second, or the third, or the 45th, but it may happen the 46th day or the 50th day. It may happen even on the 6th day.

You never know when it could happen that you will begin to sense information coming out of the focus of your energy on something. At some point it *will* begin to happen and you will realize that telepathy isn't mysterious. It's just another way of reading, another way of hearing: hearing with the mind, reading with the mind, catching information out of energy, or sending information through energy that is directed.

## When You're Unaware of Creating Karma, Must You Still Work it Out in the Next Lifetime?

### QUESTION:

In regard to karma, Awareness has indicated a number of times that the heavy karma an entity creates with other people must be dealt with usually on a one to one basis, by coming back for another lifetime, another chance to balance it out. My question concerns what we were discussing earlier: these sort of minor errors that are caused by ignorance and unawareness.

For example, news commentators on the networks spend hours every year talking to millions of entities, discussing their version of the news. A lot of it is managed, a lot of it is misinformation. A lot of it is outright lies, controlled. They may have unwittingly passed this information on, because they haven't investigated some of it, or they chose not to. When they pass over and they're ready for another lifetime, if they had an option to experience a lifetime on another system, another planet, with a whole different bunch of entities; when they experience their previous lives passing by, like watching a movie on a screen, and they see the error; would that realization be enough to resolve it for them, or is it possible they carry that with them to their next lifetime, which in this hypothetical case is not back to earth, but to another system, another planet?

Would they have to resolve it in that lifetime, in their own way, or has it been settled?

### COSMIC AWARENESS:

This Awareness indicates it does not get settled until an entity *feels* it is resolved. If there is negativity in one's karma, the entity must feel remorse to the degree that matches the negativity. If you cannot feel enough remorse for an error, then you continue to carry a degree of karma for that error.

How can you feel harmony and balance if you haven't resolved your own feelings regarding the violation you have committed? This Awareness indicates in other words, if you have violated others, until you can feel the remorse that vibrates to the strength of the violation, you are not karmically balanced. You have not resolved it.

This Awareness indicates that going to another planet is no more a solution than getting drunk to forget it. The escapism of drinking to forget, or going to another planet to forget does not resolve karma.

### Karma From Maldek Still Haunts Some Earthlings

This Awareness indicates there are many entities who once lived on Maldek who still carry karma from their experience there because they have not yet felt complete remorse for their mistakes, and being on earth, many of these entities tend to continue to repeat their old karmic patterns from Maldek.

They are finding it more difficult because the patterns of earth do not allow them to have the same kind of power they once held on Maldek, but their karmic patterns still tend to repeat their old karmic patterns of Maldek.

### What About Hitler and Ghengis Khan?

This Awareness indicates that one might ask the question: "What about the entities whose karmic



behavior has resulted in the death and suffering of millions?" This Awareness indicates: "what about persons like Ghengis Khan, Adolf Hitler and those who have terrorized and destroyed many many thousands or millions of people?" This Awareness indicates that "How does that karma ever get resolved?"

This Awareness indicates that persons of this type, whose karma is so heavy that it seems there will never be a chance to make it up to all of the millions who have suffered, such entities will themselves suffer by becoming aware of the extent and extreme cruelty of their karma. In some cases the entities were totally or chronically insane and therefore, there may be some mitigating circumstances that lessen the degree of karma, but even then they are still stuck with the insanity as part of their karma.

They may continue being insane for a number of lifetimes, or may suffer consequences for a number of lifetimes from the insanity. They may be falsely imprisoned or locked up as insane when perhaps they are not fully insane, but insanity, as an excuse, does not necessarily alleviate the karmic debt.

This Awareness indicates the entity could endure extreme amounts of suffering. The suffering must equal the quality of suffering that was put on others, although it may not necessarily amount to the quantity of suffering. In other words, an entity who has caused millions to suffer may not necessarily have to live millions of lifetimes in suffering. But the entity will have to experience the full quality of the worst sufferings that he or she has perpetrated against others, that he or she has caused others to endure.

This Awareness indicates that to handle the quantity aspect of karma, the entity, by his own karmic energies and the vibrations caused from the karma, may be required to serve millions of people in some way that brings a balance to those who have suffered. The entity in serving millions of people may again rise into a position of high esteem, but rather than harming people, the entity may find himself or herself doing things for others at the expense of their own personal joy or happiness or well being.

This Awareness indicates for example, the entity who rises in power in an attempt to help the masses, but in the process is made to suffer from their high position, perhaps suffering a karmic debt in a way that benefits the masses. This Awareness indicates that by attempting to benefit the masses an entity can work off a great amount of karma that has occurred in a previous lifetime when the entity harmed the masses.

This Awareness indicates that this is not always sufficient to work off all of the karma, but if the entity feels enough remorse for his dastardly karmic debt, the Law of Grace can be brought in to help dig up the rest of the karmic debt and leave the entity free to start over with a clean slate. The remorse has to be genuinely strong enough to balance out any pleasure or gain or power the entity acquired from his karmic violations of others.

If the entity isn't completely remorseful and totally sorry for all that he or she has done, the energy of the karma will not be balanced or totally forgiven.

"Government big enough to supply everything you need is big enough to take everything you have."--Thomas Jefferson.

## Does This Mean Lincoln was a Bad Guy?

### FOLLOW-UP QUESTION (VIKKI):

That doesn't mean that someone like Lincoln had to have been an awful person before, does it?

### COSMIC AWARENESS:

This Awareness indicates that it does not necessary mean that persons of great benefit to humanity were necessarily working off karma. This Awareness indicates that it does appear that the entity John Kennedy had a karmic debt. It does not wish to discuss any karmic debt this entity had.

### White Beneath Eyes Reveals an Entity Has a Karmic Debt to Repay

This Awareness indicates, however, that many entities with a karmic debt have that appearance, where the eyes show white at the bottom between the iris and the lower eyelid, and this is an indication that the entity has a karmic debt. This Awareness indicates of course, if one looks up, holding the head down, there will be this space of white between the iris and the eyelid. This Awareness indicates that it is possible for anyone to have this appearance at one time or another, but if it is habitual for the entity to have the head bowed and the eyeballs rolled upward it is often an indication of an entity having a karmic debt.

This Awareness does not wish to discuss the Kennedy karmic debt, because this entity has paid his karmic debt and is free of it.

### QUESTION (VIKKI):

Did Lincoln have a karmic debt?

### COSMIC AWARENESS:

This Awareness indicates there is seen a slight karmic debt that was not too great. It did have to do with slaves and appears to relate to the time of the Roman Empire.

## WHEN ANIMALS SUFFER TERRIBLY: IS THIS THEIR KARMA?

(DO WE HAVE THE RIGHT TO PUT AN ANIMAL DOWN?)

### QUESTION:

A question from Mary A., Poplar Bluff, MO., on another subject here. "A few weeks ago, my sweet pet cat Tinkerbelle suddenly developed a severe systematic infection and died within a few days. She had been my baby for 12 years and I felt we had a very close telepathic bond. In the end she suffered horribly and died before I could make a decision whether to have her euthanized or not. I felt totally helpless watching her suffer, and all I could do was cry and say "I'm so sorry!"

"I'd like to ask Awareness if there is any meaning in the grand scheme of things for this type of animal suffering, particularly when it is a beloved pet? Does their suffering have any karmic reason, like human suffering? Either in general, or in connection to their individual owners? Do we ever have the right or obligation to end our pet's suffering, to "put them out of their misery", and how can we determine what the animal would want or what would be the best decision

for them? This is a difficult situation most pet owners may have to face sooner or later."

#### COSMIC AWARENESS:

This Awareness indicates that there are many who would say you should never put your animal to sleep in euthanasia type actions, saving them from their suffering, because the suffering they endure will actually make them stronger in their next life. The soul will become stronger. This Awareness indicates that this is correct. They do become stronger. Their spiritual growth is enhanced from the suffering they endure.

This Awareness indicates that *It* has mentioned three paths of spiritual evolution: the slowest being that of suffering, the next being that of service, and the fastest being that of alchemy or the changing of consciousness. Since the animal kingdom tends not to be able to have a great opportunity in the changing of consciousness and limited opportunities in the action of serving others, the path of suffering appears to be the most common path available for their spiritual evolution.

This Awareness indicates that in the suffering they become much more acutely aware of themselves for the pain they feel becomes an energy that causes them to become self-aware and they can move from one level of existence as a certain type of animal to a higher or more alert or aware entity in the next life.

You may have noticed that some cats, for example, have very high levels of awareness and act almost humans in some ways, while others are very dull and dense. This Awareness indicates that not only do animals move between lifetimes from low, dense mentality or spirituality, into higher evolved animals of the same species, but some animals, between lifetimes, will make a quantum leap from one species to another.

The rat for example, can move from that of the rat species into a species of the rabbit, and the rabbit can move into a species of the cat, and the cat can move into a species of the dog, and the dog can be very human-like in many ways. This Awareness indicates that the movement is not necessarily reflective of an upward spiral from genus to genus or species to species.

These souls are not complete. The dog, for example, can move to that of a cat, or that of a horse, so that the developing soul of the animal can move into a different species as it progresses spiritually, depending on how high its consciousness develops from its many different experiences.

This Awareness indicates that therefore, there are many who suggest that letting the animal suffer and not taking its life or putting it to sleep to deprive it of the suffering. This Awareness indicates however, *It* also sees that the suffering of animals, while perhaps helping to speed their spiritual evolution, can be very lacking in compassion from the viewpoint of a person who fails to help the animal.

The entity who wants to help the animal but can't, feels that he or she is lacking in compassion. This Awareness indicates that such a feeling that one lacks compassion for an animal could cause an entity to feel extreme guilt so that the owner of the animal who cares about the animal, but cannot do anything for the animal, may feel a guilt that could hinder his or her own spiritual evolution; so that while the cat suffers and

becomes somewhat more spiritually evolved from the suffering, the human experiences guilt and loses perhaps a degree of compassion, and therefore, may lose some of his or her spiritual development in the process.

This Awareness indicates in other words, it comes down to your own feeling of whether you want to feel more spiritual by helping your animal pass over through putting it to sleep to avoid the suffering and making yourself feel better for doing so, or whether you want to let the animal have its natural course of dying uninterrupted.

This Awareness indicates that after the animal has passed over in its natural course of dying, you will also have the opportunity to feel that you suffered with the animal and now the animal has passed over and has grown from the experience and will be better off in the long run for having lived and died in a natural setting, without artificial interruption.

### When a Cat Catches a Baby Rabbit

#### QUESTION:

The other night our cat Wilber brought a baby rabbit into the shop and set it at Vicki's feet, like it was an offering, and the rabbit had been wounded, and we didn't want to return it out to the field, for it would die for sure, so we treated it as best we could and then sent it over to some friend's house who has rabbit cages, and rabbits.

I felt sort of bad because we didn't want the rabbit to die because it obviously hadn't had a chance to experience being a rabbit and running around in the fields in the sun and eating clover, gnawing carrots and stuff, but the rabbit died anyway. And so, was it the suffering that the rabbit went through in that particular case, or similar cases, the brief suffering, I'd say maybe twelve hours, that made its trip on earth worthwhile, or did he get enough just being here for a short time to evolve into a little higher species anyway?

#### COSMIC AWARENESS:

This Awareness indicates the latter. The entity was present for a brief time in the body of a rabbit and it was sufficient for that entity's immediate need.

### ANY HELP FOR TENDONITIS?

#### QUESTION:

A couple of health questions here to wind up this session. Alice E. of New York City asks "Has there ever been any previous reading regarding tendonitis, trigger finger of the thumb or hand? I could not find anything anywhere, and I would only go back for another cortisone injection as a last resort. It worked fine before, but I am back to square one. There must be some other kind of cure, or better yet, prevention recommendation. Anyway, I'd be most grateful if you should have some information on this. It's so annoying and painful."

Does Awareness see any natural remedy or anything that would work for her?

#### COSMIC AWARENESS:

This Awareness indicates that there is seen benefits from the use of pycnogenol in regard to this kind of



problem. It assists also in the flexibility of joints and in helping the skin to become more pliable.

This Awareness indicates there is also seen a combination of herbs in a formula for micro-circulation that is available through an herbalist in Canada named Ahmad who is a master herbalist, whose family has been into herbs for 300 years, and this entity's combination is beneficial to help improve circulation in the extremities and also to help with that which is called arthritis.

This Awareness sees that this substance would also be beneficial for your tendonitis. This Awareness indicates that It also sees benefits from the use of manganese as a supplement and calcium/magnesium combination with magnesium being in greater amount than calcium; this to be used for approximately 2 months.

This Awareness indicates that the alteration between hot packs and cold packs or hot water and cold water is also seen as something that can be helpful in terms of temporary relief when there is pain involved.

### Is There a Remedy for Carpal Tunnel Syndrome

#### QUESTION:

Would this also apply to this last question of Mary A., who writes: "Is there a natural remedy for Carpal Tunnel Syndrome, or numbness and tingling in the hands and arms that can result from repetitive motion from typing or computer use? Can anything be done to heal or strengthen the hands and avoid surgery?"

#### COSMIC AWARENESS:

This Awareness indicates that this can also be assisted by those things just mentioned. This Awareness indicates that diabetics whose toes and fingers and extremities are not receiving sufficient circulation can benefit from the micro-circulatory formula of Ahmad also. This Awareness indicates the problem with this is that it comes in a powder and needs to be put into capsules. Entities could do this for themselves, or Ahmad could have someone do this before sending it out.

The formula was not made for the purpose of marketing. It is simply a kind of in-house formula for friends, but it is probable that if there is sufficient need of this that it would be made available for marketing purposes. This Awareness indicates if a greater market were available it could even be put into tablet form. This Awareness indicates however that it is not in tablet form at present time. It is not a formula that is on the market. It is a formula that with some maneuvers, could be acquired. There is no set price on this at this time.

The Interpreter can make an effort to see what can be done in this regard. This Awareness indicates the Interpreter will, during the midpart of this month, meet with Ahmad and should be able to find whether this can be made available for marketing.

#### CLOSING MESSAGE:

This Awareness indicates that it does appear there can be some benefits in regard to these problems by using calcium and magnesium and manganese; the magnesium and calcium being equal parts or having more magnesium than calcium, and use for approximately 2

months, after which the balance may become greater in calcium if continued.

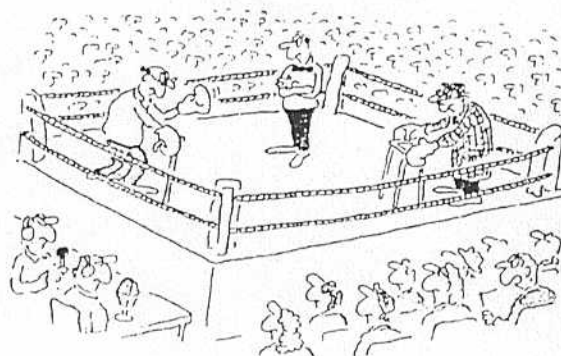
This Awareness suggests that it appears two months should be sufficient to attend the problem. The manganese can be beneficial to the connective tissues and help to enhance the effect of the magnesium and calcium. This may not be as fairly helpful as the micro-circulatory formula, but it does appear that it would be a suitable benefit for these problems.

This Awareness indicates that It sees the greatest benefit from the microcirculatory formula to be in the help of entities who have difficulty relating to their circulation in the extremities. The chelation that cleans the arteries and veins does not have much effect on the capillaries and more fine areas of the circulatory system such as in the toes or fingertips.

The micro-circulatory formula does assist in cleaning these capillaries and circulating the blood into these areas so that entities who suffer from cold fingers or toes or numb fingers or toes and extremities can benefit and receive greater warmth in those areas from the use of this micro-circulatory formula.

This Awareness indicates the Interpreter is seen as attempting to influence Ahmad into making this available to the public; It does see this as a good opportunity for many entities to improve their health in this regard.

Ed's Note: these substances and others which may become available from Ahmad may, in the near future, be available from the Goodship. We will keep you posted.



"I wish boxers would stop coming out of retirement."

### HAS THE YEAR 2012 BEEN MOVED UP TO 1997

( More on the Mayan Calendar and Predictions )

#### QUESTION:

A question from Jon L., in Chattanooga, TN. He writes: "Dear Cosmic Awareness, through Vikki. I love your newsletter so much! I show it to friends. I wait anxiously for the next issue. Your last issue, #459, had a statement by Awareness that our calendar is wrong and that 2012 is actually 1997. I have been keeping up with all the New Age news about the year 2012, the Mayan calendar and how we are all going to be in the 5th dimension by then. That is also what Awareness has been saying.

'My question for Awareness is this: If the year 2012 has been moved up to 1997, will we all move into the 5th dimension by 1997? This is important for me to know, for everyone in Light Work to know also. I teach a class on the keys of Enoch every Sunday and we cover

prophecy among other things, so please let me know. I will bring the answer to class."

**COSMIC AWARENESS:**

This Awareness indicates that this reference was in relation to a question asked which made the statement, and this Awareness acknowledged that the calendar was in error, depending on where you wish to start the counting. This Awareness indicates that the modern Western calendar was revised under Gregory and the Gregorian calendar is that which entities now use, but there were eons of years prior to the Gregorian correction to the calendar of the day and therefore, the Gregorian calendar is essentially an arbitrary calendar, whereby it is likened unto someone who crashes on an island, either from a boat or airplane, and begins counting the days from the crash and creating calendars based on how far from the crash and comparing this to some later date they receive when rescued, finding that the crash date was in error at the time, and therefore, not right, and also perhaps discovering that they forgot to include Leap Year or some other adjustments that had occurred.

This Awareness indicates that the Mayan calendar, being based on a different kind of record-keeping, is that which more or less differs from the record-keeping based on the Gregorian calendar and this Awareness suggests that by the nature of the Mayan calendar, the year 2012 corresponds on one kind of reckoning to 1997 of the Gregorian calendar in such a way that many of the things predicted further down the road actually begin to have a more or less beginning in the earlier times.

This Awareness indicates that this does not mean that the messages given by this Awareness in regard to the year 2012 are going to happen in the year 1997, but rather that predictions based on ancient prophecies that might have related to the year 2012 during an earlier time, such as the prophecies of the various sources.

This Awareness indicates that this appears to be prophecies made from earlier times in this Age of Pisces that would have normally taken place in the year 2012, would be more likely to occur in 1997, and that many of the predictions made by Cayce have been moved up, but it needs to be understood that the moving up of time because of the speeding up of time, many of these prophecies will not occur as literally as earlier intended or foreseen.

In other words, the *Book of Revelation* will not be prophetically manifested with the literal interpretation, but in the moving up or speeding up of time, will occur in a more nebulous, less literal manifesting. This Awareness indicates that in regard to the prophecies of the Mayan calendars, these predictions also will be less literal. Those expectations will not be as pronounced in their manifestation because of time speeding up.

This Awareness indicates in other words, it is likened unto a picture being developed, a film being placed in the developing solution, whereby time has been moved up and entities must be out of the room at a certain time, and the picture not having sufficient time to completely develop before being taken from the solution. This may be said to be a metaphorical or symbolic way of expressing the nature of predictions which are dependent on certain developing factors for their manifestation.

This Awareness indicates it appears the questioner wonders if those things that have been suggested for the year 2012 will occur in 1997, in which this Awareness wishes to clarify that this is not the case in so far as suggestions made by this Awareness about the year 2012, and that many of the predictions based on earlier time-keeping systems will be thrown off to some degree.

- 20. The Gregorian calendar being somewhat in error because of the lack of connectedness to the Mayan calendar, means that these two calendars are not in harmony with each other.

**HOW TO LOCATE BURIED TREASURE**

**( How Dowsing Works )**

**QUESTION:**

Another question from JD. "My friend Steve, in West Virginia, buried his valuables in non-metal water-proof containers on his land four days before he was killed in an accident and before he had a chance to tell his family, where they were located. Could these containers be located via dowsing the land, or on a map by a good psychic?" she asks, "or any other ideas? Poking holes into the ground six inches apart is possible, but extremely time-consuming."

**COSMIC AWARENESS:**

This Awareness indicates that a good dowser should be able to locate these containers. Also, if there are by chance gold or coins in these containers, they could be located through metal detectors. This Awareness indicates that the use of dowsing is not simply for water. A good dowser can locate where something is placed because it is an action of the mind more than just an action of water influence on the dowsing sticks.

The water does not actually influence the stick. It is the consciousness of the dowser giving it the instructions to locate water that make the sticks move. This Awareness indicates that of course, one should not become greatly discouraged if the first few efforts at dowsing do not locate the containers.

This Awareness suggests that the best approach would be to walk along the areas where you would think the containers would be likely placed, using the dowsing sticks, and when they cross and it appears there is something there, place a marker, then walk on and locate other potential spots and place markers around on the property, then go back later and do your digging.

This way, you do not necessarily break your train of psychic concentration or get discouraged when you fail to dig for it and find it the first time or even the second time. This Awareness suggests that there is a chance you might end up with a dozen markers, but there is also a very good chance that in finding these positions, one of them could contain the substance you are looking for.

This Awareness suggests the first approach would be to try the metal detector in hopes that there is gold or silver or metal coins somewhere in the containers that would show up on the metal detector. Also, this Awareness suggests you try to think like the entity who would be planting these containers and attempt to tune in to his mind or consciousness and guess where he would likely place these on the land.

For example, it is not likely that he would place these in brushy areas where the brush has not been disturbed. It is likely that he would be off of any beaten path, but near to a path where he could easily get to the area and not lose track of it through underbrush or overgrowth of vegetation.

It would be likely for him to have placed these things near some kind of marker. This Awareness indicates that given some thought, it should not be too difficult to locate these for a good dowser.