day, the emotional climates will dovetail with such mass-illness, plague and death.

This Awareness suggests that what has been attributed to medical technology can more appropriately be defined and credited to the expansion of human consciousness and the liberation of spirit which has just begun.

If we have completion, we can continue.

Do Dogs and Cats Reincarnate Into the Same Family Circle?

QUESTION:

A question from Joan Mills, in Calgary, Alberta. She asks: "Do dogs and cats, similar to humans, reincarnate into the same circle with those whom previous contact or incarnations was activated? For instance, a previous pet passed, then later, another obtained which had similar qualities to the previous one who passed."

COSMIC AWARENESS:

This Awareness suggests that this is in the affirmative, given that it is within the capacity of spiritual choice to embody any such form for specific reasons. This Awareness suggests that in this specific example given, that there was an energy balance between the entity and the pet described, and that the spirit within the pet was in fact a counterpart of an entity within the psychic family who sought to provide spiritual resonance through the animal form and connection with this entity in order to act as a strength to carry this entity through some challenging developmental tasks necessary to obtain progress along her Destiny Path.

This Awareness suggests that when the life span of that species had expired, that the entity had not yet fulfilled and completed the task in the role of spiritual companion and reminder of the resonance and connection of everything within All That Is, such that the choice was made to return in a similar capacity in another form.

Great World Leaders Can Come Back as a Worm

This Awareness suggests that contrary to certain limited beliefs, there need not be a hierarchy placed, or evaluation placed upon physical forms, be they flora or fauna, and that wise and sage spirits can be great world leaders and choose the incarnation of a lowly worm shortly thereafter, or simultaneously in non-physical terms, such that the breadth of spiritual experience in the physical form is impressed more fully and completely upon that specific spirit, and indeed upon the experience of All That Is.

If we have completion we can continue.

"THE MICHAEL TEACHINGS"

QUESTION:

A couple of questions from James Cisney, Berkeley, California. He writes : "For the past 10 years I have been studying a spiritual discipline called the "Michael Teaching." This is a channeled teaching purported to be the expression of a composite of many entities who had prior lives on earth and have now coalesced on the causal plane as a single entity.

"I have two questions about this teaching: 1) Does Awareness see that this as a valid teaching containing useful and accurate information?"

COSMIC AWARENESS:

This Awareness suggests there is indeed useful and accurate information if entities can decipher the metaphor contained within the delivery, style and format of this particular entity. This Awareness indicates that this entity is particularly suited to a given set of beliefs and world views which are receptive to the metaphoric nature of the information.

This Awareness suggests that there are many such messengers delivering bits and pieces of insights which knit together providing understanding of the nature of humanity, of the essential necessity for balance between mind and spirit and how spirit effects this balance through the feedback of human feeling adjudicating experience, weighing it against the expectations and beliefs of mind.

This Awareness suggests there are many such concepts which lead to these united understandings now put forth in the *Lessons of Enlightenment.* This Awareness suggests that certain aspects of this messenger and his style and format appear to specific manipulations within mass-consciousness which in fact can water down the metaphoric value and lead entities to wrongful conclusions and dis-empowerment.

This Awareness suggests that there are many such situations arising from similar messengers bearing similar messages which are intended ultimately to allow the entity to recognize that individual empowerment does indeed spring from within, often times recognized only following the depths of despair and fear and anger that spiritually spring from the ideas and beliefs that one can be manipulated and dis-empowered by external sources.

This Awareness suggests that this cautionary tale has already been told with sufficient repetition that it can be released for the Empowerment and the Enlightenment is now upon humanity.

]If we have completion, we can continue.

Soul Differentiation and "Overleaf Selection"

QUESTION:

His other question is: "This teaching describes a process where the soul, at the moment of its "birth" takes on certain characteristics that are comparable to archetypal roles like warrior, king, scholar, artisan, server, priest, and sage, and that in addition to these roles, the soul chooses specific "overleaves" for each incarnation.

"I would like to know if Awareness concurs with this understanding, and whether Awareness might expand upon these concepts of soul differentiation and overleaf selection from *Its* perspective."

COSMIC AWARENESS:

This Awareness suggests that this can be likened to the individual apportionment of Spirit into each and every entity, human or otherwise physical form that indeed exists throughout the universe, in the grandest sense, and in a more focused individual sense, this description can accurately reflect an individual spirit or entity or soul, if you will, deciphering how best to divide the energies to best accomplish the Destiny Path.

This Awareness suggests that once removed from limitations of space/time understanding, that entities can understand how multiple incarnations can facilitate the evolving consciousness from past, from present and from future in the overall moment of Now. This Awareness suggests that as entities entertain concepts of past lives, wondering who they might have been, that it would be more productive to attune to the inner intuitive connections that still exist between incarnates past, present and future, and that is what can be described as overlays.

This Awareness requests a repeating of the question.

QUESTIONER

This teaching describes a process where the soul, at

the moment of its birth, takes on certain characteristics that are comparable to archetypal roles, like warrior, king, scholar, artisan, server, priest and sage, and that in addition to these roles, the soul chooses specific "overleaves" for each incarnation.

I would like to know if Awareness concurs with this understanding, and whether Awareness might expand on these concepts of soul differentiation and overleaf selection, from *Its* perspective.

COSMIC AWARENESS:

This Awareness suggests that the concept described as 'soul differentiation' as occurring at the moment of birth, can be more aptly described as the selection of the unity of various archetypal experiences which in their totality can best fulfill the Destiny Path of the spirit in question.

This Awareness suggests that this in one sense does indeed occur at the moment of birth, but it also occurs at the moment of death, at the moment of every moment in between the two points of existence, for from the perspective beyond space/time that moment is Now.

This Awareness suggests, however, that a better understanding might be described as: 'This planning process occurs in an alternate state of consciousness, before the entity is mired within the limitations of the physical realm,' and this Awareness forgives or regrets the use of the word 'before' for it connotes time, yet in this case, it is the most appropriate term.

This Awareness suggests that such archetypal categories as described provide overall experiences which can provide balance, continuity and completion to the evolution of mind and the expression of spirit. This Awareness suggests that for every leader exists a counterpart follower; that for every rich man exists a counterpart poverty-stricken entity; that for every entity with great beauty exists the counterpart physical anomaly, such that each, not only archetypal experience, but each and every experience can be accepted within the expansion of All That Is.

All Entities Can Access the Monster or the Evil One

This Awareness suggests that within the fiber and intuitive capacity of each and every human being there exists access to the experience of the rich man, of the sage, of the poor man, of the monster, of the evil one. This Awareness suggests, however, that as archetypal experience, the evil one exists mostly within the realm of human consciousness, although it has become an enduring archetypal figure within physical experience due to the continuing misunderstandings and limitations of belief, which allow the very essence of human nature to act within self-preservationary, reactive, violating responses unworthy of the spirit within, which experiences continual frustration due to such limitation.

This Awareness suggests, however, that as the consciousness expands, understandings and changes will occur within the archetypal figure of the evil one. In general, the concept of evil will change the world over, as entities begin to experience the compassion for the ignorance, the forgiveness for the mistakes of their forefathers, and of those who provided guidance, however misleading and limiting; that as such consciousness evolves, so will correspondingly, the archetype experiences recognized within mass-consciousness.

If we have completion we can continue.

IS 1998 THE YEAR OF THE ANTICHRIST?

(DID NOSTRADAMUS PREDICT SADDAM HUSSEIN

QUESTION:

A question from Roger Oomkens, in the Hague, the Netherlands. He writes: "The Russian Orthodox Church and the anthropological movement have stated that 1998 is the Year of the Antichrist, the 666, possibly signifying a negative event for humanity in whatever form. There are supposed to be three Antichrist entities in the last 200 years, namely Napoleon, Hitler and possibly Saddam Hussein.

"If the military operations around Iraq backfire, it could mean the starting point of a future global war, could it not?" And he asks: "Could you query Awareness about this so-called Year of the Antichrist?"

COSMIC AWARENESS:

This Awareness suggests that this prediction is the vestige of an earlier prediction from the entity known as Nostradamus, wherein a *probability* was perceived in ancient times, relatively speaking, when this entity predicted events which could be described as a third World War, wherein an Eastern nation, specifically identified by its religious traditions and production of oil, would be teamed with the Soviet Union, wherein a superpower likened to match the American superpower could indeed engage in conflict of epic proportion.

World War III No Longer an Empowered Probability

This Awareness suggests, however, that sufficient evolution of consciousness, active evolutionary responses of human beings and through expressions of light, alterations to the existing patterns and trends and probabilities reduce the energy of this probability which had been substantial nearly 40 years ago, to the point at present where it is no longer an empowered probability.

This Awareness suggests that the Reagan era efforts to overpower and coerce and economically incapacitate the so-called 'evil empire' of the Soviet Union was inadvertently successful toward channeling more enlightened energies from within the consciousness of many far more enlightened entities, perhaps profoundly opposed to the intentions of the activities of the approach of the building of weaponry and the machismo stance of competition and aggression.

This Awareness suggests that energies from inhabitants of individual communities comprising the Soviet Union itself, harboring intense emotion and Will Energy regarding the Soviet Union itself, with entities forced to comprise the fabric of this society, yet who spiritually opposed the disintegration of the unique identities, cultural traditions and destinies; that the very energies of these entities, in addition to positive energies toward enlightenment, facilitated the outcome of perhaps politically misguided activities, to accomplish a beneficial retraction of energy from the scenario of superpower against superpower.

Saddam Hussein No Big Threat Since Soviet Breakup

This Awareness suggests that as the entity Saddam Hussein affects this balance of energy, that had the Soviet Union retained their unity and their strength, had the fabric of the peoples been happily united in the singular goals, that the conflict at present with the entity Hussein may in fact be escalated quite profoundly due to the union between this entity and the Soviet Republic.

This Awareness suggests, however, that since sufficient energy has been retracted, *alternate probabilities* are unfolding and that a more wholesome global community has arisen wherein certain workable tenets of the American superpower such as freedom, freedom of thought and action and manifest destiny, and to pursue happiness, fulfillment of spirit, have become tenets embraced in expanding amounts throughout the global community. This is not due to the fact that the American community is superior, for in many ways this community is severely limited, yet the tenants of freedom, equal opportunity and pursuit of happiness

resonate within the spirit of each and every entity, regardless of cultural tradition, for they are aligned with spiritual intention, and it is due to the wisdom of the Forefathers of the government of the American Community that these universal spiritual necessities became instilled within American culture, and ultimately, as communication networks expanded and isolation becomes a vestige of the past; that entities, regardless of existing traditions of thought, resonate to the concepts of freedom, of equal opportunity and pursuit of happiness, wherein the door has been set ajar to usher the conscious enlightenment and empowerment which is now at hand.

If we have completion we can continue.

WILL THE NEW EMPOWERMENT BESTOW PSYCHIC ABILITIES?

QUESTION:

A Question from Jack Manuel. He writes: "The individual empowerment which is indicated by Cosmic Awareness through the Interpreter Grace; does this empowerment also mean, among other things, that entities will start having abilities known as Psi Phenomena, like telepathy, precognition, past-cognition, psychokinesis, clairvoyant perception, clairaudience, clairsentience, materialization and dematerialization of things, potentially Out-of-Body experience and bi-location?"

COSMIC AWARENESS:

This Awareness suggests that this is in the affirmative, with several clarifications. First, that this will not initiate these abilities within entities, for indeed, such abilities *already* exist well within the parameters and the abilities of the human mind.

This Awareness suggests that this incredible organ, the human mind, and its capability, this portal to consciousness, has been grossly and profoundly misunderstood, for it has been filled with limiting beliefs and ideas and attitudes which have restricted its capacity accordingly. This Awareness suggests that this is in fact why entities commonly assume that 10% of brain capacity is utilized and 90% is not.

This Awareness indicates that this is simply due to the fact that entities choose through their ignorance not to utilize specific capacities, for belief in life along rigid limiting interpretations simply disallows for alternate interpretation, alternate impression, alternate intuition in such forms as those described, to be noticed.

This Awareness suggests however, that certain entities with specific Destiny Paths who awaken to the internal mental capabilities and the ability to travel within alternate aspects of consciousness can be noted as easily as if looking to human nature, human behavior and human aberration.

Inmates of Mental Institutions are Attuned to Psychic Abilities

This Awareness suggests that entities often warehoused in institutions for the mentally disturbed are indeed those very entities attuned to clairaudience, clairvoyance, visions and insights of an intuitive and emotional nature, yet there is no context for these entities to interpret their experiences through the rigidly limiting ideas that exist about life in general.

This Awareness suggests that such entities experiencing what is known as psychosis, schizophrenia, dissociative personality, are simply at the mercy of abilities of mind run amok due to misunderstanding of the significance as well as physical chemistries which are allowed to spiral off balance and remain so.

Retarded or Developmentally Disabled Also Are Psychic

This Awareness suggests that other examples of alternate consciousness exist in aberrations to the human form such as entities known as retarded or developmentally disabled, or otherwise altered from the norm. This Awareness suggests that such entities are attuned to other aspects of consciousness, providing a much more expanded and rewarding experience than other entities with a more "normal" focus might suspect.

This Awareness suggests that as the entity states, this empowerment does indeed facilitate the understanding and development of each and every innate capacity that the mind promises and holds. This Awareness suggests that although it has been stated time and again of how the mind limits the spirit due to its beliefs, this in no way minimizes the magnificence and the capability and the potential of the mind itself, for it is the *choices* of the entity of what *goes into* the mind which has complete free will to pick and to choose, to discard and to change at any time, the contents of the mind.

This Awareness suggests that this is why the information regarding the spiritual adjudicator, the voice of human feeling which can once and for all allow entities to understand which ideas they have chosen they should keep, and which they should reject. This Awareness suggests that the mind has no inherent limitation whatsoever regarding its contents and that this is the ultimate freedom humans have been given to design perspectives and indeed create external environments which match those unlimited mental perspectives, and that such incredible power and unlimited creative capacity is a gift that should be exploited exponentially, once entities understand that **they** are the source of their own limitation, that **they** have been allowing the inadvertent willy-nilly adopting of beliefs which limit experience, which limit and frustrate the spirit and which relegate them to the very limitations they believe to exist.

This Awareness suggests that as entities clue in to the magnificent capacity of the spirit to point directly into the mind through its feelings of positive and negative emotion, to directly identify those beliefs which are limiting through negative feelings and to point to those beliefs which are not limiting, which facilitate and express the spirit through positive feelings such that reasonable, accurate, spiritually intended choices can be made.

This Awareness suggests that as each and every entity embraces this incredible opportunity, that each experience can relate the expectations of mind to the outcomes in the world as positive or negative, as fulfilling or frustrating, as good or bad, such that they can be examined and revised accordingly.

This Awareness suggests that as daily progress is made, the chipping away at negative limiting beliefs which have been chosen inadvertently through natural learning processes through a child's believing their parents rather than their own experience, that little by little, the capacity of mind will begin to make itself apparent and to astound the owner by the intuitive, creative, magical properties that await within.

If we have completion we can continue.

She Has a Vision of the Christ and a Voice Saying: "I Am Coming For You!"

QUESTION:

A question from Barbara Brewer, in Hemet, CA. She writes: " I have a question for Awareness. I have always had interesting visions, and I am not sure what the ones I am sending to you mean. They always happen when I

Life is a giant holodek. You can program it any Way you Want!

am busy with something, and am surprised by them. The visions of 1998: On January 26th I was driving down State street, nearing the post office. All of a sudden everything disappeared and the whole area was filled with White Light and no sounds anywhere, except the whole area behind me turned gray and I heard this voice that filled all the area saying, "I am coming for you!"

"I knew the voice, but couldn't remember who it was, and then I turned back into Hemet. I was still driving the car and asking, "Whose voice is this?" No answer. I did my errands and went home. At home the answer came on a Tuesday here in Hemet. I was waking up and as I opened my eyes, I saw this being in Biblical robes standing in the doorway of the bedroom.

"I felt no fear, only wondered, "What is *He* doing here?" I felt it was the Christ. I asked, "What are you doing here with me? I am such a lowly being!" He listened to my babbling and then smiled, and said, "I will return!" then faded away. This was 8 or 10 years ago."

She gives another one, but could Awareness comment on this first vision?

COSMIC AWARENESS:

This Awareness suggests that a hearty congratulations is in order for this entity for opening herself to such experiences, for it is due to the fact that she has not embraced limiting ideas such as "Only crazy people have visions!" or "Only other people, magical people have visions, those touched by the grace of God through community and religions" or any other such limiting concepts, for she *invited* the very experience described which was of particular significance.

This Awareness suggests that although interpreted through the traditions of the mass-consciousness of this woman's experience, it was a genuine example of communication between Spirit and spirit in body. This Awareness suggests that the message contained in this experience was that certain enlightenment is imminent; that spiritual understanding is beginning to unfold in that "I am coming for you!" signified the unity between physical consciousness and those aspects of the entity not so limited.

This Awareness suggests that this is also an excellent example of how limiting beliefs can be tracked from the significance to minimize such events and in fact perhaps curtail them. This Awareness suggests that when the entity had the vision that she described as the Christ who had come as promised in a previous vision, that her interpretation, based upon the limitations, the beliefs of the mind, perceived this being as something far superior, far removed, than the insignificant 'lowly creature' she perceived herself to be in comparison to something such as the Christ entity, as defined by her belief system.

The experience ended when the entity recognized a lack of recognition in that the entity limited the connection and resonance by defining herself as 'lowly' and insignificant in the presence of such an entity, when she in fact was observing alternate aspects of herself.

This Awareness suggests that she shall indeed be back when understandings are more facilitating to the beauty, the grace and the greatness in the Christhood within each and every entity.

If we have completion we can continue.

In a Vision She Sees a Large Lock in the Sky

(And a Voice Says it is Ready to Open)

QUESTION:

Her other vision: "September 1st, 1995. I was standing, looking out at the sky, and all of a sudden I saw this large lock in the sky and was told by a voice in the sky that all the numbers had been pushed for it to open, and all was in order for things to go as planned. The lock was oblong and the numbers I remember were 1 and 4. This voice was the voice I usually hear in the visions I have had over the years."

Could Awareness expound on that vision also?

COSMIC AWARENESS:

This Awareness suggests that this vision relates to the "I will return!" promise wherein specific alterations of belief will accommodate the beauty and wonder and wholeness of experience which awaits beyond the lock.

This Awareness suggests the significance of the number 1 and the number 4 relates to specific progress which has been made, with the number one relating to the first initial vision, wherein the promise of a return was communicated, which was in fact contingent upon the replacement of certain limiting beliefs with more spiritually facilitating ones, and that sufficient alterations have occurred when 4 times the level of progress and understanding had been achieved in the previous situation.

This Awareness suggests that the entity does in fact hold the key, and that through embracing the tenets of the *Lessons of Enlightenment* that the key can be turned to unlock the pathways to enlightenment and empowerment and the Christhood that is this entity's rightful destiny.

This Awareness suggests also that this entity is not alone in this destiny, in this right and in this pathway, for such is a universal promise.

Intrasound Gel: a New Cosmic Medicine?

QUESTION:

Stan Sobel, in Rogers, Arkansas, sent in a little sample of a new product called Intrasound Gel, and the rap on this is hard to read, but basically it says "The Infrasound Gel is composed through 40 years of research and trials by inventor Victor Roehrich. The product is a vehicle for sound, the basic raw life energy that created form and life. Without it, nothing exists, thus all perfect life forces are conceptualized and thrive when this sound frequency is unabated or obstructed. Should that occur, then disease, illness, inferior form ensues.

"The sound frequency of perfection is an ambient radiant energy wave that fills the spaces of the universe. It flows through everything, and we are much like an antenna for it. Victor Roehrich found that the best vehicle to capture this energy field was a white French local clay. It takes the imprint of the sound...(it's not legible) ...easily, and becomes a carrier for the signal. The frequency takes 14 days to do this, and holds it indefinitely, over 5 years at least, and in fact gets stronger through time.

"It is a coherent turning factor that triggers the DNA in our body and boosts it so that the original blueprint of health for all tissue, fluids and invisible life energy is released more fully and powerfully again." It's too bad that his FAX isn't very legible, but there's a lot more to it.

His question is: "Enclosed is some information and the gel which are reportedly the carrier for a signal vibration frequency in the very high end of the spectrum. On the conference calls they indicate in the 10 to the 43rd range. Another was in the range between 10 to the 40th and 10 to the 50th. Sounds like the cosmic range to me!

"They make no claims, have heard some outstanding testimonials which if true will result in a significant leap in consciousness." And he's enclosing this material which has reportedly been resonated with the signal. "Maybe you all can hold it and determine what it does to your energy level. Maybe Grace can determine if it is the Universal life Force."

So I've opened this little jar. It looks like cold cream or some kind of thing you'd rub on your body, and I'm holding it within her aura. Or should I touch her with it?

COSMIC AWARENESS:

This Awareness suggests you rub it upon the hand.

(Grace extends her left hand and Avaton puts a small dab of the Gel on her hand.)

QUESTIONER:

Okay. That should be sufficient.

COSMIC AWARENESS:

This Awareness suggests that this substance is indeed having a reaction upon the energy field of the Interpreter Grace. This Awareness suggests that the clarity and intention of the advocates and inventors of this substance is perceived as well. This Awareness suggests that as mentioned previously, sound is indeed universally medicinal, and resonant within the fiber of each human form, and that it is suggested that entities can experiment with this substance in concert. (This Awareness offers this pun to Vikki.)

With musical passages such as those of Mr. Mozart, in concert as well with the visualizations and meditative practices advocated by this Awareness in concert with creating reality, such that if this specific substance is found to be beneficial, that there is indeed an alteration in the energy frequency, at this distance from the body (hand motions indicated about 18 inches from her body): emanating from this substance; This Awareness suggests that although such substances can indeed facilitate the innate processes and understandings, that they are vehicles of a temporary nature until sufficient mental pathways have been cleared within the mind.

This Awareness suggests also that the entity Grace has specifically sensitive chemistry, likely to experience allergic reaction. This Awareness suggests that experimentations be conducted by Avaton & Vikki, both with music and without, with various intonations, specific to harmonic devices such as those scattered about the office, including the chimes and the piano.

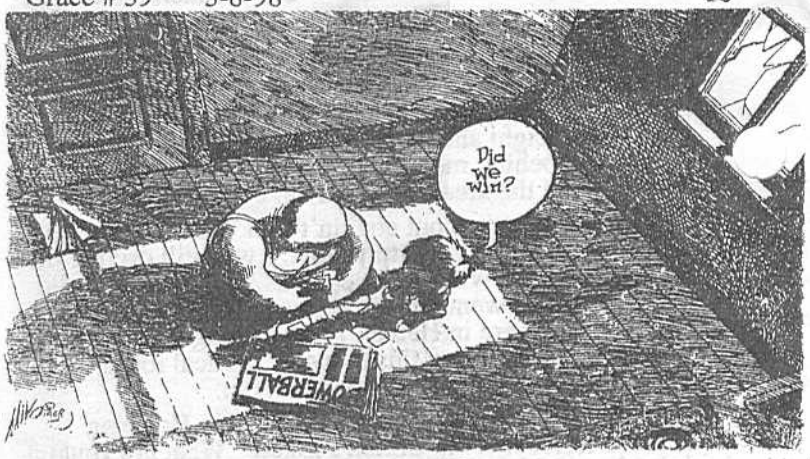
This Awareness suggests that sufficient and significant information appropriate to the two divergent perspectives can illustrate the power of substance interacting with belief, and in this case interacting with sound. This Awareness suggests that this can be a useful tool to facilitate certain understandings, if understood as a temporary facilitator, a mobilizer of the innate mental potential to resonate with sound frequency, particularly those earlier described, but in and of itself, such a substance pitted against enduring limiting beliefs to the contrary, cannot by itself succeed at facilitating the Universal Resonance that does indeed await.

Ed's Note: For more information on Intrasound Gel, please contact Stan Sobel, 16042 Blackhawk Trail, Rogers, Ark. 72758. E-Mail:ssobel@ipa.net

Stan sent us a cassette tape with phone testimonials on a number of health problems this gel helped solve or eliminate. Vikki has been using the stuff for 2 months and she raves about it. She said it is eliminating two painful lumps from the bottoms of her feet, she uses it on aching stiff finger (it opens them up) and she says it definitely takes away back ache. We suggest you borrow one of Stan's tapes and also check this product out. (It works by vibration on the auric body).

VISIT THE TEMPLE OF LIGHT IN YOUR DAILY MEDITATIONS

Deposit your energy in this cosmic Bank. Withdraw it when needed for healing or personal use. Keep in touch with CAC when you start getting results!



SHE DOESN'T FEEL WHAT HER MEDITATION GROUP FEELS

QUESTION:

One other question from Soj Browman. She writes: "I belong to a meditation group. The members of this group say that they can "feel" the same sensation each time we convene. What causes these feelings? I don't feel what they feel."

COSMIC AWARENESS:

This Awareness suggests that these entities are attuning particularly well to the inner spiritual voice. These entities are experiencing a community of spirit in the union, in assembly of entities of like mind, with the singular focus upon self-development and expression.

This Awareness suggests that when the individual is aligned with spiritual intention, it alters the vibratory rate, so that others with like focus and intent, instantly attuned to the similar vibratory rate and such has occurred with the circle of entities involved in this particular meditative exercise.

This Awareness suggests, however, that *you* have also experienced what they describe, yet you couch it in different terms of understanding. This Awareness suggests that there are some beliefs involved wherein what they are describing is something magical and different and unique and far outside the grasp of the normal ordinary entity such as yourself, however, what you seek is not only within your grasp, but within your realm of experience.

This Awareness suggests that if you focus your consciousness upon the community, the oneness that is this collection of entities, you will indeed experience this same resonance, this same heaviness and then lightness and then heaviness of being, and it will be a familiar experience. This Awareness suggests that you shall celebrate with this understanding and that the Spirit shall clearly communicate through feelings of resonance and joy to cue you to this state.

This Awareness suggests that there is great benefit in such activities, both on the individual and the mass-level, but that the notion that magic and supernatural and extraordinary events and experiences are necessary can often block the incoming messages and impressions from Spirit, due to such mental limitation, expectation and pre-judgment, which closes the door on any other alternate interpretation.

This Awareness suggests that if entities relax, go with the flow, and attune to the specific valence or feeling-tone, whether it be positive or negative, that the resonance of Spirit is always apparent in the positive emotional states. This Awareness suggests that if you and each and every entity becomes aware of the emotional state at any given moment, that you are in fact attuning to the wisdom of Spirit, and you will be on your way.

THE DESTINY PATH OF C.A.C.

(Access to Awareness Not Confined to Interpreters)

OPENING MESSAGE (4/5/98 GRACE INTERPRETER

This Awareness suggests that as stated in previous discussions regarding the nature of this organization, the mission of this organization, and the future of this organization; that in the beginning with the original *Organization of Awareness* and the community of members and associates who would later diverge in separate directions to assist in the bringing about of accessible Awareness to others.

This Awareness suggests that the climate of mass consciousness at this early time period was such that energy networks associated with rigid and empowered belief structures prevented the utilization of certain insights, intuitive understandings and innate guidance which exist as a capacity in each and every human being.

This Awareness suggests that energy flowed from this source through various Interpreters within those organizations known as affiliated with *Cosmic Awareness Communications*, as well as through other entities, organizations, and outlets in multiple corners of the world.

Everyone Has Access to Awareness Not Just the Trained Few

This Awareness suggests that as the information began to seep into mass-consciousness with varying levels of success, receptivity, and enthusiasm, that over the next several decades leading to this present point in time, that specific alterations in the energy of mass-consciousness through the work of expansion in numerous individual focuses of consciousness, that it is no longer necessary to conceive of the energy of this Awareness as a mysterious, inaccessible, elusive commodity, for only a chosen and/or trained few to dip into and share their insights and impressions.

This Awareness suggests that this shift and accomplishment has been a tremendous gift and boon to humankind, such that the current mission of enlightenment and more rapid expansion of consciousness can now be undertaken. This Awareness suggests that it has been timely within this organization for members to experience the retirement of one Interpreter, and the manifestation of a subsequent replacement, wherein different focuses, different expansions of consciousness, different filtrations of belief, of mind, can be noted, yet that the validity and spiritual resonance delivered through quite diverse approaches still finds its mark.

Accessing Awareness Does Not Require Losing Mind

This Awareness suggests also, that although it has been a standard tenet or Universal Truth within this organization that the accessing of this Awareness is only possible upon the symbolic removal of mind, of emotion and of feeling, that certain clarifications have been offered through the experience of the offerings of two such diverse entities interpreting energy from this Awareness.

This Awareness suggests that although accessing these energies requires the symbolic removal of mind, this Awareness suggests that accessing the energies and understanding instantaneous insight is the experience of accessing this Awareness, yet formulating words, be they verbal or written, relies upon the structures, the language, the words and knowledge contained within the individual mind.

This Awareness indicates that when mind is necessarily invoked to translate the wisdom and insights obtained, that the trade-off of entering the realm of mind, as usual, that limitations of chosen belief are likely residing there as well. This Awareness suggests that the two rather dramatically different approaches contrasted between the two most recent Interpreters of energies of this Awareness, underscore this validity, highlighting belief structures and focuses which invoke specific emotional responses, specific to the contents of the individual mind, although connected unmistakably to the energy and insight received.

This Awareness suggests that this is of importance for entities studying the *Lessons of Enlightenment* to recognize that the goal therein is to prepare the mind to accept and understand the voice of spirit, such that the belief systems can begin their evolution to allow for the greatest degree of spiritual insight to be obtained.

Spiritual Insight the Same as the Energy of Awareness

This Awareness suggests that what is referred to in this context as spiritual insight is also that which is referred to as the energy of this Awareness. This Awareness suggests that entities can rest assured that it is not necessary to lose one's mind to access this Awareness, but simply structure the belief systems through careful choices dictated by the feelings of spirit, such that this energy source can find purchase within each and every entity without necessary intermediaries or filtrations.

This Awareness suggests that this is the goal, the mission, the Destiny Path, the task before humankind, and that organizations such as this, entities faithfully examining the tenets of mass-consciousness and the inclusions of the personal consciousness, and courageously acting upon that faith, shall be the human salvation.

This Awareness suggests for entities to open themselves to flashes of creativity, of insight, to attend and focus upon the ramblings of mind, often pushed aside for the lack of understanding, and that entities, as they begin to discover their unfolding power and control over their very destiny, that such 'ramblings' of mind and such coincidences of daily living: those unexpected events, both positive and negative, will be revealed to contain tremendous meaning, to point the consciousness in a direction of the contents of mind by accurately creating them externally in the world.

This Awareness suggests when entities make this connection they will be paving the way for ever-wider receptor centers to energies from this Awareness, and that this experience will be tremendously rewarding to the entire species. If we have closure, we can continue.

Discussing Dreams Similar to Movies

(In Light of Removing Blocks Prompted by Spirit)

QUESTION:

A question from Tom Krueger. He writes: "It seems like I spend all night dreaming, often extended scenarios. Even when I can return to them later, if I wake up needing to use the bathroom, I "recognize" people in them. They may not look exactly the same as in real life. Some situations relate to current events, but they seem more like movies than bearers of messages.

"Awareness has given much information in the past about dreams and dreaming, but with the recent emphasis on removing the blocks to expression prompted by spirit, would Awareness please discuss the significance and value of dreams from this viewpoint?"

COSMIC AWARENESS:

This Awareness suggests that there is a great deal of significance and value for entities to begin to become attuned to the travels of their consciousness during the hours that they might assume themselves to be unconsciousness. This Awareness suggests that what is

perceived as 'dreaming consciousness' is actually an altered focus in realities every bit as legitimate as that experienced within the waking daily consciousness.

When You Recognize Friends and Cohorts in Dreams

This Awareness suggests that the mobility in the dream is not limited by time/space, and that when entities encounter recognizable cohorts, friends and enemies, they are in fact dallying with those entities and their counterparts in alternate existences. This Awareness suggests that these alternate existences exist in what is considered to be past, present and future, and that individuals who have experienced precognitive prescient dreams can attest to such nocturnal time-travel.

Often in Dreams Hormones Released to Balance System

This Awareness suggests also that during the dream state, certain biochemical balances are attained within the form to compensate for the lack of energy flow which occurs due to limiting belief structures, frustrated spiritual energy and lingering stressful negative emotion. This Awareness suggests that if such stress begins to upset certain biological balances, that scenarios or visitations of experience, upon experience, wherein certain emotions will be aroused within the form to release hormonal chemical reactions to set certain imbalances right again.

The Expression of Spiritual Anger in Dreams

This Awareness suggests also that entities who refrain from expressing spiritual anger when it is in fact the appropriate response in maintenance of one's sacred universal spiritual boundaries, protecting oneself against external violation and manipulation or any tenet or belief or limitation which does not honor the spiritual universal human needs, that such anger is often expressed at the appropriate source through counterpart incarnations of the entity who the dreamer needs to express the anger toward in the current physical existence.

For example, if an entity is experiencing frustration communicating with a cohort, yet due to the beliefs of limitation, the dictates of social respectability, of etiquette, that the truth cannot be expressed to the individual, such that the anger will continue to burn within the frustrated spirit and continue to build until it seeks a release as if a valve expresses the building energy, yet it does so upon the appropriate source in an altered existence or state of consciousness wherein, on some level, that waking entity will experience certain understanding and change.

This Awareness suggests that in this process, the entity might encounter a dream wherein a situation or scenario with a blatant violation, such that expressing a large passionate degree of anger against this entity is acceptable and justified in the dream state, wherein the physical chemicals generated from the expression of anger circulate through the form as if it had occurred in waking consciousness, providing the body a beneficial rebalancing.

Dreams Can Reveal Insights on Violations to the Dreamer

This Awareness suggests also, that on a spiritual level the entity receiving the dose of anger, the entity that continues to frustrate the dreamer receives the anger on an intuitive level and that entity might, upon waking, have flashes of insight regarding certain violations perpetrated upon this entity without regard or acknowledgment or even a hint that there be a legitimate source from such ramblings of imagination or mind.

This Awareness suggests that such spiritual communication occurs at all times, in all spaces, and at all levels, and that when the climate is such in each individual mind that the beliefs permit the understandings of such connections, that the communications will be far more valuable, for they will be received, applied, and can greatly enhance the path of self-development and expression and human evolution itself.

Future Events and Scenarios Experienced in Dreams

This Awareness suggests also that entities attune carefully to the contents, the scenarios, and the time-lines of dreams, such that they can begin to see a rhythm and cycle and pattern between the desires of spirit, the beliefs and limitations of mind, and the events created in the external world, for in the dream state of consciousness there is no limitation of time and space, and that oftentimes, future scenarios, events and probabilities are experienced in intricate detail far before the entity experiences it in the physical waking consciousness.

This Awareness suggests that if entities are to communicate and share their dreams with one another, to write down their dreams in diaries and daily journals, that they will begin to see the connections between daily experience, the thought, expectations and emotional feelings, the active expressions and the events created, the probabilities actualized, such that a degree of understanding cannot help but further empower the process and replace the control back within the hands of the entities themselves.

This Awareness suggests in summary, that entities pay far more attention to the dream images of mind as they are often relegated to meaningless ramblings of a brain at rest, when in actuality, in many ways the consciousness is far more awake and active in these altered states than during the waking normal physical consciousness, and that a great degree of understanding, wisdom, knowledge and scientific breakthrough can occur upon examining the travels of mind in such altered states of consciousness and nocturnal journeys.

If we have completion, we can continue.

Many ufologist believe that a race of "super aliens" are already living and working among us completely undetected.

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