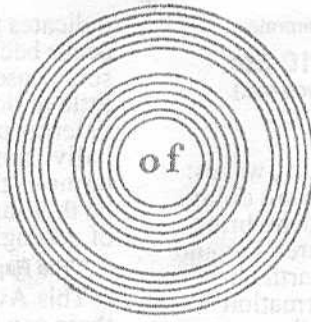


Revelations

The Cosmic Newsletter



Awareness

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

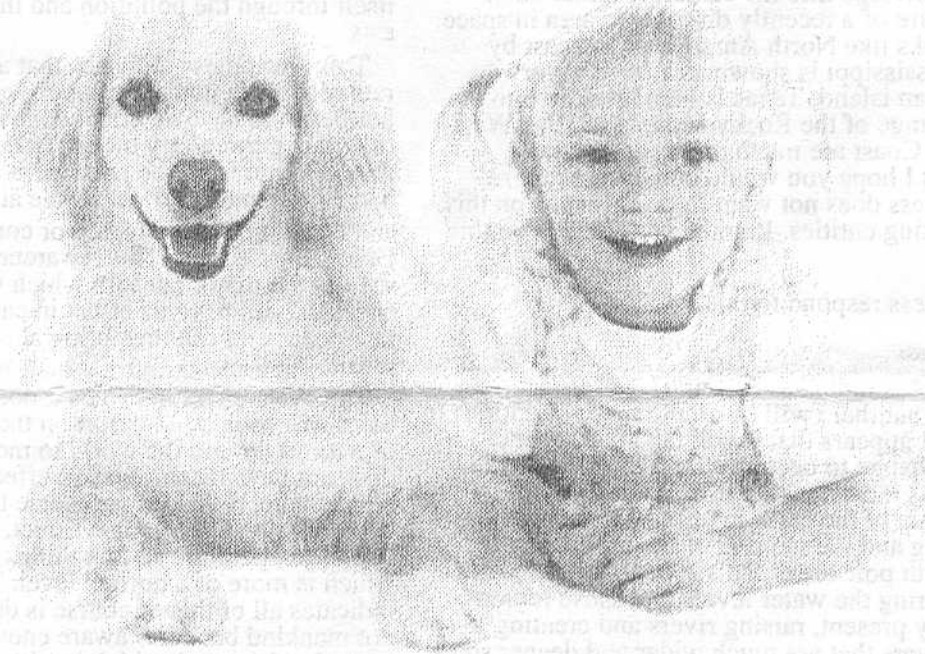
E-mail: CosmicComm@aol.com
INTERNET DOMAIN: www.CosmicAwareness.org
FAX: 360-352-6294

Celebrating our 34th Year!

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(Aries: Volume 1 Lesson No. 1)

Forecasts for the Year 2000, 2010 Etc. (Those Calamities Predicted by Edgar Cayce etc.)

QUESTION:

Ralph Prokopy, of Westminster, Colorado, writes: "Thank you very much for what you people are doing. You are like the relief workers of Ethiopia who bring food, the food of information. There is an area I would like you to focus on: the coming physical earth changes foretold by Cayce and others; updated information presented at regular intervals, forecasts for the year 2000, -2010, etc. You could present maps, focus on certain areas of the world, how ocean levels will change the shape of the coast line and how the weather patterns will change.

Information I found on this subject was very vague but intriguing. Recently I read the earth is moving back into its pre-fall place in the universe. This realignment in the zodiac will reenergize the power spots, 34 in all, on earth, which converge into the center. Another book contains a picture of a recently discovered area in space. The picture looks like North America as forecast by Cayce, The Mississippi is shown as a large waterway, the Ozarks are an island, Texas is inundated up into the front Eastern range of the Rocky Mountains. The West Coast and East Coast are much different than now. These are ideas I hope you would consider. I realize maybe Awareness does not want to reveal much on this to avoid panicking entities. Ramtha has touched on this as well."

Can Awareness respond to this?

COSMIC AWARENESS:

This Awareness indicates that much of this is a very slow process; that there will be ample time for entities to respond; that it appears that it will take many generations for this change to occur to the degree described. This Awareness indicates that it is seen largely the result of the heating up of the earth in terms of the general global warming and the melting of the ice caps in the North and South pole areas. This Awareness indicates that this will bring the water levels into those regions that are already present, raising rivers and creating in some cases, rivers that are much wider and deeper so as to appear likened unto lakes or ocean inlets.

Rising Water Will Affect Coastlines—But Gradually

This Awareness indicates that it also will affect the coastlines of countries throughout the globe. This Awareness suggests that the rising water levels are not likely to occur in a period that would be of (a) sudden nature; that one could for example, live on the coast for 30 to 50 years without realizing that their home was actually being changed or that the coastline was being changed to any considerable degree. This Awareness indicates that the global warming as that which is not seen as coming in a persistent manner that will over a period of very short duration cause a great and major inundation of these areas. It is more likened unto taking several centuries.

Millennium Changes Exist Only In Man's Mind

This Awareness indicates that generally, when entities pass the year at the turn of a century and particularly as in this case, the turn of a millennium, they expect great changes. This Awareness indicates however, these are just numbers. They are artificially created, or in other words created by man's mind, and they have nothing to do with nature itself, therefore, do not expect too great of changes just because it is approaching the year 2000; that more of the changes that occur will be the result of mankind's expectations of change and artificial change brought on by those expectations. This Awareness

indicates that of course there are also the changes that occur because of social and technological advances or in some cases, detractions, but these changes also have little to do with nature itself; that the cycles which occur in terms of nature are generally less chaotic in terms of individual's life spans than many entities realize; that in terms of the duration or time a planet changes there can be thousands of lifetimes occurring during that moment of geological change.

The Raping of the Rainforests and the Problems it Caused

This Awareness indicates that in some ways however, there can be what appear to be major changes in a very short duration; that the effects of the Greenhouse, which are triggered by mankind's misbehavior toward the planet, can be seen as creating a major change during the recent decade in which 6 of the years during the 1980s decade have set records in terms of heat; that 6 of these have either set or tied records over the past century for being the hottest years during that century. This Awareness indicates that this is not because of nature, but because of the effects that mankind has had on the earth itself through the pollution and the raping of the rainforests.

This Awareness indicates that also, the release of radiation from nuclear weapons over the past 30 years has begun to have an effect contributing to this condition; that particularly though, the automobile and all of the pollution from the petroleum industry and use has had an astounding effect on the atmosphere of this planet and is creating a heating up or contributing to that of the Greenhouse Effect, This Awareness indicates that this is seen as the major concern which will in turn, unless checked, will have its effect in causing a heating of the polar caps and can then bring about the rising of sea levels.

This Awareness indicates it does appear however that there will soon be an effort on the part of the industries of nations around the world to move toward a fuel that does not have these negative effects on the earth's atmosphere, that does not create the heating effect known as the Greenhouse Effect, and this will slow the rise of temperature so that things move back toward that which is more of a normal level. This Awareness indicates all of this of course is dependent on whether or not mankind becomes aware enough of the potential hazards of the path which has been followed and where the dangers lie.

This Awareness indicates that it does appear that there is an awakening that is occurring among scientists and among leaders of many of the countries whereby many of these entities are now becoming concerned with this global warming; that if the warming does not continue, many entities may simply slip back into their stupor and think more in terms of convenience and maintenance of the same system regardless of what effect they might be creating by perpetuating the continued use of the petroleum industries.

Those Concerned With the Poles Tipping

This Awareness indicates that in regard to the concern that many entities have relating to the tipping of the poles, This Awareness indicates that the poles are always in movement and there is always a tipping that is occurring; that since approximately 1933 there has been a gradual movement in terms of the polar tipping, and that this movement is accelerated over that which is normal, but it is occurring in its usual manner; that there are times when the poles tip more slowly and times when it moves more quickly.

This Awareness indicates that these are like regular cycles; that the tipping of the poles has been occurring for some time; that it is such a slow movement that it is hardly noticeable and this Awareness indicates that this will continue for some period of time, the poles tipping

to approximately 23 degrees and then moving back in the other direction to approximately that same degree. This Awareness indicates that the poles essentially move in a kind of figure eight motion. This Awareness indicates that there are times when they appear to speed up, other times when they move more slowly; that this is a time of acceleration, but it is not seen as a time in which there will be a sudden shift as many entities expect, which will cause oceans to flow over the land and so forth; that most geological changes will occur in a gradual motion.

There will, of course, be those sudden earth shifts associated with earthquakes and volcanic action. This Awareness indicates that the area in the Mediterranean as that which appears to be moving toward a geological activity, especially that of Mount Etna. This Awareness indicates that this as an area that may soon be in the news, as being of considerable concern in its eruption. This Awareness indicates that there will be further geological changes that occur in other areas from time to time during this period in which the earth's surface is being warmed which allows for the lava and substances beneath to have greater effect in penetrating the earth's surface.

How Earthquakes Occur

It is likened unto having a ball of molten lead wherein the outer crust is cool, but if that molten lead with the outer crust cooled is placed into a hot oven in which the entire thing is heated, that outer crust becomes more vulnerable to melting and allowing the inner molten lead to break through the surface. This Awareness indicates that this is in part why much of the recent earthquake and volcanic activity is prevalent on this plane, partly because the surface is warmer than usual, This Awareness indicates there are also other reasons.

This Awareness indicates the West Coast of the United States has been destabilized somewhat in terms of the underground magma because of various atomic testing over the past several decades; that there are also other causes for eruptions, such as the eruption of Mount Saint Helens This Awareness indicates that several of the mountains of the West Coast of the United States are experiencing warmer temperatures than normal, but then again, so are the states in the West experiencing warmer temperatures than is normal in terms of what was normal 20 or 30 years previously.

Global Warming Affecting the West With Much Less Ice

This Awareness indicates for example, in the early part of this century, settlers used to ride their horse and wagons across rivers such as the Willamette in the area of Portland and Oregon City, because the ice was thick enough that they could do so. This Awareness indicates that ice on these rivers has not been seen in several decades and since the early part of this century there has not been enough ice for entities to take horses and wagons across these rivers. This Awareness indicates that these Western states have become much warmer in terms of their climate than in earlier times during this century; that even the last decade has seen warmer times than in the decade before, and because of this there are also the warming trends in the mountain ranges which may eventually lead to more activity of some of these dormant volcanoes.

Greenhouse Effect to Create More Volcanoes

This Awareness indicates that in fact, the entire Pacific Rim as appearing to be experiencing a warming trend which may allow for volcanoes on both sides of the ocean to become more active in the Northern and Southern continents on both sides of the Pacific Ocean. This Awareness indicates that this warming trend, related to the Greenhouse Effect, may have its effect in causing the oceans to rise somewhat; that there is also seen a greater potential for the increase in storms and

3 changing weather patterns due to currents in the Pacific and also in the Atlantic Oceans that will be influenced by these changing temperatures and by the melting of snow and ice in the Northern and Southern hemispheres.

Environmental Pollution the Greatest Concern

This Awareness indicates that in so far as a need for concern, it appears the greatest need for concern is in the area of environmental pollution, pollution of the land, pollution of the seas, and also the pollution that helps to destroy the ozone layers; that this appears to be one of the greatest problems that is facing humanity at this time. The threat of nuclear war as that which is fading.

There is still, of course, threats in regard to fanatic groups or nations which may have a need to evolve out of some stage of fanaticism in order to relate in a civilized way, and this can lead to social problems such as wars and terroristic actions, but in the sense that during the last decade the greater threat was from nuclear war, in this decade of the 90s the greatest threat appears to be in the area of conventional or terroristic wars as one level of concern, but as a greater level of concern, the global warming and depletion of the ozone layer: this is where entities may find themselves coming into a need for a real confrontation; this including of course, other activities of environmental concern: the depletion of the forests, the discharge of toxic wastes, the pollution of the oceans and atmosphere, as well as the pollution of the human and social values through drugs and distorted value systems.

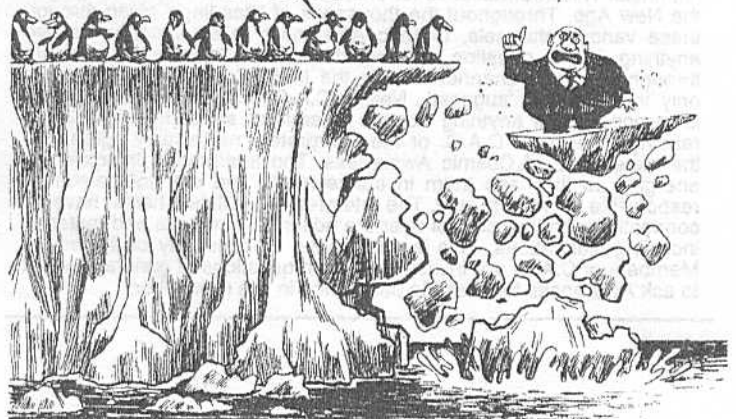
This Awareness indicates the extremes of problems tend to surface and then when attended to, they begin to fade into the background as new problems surface. Who, 25 years ago, would think that there was ever to be a need for concern with regard to Satanism, or with regard to the excessive use of drugs among young children, or young people? This Awareness indicates that the problems that surface in one generation may fade and new problems surface for the next generation. This Awareness indicates that during the decade of the 90s, the drugs, the fanaticism of groups who wish to impose their values on others, even to the point of expressing terroristic actions, the concern for pollution and environmental problems, these will be the problem situations during this decade of the 90s.

Unchecked Greed and Power on the Rise

This Awareness indicates there also is that concern with regard to the nature of greed and power, and its tendency to want to be unchecked. This Awareness indicates that the problems which seem to fade at this time, are those associated with the nuclear war concern, and concerns about the military involvement in various countries. It appears that this role relating to the United States as a world police force for its values, no longer

The Miami Herald
12/15/90

"... THE LAST REMAINING
POLITICIAN DENYING
THE EXISTENCE OF
GLOBAL WARMING ..."



seems as much of a threat during the 90s as it has been during the 70s and 80s, for one thing, the Communist movement is without vitality and therefore, there is little reason for the United States to feel it has to be a policeman to keep that Communist movement in check to the same degree as experienced during the 70s and 80s, therefore, entities need not have concern about whether their children will be forced to go off to war as they have felt during the past several decades, wherein most mothers raising their young boys were never quite sure whether that would become their fate and destiny.

Today, that appears to be, for most mothers, an unlikely rather than a probability, and this has created a greater sense of security for many entities; yet, at the same time these concerns fade into the background, new concerns surface and entities become aware of the environmental threats and problems, economic threats and problems and the social threats and problems. This Awareness does not suggest or see any great need for entities to add geological threats and problems to this, for these do not appear to be of a major concern for most entities, although there will be some, much as has occurred during the past.

This Awareness indicates that there will always be some calamities in regard to storms, earthquakes and volcanic eruptions, but the devastation to masses is generally of such a level that most entities escape from this devastation, and those who do not, are caught in it and must suffer the consequences, according to their own destiny and karma. This Awareness indicates that it is unnecessary for entities to worry about these things because there is little they can do regarding such things as storms, earthquakes and volcanoes, other than to live in a different area than where these things normally occur.

This Awareness indicates however, that most entities will be touched by economic, social concerns and the general everyday events of life. This Awareness suggests the next question may be asked at this time.

Wisdom of Awareness..

ON WARNINGS AND PREDICTIONS: (80-8)

"...the very purpose of a warning is to rally assistance to change that which is threatening."

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.



WISDOM OF AWARENESS:

MEDITATING ON PEACE

This Awareness suggests that entities meditate on peace; that entities visualize peace; that entities think in terms of chaotic potentials as diminishing, as moving away, toward peaceful settlement; that entities communicate their desires for peaceful settlement; and in this way the mass mind shall have its influence from its parts and that influence toward peace may overbalance the influence of other parts seeking war.

(From Issue 80-7)

Excerpt CAC Reading 3-9-28-89 Paul Shockley Interpreter

Cleaning Up Mother Earth With Fantazia Water?

(A "Dead" Tree with Dutch Elm Disease Springs Back to Life)

QUESTION:

We get all kinds of letters and questions regarding the environment, the ozone layer, and all these things. An interesting one came in from Coralee Wayde in Canada, and we'd like to ask Awareness to comment on her suggestions.

She writes: "Dear Avaton. The time has come for me to make contact with you again in regards to that which is known as *Fantazia* prepared water, this time to notify you of another side concerning its application. As told in previous communication to you, I have worked with this water for 4 years...my role to get it rolling in Canada to cover areas of enlightenment of the 'reality' of that which Universe factor is..of which *Fantazia* lends itself to the physical demonstration of.

To date as far as I am aware in publication of Cosmic Revelations of Awareness, subject matter questioned in regard to *Fantazia* has been at the level of application to the human body massform. I wish now to open up further awareness by giving information pertaining to the use of *Fantazia* in consideration of soil, planet water, in-ground or above, spring water etc. and ask that you pose questioning on this and consider publication of the answers from Awareness so that further understanding of just what *Fantazia* is demonstrating to human kind, at base level, the atom, electron, proton alignments. Perhaps Awareness could be asked to define this for public reading and understanding, as indeed with *Fantazia* we have been given the way to demonstrate Universe Power at work to align and balance that which constitutes Life/form, and force of ALL of that which we have in the physical manifestation of third dimensional frequency range on/of planet Earth in our "now"

time frame as is understood from 3rd dimensional thinking process of Human kind presently incarnate.

It is not my intent to bog you down with research finding concerning my knowledge of *Fantazia* in its application, but simply to open up areas not previously explored by those involved in publication of *Cosmic Awareness Communications*. areas of which I have worked on and know to be successful and those I have been informed of from Ann in Houston (she supplies you with the water). In doing this, it opens up areas you could choose to pose questioning to Awareness.

First I will comment on research done here in Montreal concerning that known as dis/ease of the treemass-form known as *elm*. I received 'directives' to deal with a very old *elm* which had in past years been treated by 'tree surgeons' for several years, in an effort to save it from losing its battle against the dis/ease it felt that was causing its breakdown of massform. On talking to the owner, he showed me where pipes had been inserted at the base of the trunk and some chemical component (not known what it is) was injected to supposedly clear out mites eating away from within the tree itself. This stuff they sprayed the exterior trunk too and was such in content, the owner had to have spray that blew onto the windows, scraped off with razor blades. It was like a plastic substance one could not wash off.

I speak of this so you can get an idea of the state the tree was left in by these tree specialists some 7 plus years ago, before I was directed to attend it. I enclose a photo of said tree too as it was an awesome sight to behold its 12 main branches chopped off some 75 feet up from the ground. It also will show the extent of the research and the results obtained, which in turn show very clearly the 'effect' in the 'directed' application of *Fantazia* to bring this tree back to 'balanced' state.

The owner refused to allow the city to cut down this tree; he believed it was still alive. He was happy the day I arrived to ask if I may treat it, as I had tuned into the tree and indeed, it was still alive. The massform of the tree being a large area to balance out, required 3 applications of *Fantazia* (4 ounce bottles) and these were spaced to coincide with specific dates (moon cycles) during July, August, September 1987. I also had to apply 3 times, a mixture of apple cider vinegar and water, to allow the tree to expel toxins that were, until first application of *Fantazia*, trapped inside and on the exterior of the tree as a result of the chemical applications made to said tree in previous years. I will add here that this tree had not had any new growth or leaves in the 7 years before it came my way to deal with, in previous years to that, the tree specialists had no success in stopping the dis/eased state of this tree. It lost its ability to bring forth new growth during those years.

Okay...within two weeks of *Fantazia* application...new growth appeared at the lower extremes, and as the weeks passed and application of cider vinegar/*Fantazia* ...more branch growth higher up plus foliage; thus the directive to continue with two more applications of the cider/vinegar mixture around the base of the tree.. The cider treatments brought forth the most glorious selections of fungi sprouting forth from the tree! She was purging out all the chemical blockages, while *Fantazia* handled the realignments of electromagnetic field below and into the rooting of it. Also added was in-ground spring/river water source—polluted. This I treated with just one vial of *Fantazia* as there was an old unused well just 10 feet from the base of this tree.

Needless to say the owner was ecstatic at what he saw take place. I will update by saying the following year, she brought forth growth. It was healthy and I was not

directed to treat it any further as all alignments have occurred. As this tree has been a conversation piece for years, looking so naked and awesome a sight to passers by, the owners were constantly asked what had killed it. Since treating it during the summer months of 1987, these same folk were amazed to see growth and foliage for the first time in years. Indeed we have been given a wonderful demonstration of just how dis/ease can be turned around. I ask now that you consider questioning Awareness of the validity of use of *Fantazia* when applied to our trees in dis/ease, and also plantforms.

To go a step further, would you ask for verification in application to soil and planet water. As mentioned, I do not want to get into my research successes, as it would take hours of typing etc. Just know that indeed is living up to that which we have been told it will deal with; the first phase of cleansing for planet Earth. If you are willing to explore the questioning I have suggested in this letter, we can give fellow incarnates the chance to have good soil to grow their own food in times ahead. With full energizing taking place in the produce, the produce will give us top nutritional value, (in perfect form) free of toxic contaminations etc.

I have had some 'knowing' come into my view in the last two days that I wish to share with you...again. It would seem that if say you want a vegetable patch to grow veggies etc., just one vial of *Fantazia* will be enough to handle the preparation of the soil, detoxify it, energize it to the highest level and thus pass all these to the produce to be brought forth from this area of soil treated. I get indications that if one sections of the land lot chose to house a growing area taking into consideration the resonating reality of the *Fantazia* water, and apply one ounce of the *Fantazia* to create a 20 ft diameter resonating effect; this will be enough in content of the water. Thus to use up a full bottle, one would section a fairly large area one could use to produce one's food/veggies etc. Perhaps you could ask Awareness for clarification on this. I got the definite indication to write to you, and do that which has now become physically manifest in this letter. It is done...so be it.

I leave you now. It is necessary for me to remain closeted with my work a while longer, all part of the Divine plan of things."

She included photographs of the before and after elm tree and so forth. Will Awareness comment on that letter please?

COSMIC AWARENESS:

This Awareness indicates that the information contained within the letter in regard to the tree as that which is essentially correct and accurate, without excessive exaggeration. This Awareness indicates that the relationship in regard to the use of this substance as that which cannot possibly be understood by most entities without the full recognition and understanding of what this Awareness has referred to in previous readings as the fact that the universe is an information processor, and that within each aspect within the universe, whether it be a sub-particle or sub-system, that there is certain information being processed, unique to that particular particle or system.

This Awareness indicates of course a tree is a sub-system of the universe, and the *Fantazia* water is composed of certain particles or sub-particles of the universe, and the information within the tree and within the *Fantazia* water as being information that is in the order of being processed.

This Awareness indicates that the peculiarity of the *Fantazia* water is that it has a particular quality possess-

ing a uniqueness in the sense that it is not contaminated or polluted by any negative element. This Awareness indicates you might say it is blessed, or you might say it is of a unique nature because of the descriptive forces used to create it, so that it serves according to the information that has been put into it, as a kind of catalyst or life and vitality and spiritual upliftment.

This Awareness indicates that when this Awareness speaks of information being put into a sub-system or group of particles, the information is not necessarily limited to mental concepts or words; the information can also be substances. For example, a breeze is information. A seed is information. Water itself is information. And the information contained in a drop of water is that which is confined and does describe certain systems of behavior in the universe.

This Awareness indicates that the information in a drop of water or in an ocean of water as that which has many applications, that the information within a seed is that which has certain applications specific to that particular seed. This Awareness suggests that likewise the information contained within *Fantazia* water as being specified to a certain type of defining process, that is within certain perimeters in terms of its application, and usage.

This Awareness indicates that much of the power in the *Fantazia* water is not simply a matter of chemical properties, but also contains the power of the definition that has been given to it. The information attributed in the defining of the *Fantazia* water is that which contributes to its particular results, the results that it brings.

This Awareness indicates it is much like an entity who creates from a stick of wood that which the entity calls a magic wand. The piece of wood serving as a magic wand to this entity will have magical powers, so long as the entity believes in these magical powers, and attributes the magical powers to this stick of wood. Another entity looking at it will say it is nothing but an oversized toothpick, it is nothing but a piece of wood, it has no power whatsoever. And yet, much like a placebo, it has its psychological effect for those who accept it, who believe in it, who use it, and who continue to assert and give attributes of magical power to it in their defining of this stick of wood.

How Believers Create *Fantazia*, Relics, Holy Statues etc.

This Awareness indicates that likewise the *Fantazia* water as that which gained much of its power by the attributions of entities who accept it as having some kind of magical power.

This Awareness indicates that this is the way many magical icons, relics, trinkets, sacred places, holy statues, statuettes or symbols are created and have certain unique benefits. Thus the priest who blesses water can give that water certain power just from the act of blessing. A chemist checking the water might find no difference between it and the water from the faucet, and the chemist might even substitute -- without the priest knowing -- substitute faucet water for blessed water, but if the masses believe that tap water is blessed water, and receive a sprinkle or a drink from the blessed water, expecting some blessing to occur, even though that water be but tap water in reality, if they *believe* it to be blessed water, they may receive that which they expect, a kind of blessing.

The Power of Suggestion at Work

This Awareness indicates it is the power of suggestion at work, that entities can give certain suggestive power not only to substances, so that those substances become magical in their properties, magical properties receiving

their magic from the mind itself, but they may also convince others of the magical properties, and even possibly they can put, if their mind force is strong enough, put a mental energy around the substance that carries the placebo action or the belief factor with the substance to a total stranger who knows not of its magical properties.

The "Curse" of the Hope Diamond

This Awareness indicates that in this way certain things, such as the Hope diamond, for example, which has at one time been cursed, has brought great harm to many who have owned it, because it carried that psychological energy which was attributed by the curse, and that energy spread to subsequent owners, and even though they may not accept or believe in it, or even know of such a curse, they can be affected by it.

Likewise, entities can attribute psychological energy definitions to a substance, such as the *Fantazia* water, so that this power of suggestion, even when accepted without one knowing of the suggestion accompanying the water, the entity can receive certain attributes from that which has been attributed to the water. Thus it is more than the mere power of suggestion in the sense of hypnosis or conscious suggestion; it becomes also a form of subconscious suggestion that follows and carries along with symbols, icons, trinkets, and statuettes and other relics, from one who attributes those powers.

This Awareness indicates that this, then, can be passed on to others.

The Indian Ritual That Removes Negative Thoughts

This Awareness indicates that there is a ritual which is used by certain Indian tribes, wherein upon their meeting they pick up a stone and pass the stone in a circle around their circle, and each entity implants all of his or her negative thoughts into the stone, emptying his or her mind of negative thoughts, giving them to the stone. The stone is passed from one to the other, and upon completion of the circle, the stone is then thrown into a lake, or discarded somewhere, so that all of the negative thoughts the entities had are now embedded in the stone, and they are free of these.

This Awareness indicates this ritual is that which is used to help clear the minds of the entities so that they can then attend to the business at hand without interference from these negative thoughts or emotions.

This Awareness indicates that hypothetically, were there to be an entity who walks along, at a time when the lake is low, in which the stone is underfoot, and the entity were to pick up that stone, containing all of the negative thoughts of those others, that entity might inherit or receive many of those negative energies that had been placed into the stone, and suffer certain consequences from coming in close contact with that stone.

This Awareness indicates that likewise, were entities to put positive thoughts into a stone or other object, attribute great good to that object, attribute potential for healing and blessings or prosperity to that object, and to sell or send or give that object to others, even if they knew not what the object had been charged with in terms of the psychological charging, entities receiving such objects would receive certain benefits, because the objects would carry the psychological energy that had been attributed to it. It is not necessary that entities consciously understand or know of these things, for the energies may be transplanted or transferred on a subconscious level, vicariously, through a stone, from one entity to another, through a trinket or through some other object, including water.

This Awareness indicates that all of this is based on the principle that all things in the universe are energy, and all energy is information, and when one focuses attention and defines, or has an intent or purpose in one's attention, and directs it to an object, that object receives the information, contains the information, holds the information, that was attributed to it from the intended focus. Thus if one intends, for example, to harm another through voodoo, poking a pin in a doll that represents another, it can have an effect. It depends on how strongly the voodoo principle and focus and intention is, as to how effective the project would be.

How to Use Suggestive Energy to Heal Entities

Likewise, an entity who focuses healing intention upon another can have an effect of helping to bring about a healing for the other, depending on how strongly the intent and focus of healing energy is expressed.

This Awareness indicates that the voodoo doll or trinket or symbol is only a physical object to be used in the ritual of transferring mental intent. It is the *mental intent* that carries the seed of information from place to place. The object used in the ritual is but to assist the subconscious in its need to accept and believe in the effectiveness of the ritual.

This Awareness indicates that one could, for example, use a raisin, a toothpick, a pencil, a peanut, or any object whatsoever, to represent a loved one who is ill, and to focus upon that peanut, toothpick, pencil or raisin the concept of Divine Light and healing so that the entity visualizes healing energy coming to that person symbolically represented by the peanut, raisin, toothpick or pencil. The energies from that focus would actually be felt by the entity needing the healing.

This Awareness indicates these are simply tools to assist the mind in its effort. These tools are not for the mind, they are for the senses, which the mind has come to trust, but they work through the subconscious mind, because the subconscious relies heavily on the senses, rather than on concepts. The subconscious mind is not as quickly or easily accepting of concepts as is the conscious mind. The conscious mind can think of the idea of someone being healed from illness, but the subconscious mind cannot grasp that idea without an image or trinket involved to symbolize that kind of healing.

This Awareness indicates it is in this manner that much of life is conducted out of the conscious level, whereby many entities perform magic without even knowing it. Many entities, by their so-called superstition, are actually using the subconscious mind to affect certain ends. The scientist is limited by certain usage of tested mechanisms, whereby the scientist who refuses to be fooled by some subjective suggestion, and who doubts everything that cannot be proved in the laboratory, is working not with a full deck but with a part of the deck of cards. There are, of course, entities who rely too much on the suggestive mode and ignore those conscious realities, those things which are provable, ignoring facts, and are quite content to live with fantasy.

Living in a Fantasy World VS Living in a Reality World

This Awareness indicates that these entities living in their fantasy world are seen by those who live in more factual realities, as being less than honest and lacking in substance. Yet at the same time, many of these entities living in their fantasy world live their entire life without any undue hardships, any more so than those who are cautiously skeptical of everything. The question may be asked, then, why is it that one must accept the more skeptical reality over the fantasy?

This Awareness indicates that there are others who live with one foot in the reality world, but who step off into fantasy, and in so doing, enhance their total experience and also add to their reality world by enhancing much of that which is seen as factual, with realities out of the imaginary. Thus, one who in dealing with subjective levels, with the subconscious, who can also maintain certain levels of reality, may begin to enhance those levels of reality and meanwhile keep levels of fantasy in a solid, grounded state, so that the entity uses the imagination, rather than letting the imagination use him or her.

This Awareness indicates that it becomes possible for an entity having one foot in reality and one foot in fantasy to be much more creative, realistically creative, than the entity who is in one extreme or the other.

When the Subconscious Accepts the Placebo

This Awareness suggests that to understand the power and the value of being aware of the subjective, creative forces, the subconscious acceptance of a placebo, realizing this placebo is but sugar and does not in itself have healing power, but "If I can trick myself into *thinking* it has healing power, perhaps it will substitute for the real thing, which is unavailable to me," and thus the entity taking the placebo receives the benefit of the real thing, which is otherwise unavailable.

The Stage Hypnotist Who Can Make You Feel Drunk

Entities who have watched good hypnotic presentations may recall how certain subjects were brought up on stage, hypnotized, given a glass of water and told that this was whiskey, and the entities in drinking this water, within a few minutes began to act like they were in fact, drunk on whiskey.

These entities were not professional actors, and could not fake such activity, such presentations, but indeed appeared to be drunk, and would do things that they might do if they were, in fact, drunk. And yet, they had only water.

This Awareness indicates it is a case of their mind being fooled into thinking the placebo, the water, was indeed alcohol. Is that so different from being given water and being told that it brings about healing, or spiritual evolution, and in so being told, experiencing this healing and spiritual evolution, because it was expected?

This Awareness does not imply that the *Fantasia* water is common water or has no other power other than the power of suggestion, or that entities have been duped into thinking that this had some kind of power and were therefore affected. It does not wish to imply this, for indeed like the stone that had been implanted with all of the negativities of the Indians in the circle, the stone did indeed contain certain attributes from being passed around the circle. It was not simply a suggestion that the stone was negative, or had negative attributes.

This Awareness indicates that if one could see the energies of the mind when one focuses, one would see certain energies protruding from the forehead toward that which is the focus of one's attention. There is actually a substance there, invisible to your senses; and if one focuses that substance to a stone, leaving an intended mark on the stone, such as the attribution of one's negative energies, then that stone's aura or energy field will be enlarged, reflecting the attributed negative energy that has been given to it, and yet your eyes, your vision, will not see that, because your vision does not see mental energies easily. Certain psychics might be able to hold that stone and read energies that are contained within the stone, even seeing a history of events

that have taken place at one time or another around the stone, or related to the stone.

This Awareness indicates that the process which has gone into creating the *Fantazia* water as that which attributes certain qualities to it, but those qualities that are attributed and given to that *Fantazia* water are only part of its magic. The other part of the magic is the suggestive force. It is not a matter of it simply being a fake or suggestive force alone. It is a combination of suggestive force and other attributes contained in the water by those who put it together.

This Awareness indicates that it does appear that there can be benefits from the use of this, in regard to applying it for certain projects in the environment, and as mentioned in the letter related to plants or to animals. The suggestive force that accompanies this enhances the power of the water, or if the entity doubts the power, the suggestive force of doubting will detract somewhat from its effect.

This Awareness indicates that the price as that which appears to be out of reason in regard to the cost of putting the water together and the marketing costs. So the question of whether you are being properly served is not so much a question of whether the substance is capable of doing what it is purported to do, but whether you are paying too much, or whether it is worth the price in order to receive the benefits.

This Awareness indicates that this is for each individual to determine, according to his or her own subjective evaluations and understanding in regard to the general expectations from the substance, and according to the evaluation one has. How do you value something of this nature? What price do you place on it? What is it worth to you?

This Awareness indicates that for some, it may be a great bargain, the bargain of a lifetime. For the tree owner, this was a most unusual bargain. For others, it may appear to be a rip-off.

A Tree Also Receives Your Thoughts and Suggestions

This Awareness indicates that in regard to the effect on the tree, do not think that just because this was a tree, that the tree cannot absorb a suggestion, for like the stone that receives your negative energies, the tree can also receive your thoughts and intentions for healing, and when this is coupled with a particular water element that is designed for certain purposes, the tree also is processing information. In effect, it has a mind of its own. It has no conscious mind to speak of, but it does have a subconscious mind, and this subconscious mind is that which readily receives without criticism the blessings that are sent to it through the water and through the belief that the entity had in using the water to heal the tree. It is the same principle as praying for plants, to make them grow better, which has been demonstrated in the book, *The Secret Life of Plants*, or singing to plants, or playing music to plants, with the intention that this would seem to make them feel happier and grow healthier.

This Awareness indicates that the plants, being such information processors, having a mind of their own, receiving suggestions, respond, perhaps even more so than if they had a critical, conscious mind to evaluate whether this water actually had any chemical properties that they needed.

This Awareness indicates essentially it is all part of life; that life exists in all things, even the stones themselves contain a certain amount of life, and when thoughts are projected into a stone, those thoughts can remain with the stone, and when thoughts are projected

into the atoms of water, those thoughts can remain with the water, and when thoughts are projected into words, those thoughts remain with the words. Thus the action here at CAC of charging distilled water, using a tape which gives suggestions, this, too, has its effect on the water, for the words carry intentions and meaning, and the words vibrate in the presence of water, which in turn receives those intentions and meanings, and those intentions and meanings penetrate the water, the substance of the water, and when ingested, flow through the body of the receiver. *

This Awareness suggests that this can have certain benefits.

This Awareness indicates the healing process comes in many forms; that some entities in their rejection of such suggestions, such subtle suggestions as these, would opt rather for something of a more dramatic and absolute nature.

One Can Be Healed by the Scalpel or by a Drop of Water

This Awareness reminds you that even the action of the surgeon's knife cutting away on one's flesh, is an action of information processing within a surgeon's system or subsystem, and when one believes in the surgeon's knife as a way to heal oneself, that entity may gain certain benefits from the operation, in spite of the side-effects, the pain and suffering that accompanies this operation. It is sometimes necessary for some entities to experience these, depending on what particular ailment is attributed to the entity's subsystem, the subsystem that makes up the entity, and the particular information processing that is going on within the entity, particularly the information that is processing, which has caused the problem.

This Awareness indicates that *It* does not wish to imply that entities need not have the radical surgery in some cases. *It* is simply saying that all of these things work on the same principle in accordance with one's belief and acceptance. What does it take for you to be healed? The scalpel, or the drop of water? Not everyone can be healed from the drop of water, because they cannot *accept* that such a simple thing could actually heal their great problem. Not everyone can be healed from the scalpel, because they cannot accept that the mere cutting away at the flesh could heal the great suffering they feel. There are many entities who need to have the flesh cut, to alleviate the feeling of guilt or whatever else brought on the illness in the first place, and they may then be healed from the illness. There are others who receive the scalpel and operation, but who regardless again bring back the illness, even though the doctor, the surgeon, did a perfect job and recovery was complete. A few years go by and the entity is ready for another operation, because the psychological effects were not removed along with the organs that were affected, and the psychological effect calls for the entity to suffer more.

This Awareness indicates that most illnesses are caused either by environmental assaults or insults, or by self-induced insults, such as guilt, or personal poisoning, such as negative thoughts. And for some entities, radical surgery helps, for others belief in something higher, something simple, something magical helps. And still for others, a change in scenery, or a new hope, a new lease on life, a new direction, can help the entity to overcome that illness or imbalance.

This Awareness indicates that *Fantazia* is essentially a tool, much like a magic wand, a magic pendant, a magic trinket. It carries certain inherent properties, that could under testing, proper scientific testing, could show it to have some benefits of its own, but its greater benefits lie

in its mystique and the suggestive power that accompanies it.

This Awareness indicates that were a control group of trees or plants to be given *Fantazia* water and another control group to be given regular distilled water by entities who did not know which water was which, wherein the water was selected mechanically without anyone knowing until later which water was which, then you would have a proper scientific evaluation of the effects of *Fantazia* water, without the implied suggestion that accompanies the application of the water. This is not to say the water being sold with present suggestion is fraudulent, but rather that the water is not as powerful without that suggestion, for the suggestion that which carries and adds to and enhances, the power of that water.

Would Independent Tests Show *Fantazia* Is Better Than tap Water?

FOLLOW-UP(AVATON):

As I understand it, the suggestions are put into the molecules of water when the *Fantazia* is made, so if the test Awareness has suggested was carried out by independent people running it through pipes and stuff, theoretically, the *Fantazia* water would prove out to be better than the normal tap water, would it not?

COSMIC AWARENESS:

This Awareness indicates that, given that the tap water is molecularly the same, does not have more pollutants or other substances as the *Fantazia* water, theoretically, the *Fantazia* water carries certain suggestions, would or should, prove to be better.

What this Awareness is suggesting is that, in addition to the suggestions which are put into the water itself, there are suggestions that are being made in the marketing process of the water, which are enhancing it, adding to the effectiveness of the water, and in order to measure or evaluate the water itself, one would need to take away the marketing suggestions, to have a clear evaluation of the water itself.

This Awareness indicates the processing suggestions that go into the water are one thing. The marketing suggestions are another thing, and when entities market something as being magical, that marketing suggestion gives the receivers a certain confidence and expectation that causes them to respond with greater enthusiasm, so that the water has a greater effect because of the expectation of greater effect.

This Awareness indicates the question has to do with whether the *Fantazia* water is as it is claimed to be. The question was related to an endorsement by this Awareness, and this Awareness wished to clarify in this so-called endorsement, that there are certain factors involved in this *Fantazia* water which need to be understood in terms of the marketing process, that the suggestions accompanying the marketing, are contributing to the mystique and power of the water. Testimonials sell. Testimonials cause others to expect healing. If you take an entity who is ill and have twenty people come in and tell the entity that, "This little pill helped me when I was as sick as you are," and all twenty people insist that this pill made them well, that entity, in taking the pill, is much more likely to get well from that pill, even if it is nothing but sugar or candy, than if twenty entities came in and said, "Take this pill, it will make you sicker, but in the long run you'll be better off for it."

This Awareness indicates that suggestions are powerful, and the marketing of many products today contains suggestions. That is a type of advertisement, and these

suggestions in marketing should be understood as being distinct from the product, and this particular product being created as a substance out of suggestion, needs to be distinguished between the product suggestion, that which is put into the product through the process of suggestion, and that which accompanies the product in the marketing by suggestion.

Would Diluting *Fantazia* Help Clear Pollution?

FOLLOW-UP(AVATON):

Would one way to overcome the exorbitant price of *Fantazia* as presently it's being marketed, if one wished to use it in quantities in gardens and perhaps dumping it in lakes and rivers to hopefully clear the pollution, to dilute it, like say dilute the 4-ounce bottle into say a 50 or 100-gallon tank or well, through the process of homeopathy would this be just about as potent?

COSMIC AWARENESS:

This is in the affirmative. This Awareness suggests particularly since this is a product that is created out of the use of suggestion; that further suggestion of enhancing or expanding the product as that which is reasonable, and that entities may participate in this action by taking one bottle and putting it into a larger container of pure water, such as distilled water, letting it sit for a certain amount of time --this Awareness suggests perhaps 24 hours -- and considering the substance as being expanded to that amount, so that, much like the growth of acidophilus culture, a small amount can then be grown into larger amounts.

This Awareness indicates this is a way of increasing, much like the breaking of bread to multiply, to feed the masses.

The D-Cell Experiment to Clean Up Polluted Lakes and Rivers

QUESTION(AVATON):

Some years back, during a discussion of D-Cells, I believe it was through the interpreter David Worcester, Awareness suggested that D-Cells placed into polluted waters, could begin the process of cleaning up the pollution, and as a result, a number of members and organizations wrote in that they had tossed D-Cells into various lakes and streams around the country, including Lake Michigan. I know that years later, Lake Michigan was declared clean enough that they could introduce salmon once again into it, and I was wondering, did those D-Cells have an effect on this, and would the *Fantazia*, working the same way, have the same type of effect?

COSMIC AWARENESS:

This Awareness indicates that this, to some degree -- it is not such a simple matter; that there can be poisons put into blessed water, and entities who would drink the poisons would likely succumb, even though the water was blessed. Likewise, were poison to be put into a jar of D-Cell water, the poison could override the power of the D-Cell, even though it may not be quite as toxic as otherwise.

This Awareness indicates that, likewise D-Cells thrown into rivers and lakes can have some effect. The symbology is perhaps more important than the actuality, for the action of one entity throwing a D-Cell into a river or lake may, in itself, become an action in consciousness that serves as a seed that later is multiplied by other entities picking up on that thought-form of wanting to clean the lake or river.

This Awareness indicates that in regard to lakes and rivers, those micro-substances within the D-Cells can

What Strange Entity Scared Albert Bender?

(More on the Various States of Consciousness)

QUESTION:

A question from Robert S. in Vancouver, British Columbia. He writes: "In chapter 15 of Albert K. Bender's book *Flying Saucers & The Three Men*, he mentioned a frightening incident in which an invisible and odorless entity, having been sitting in an armchair, rose in response to Bender asking: "Who are you? I know you are there!"

"Bender saw a slight movement in the chair, backed away fearfully, and felt an icy hand on his shoulder that felt like a cake of ice. For a few seconds, he got the worse scare of his life when he saw a ten foot tall green creature with a glowing red face, and glowing red eyes. This fright caused Bender to faint, but when he came to, there was a sulfur odor, and he noticed that the place on the rug where the creature had stood was scorched as though by a hot iron.

"Could Awareness please explain what it was that Bender saw and frightened him so?"

COSMIC AWARENESS

This Awareness indicates it is difficult to explain these things. This Awareness indicates there is that which is called Beta consciousness, which is the normal state of an awakened person, and there is that which is Alpha consciousness, and that is a mental state in which the consciousness is of a somewhat higher frequency. There is the Delta level of consciousness, which is more subconscious and deeper, and there is the Theta level, and this is a state of consciousness in which entities see into other dimensions, and some of those other dimensional beings can take on any shape or any feature they wish to take on.

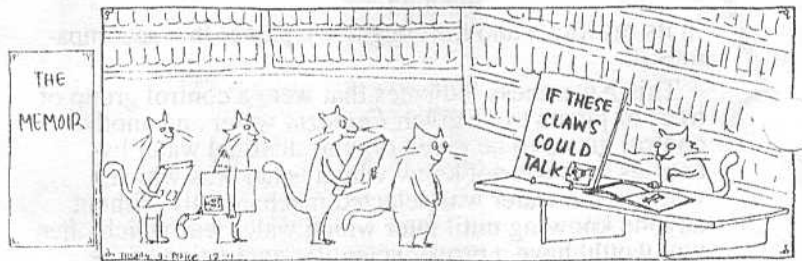
When Ron Rummel Saw Spirits

This Awareness indicates the entity Ron Rummel used to have experiences in which he saw these Theta beings in certain Theta states of consciousness. They would be quite ugly at times. He also saw other beings who were quite beautiful. At one point he was speaking with the Interpreter, his mouth dropped open, he looked up above the Interpreter's head, and when the Interpreter said, "What is happening?" he remarked, "There is a great big tall Egyptian standing in the doorway behind you!" The Interpreter of course saw nothing.

At another time, this entity, out in the woods one evening, described this creature as being monstrous-looking that ran across the trail, and knew immediately it was a Theta state of consciousness that he had slipped into. The entity also has had similar situations in which he would see entities and feel they were not presenting themselves properly to him.

At one point he was in the airport in Portland, and someone came up to him who had been following him for some time, and he felt uneasy about this person who had been following him, and he stopped and turned around and looked at the person, and the person looked like an ordinary normal human, but he said psychically, not verbally: "Show me who you really are!" and the entity had this horrendous ugly face of an alien, not the kind you see in most drawings or pictures of the Zeta Reticuli type, but more likened unto those ugly aliens of the *Predator* (movie) type.

This Awareness indicates it was simply his mind being more capable of flipping from Alpha, Beta, Delta and Theta levels than most entities could do. The entity, having this ability to shift levels, could occasionally see into other dimensions, and could see spirits or beings that other entities would miss, and apparently this was a situation in which the entity Bender also experienced a similar shift in his mental dimension or frequency.



Whatever Became of Albert K. Bender?

(A Device That Enables One to Eavesdrop on Aliens)

FOLLOW-UP QUESTION:

Robert has another question here. The book *Flying Saucers & The Three Men*, annotated and with introduction and epilogue by Gray Barker, doesn't end with any certainty that Bender's harassment by the Men in Black is over. Could Awareness please inform us on whatever became of Albert K. Bender?"

COSMIC AWARENESS:

This Awareness indicates this entity appears to have been hounded by government agents. The entity having created a machine which allowed him to have communication with aliens; not have communication, but tap into **their** communications, and hear or read their communications and know things they were giving or saying to each other; and the entity took this information and passed it on to government agents.

But instead of the government being appreciative and helping to encourage the entity's work of eavesdropping on the aliens, the government brought him into a circumstance in which he was monitored and attended by therapists to help deal with his 'insanity.' The entity eventually was put in a position where he was unable to function in his research. It appears the entity is no longer living. This appearance is not totally strong, but it appears that he is no longer living.

His work has been preserved, but is not published as of yet. It has been hidden so that the government agents will not destroy it.

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only reproduce themselves so fast, and so many times, before the D-Cell itself, without recharging, loses its power. In deep water, this appears to be approximately four to six months, depending on how much light reaches the D-Cell, or whether it becomes covered with mud so that no light reaches it, and if so, the D-Cell can emit its cells for only a limited period of time, and those minute cells can only effect a cleansing action within a certain amount of area or a certain amount of time. These are quite small, when placed in Lake Michigan or in a river, remembering of course that a quart-sized D-Cell is designed to purify a quart of water.

AVATON:

I think everybody involved in that project looked at it as a magical sowing of seed rather than actually cleaning up the lake. It was supposed to start something in consciousness that would later manifest.

COSMIC AWARENESS:

This Awareness indicates that this as an action that started a movement in a kind of creative process.

This Awareness suggests this as being likened unto information processing in its beginning in regard to the cleaning of lakes.

This Awareness reminds you that all actions, all substances, all energies, all things are essentially information processing, and when any system is started, for example, the systematic cleansing of lakes, it has to start somewhere with some action.

She Has Breasts Lopped Off to Prevent Any Future Cancer

(More on the Suggestive Force at Work)

QUESTION (AVATON):

The example Awareness gave of the suggestive force and undergoing the knife reminds me of a recent tabloid article I read of a young woman who, because there was breast cancer in her family, had convinced herself that she would get breast cancer somewhere down the line, so she found a physician who lopped off her breasts for her. That seems to be a pretty extreme way, but she probably would have gotten the cancer because of the strong suggestive force that she had; is that correct?

COSMIC AWARENESS:

This Awareness indicates that this as a strong probability at some point in this entity's life that she would have manifested, either genetically, subconsciously or consciously, the breast cancer; that in her approach of ridding herself of her breasts in order to avoid the breast cancer, the entity essentially was trying to free her mind from fears that had plagued her from childhood.

How Radionics Can Restore the Environment

(Increasing Ocean Oxygen Can Create Miracles)

Question:

Another question, a possible solution to the environmental problem, from Steve Sobol, Cypress, California. He writes: "Dear friends, thank you for the informative data in the latest newsletter, 89-3, on why our forests are dying and the reasons for the ozone layer depletion. I have a theory which may provide a solution, and would greatly appreciate if Cosmic Awareness would comment on its potential. By increasing the oxygen in our oceans and our atmosphere, this would reduce the effect of continuous depletion of ozone to create more oxygen. My proposal is to increase the oxygen in the ocean and in the atmosphere, by projecting the energy of hydrogen peroxide, via instruments developed by Dr. Galen Hieronymous. One unit is called an Industrial Analyzer,

and another is the Eloptic Beam Projector. A satellite photo or aerial photo of the North or South pole could be placed in the instrument along with hydrogen peroxide, (food grade or dilution of) and the energy of the H2O2 could be sent to that region. A typical cycle might be fifteen minutes on and 45 minutes off. Various cycles could be tried to see which is most effective. The same could be applied with a photo of the various oceans. I am willing to devote my energies to this project if it would be beneficial. Equipment is available. Please ask Awareness to comment on this approach."

COSMIC AWARENESS:

This Awareness indicates that this as related to the use of radionics in terms of creating certain frequencies or vibrations that would enhance the production of hydrogen peroxide. This as being a kind of creative process using frequency or radionic device to separate the molecules and combine them into a hydrogen peroxide molecule within the atmosphere so as to enhance the production of oxygen.

This Awareness indicates that this is much likened unto the use of radionics on a subject, human or plant or animal, in order to produce certain chemical changes or genetic changes or molecular changes within the individual, to effect a certain type of healing or mutation or change.

This Awareness indicates that these devices essentially work with vibrations, frequencies that all things emanate to.

This Awareness indicates that essentially since everything in the universe is a frequency or vibration, or a combination of frequencies and vibrations, theoretically the use of frequencies or vibrations may be effected in such a manner as to produce molecular changes in things, and thereby altering organic substances.

This Awareness indicates that essentially the theory is sound, providing the application is correct, and can be implemented in a manner that approaches the need desired, and this is done on the proper scale, for that intention desired.

This Awareness indicates that it would indeed be a long-term project. It would indeed be a project requiring considerable energy. This Awareness suggests the most effective approach would be to work with pictures, photographs, of the earth, using this process to build up ozone levels in the North and South poles. This being effective because it would be within the realm of one's ability to perceive the totality of the scenario, whereas if one is simply out in one's back yard focusing toward the North pole or South pole, the image becomes so magnified, it begins to boggle one's mind.

This Awareness indicates that were the image working with a photograph, it would be easier for the mind to assist in dealing with these frequencies.

This Awareness reminds you that radionics is dealing with the frequency of the mind being projected along with the intention and vibrations that are represented in the mechanics of the operation.

This Awareness suggests that while you are at this, you might also wish to doctor the forests, particularly in the Amazon region, to prevent them from being destroyed further, which in effect is contributing greatly to the destruction of the ozone layer.

FOLLOW-UP (AVATON):

Could the benefits of the *Fantazia* be projected in this manner also?

COSMIC AWARENESS:

This Awareness indicates that this is in the affirmative. This Awareness suggests that the use of *Fantazia* on photographs of trees or on maps of Brazil with the intention of growing more forests in the area; this, along with other areas in which vegetation could or should grow, as that which could be beneficial.

This Awareness suggests you might as well also consider expanding forestry, expanding the forests in and around the Sahara in Africa, where much of the vegetation has been dying off, in the area surrounding the Sahara Desert; that this also might be beneficial in regard to the Gobi Desert in China, that in all of these desert areas you may visualize the forests beginning to grow further and further out into the deserts, to reverse the trend that is now occurring, in which deserts are encroaching on the vegetations.

For more on Radionics please refer to the following 'Revelations of Awareness' newsletters: 87-11, 92-10, 93-1, 93-8, 95-9, 2003-6.

Did Huge Forests Once Exist Where Deserts Are Today?

(More on King Solomon)

FOLLOW-UP (AVATON)

Legend has it that King Solomon logged forests -- cedars of Lebanon or something like that. Is it true that at one time, instead of deserts, there were vast forests in those areas?

COSMIC AWARENESS:

This Awareness indicates this is in the affirmative. There were, at one time, considerably large numbers of trees; there were forests in those general areas in Africa. This Awareness indicates likewise there were great forests at the North Pole, that these too have been destroyed and a polar desert now remains, but this Awareness suggests there are remnants of trees millions of years old in that area of the North Pole.

This Awareness indicates that deep beneath the sands in the Sahara, there are also remnants of forests.

This Awareness indicates that subsequent to the forests in the Sahara, water covered that area at one time.

Why the Rapid Drop in the Bird Population?

(More On the Destruction of Tropical Rainforests)

QUESTION:

One final question. An article sent in by Ted Helinski, entitled "The Rapid Drop in Birds May be Linked to Deforestation." It said, "Populations of many species of migratory birds, including some familiar songbirds, are rapidly declining, and tropical deforestation may be the primary reason, according to scientists who analyzed twenty years of bird surveys from across North America. The severe decline of some songbirds which spend their winters in South and Central America, and their summers in the United States and Canada, have occurred in less than a decade, with some species diminishing by almost half. 'Something dramatic is happening,' said Russell Greenberg, research scientist. 'In the past nine years, the Wood Thrush has been reduced 30 percent, the Baltimore or Northern Oriole population has fallen 23 percent, and the Scarlet Tanager has declined 10 percent. It's tragic," he said, "we're going to have fewer birds.'

Are the birds being harmed, scientists have wondered, by changes in their summer homes in temperate North America, or by changes to their winter grounds in the tropics? Many bird experts have argued that forest

fragmentation in North America is mostly to blame, since cutting the forest into smaller and smaller patches increases the access that predators and parasites have to the forest-dwelling birds. However, Greenberg and his colleagues argue that the primary cause is more likely to be tropical deforestation."

Would Awareness explain which of those or either of those are correct?

COSMIC AWARENESS:

This Awareness indicates that it is indeed more the effect of the tropical forest being destroyed; that there are, of course, certain effects of destruction from northern forests also.

This Awareness indicates that part of the situation is not only that it disrupts their habitation, summer and winter homes, but also the deforestation destroys insects which they feed on.

This Awareness indicates that as these damp forests are destroyed, these insects become fewer and fewer, and therefore it becomes more of a problem for birds to find places where they can live that will provide sufficient food for themselves and their nests.

Another Easter Island Is Coming Soon

This Awareness indicates that the world is quickly approaching the catastrophe that is symbolized on Easter Island, where there was a time in which these islands were covered with trees, before natives began to cut down the trees to build houses and boats, and wherein at some point the last tree was cut down, and no seeds or no replanting was done, and because of this, when the boats and the houses rotted, the natives then had no means for fishing, no place to live, no way to survive.

This Awareness indicates that this was the hazard of living on an island and not protecting the vegetation on the island, for when it is gone, it is gone.

This Awareness reminds you that the earth itself is but a great island in the sky, and one cannot expect to rape and remove all foliage, without destroying everything that is left.

The Ozone Layer: A Point of No Return

CLOSING MESSAGE:

This Awareness indicates the great danger on the earth is, there is a point, the point being immeasurable, as to where or when it will occur, whereby the ozone layer diminishing will pass a point of no return, whereby as it becomes so weakened and so thin, at some point, the rays of the sun will begin to burn the vegetation, which will reduce the oxygen further, which will deplete the ozone further, which will lead to rapid destruction of life on earth.

Thank you. (The Law of Gratitude is given)

*Ed's Note: For over 20 years CAC offered D-Cells and S-Cells to the membership. During that time our members planted these in almost every lake and river in the country, same in Canada and in many places in Europe. They were literally seeds planted in consciousness and I suspect that these actions had something to do with the raising of awareness in mass consciousness that help the environmental movement get laws passed designed to clean up and protect Mother Earth. In addition, as many CAC people can attest, the healing properties of the D and S-Cells had much to do with keeping the membership healthy and with access to pure drinking water in their homes. When Joe Dun Sloan, the creator of these cells died, he took the formula with him to his grave, so unfortunately humanity no longer has access to them.

It was much the same with *Fantazia* water. CAC made it available to the membership until human greed made it so expensive per ounce we no longer would carry it. *Fantazia* essentially was just distilled water subjected to vocal prayers and positive affirmations instructing it to accomplish certain things, such as healing the people who drink it, enhancing the fruit and vegetable gardens, etc. Vikki came up with idea of creating our own form of *Fantazia* water. We recorded healing affirmations and numerous positive suggestions on a 12 minute endless tape cassette and by using an electric timer, triggered it to play next to the distiller we had placed in a sound-proof closet. So during the long hours the distiller was cooking away, those recorded affirmations were permeating the space around it including each drop of the distilled water being brewed. It seemed to work and Awareness mentioned it in several readings, including this one you just read. Anyone can do the same thing if they have the inclination and it could be used in any project designed to help the environment, such as radionics.

As to the woman and her company who originally created *Fantazia*, we heard through the grapevine that the FDA had shut them down years ago for attributing certain health claims to their product. The claims were probably true but as far as CAC was concerned human greed was what priced them out of business. (avaton)



AMAZING NEW MASTER INDEX

NOW ON CAC'S WEBSITE:

Just think of any subject Awareness has ever talked about, type in a keyword, and before your eyes will appear a listing of almost every newsletter published that contains information on that subject. Thanks to Jon Strongbow's 25 years of research, our website has now added 95,706 new entries for your convenience. New members who need back issues can now type in the subjects they are interested in and order back issues for immediate delivery. You can order on line using Paypal ordering system or just mail your order to CAC. All back issues are \$3 each and postage for any amount ordered is only \$1. Check it out!

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JOIN THE WORLDWIDE MEDITATION FOR WORLD PEACE EVERY FRIDAY AT 9: PM

Details on the CAC Internet Domain:
<http://www.CosmicAwareness.org>

JD RABBIT: IN MEMORIAM

Vikki was checking her email when I heard her shriek. "What!" and then she was crying. Nancy, the office cat sleeping on her lap leaped into the air; I left my computer and hurried over. She was almost hysterical. We stared at the screen. The email said: "To all folks: It is with heavy heart that I need to inform all of you dear ones that our beloved friend and benefactor JDR has left this planet at 6:00 pm on the 20th of Nov. 2004. She passed on in a tragic car accident and was whisked away quickly by the right folks who came to meet her at that instant in time. She was in a pleasant and happy state of mind in route to visit her new traveling companion whom she was growing fond of. My thoughts are with you as you reflect on your happy times you have spent with JD Rabbit. Thank you for being her friend. John Hurley (her next door neighbor)."

Vikki received an email from JD's sister Lauri, who told her there was a short obituary in the *New York Times* and that she would do a mass email around April informing people of the plans for her summer Memorial Service. Laurie said, "She was killed in a head on crash at dusk by a 25 year old boy, who police believe had fallen asleep and crossed the double yellow line. She was killed instantly, and really didn't know what hit her. Both drivers died and have been tested for drugs and alcohol. I have not received the report at this time.

"Benji spoke at the memorial as did her friend Richard Scheiber, as well as a poem from her friend the poet, David Axelrod.

"She will be missed...and the world will know less kindness and charity," Laurie concluded.

JD went by several names, including Judith Jones, but to most she was JD Rabbit. She has been with CAC for over 20 years and I remember years ago I once sent a memo to "J.D. Rabbit" and she indignantly fired back that her name was "JD Rabbit" and to never use periods in her initials. After that I never dared.

For many years she was our only Patron member and many were the times when Vikki couldn't pay the year-end bills and she held them knowing JD always sent in her dues in January.

She was highly educated, held numerous degrees, spoke 7 languages, was a world traveler, an author who wrote many articles and at least one book on channelers that I know of, supported various New Age groups and participated in their activities, had personally met Benjamin Crème, Sai Baba and other gurus and celebrities in the spiritual community as well as many in the worldwide UFO groups. She supported and promoted many worthy causes, recently got very excited over Dennis Kucinich and what he stood for in the Presidential race. She was an ardent and outspoken "Peacenik" and environmentalist and once she discovered the Internet there were no holds barred, forwarding information and petitions in the interest of peace, Mother Earth and the disenfranchised etc. etc.

JD inherited wealth but she didn't flaunt it. She didn't play the game. She was a free spirit, uninhibited, often dressed like a hippie, in fact sometimes lived like them, joined them every summer when the Gathering of the Tribes would do their spiritual thing deep in the national forests of America. She never watched TV, wouldn't allow one in her home, rolled her own joints and was quick to share them and she reveled sitting around campfires or anywhere else she could get a good philosophical conversation going. She could quickly assimilate information, gather in-depth facts with an amazing ability to recall the smallest details. I am sure she had a photographic memory the way she absorbed and analyzed information.

JD was a vibrant personality with an insatiable curiosity and because of this CAC reaped the rewards from the thousands of questions she sent in over the years. Questions on every conceivable subject—animals, health, books, psychic phenomenon, history, mysteries, you name it, but her favorite subjects were conspiracies and cover-ups, the UFO phenomena, Eastern religions and spiritual subjects of every description. You readers of our newsletter are very familiar with the name "JD from New York, JD from Vermont" because almost every issue published has at least one of her questions and more often several. Many of the really in-depth readings from Awareness, particularly those of a deeply spiritual nature were triggered by the questions of JD Rabbit. For example issue 98-11 "Sai Baba: Is He really God Incarnate?"



The editor and JD Rabbit
In her New York apartment
discussing aliens in 1990

Twice we invited JD to attend our monthly sessions here in Olympia. The first time she had just returned from India and was excited over having met the avatar Sai Baba whom many believe is God incarnate. She showed us photos and videos of the entity being idolized by the masses as he "manifested" ashes out of empty bottles, trinkets of gold and other objects which he threw to an adoring crowd. Both Paul and I viewed her video spectacle with polite skepticism. JD's questions during that session, however, brought out information on the real nature of gurus, Cosmic Awareness, divine beings (all of us) and we all learned something, particularly JD who up until then was a guru follower, or as I once remarked a "Guru gripe."

Another time when JD came to Olympia and stayed for a week of sessions, we were all sitting in a circle around Paul laying in "trance", JD was having a dialogue with Awareness over a series of questions (she kept rephrasing until satisfied Awareness got the exact meaning of her question) when right in the middle of the dialogue, JD suddenly raised her arms and her blouse flew off and there she was topless talking to Cosmic Awareness. We learned later she was having a hot flash and was being particularly plagued by them that summer. It was pretty hard for me to stay focused on the business at hand during that reading session. But like I said, JD Rabbit was a free spirit, very uninhibited, and in a discussion she shot from the hip, wasted no words, demanded direct answers to questions, demanded details and proof to back up statements etc.

We first met the Rabbit when we flew to New York to see Wagner's Ring Cycle at the Met. She had invited us to come to her apartment on Houston Street on the edge of Greenwich Village. It was a large building, heavily fortified with security fences, yet surrounded with lovely flowers and a well-kept herb and vegetable garden. I was dumbfounded at the sight, huge tomatoes growing right in the heart of New York City. A security guard phoned after we identified ourselves and we were directed to a stairway that led us to her apartment. The place was luxurious but sparse: a couch, a chair and a telephone which rang 11 times during our 4 hour visit. JD explained she did a lot of "counseling" over the phone. Later, she led us across the street to a tiny hole in the wall restaurant for ice cream and coffee. There were several homeless people on the sidewalk as well as 3 panhandlers who hit us up. JD pulled a fistful of paper money from her jeans and saw that every entity received some. We knew she was generous because she sponsored a dozen or more prisoners and other hard-up entities she knew to CAC subscriptions over the years, but it was also obvious she was an easy "touch" and one who seldom said "no" to those less fortunate. We found out later she was also supporting a number of "starving" artists, poets and playwrights who were having hard financial times trying to make it in their professions. We knew by some of the questions she mailed in that this subsidizing of what I would refer to as "deadbeats" deeply troubled her because in several cases it created resentment and jealousy from those who received her generous gifts and yet made JD feel like she had no real friends and those who called themselves friends were doing so only for her money etc. Over the years she made many "loans" to various characters with hard luck stories and I suspect there are many of these left unpaid.

JD and her family owned a large and impressive villa in Acapulco, Mexico called "La Rondine" (the swallow like Puccini's opera of the same name. It was fully staffed, with a huge swimming pool and a magnificent view of the city and ocean below. To enter the area we had to pass through a huge metal gate manned by two uniformed and armed policemen; it was like out of a movie! When she was in Olympia she told us about that

villa saying it was seldom used anymore, that she would fly there alone to rest, meditate and recuperate after various world travels, and she invited us to use it anytime we wished. She said, "Not just you two, bring the whole family." So we did, all 14 of us including children descended on La Rondine like a swarm of locusts, leaving Olympia during a January snowstorm and 20 degree weather and arriving in sunny 90 degree Acapulco. We stayed 10 days, probably the most memorable period in our lives, thanks to our gracious and generous host JD Rabbit.

For years JD had a small quiet retreat near Montpelier, Vermont, which she used when the noise and vibes of New York City got to her. A few years back she designed and built her "dream home" on that wooded spot where she created flower and vegetable gardens and encountered deer and various creatures (yes, rabbits) and seemed to finally have found contentment. It was on a road nearby that JD Rabbit suddenly and unexpectedly left this plane.

We knew from the readings that JD Rabbit's present lifetime was not her most significant. Over the years Awareness volunteered considerable information about some of her past lifetimes. She had very significant lifetimes in Atlantis, Lemuria, the Temple Beautiful, Egyptian lifetimes during the building of the pyramids; she was always a part of those entities who today comprise what could be called the Awareness Movement. Awareness revealed, in fact, that the main mission of JD's incarnation this lifetime was to energize and send in questions which helped Awareness access to this plane through the Interpreters and to extend that "Cosmic Day", that hole in space that could have been closed years ago but didn't because of that energy supplied by the questions. There is little doubt that JD more than succeeded in this lifetime endeavor. CAC has 8 bulging files of questions sent in by this entity over the years, hundreds, probably thousands of which have been asked and printed in the newsletter. There are many more, I can assure you, to come in future newsletters. At the time of JD's passing over, I also have 3 complete files of questions yet to ask but probably never will due to the density change now rapidly occurring which will probably make all questions moot.

One bit of information Awareness once revealed was that in one of JD Rabbit's more recent lifetimes, "she was almost made a Saint." Neither JD or this editor ever pursued that remark for more details. What we do know from the readings is that JD Rabbit was a very high spiritually evolved entity and had served humanity through many lifetimes playing different roles that always helped the spiritual evolution of the masses on this plane. It was also revealed by Cosmic Awareness that JD was a Wanderer and that Sach Kahn or Essence, that plane adjacent to the Godhead was her true home.

And I have no doubt that at this moment JD Rabbit has gone home. (Avaton)



Jon Strongbow
and JD Rabbit
on a boat at
Acapulco
In 1995

The Cosmic Awareness Spiritual Development Course

ARIES: Volume 1, Lesson No.1

COSMIC AWARENESS:

This Awareness indicates that previously there have been messages relating unto the beginning of time, the appearance and disappearance of the Universe in each four-quadrillionths of a second. This Awareness indicates that during these moments of appearance and disappearance there is created that which is likened unto a shifting of energies, and in this pulsation wherein energies shift and gather from place to place leaving vacuums and leaving densities; there becomes that which is the separation of light and darkness, of matter and spirit, of space and that which is non-space or substance. This Awareness indicates that as this occurs on large-scale levels; wherein this is occurring in consciousness and consciousness is capable of expanding in many directions, the very action of this expansion does allow the possibility of contraction, and wherein there is that which can perceive expansion and contraction, there is the possibility of consciousness to perceive size, to perceive shape, to perceive that which may be termed space.

This Awareness indicates there is in reality no such thing as time and space. There is only consciousness, but within that consciousness there is the possibility of the illusion of time and space. This Awareness indicates this is likened unto entities dreaming, wherein entities move into that state of the dream and feel themselves flying through space, yet suddenly awakening and realizing that they have never left their bed, but have simply been moving in terms of consciousness. This Awareness indicates that likewise this third-dimensional world in which entities feel themselves moving in levels of matter from place to place, from moment to moment, is a similar type of dream or illusion, and in reality, all of this is but consciousness, is but the dream of one aspect of yourself which is sleeping elsewhere and dreaming your existence.

This Awareness indicates there are twelve aspects of each entity and only one resides on this plane at a time.

This Awareness indicates this plane is but a plane of consciousness, rather than a plane of reality. The concept of reality may be better termed a level of realization: to realize, to be indicated as real by the consciousness, by the collective consciousness of entities who are in agreement that this or that situation is real. This Awareness indicates that the agreement creates the reality, and wherein everyone disagrees with an entity, that entity then is said to have his own reality which is separate and not akin to the reality of others. This Awareness indicates the others then refer to that entity as being un-realistic.

This Awareness indicates that as entities move through levels of consciousness, they may be likened unto vibrations, unto particles of light, unto pigments of a painting, unto the refractions of the reflecting light or of the vibrations of a note - each being totally distinct and unlike any other, yet each being totally integrated and part of the total tone, the total colors, the total vibration which exists in this universe during this moment. This Awareness indicates that these entities, these portions or parts of this mosaic pattern which is known as "now" - this pattern of matter and light dancing on the Akashic screen which spreads and fills in all directions that state of consciousness, that sea, the psychic sea on which these images are projected.

These portions, these particles known as entities, known as atoms, known as molecules, known as parts and organs and features and shapes and items - these forms are all but images, and exist in the land of the Magi-nation. This Awareness indicates that each of these does have within itself the strength to survive and grow according to its ability to be of interest, to gain attention, to grow as an entity and to survive as an energy through the feeding or service of something greater than itself. This Awareness indicates as each particle surrenders itself unto something greater than itself, it becomes incorporated with that greatness, and that greatness then becomes a container of that particle, and an organ that has greater chance of survival. This Awareness indicates that as this occurs, entities begin to take on the appearance of stability - of being a mag-nanimous type of creation.

This Awareness indicates through the sensitivity, the development of certain sensitivities toward the environment, toward the actions of becoming self-aware and aware of the environment, these organisms begin to grow more definite in terms of their image, so that the image becomes energized and appears to be more solid. This Awareness indicates as long as these images can either suffer pain to remind them of their own existence, or pleasure to remind them of their own existence, and in this way feed themselves through these impressions and sensitivities - through feelings, through various types of reaching out and experiencing - and gathering these impressions which tend to reassure themselves of their own existence, these organisms begin to develop into that which becomes more than mere vitality, but becomes likened unto self-awareness. This Awareness indicates that as these begin growing even stronger, there is the possibility for these organisms to begin to grow into levels of self-awareness expanding, and in that expansion of self-awareness there becomes the possibility of that entity or organism moving about and discovering more about its environment.

This Awareness indicates the particle becomes the molecule, the amoeba, the creature, the small sea creatures, the small parts of vegetation, the moss, the parasitic type of vegetation - those tiny sea creatures which move around in stagnant water, in fresh water, and in sea water which normally serve as feed for other creatures. These creatures have within themselves the capability of moving so far into their own being that at the point of change, instead of simply dying, they move toward metamorphosis and enter into that level of creaturehood wherein they become self-awareness expanding, and in this action they learn to move about or to become aware of themselves in relation to other creatures about them. This Awareness indicates that as this moves on, this type of consciousness eventually can reach that level where it is so sensitive and so aware, that it perceives actions in directions far beyond its own experience and feeling levels. This Awareness indicates that this may be likened unto the dolphins of the sea, the porpoises, and certain whales. This Awareness indicates these creatures, many of these creatures do have that consciousness which is cosmic.

This Awareness indicates that many of these creatures have consciousness levels which surpass the geniuses upon your plane who walk as human beings. This Awareness indicates that there are those upon this plane who, as human beings, have consciousness which is less sensitive than the mere vitality level of certain amoebas. There are humans upon this plane whose consciousness is but self-awareness and they cannot perceive beyond that level. There are entities upon this plane who do have self-awareness which is expanding at its own rate - some

rapidly and some very slowly - and there are entities upon this plane whose consciousness is indeed reaching into levels which are cosmic. This Awareness indicates that there are many levels and steps and gradations between these. That often entities who have moments of cosmic consciousness also have those moments wherein there is but mere vitality. This Awareness indicates that the development of the soul is that which occurs when entities begin to experience a separation from that level which is cosmic, and recognizing themselves as being a self.

The development of the soul comes between the mere vitality and the beginning of the self-awareness. For wherein there is self-awareness, the soul begins to become a sole creature - sole - a feeling of solitude comes over the entity, and the entity feels separated from the mass of living vitality around that entity, and as this soul begins to experience from that level of solitude, of being separated, it then begins to perceive greater suffering and greater desires and greater feelings of aloneness and the need to struggle against that which is not itself. This Awareness indicates through this kind of struggle wherein there is that feeling of isolation and separation apart from the universe, apart from the God, apart from the rest of consciousness, this is that which begins creating the irritation upon the entity which may be likened unto the grain of sand in the oyster which creates irritation upon the flesh of the oyster, and which in time begins to manifest as a hard lump which works and swells and grows and eventually develops into a pearl of great price.

This Awareness indicates that the entity in developing his soul through the suffering and struggle, the hardships which come about through being separated from God, from the rest of consciousness - that feeling of separation, of isolation, of being alone - that great suffering is that which begins to develop the soul of the entity and allows that entity to become so certain of his or her own existence that there is no longer any doubt, and the soul is born and is permanent.

This Awareness indicates that when this occurs and the soul becomes permanent, the entity is capable of leaving the body and the soul continues. This then relates unto actions of moving as a soul through spiritual realms and moving back into matter. This becomes that action known as reincarnation - moving back into the flesh from the levels of spirit.

This Awareness indicates that as the soul continues to develop even further, this soul is capable of recalling those previous lifetimes and previous experiences. This Awareness indicates that as those memories become more and more opened and the soul is capable of experiencing itself, the possibility of projecting its own future lifetimes becomes even greater. That it becomes also very possible for entities living upon this plane to begin realizing that their lifetime at any given moment may be compared to the waking state prior to falling asleep and reawakening the next morning. This Awareness indicates as entities live and die and live again, this is but a cycle on a larger day and night cycle very similar to the action of the waking and sleeping cycle wherein entities do not lose their body but simply leave their body as they sleep.

This Awareness indicates as entities fall asleep and leave their body each night, so likewise on a larger scale, entities lose their body and recreate a new body on certain cycles - this being considered that cycle of life and death. This Awareness indicates that it is possible for entities in high states of consciousness not to fall asleep at night and not to be totally awake in the day-

time, but to reconcile these two levels of consciousness into levels of subjective awareness. This Awareness indicates that even as these extremes of consciousness are possible in the daily and nightly life of entities, wherein certain entities have not been asleep for many years, so likewise it is possible for entities not to move through the life and death cycle, but to continue existing indefinitely in the shadowland between.

This Awareness indicates that much of the material which shall follow shall discuss these many levels wherein the reconciliation of polarities, of life and death, of good and evil, of right and wrong, of light and darkness, can lead to that twilight zone wherein a new reality becomes understood which allows entities to move into eternal life.

This Awareness indicates this is the conclusion of the first lecture, that any questions relating to this may be asked at this time; that barring and questions, the Interpreter may be brought from trance.

The 12 Aspects of the Soul

QUESTION (AVATON):

Awareness spoke of the twelve aspects of the soul. Is this the same as the twelve aspects referred to in the lessons?

COSMIC AWARENESS:

This Awareness indicates there are twelve entities which make up a team for each entity who now resides upon this earth, and these twelve entities... eleven of these entities are moving in other realms, yet keeping close contact with this entity upon this realm.

This Awareness indicates this as mentioned in a similar type of reference in the works of Percival, and in the works of Jane Roberts, wherein the multi-dimensional personality is discussed. This Awareness indicates that these twelve entities may be likened unto twelve aspects of the soul and do correspond with the Disciples which are associated with the Christ.

This Awareness indicates these twelve aspects often alternate in the body of each entity upon this plane and often these twelve aspects integrate together and this then becomes that level which may be likened unto Christ Consciousness, wherein a total integration occurs, and the entity is moved into levels, of extremely high levels of awareness.

This Awareness suggests that this be the conclusion for that first lesson, that further information will be forthcoming in the next lesson. That the questions of a personal nature may be asked, that the Interpreter be allowed to come out of trance for a brief moment to stretch.

(The Law of Gratitude is given.)



HOW IT WORKS IN WASHINGTON

THE 144 LIGHT-PULSE EXERCISE- MEDITATION FOR HEALING THE EARTH

This Awareness asks that entities who read this message, to spend approximately five minutes prior to falling asleep each night for a period of one week, imaging the world floating in space, and visualizing this world as having certain areas of darkness, and feeling the presence of this world floating in space, likened unto the pictures of the earth taken from the moon.

This Awareness asks that entities then begin visualizing the earth as gathering a type of "halo" around itself an aura of light, and to watch this light as it grows, and see this light pulsating. This Awareness suggests that entities then count the pulsations of light, that they count silently to 144 (one hundred and forty-four) pulsations, and as this is completed, that they move themselves back into the light and back onto the earth and experience the light which they have created.

This Awareness asks that entities do this for at least seven days. This needs to be done nightly, throughout the rest of the year, if entities can bring themselves to putting out that much energy. The action of putting forth this energy will bring many rewards to entities under the *Law of Gratitude* (*), and they shall find themselves being healed on many levels as they move into the light.

After entities move back into the image of the earth now lighted, they may also begin feeling the pulsations around their own body, feeling themselves pulsating as light, and may also count 144 pulsations. This Awareness suggests this may also be used on other entities who need healing. (77-04)

*The Law of Gratitude is that sense of satisfaction where energy which has been given receives a certain reward. For all energy you give, whether thought, spoken, or acted, goes out on that curved unequal line, and can only return to its sender bearing gifts.

QUESTION:

What happens when you fall asleep in the process of trying to do your 144 light-count meditation? What is that setting up?

COSMIC AWARENESS:

This Awareness suggests that this continues on the subjective level regardless of what is running through the conscious level. Wherein an action is started, the rest is implied in your subjective levels, and is continued. The greater effort to finish the count, the stronger the energy on the subjective level. This is that which assists greatly in deepening the effects of the count. (78-09)

USING THE 144 LIGHT-PULSE MEDITATION TO HELP THOSE WITH DRINKING PROBLEMS

This Awareness suggests that the same meditation may be used for alcoholics. Wherein there is the feeling of a need for a drink, that you ask the alcoholic to begin seeing the light pulsating, coming into his being. The light may be equated with the drink; it may be used as a substitution for the alcoholic spirit, the use of alcoholic spirits as a substitute for the true light and the true spirit. Wherein an entity can realize this and can begin tuning in to the use of the real true spirit, this shall become a substitute for the entity.

This Awareness indicates that the entity visualize in his hand a glass; this glass becomes that which begins pulsating as light. That the entity visualize this light pulsating twelve times in this glass, growing stronger

with each pulsation. That the entity then visualize himself drinking this light, that this be done in twelve swallows (this being a count up to twenty-four, the twelve pulsations and the twelve swallows).

This Awareness suggests that then the entity sit in meditative position, feeling the light pulsating in and through his body for remainder of the count to 144. This may be likened unto the quenching of the thirst, this being a drink of Cosmic Spirit - the nectar of the Gods. This action, being a substitute, may satisfy the subconscious cravings for alcohol, and this shall assist in the withdrawal period.

This Awareness suggests also that this be done, not simply as a substitute, but as a transition. That music be played; that there be great feeling of joy, peace and harmony connected with this. And after this has been completed, that the entity be greeted with joyous attitudes and given juice and something to eat.

This Awareness suggests the use of fruit juices after the meditation. (77-01)

CONCERNING THE USE OF THE 144 LIGHT PULSE MEDITATION FOR PERSONAL GAIN

This Awareness suggests that it is all right for entities to use the 144 Light-Pulse Meditation for their own purposes, so long as it brings no harm to any other. This shall benefit you as an individual in this particular time and space, wherein you are aware that this is not harming another and wherein you do not have guilt feelings about having prosperity for yourself. Wherein guilt feelings begin to creep in and you feel that this is in error, you shall bring about difficulties in regard to using this. There is no reason for any entity to feel guilty about having personal prosperity so long as it has not harmed another.

This Awareness suggests, however, that there is no way any entity can ever find complete satisfaction and happiness with oneself until he or she is also giving some form of service, assistance, and contributing something to others. (77-04)

HOW TO VISUALIZE PROSPERITY

This Awareness suggests that you now visualize yourself upon the deck of a large sailing ship, with sails in full with a strong wind blowing into them. Visualize the money you need flying into the sails and falling onto the deck, this to be visualized nightly before going to sleep, and upon awakening for a period of three weeks. This will assist in creating an attitude whereby you become more capable of feeling an affinity toward greater prosperity rather than feeling you have a lack of prosperity. The attitude of deserving prosperity as that which is essential in order to be prosperous.

During the coming several years, this approximately seven years, there will be many shifts in your financial affairs in a manner that shall be somewhat unpredictable, which shall move into areas of earning through activities that presently seem unusual or out of your present life-style. This Awareness suggests that you keep your mind open to new ways of earning the necessities of life.

(77-07)

We all have to be concerned about
Terrorism, but you will never end terrorism
By terrorizing others

--Martin Luther King III

Psychic Vampires Are All Around Us

QUESTION:

Another question from JD. She writes: "I understand that in some cases, the physical or otherwise forms of living beings are sustained by light or thought. Here on earth the majority of life forms seem to survive by preying on other life forms. I find this appalling. Just how prevalent is this survival by predation system? I should hope it is quite rare!"

COSMIC AWARENESS:

This Awareness indicates that this is akin to that which is called 'psychic vampirism,' feeding off of the energies of others, and it is quite common among humans. It is possible for entities to learn, however, that energy is everywhere present and the mind is capable of drawing energy even from the air around, because the air and the space contains life energy.

When entities discover that the spirit of Divinity is everywhere present and that spirit of Divinity is the Life Energy, then they no longer will need to draw Life Energy from each other. Entities who seek attention are essentially seeking the energy of someone else. Entities who give attention are essentially giving their energy to someone else.

Attention taken, or attention given is the passing of energy. This Awareness indicates that you can give attention continuously, if you are aware that energy can be drawn from the space around you, for everything is alive and contains energy. Therefore, as more and more entities become aware from the ever-presence or omnipresence of energy, they will reach a point whereby they no longer need to draw energy from others by seeking their attention or trying to get something out of them.

This Awareness indicates the person who comes to you with a great need, with some hunger, is essentially drawing your energy, and as you work with this entity and invest more of your energy into the entity, they come to expect this from you and they will return for more of your attention and more of your help.

There comes a time when such psychic vampires will need to be told, "I can't help you anymore!" You may wish to continue helping them for some time, but if you cannot help them to learn to draw energy for themselves, or to handle their own problems, then you are helping to make them dependent on someone else for the energy they should learn to create on their own, for themselves.

You do not want to become an 'enabler' enabling them to continue being the psychic vampire that they have begun to become. This Awareness indicates you will see such entities at every party. Where there is a crowd of people there will always be some psychic vampire seeking energy from someone. Do not look down on them as though they were evil. They are simply people in need of attention.

Give them the attention you can afford, and tell them how much strength they have within and how you know that they can draw the energy they need or you know that they can handle the situation; you have faith in them, and then let them go their own way. Do not feed them too much of your energy, or get them dependent on you.

Many entities will enjoy being the fountain for psychic vampires. They enjoy trying to help others to the point where they are depleted of their own energy. It gives them a sense of importance. "This person really needs me! I am very important to their life! Therefore, I will give myself to this person, over and over, as long as the person continues to need me." This, many entities think of as being a leader.

As you move into a position of leadership or importance to others, you often think that you are important yourself, but you may simply be creating followers and dependents and keeping them from becoming self-contained or self-sufficient, or in their own rights able to handle their problems.

You do not want to become the fountain of energy for other people's lives and make them dependent on you. This can be a grave mistake, because not only will you then lose your own energy and your own right to go out and be yourself, you will not only make them dependent on you, but you become dependent on them, and you become **responsible**; that is the key word, to them.

You begin to make them independent, and you have a responsibility that you must continually fulfill for them. This Awareness indicates too much responsibility for the welfare of others can not only make them overly dependent and keep them from growing and developing their own sense of responsibility, it can also deplete you of energy that you could put to other use, or for helping others to develop their own sense of responsibility.

In other words, help people to help themselves. Don't simply help people so that you can be important and they can stay helpless before you.

Should We Agitate Water Before Drinking It?

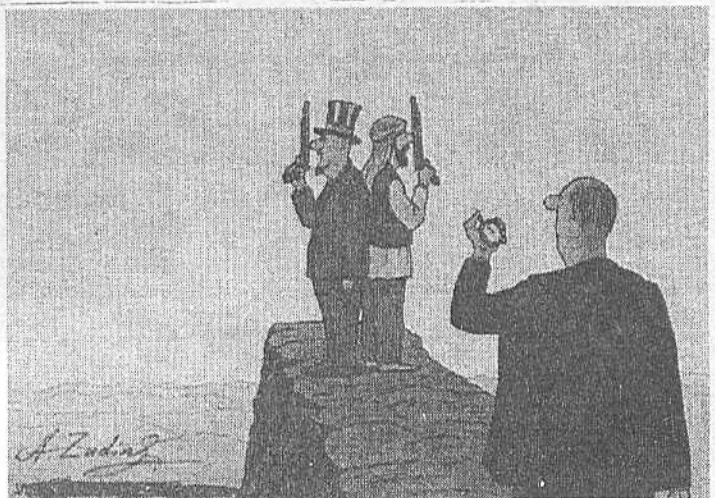
QUESTION:

Another question from JD. "Please discuss the merits of drinking flowing or otherwise agitated water, and whether it will benefit significantly to agitate our water before drinking it?"

COSMIC AWARENESS:

This Awareness indicates the flowing or agitation of water helps to purify it; that is, more or less the main value of such action. Water flowing approximately 16 feet in terms of space, depending on its degree of impurity, can be much more pure than standing water. This Awareness indicates, of course, water flowing through pipes may not necessarily become purified by that flow, even if it is more than 16 feet, but in general, even that would help somewhat.

This Awareness indicates it tends to affect the molecules of water to have them moving, but to have oxygen available for moving water is what really helps to purify it. The more it churns or is agitated, such as moving through rapids or waterfalls, the more purified it becomes. Putting water in a blender could give it some oxygenation. Even running it through a screened filter as may be installed on a faucet can help to oxygenate the water, and the oxygen can help to purify it, but this is not to say such water is necessarily pure enough to drink, just because it has been oxygenated or put in a blender. It may be better, but still not be good enough.



Do Lawyers Need to Take an Oath in Order to Lie and Cheat?

QUESTION:

A question from Cheri P., in Tucson, Az. She writes: "There is an oath that all lawyers take at graduation that in effect says that they will lie, steal, cheat, do whatever they have to protect the government, the president, the powers that be, whatever, exactly what I'm unclear, and that whenever you ask one of them about their oath, the question will be avoided at all costs. At which time you can say, "Thank you. You've just answered my question."

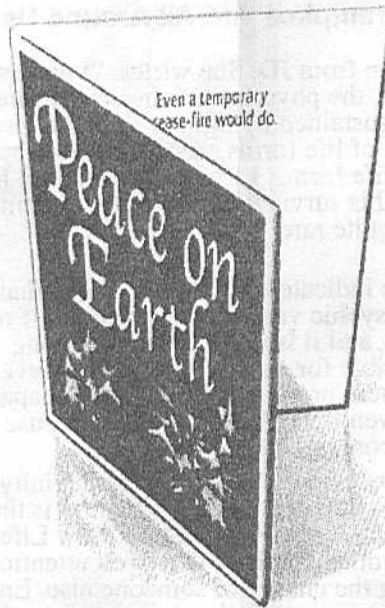
"No doubt this is why all or most of the presidents of this country have been lawyers. Do you have a copy of this oath, or know where we can get a copy? The University of Arizona's Law Library is open to the public, and I have not had the time to go and try to get a copy of that oath. I understand there are other legal oaths as well, such as a judge's oath." Does Awareness see any truth to that?

COSMIC AWARENESS:

This Awareness does not see where these oaths are kept or where they can be found. This Awareness indicates it appears to be something that is doubtful as to its very existence. If such an oath **does** exist, which is highly unlikely, then it would more than likely be discussed by some few lawyers who give up their law career in discouragement or in disgust and let this information out to loved ones or family members, so that this would have been leaked to the public long ago.

This Awareness indicates it is unlikely that there is such an oath. It is possible that some kind of oath exists which may have been distorted in its expression for this entity, however this Awareness does not see the oath mentioned as being something which lawyers **do** have. If it **does** exist, there are many lawyers who have broken their oaths, have turned against presidents, have worked to indict presidents.

Think back on President Nixon and what is happening today to President Clinton, for there are lawyers at present who are working to indict the present president for misdeeds, and there were lawyers in the past who have sought to investigate and indict presidents. If there **are** such oaths, are the oaths enforceable? If they are enforceable, then why are the lawyers breaking their oaths? If they are not enforceable, then the oaths are meaningless. If there are not consequences for breaking the oath, they have no value.



From the Cosmic Laws of Awareness...

THE LAW OF KARMA

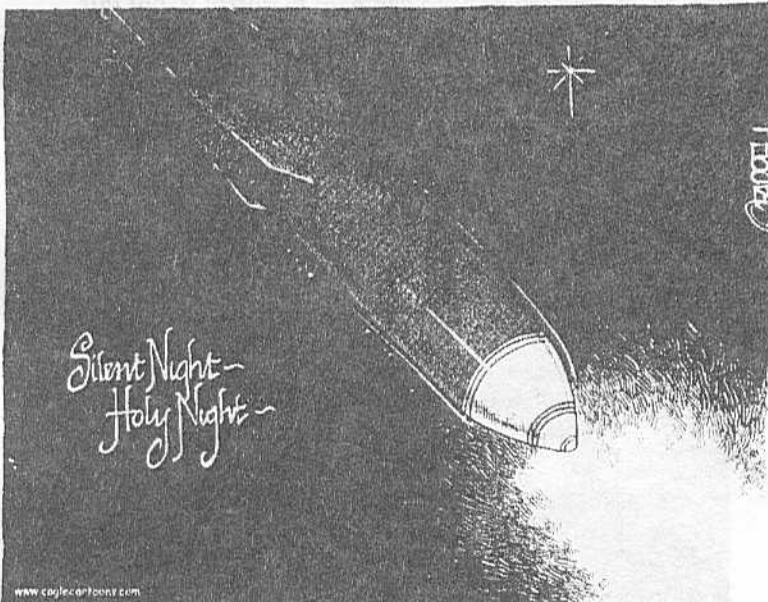
The Law of Karma is that Law wherein entities arrange within themselves, on any level, to make just payment for any action committed that affects the welfare of oneself or another. The Law of Karma is irrevocable and may be depended upon to bring those who stray from the Law of Unity back into balance through this Divine Justice of the Universe.

Wisdom of Awareness...

On the Nature of the Alien Force

This Awareness wishes entities to understand the Alien Force needs not to be feared but does need to be understood for what it is. Essentially it is a structure, a structuring energy that inhibits and controls and directs entities, and can direct them in ways which are harmful to themselves and others, but can only do so if the entity willingly follows in those directions.

Wherein an entity seeks to move ever toward Universal Harmony, love for others and for oneself, love for the Divine, the entity cannot be forced into actions which are alien to the Light, if the entity truly walks and moves toward the Light. (82-9)



--HOW TO GET THIS NEWSLETTER BY MAIL-- EVERY 4 WEEKS (More or Less)

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