Revelations of Awareness

The Cosmic Newsletter

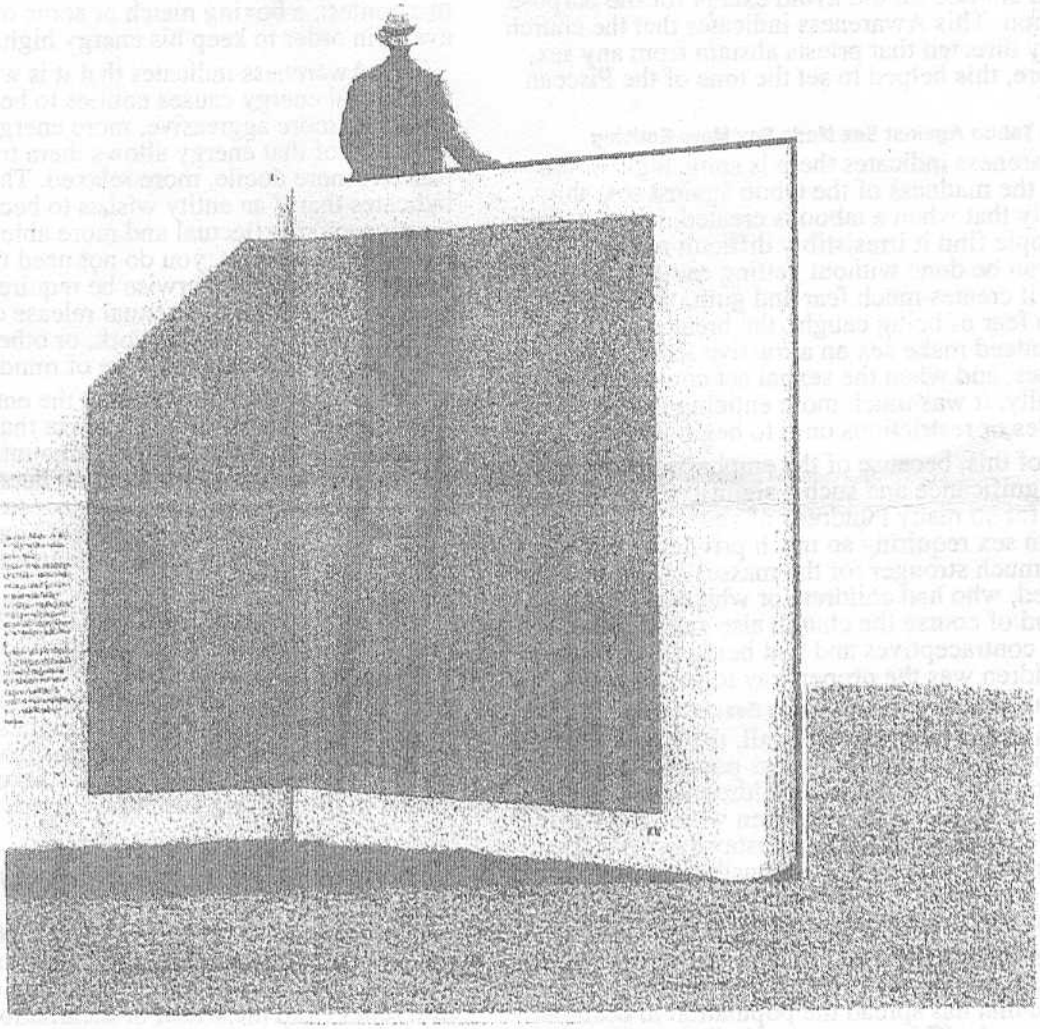
FAX: 360-352-6294
INTERNET: CosmicComm@aol.com

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

Celebrating our 26th Anniversary

98-4 Issue No. 498

$3.00



INDEX IS ON PAGE 9

Cosmic Awareness is now Requesting Your Personal Questions

Such Personal Examples can Illustrate the Universal Principles Underlying the Lessons of Enlightenment

Copyright 1998 by Cosmic Awareness Communications & the Aquarian Church of Universal Service. Reproduction is permitted but no alterations may be made without express permission

THE RELIGIOUS TABOOS AGAINST SEX

OPENING MESSAGE: (5/2/96)

This Awareness indicates that in a reading of yesterday, this Awareness discussed sexual energies. There are two points further that this Awareness would like to discuss in regard to this because it is something that needs further clarification and was not thoroughly discussed in the reading yesterday. This Awareness indicates this has to do with energies and the taboos that were given against sex as a traditional and historical religious action.

This Awareness indicates that down through the past two millennia there has been considerable amount of information giving the impression that sex is a taboo thing which entities should avoid except for the purpose of procreation. This Awareness indicates that the church has strongly directed that priests abstain from any sex, and therefore, this helped to set the tone of the Piscean Age.

The Taboo Against Sex Made Sex More Enticing

This Awareness indicates there is some logic or reason behind the madness of the taboo against sex; this being mostly that when a taboo is created, it generally is broken. People find it irresistibly difficult not to break a taboo if it can be done without getting caught. Therefore, while it creates much fear and guilt, which is to a great deal a fear of being caught, the breaking of the taboo did indeed make sex an attractive temptation for many entities, and when the sexual act could be conducted legally, it was much more enticing than if there were no rules or restrictions on it to begin with.

Because of this, because of the emphasis on sex being of such a significance and such a significant act being a focal point for so many hundreds of years and the right to indulge in sex requiring so much privilege, it made the sex act much stronger for the masses of people who were married, who had children, or who could have children, and of course the church also suggested that there be no contraceptives and that being fruitful and bearing children was the proper way to go.

The Two Real Reasons for a Sexual Taboo

This Awareness indicates all in all, the whole purpose of the taboo was number 1) to focus people's consciousness on sex, so that more children would be born; and number 2) to keep these children within the families and not have them become mere castaways from street sex, from parents who were irresponsible, or who would not take responsibility for the children. These were the two reasons for the taboos and the rules around sex.

This Awareness indicates that it has led to the population boom that has occurred since the beginning of the Piscean Age that has spread the population to become trillions of people. This Awareness indicates that this in the Western World, where the influence of Christianity has been strong. This has been a way by which most of the newborn would be involved in a religion, family based on the rules that were prevalent, taught by religion. It would help to keep them into the religion so that there would not be all these fatherless children running around without their family religion.

This Awareness indicates in the other areas of the world where the Christian taboos did not have such an influence, there were other cultural means of dealing with the newborn children, such as parents selecting the marriage partners for their children even while their children were still toddlers. This Awareness indicates that these populations also grew, possibly even more prolifically than in the West.

All in all it was planned in the West to create a taboo that would keep the newborn children in families that could be controlled by the religion and allow the religion, in that way, to have a continued place in the lives of most Western families.

Conserving Sexual Energy Before Sports Events

This Awareness indicates that another point this Awareness wishes to make in regard to sexual energy had to do with the depletion or conservation of the energy, and this Awareness wishes to point out that if one depletes one's sexual energies, then much of the strength or energy an individual has becomes weakened. This Awareness indicates it is a common understanding that when training for a boxing or sports career or match that the participant should avoid sexual activities prior to a contest, a boxing match or some other sporting event, in order to keep his energy high.

This Awareness indicates that it is well understood that sexual energy causes entities to become more assertive, more aggressive, more energized, and the depletion of that energy allows them to become more passive, more docile, more relaxed. This Awareness indicates that if an entity wishes to become more creative and intellectual and more able to communicate and negotiate things, you do not need the high yang-type energy that would otherwise be required for physical contests, and therefore, sexual release can be beneficial to negotiating or creative work, or other similar activities that require a relaxed state of mind.

This Awareness indicates that the entities understanding this should then recognize that when there is something requiring enormous amounts of physical energy, the conservation of sexual energies becomes important. It becomes important not to release these energies to weaken one's initiative or assertiveness, because the initiative and assertiveness are important to the purposes at hand.

This Awareness indicates that once this has occurred, then it may be of similar importance to release the energies because you do not want someone who is too aggressive, too assertive, too forceful being involved in a situation that is requiring sensitivities and relaxed behavior. This Awareness indicates that these are the two points this Awareness should have discussed further in the reading yesterday. It was not fully clarified.

The Wheel of Karma: Is There Ever Any Relief?

QUESTION:

A question from JD in New York. "It is all but impossible to avoid creating karma while incarnate, and one must incarnate to balance karma. How does one ever gain relief from the wheel of incarnation?" she asks.

COSMIC AWARENESS:

This Awareness indicates that there is a matter of balancing negative karma and good karma for one thing. The good karma being that which can more or less nullify the negative karma, so that although you may owe something to someone in a karmic sense, you have also made up for that debt by giving good karma to others.

Someone Who Owes You Karma Could Pay Off Your Karma Owed to Another

This Awareness indicates that this may not necessarily clear the karma with the first person, but it may allow for you to go on to other experiences and repay that other person at some other time, or it may make it so that because your good karma has grown abundant, that someone else who owes karma to you, could pay the karma you owe to the first person.

This Awareness indicates that there are ways whereby entities, through the **Law of Grace** which makes use of such adjustments, can allow you to move on beyond the wheel of birth, death and rebirth.

Do Universal Vibrations, Sound and Light Go With All Entities at all Times?

(How to Attune to Another Frequency)

QUESTION:

A question from Terry T., Scottsmoor, Florida. He writes: "There is an exactness in this universe. It seems to be tied to vibration and sound. The awareness of these qualities in every day life could change one's life forever, I have found. I find it most interesting that the qualities of vibration, sound and even light, surrounds each of us in exacting quantity and quality. Those whose peer are able to see and experience the qualities thereof; even they experience it in varying degrees. Man has always wondered what sets him apart to be blessed or not blessed. "Why not me?"

"It would seem that the answer lies in the question. Their awareness excludes them from what they seek by virtue of their acknowledgment that they are not part of what they seek, where instead it would seem the solution to their problem is quite simple: the realization that they already 'are.'

"Does not the universal vibrations: sound and light, go with each soul every second of their life?" he asks. " Is not the answer to their problems but a song away from their fingertips?"

COSMIC AWARENESS:

This is in the affirmative. This Awareness indicates this entity has the understanding of how things are. This Awareness indicates that the vibrations and frequencies are everywhere present within the universe, but the individual may only be attuned to a certain small narrow band of frequencies, likened unto the entity who tunes to a particular radio frequency and knows no other.

It may be that the radio has countless stations and countless frequencies that could provide enormous amounts of entertainment, information or beautiful music, but this entity's radio for some reason is never turned and always stays on the same channel which simply picks up a local discussion at a local tavern in a local area, and this entity knows no other reality, because his vibrations are attuned only to that one short-wave radio or CB radio at the local tavern.

This Awareness indicates it is very sad that the entity does not realize there are so many other bands, so many other frequencies that could be contacted or tuned into, if he simply had his radio working better and made use of all the choices available. The entity might be searching for something, searching for information, but is searching in the wrong place because he is tuned into the wrong frequency and may never find what he searches for.

This Awareness indicates another entity may have the ability to switch channels, switch frequencies and attune to the higher Divine Frequencies or attune to frequencies of great joy and bliss, or attune to frequencies in which there is much information made available, or many different dimensions, which the entity could explore, and this entity may be thought of as very lucky by the first entity, but maybe it isn't luck. Maybe it isn't good fortune. Maybe it is simply that the entity has the realization of how to turn the channels, change the frequencies, explore the various frequencies. Perhaps your radio isn't broken. Perhaps you just haven't realized there is a knob that allows you to change frequencies, if you only knew there were other frequencies to turn to.

How to Turn to Another Frequency

This Awareness indicates that you turn to a frequency by visualizing what you want and focusing on that. If you can imagine something of great divinity, of great beauty, of great harmony, and attune to that harmonious feeling, you have thus, in the process, changed your frequency. But you cannot simply glimpse it and expect to have it with you all of the time. Like other things, you have to attune and hold the attunement until you have dwelt in that attunement long enough to feel comfortable. Then you can remain there indefinitely or for greater periods of time.

This Awareness indicates many entities want to be able to tune to higher vibrations, but they don't want to have to do it themselves. They would like someone else to do it for them. They want it to be likened unto the television set wherein they say, "Turn to channel 42!" and have it done. This Awareness is reminded of the entity who once sent in for a reading from this Awareness and his first question was: "I want instant and total salvation and total enlightenment and I want it now! And I don't want to hear *how* to do it, I want it given to me now!"

The Purpose of Being Embodied Is to Pursue Spiritual Growth

This Awareness indicates the entity was expecting that for the price of his reading he would have everything that his lifetime was intended to pursue. The purpose of being embodied is to pursue spiritual growth, but this entity didn't want to put forth personal effort. He simply wanted Awareness to give it to him free of any effort on his part, and there are many entities like that.

It is somewhat different from changing channels in that 'you' are the instrument and you have to attune to the channel you seek and hold the attention and focus on that channel so that it becomes comfortable, so that you become used to it. It is likened unto training a muscle, to tune in to that particular frequency or channel. If the muscle has never been stretched to that point before, then you may only glimpse it briefly in your attunement, but if you continue to work at it repeatedly, each time you will be able to attune more clearly, attune more precisely and with greater ease until it becomes comfortable for you.

Then you have escaped the old channel of the local tavern that was so familiar to you, and now you are into another frequency, another place in consciousness that becomes relatively familiar, and the more you dwell there, the more easy it becomes so that it eventually is like your second home. And from there you may find it possible to imagine something even higher, even more spiritual or more evolved, so that you can make your next jump into still a higher frequency and become again another voyager into higher vibrations so that you stretch those psychic muscles again by repeatedly visiting those higher psychic vibrations.

When You Discover The Meaning of The Christ Consciousness

Gradually, in this way, you raise yourself from one level to another and still to another, gradually growing in your attunement to the Divine. At some point, when you have attuned to Divinity, you can truly say, "At this moment I am one with the Father," then you will know the meaning of the Christ Consciousness.

This Awareness indicates that it may not be your fate to leap into that once and for all. It may be that you just briefly touch on union with the Divine, but once it has occurred, then you know it can occur again and again and again, and each time it becomes easier, and each

medical newsletter for an alternate and self-administered medical techniques by Dr. Julian Whittaker, 7811 Melrose Road, Potomac, Maryland, 20854. He praises vanadyl sulfate which is sold over the counter as a cure for insulin depletion which results from excessive urination and causes 90% of the cases diagnosed as diabetes.

"He says it is a safe replacement for insulin in those 90% of cases. You might try it. It can't hurt if you are "borderline" diabetic and not taking insulin." And I'd like to ask Awareness : Is that information correct?

COSMIC AWARENESS:

This Awareness suggests that there is validity given the vibratory rate of this specific substance, and that certain experimental testings within individual entities can allow them to know whether this substance can benefit them or not. This Awareness suggests that there is a caution involving over-utilization of this substance, in that it has an effect upon another organ system which, if used in excess, can produce significant side-effects, affecting the kidneys.

This Awareness suggests that if used sparingly, and conservatively, that this substance can be beneficial and supplemented also with additional citrus, it can be of benefit to the population described.

If we have completion we can continue.

Awareness is Pleased

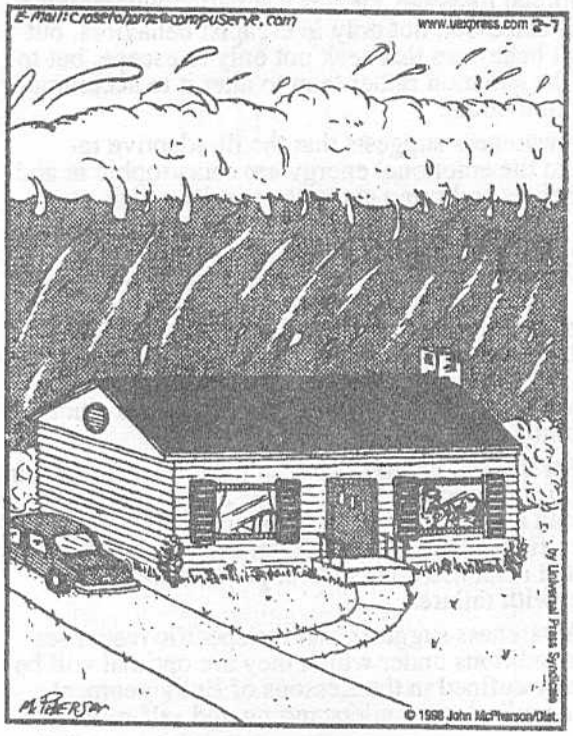
(But Don't Step in Rufus' Dog Manure Again, Avaton!

CLOSING MESSAGE:

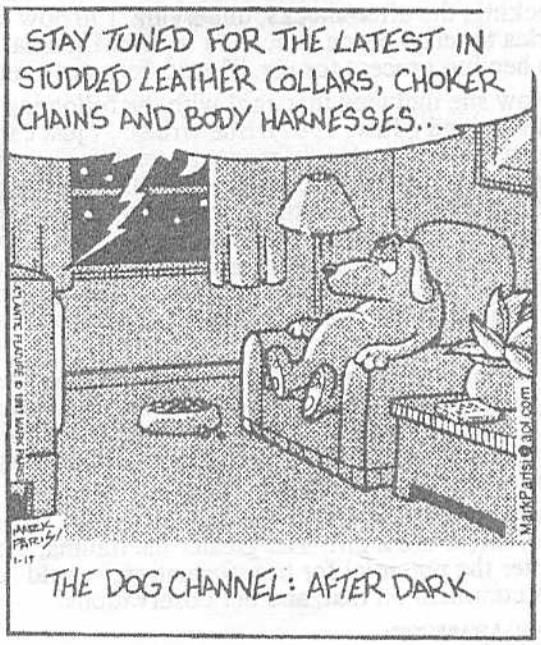
This Awareness is pleased with the reception and the broadening of the so-called portal of energy which has vacillated from narrow to broad on many occasions throughout the career of Grace as Interpreter. That this is greatly facilitated by belief structures and shifts and the reduction of limiting mind-sets on each party involved.

This Awareness suggests, however, that there be no further distraction such as that experienced this evening. We have completion.

We will not bring the Interpreter up.



"Well, this whole *el niño* thing sure turned out to be a crock! So it's three degrees warmer than usual. Big deal!"



LESSONS OF ENLIGHTENMENT NOW ON THE INTERNET FREE OF CHARGE.

All entities using the World-Wide Web are invited to download and study these important lessons and share them with others. Be a part in the alchemy of changing the old consciousness to the new and help bring forth that "new Being" which has been prophesied. These on the CAC Home Page Web Site, which is:

members.aol.com/cosmiccomm/cachome/cac.html

THE KOBE, JAPAN EARTHQUAKE AND THE LESSONS LEARNED

QUESTION:

We received a letter from Barbara Cooney, who teaches English in a University at Kobe, Japan, and who was there at the time of the earthquake in April of '95. At that time we contacted Chris Locke, who is another of our members living in Kobe, based on the news of this disaster, which seemed that it had totally wiped out the city.

We heard from him (he survived) and we asked if he would check on her, and gave him her address. Now, in with this letter from Barbara is a post-card dated April '95, with no address. I'd like to read this, and then her comment in the new letter, because there's a question in it. She writes:

"Dear Vicki & Avaton: Chris Locke telephoned and expressed your concern. I'm sending 'Quake Cards' to reassure all those concerned of my well-being.

"The characters symbolize disaster (the quake card has an interesting design on it that symbolizes disaster) and could you ask Awareness for any interpretation that may be available? Such a rich, sophisticated city reduced to Third World status in 20 seconds. The worst aspects was being alone in the chaos, panic, disorganization in the quake's wake.

"I evacuated on Day 5, amidst rumors pending of landslides and flu epidemics. I'm currently fine outside

of Kobe. I returned twice, but still the devastation is shocking, the after-shocks, unnerving. I'm now in Africa to teach peace education in rural Uganda, which is a healing process for me. Thanks for your concern."

Now she included that card with the following letter just received (July, 1997). She writes: "I just came across this Quake Card I meant to send to you after our earthquake more than 2 years ago. I didn't have your address with me in South Africa so I never mailed it. Thank you for sharing your experience during your severe storms, (which was the ice storm this January). I like to know where people experience trauma. I have an immediate connection with feelings of empathy and compassion.

"Remember, the experiences are a gift. The greater the trauma, the greater the potential for transformation. Isn't it so? We still have occasional after-shocks and many, many empty lots and of construction, daily reminders that life **does** go on."

And my question was: Her statement that "These experiences are a gift. The greater the trauma, the greater the potential for transformation;" could Awareness comment on that, and her observations?

COSMIC AWARENESS:

This Awareness suggests two separate strands of thought regarding this situation. The first in that the catastrophic experience of the earthquake in Kobe was in fact symptomatic of the repressed Will Energy of entities in and around that community and of that culture, united by the belief system which subordinates the needs of the individual to the needs of society.

This Awareness suggests that in Japanese culture, the expectation is such that individuals are encouraged to conform to the social dictates to a much higher degree than the individual spirit can allow. The strategy satisfies the needs of the spirit for connectedness and for social cohesion, but at the same time frustrates the needs of the individual to develop and express that unique potential to accomplish the value fulfillment of the spirit in physical form.

This Awareness suggests that the repression of the individual Will Energy without the understanding and the acceptance of the dissonant feelings of individual entities whose social conformity creates a frustrated spirit; that these energies, these emotions, not being identified as the information bearers, which are meant to elicit responses in the individual, which contribute to the social expectations whereby the individual needs for development and expression can become valued; this has not occurred, and that the frustrated Will Energy instead manifested in social phenomena, in individual phenomena, and in physical phenomena such as this particular catastrophic event.

This Awareness suggests that the second line of insight to be gained is related to the first, in that the degree of the catastrophe is related to the degree of wisdom which can be mined from a given experience. This relates specifically to the feedback system in which entities experience the greatest amount of emotional dissonance, of the feelings of fear, of the feelings of anger. This Awareness suggests that the greatest intensities relate directly to the most debilitating and limiting ideas and belief systems with which the entity has subscribed and applied conscious Will Energy, whether or not the intention was in fact conscious, or the learning was part of an early indoctrination, yet unexamined by the individual.

Suffering is Necessary for Enlightenment is Not Valid

This Awareness suggests that this principle underlies the distorted image and dogmatic assertion that suffering is necessary for enlightenment in that the dissonance created serves as a symptom and information provider through which enlightenment and creative corrective actions shall result.

This Awareness suggests that entities are not presently attuned to this informational system, and that a predominance of escapist behavior replaces the corrective behavior that the emotion motivates. This Awareness suggests that avoidance activities, strategies that basically deny the feelings, create more and more blocked energy surrounding the belief system, wherein events will be attracted which will bring about its discovery and release with ever more powerful catastrophic results, if the early initial minimal impressions are denied.

This Awareness indicates that such denial allows for the continuing of the building of pressure within the system, in such manner that personal, social and physical catastrophe can be created by the very Will Energy that seeks expression to bring about the discovery of the limits they have inadvertently placed upon themselves.

This Awareness suggests that intensity, however, does not equate with piety and that the more natural course would be the identification of the information contained in the emotional feedback, while the levels of intensity remain reasonably innocuous.

This Awareness suggests that the normal, natural level of sensitivity has become a rarity due to the many strategies of denial and systems of belief that protect entities from those situations, both psychologically and physically, that avoid the extraction of negative feelings, such that there is a numbness created to this particular sensory pathway and that stronger and stronger emotional impressions are necessary to capture the attention and elicit the corrective response.

This Awareness suggests that the more energy invested in the feeling and the less understanding of the informational message, creates a situation whereby the energy is acted out, not only in escapist behaviors, but in violent behaviors that seek not only to escape, but to destroy the situation rather than to alter it to accommodate the individual.

This Awareness suggests that the ill-adaptive responses to the emotional energy are catastrophic in and of themselves and bring about the results which can serve to identify the strategies, if such actions are analyzed and understood. This Awareness suggests entities become attuned to their own level of self-honesty as it pertains to feelings, as it pertains to situations that they may be avoiding, wherein there is a reasonable expectation of fear, of anger, of envy or guilt, such that the situations themselves are avoided rather than the understandings that the avoided emotions should bring about.

This Awareness suggests that such denial is, in fact, in direct opposition to this Awareness , and that there is widespread abuse of the denial strategy, which has a very specific place in the emotional system, but exists as a last-ditch response after several previous responses have met with failure.

This Awareness suggests that the specific responses and the conditions under which they are optimal will be specifically defined in the Lessons of Enlightenment, but that a preliminary understanding and self-reflection

regarding denial, and the level of self-honesty entities operate upon, shall be subject to great scrutiny.

If we have completion we can continue.

Carrying Trauma "as a Gift"

FOLLOW-UP QUESTION (VIKKI):

I wonder if Barbara's observation of carrying trauma as a gift might relate to the degree of structure that the trauma knocks down. It makes it an opportunity to rebuild without the bad parts of the structure that **were** there.

COSMIC AWARENESS:

This Awareness suggests this is an excellent recapitulation of the breaking down of belief systems and of physical vestiges of social systems that represent limitation in such manner that a renaissance and a rebuilding can resume, and that negativities are not included in the future floor plans. However, if the association is not made between the symptom and the belief, then the edifices will be resurrected with the inherent flaws for subsequent disasters to continue to plague the inhabitants.

If we have closure we, can continue.

WHAT EXACTLY IS "DOWSING?"

(And Can it be Used to Contact the Higher Self?)

QUESTION:

A question from Lloyd K., in Vermont. He writes: "In looking over my past issues of Revelations of Awareness in the 1977-1993 index of subjects, I could not find any reference to the subject of dowsing. Also, in issue 88-2, the introductory subject is titled "Talking to God With your Computer," the response from Awareness suggests that a computer can be used as a sort of an electronic Ouija board.

"My personal definition of "dowsing" is that it is a psychic activity exercised through the use of an instrument, i.e., a dowsing rod or pendulum. Based on this presumption, my question to Awareness would be: Could you please explain what dowsing is? How it works, and can it be used for contacting the Higher Self, and as a precursor to automatic writing?

"If so, what should be our attitude to approaching this subject? I am a member of good standing in the American Society of Dowsers. Their headquarters is in Danver, Vermont. I was the founding president of the Virginia Blue Ridge chapter, and I have had an interest in the subject for many years. I've always felt that it was an activity that many people, especially children, could relate to and practice without difficulty. Thanks for your attention to the above," he says.

COSMIC AWARENESS:

This Awareness suggests the questioner has a fine attunement to the mechanism and the understanding of the process described as 'dowsing'. This Awareness suggests that in a general sense, any mechanism, be it a dowsing rod, a pendulum, a Ouija board, a Tarot card, TV's, a crystal ball; any particular vehicle through which an entity can access the Universal Consciousness is in fact of this category described as 'dowsing'.

This Awareness indicates that experiments and successes in using an intermediary device such as any of those described, can be a precursor for a more clear and direct channel to Universal Consciousness. This Awareness indicates that the entity, the questioner, is also accurate of his depiction of dowsing as a precursor to automatic writing, although in essence, a pen, a pencil, a computer, is yet another instrument through which Universal Consciousness is accessed by the individual.

How to Use a Computer for Automatic Writing

This Awareness suggests, however, that the computer is a particularly well-suited instrument for such purposes due to the efficiency and expediency involved in the creative accomplishments available to systems presently. This Awareness suggests that the questioner and any other entities interested in experiments in experiencing the phenomenon of dowsing through automatic writing, to sit down at the computer console in a quiet room with no distractions and allow the mind to wander, allow the mind to wander away, to find refuge in the far corner of the room, where it can take a nap and allow for a more direct intuitive communication between Universal Consciousness through the individual consciousness, presenting through the dexterous manipulations of the keyboard, and the manifestation of words and concepts and fluid thoughts upon the screen and ultimately in printed form.

This Awareness suggests that such an exercise can be beneficial to entities interested in embarking upon the journey to self-awareness, and that this particular channel is already utilized by the Interpreter Grace regarding the delivery of the Lessons of Enlightenment.

This Awareness suggests the entity Grace will communicate certain experiences regarding this channel, and regarding the delivery of the lessons and how this work relates to the verbal channel she experiences presently, so that individuals can resonate with their own abilities and benefit from her experience, and from it, to gather the courage for such experiments in consciousness which will ensure them of their Universal Connectedness and individual accessibility to the Universal Consciousness and to this Awareness and to every aspect of All That Is.

–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 or $12 quarterly
FAMILY: $52 per year or $20 quarterly
CONTRIBUTING: $77 per year or $25 quarterly
SPONSORING: $144 per year or $40 per quarter
BENEFACTOR: $500 per year or $150 per quarter
PATRON: $1000 per year or $250 per quarter
ANGEL: $5000 per year or $1500 per quarter
LIMITED INCOME: $30 PER YEAR OR $9.00 QUARTERLY