Revelations of Awareness
The Cosmic Newsletter

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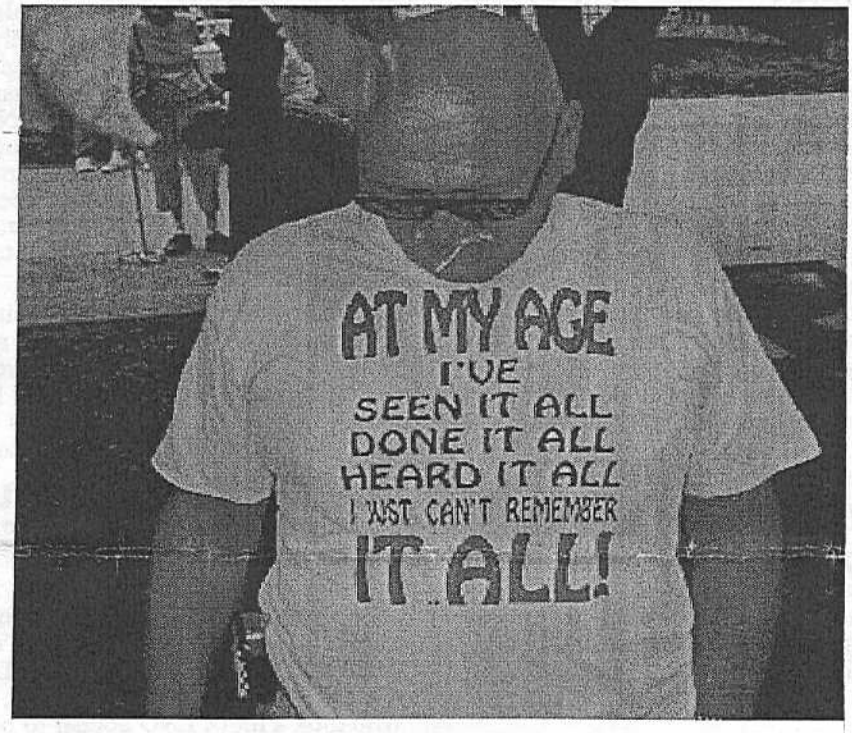


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CAC General Reading 6-2-09 (June 2, 2009) Will Berlinghof Interpreter, Joan Mills Questioner & Energizer

## HOW TO PROTECT OURSELVES FROM HAARP ENERGIES

**(Our Original 12 Strands of DNA Are Starting to Work)**

QUESTION:

The first question is from JoAn B. Lance, of Chireno, Texas. She writes, "What can we do to protect ourselves from mental and physical disturbances from HAARP energies?" Your comments please?

COSMIC AWARENESS:

What this Awareness sees as the most effective way to protect against the HAARP energies and vibrations has more to do with the unfolding of an individual's higher capacities and energies. This is a time for all individuals who are seeking to ascend to be working on themselves in expanding their consciousness, expanding their awareness. There is an unfolding that is also occurring at this time, an unfolding of those higher bodies, those Light Bodies that will make the Ascension process easier.

Many are experiencing profound and deep changes within themselves, changes that sometimes are visible, but more often than not are within one. These are changes where the Light Body, the vibrational energetic body of human beings is being developed and grown. This has to do also with the opening of the 12 strands of DNA. Currently there is an expansion on that which has been the norm.

**Our DNA Shut Down When Atlantis Fell**

Despite what was once the case, that 12 strands of DNA were active, only 2 have been active in the last several millennia, this before the fall of Atlantis, the shutting down of certain strands of DNA was occurring, but with the fall of Atlantis in particular, the human stock was reduced down to a most primitive nature and only 2 strands were active, which allowed humans to work at that most basic level of instinct, almost a primal level.

This has been changing, especially as consciousness has been shifting and more strands are opening all of the time.

This is one of the reasons why many people are becoming more psychically in tune. They are opening their psychic intuitive properties, as well as other properties that are being triggered such as the tapping in to the other dimensional levels and layers that each and every human being is connected to and part of. With only 2 strands it was impossible to keep active those points within the human being that made it possible for each human being to access his or her higher dimensional being, or their multidimensional being, but this is changing. More and more are having multidimensional experiences, at least to the point of sensing their multidimensional being.

This is all part of the development and the evolution of the human being back at least to a state that was once common, and with the Ascension, to go beyond this. In relation to the question of how to avoid the harmful effects of the HAARP technology, as those higher levels of consciousness are opened up and experienced, and as the higher vibrational energies become the norm, it will be easy enough to sidestep any effects of HAARP technology.

**HAARP Technology Not as Pervasive as Believed**

This Awareness wishes also to say that while HAARP technology is out there, and is being used, it is not as pervasive as some suspect or think it is. There are areas, especially where there are transmitters of the HAARP vibration, where those energies of the frequencies that are associated with the HAARP are more frequent, are more a problem to the general population, but this is not everywhere the case at all times. Indeed, if one lives in an area where there is excessive HAARP activity, the recommendation of this Awareness would be to move from that area, for it is not a desirable place to live.

However, as this Awareness has just said, the incident of actual HAARP intrusion, of the energies and the vibrations of the HAARP technology being active all the time in any one region is relatively small, and that with the natural evolution of those Light Workers who are seeking to expand their consciousness and their Light Bodies and their 12 strands of DNA it will be more the case that there is no great effect upon them from that HAARP technology. This is the major way forward at this time, for it is not seen that there is readily available any technologies that can counteract the effects of the HAARP technology, at least not technology that can be purchased at Radio Shack.

The changes that need to occur that will prevent and protect against HAARP energies and vibrations are those changes that occur within the development of one's own higher capacity, their own higher being, their own Light Body. This is the answer that this Awareness has for this question at this time. This Awareness is complete.

## ARE THOSE WHO TOOK LSD IN THE PAST JUST "DAMAGED GOODS" AS THEY AGE?

QUESTION:

(Thank you) Our next question is from Zoey Zen, in San Francisco. She writes, "A lot of older Light Workers spent their youth with a lot of LSD/marijuana. I have noticed that some of these people, especially the ones who took a lot of LSD appear to be fragmented, not well functioning in their late fifties, early sixties. Does LSD cause long-term brain damage? What are the remedies, if any? It almost seems as though there is soul fragmentation, or perhaps just ego fragmentation. Prayer, any vitamins, minerals, herbs that would help? Some of these people have taken LSD hundreds of times. Are they just "damaged goods" in this lifetime?" Your comments please?

COSMIC AWARENESS:

The description of fragmentation is indeed the correct way of describing the LSD experience that many had throughout the Sixties and Seventies. What this drug did is to truly fragmentize the ego of the individual, but more than just the ego, it caused a fragmentation of the soul and the soul connection. The personality was disrupted. Boundaries and borders that were normal divisional lines that would contain a being's consciousness were shattered, fragmentized, and this opened up doorways and vistas that would not normally have been available without years of extensive work and preparation to have such experiences.

**How Shamans Took The Blue Road to Consciousness**

In Shamanic studies and in the Shamanic way of the development and the expansion of consciousness, Shamans would often use natural drugs to help expand consciousness. These drugs were often very dangerous by their very nature. They would often remove the

CAC General Reading 6-10-09 (June 10, 2009) Will Berlinghof Interpreter, Joan Mills Energizer & Questioner

## WHO IS "JIM CROW"?
### (And Why Did He Hate Blacks?)

**QUESTION:**

There is a note from C.V.Walters, Canton, Ohio. She writes, "I hear this name a lot. Who is Jim Crow, and why did he hate the blacks?" The Internet commentary on Jim Crow as being associated with the racial caste system active between 1877 and 1960, of rigid anti-Black laws of which there were many. Additional questions: "Was this the name of a real person, or an alien? Why was he so bent on segregation, violence and racism? Was he associated with the Ku Klux Klan and is there any additional information on this person that could be helpful? Cathy." Your comments please?

**COSMIC AWARENESS:**

Basically, this individual was an extreme racist, one of the many who have always been around. Racism and prejudice are not anything new. There are many layers to this question and to the individual. On the most basic level, this individual was in need of a deep experience of racism and prejudice and thus the soul chose to incarnate into this individual for the sake of having such an experience. The soul also has another aspect of its own being that incarnated in other lifetimes as a person who was the object of racism and prejudice. He had also been a black man in another lifetime who received harsh punishment, who was the victim of extreme racism.

**A Soul Seeking to Understand Extreme Prejudice**

In order to ever understand an individual who seems to be of a certain type, or seems to be of an extreme nature, one must always understand that this is simply an aspect of the soul expressing itself in a human experience, and it also expresses itself in its opposite as well as all layers and levels in between. Thus the individual Jim Crow was that expression of the soul seeking to understand extreme prejudice and what would be gained from such energy. It was and is also part of a play or a role that has merit in the sense that the human experience is so multifaceted that there are many roles to be played and to be experienced. This was one that the soul chose to use.

This entity was a leader in an extreme movement that this Awareness does not see as being the Ku Klux Klan, but an affiliate association. It was also meant to be exemplary for others who upon seeing such an individual's actions may decide and determine that such extreme bias and prejudice are not for them. Unfortunately there are other individuals who are impressed by such an individual, and become followers of such an individual. All are part of the human drama. All are part of the human experience, and one cannot truly judge an individual simply on the merit of one lifetime, for to do so would be to judge from a limited perspective, without a deeper understanding or awareness of the soul's deeper reason and purpose for having such an experience.

**Question: "How Could Such an Innocent Child be Murdered So?"**

One must always understand that there are other counterbalancing lifetimes that will provide an overall awareness and understanding of the issue at hand, in this case, the issue of prejudice and racism and even hatred of another who is different. Thus it is that an individual sees on the television news or reads in the paper of a child being murdered or another vile act occurring and asks the question: "Why could this happen? How could such an innocent child be murdered so?"

One must also remember that that child has other aspects of its soul/being, that have been a murderer in other lifetimes, or have had other roles in other lifetimes, and the soul seeks the whole answer, the complete answer. This Awareness is not asking one to stop being compassionate for a child that is murdered or for the parents and family of that child. This is not what this Awareness is saying. What this Awareness is saying is that for each individual, be he a saint or a sinner, there is *always* much more involved in the whole purpose of that being than simply one lifetime.

Furthermore, if an individual ever becomes aware of other lifetimes, they will begin to understand and see that not only were they perhaps such a character having such an experience in one life, but they were also another character having another experience in another life. Thus, as individuals seek to understand their whole being, they will find that not only have they had lifetimes where they were pure and of the Light, but they will have also had lifetimes that were dark and full of hatred. This is all part of the greater picture.

**Everyone Has Been Saint & Sinner and Everything In between**

This individual, Jim Crow is but one expression of the human experience that the soul was seeking to have. At another time, the same individual may experience or would have already experienced the life of extreme prejudice and hatred directed towards him, and at another time in the individual's journey to seek to understand their whole being, they will come to the fullest realization that one has been everything: saint and sinner, and everything in between.

This Awareness is complete with *Its* answer.

**QUESTIONER:**

(Thank you. That was really interesting. The material on him on the net is also very interesting.)

**COSMIC AWARENESS:**

This Awareness did not seek to go deeply into the individual's life for *It* does not feel that part was of most importance to the question. Those who wish to study more about him can indeed do such research. This Awareness was more concerned with helping the members understand that in the review of *their own being* and their own lives, that they will find those parts of themselves that were not of the highest quality, but in order to attain full spiritual enlightenment and illumination one must look at the dark as well as the light, and it is for this reason this Awareness went on a tangent of this nature.

## AN UPDATE ON THE PHILOSOPHER STONE
### (Here's a Guy Who Has Successfully Made It!)

**QUESTION:**

Our next question is from M.W. (Name and location withheld) He writes concerning the Philosopher's Stone Update. It is quite lengthy. It starts, "I am a regular subscriber to CAC and a couple of years back you asked Cosmic Awareness some questions concerning how to make the Philosopher's Stone. (CAC Issues: 79-12, 86-1, 88-1, 94-5l, 95-2,6 &11, 97-9,2003-2,6 & 9) I think that you and Avaton even tried to make it. As I recall, something happened that prevented you from completing the task. Well, guess what, I've done it! (I think!) Here are the details:

A close trusted friend and I followed Cosmic Awareness' instructions for making the Philosopher's Stone exactly at the full lunar eclipse last March, 2007. Each of us buried a hermetically sealed 500 ml flask

containing about 300 ml of our urine into sand that was heated to 85 degrees F. and we were able to successfully keep the cooler and sand heated at that temperature continuously for 15 months. Last week we dug them out and here's what we found: my flask had 2 inches by 2 inches by 1/4 inch "oval" of white precipitate at the bottom and it was covered by about 300ml of very light amber liquid. My friend's flask had the same amount of white precipitate; only his was covered by deep red burgundy colored liquid.

Could you please ask Cosmic Awareness for an update on this subject? Have we actually been successful at creating the Philosopher's Stone? Do we need to do more? Where do we go from here? Are we done? Can we do any more to the white precipitate- like make the "red lion"? Or is the white precipitate THE very legendary Red Lion? Why the different colors of fluid in each of our flasks? What can/should we do with it? Can we indeed make more simply by pouring off the overlying liquid in the flask, putting more of our urine on top of the precipitate and letting it stand for several weeks without heating, as I think were Cosmic Awareness' instructions on how to make more? Do we need to heat it again?

I would really appreciate any input and/or updated information that Cosmic Awareness wishes to share on this subject at this point. Maybe you would want to publish our progress and Cosmic Awareness' responses to these questions in the newsletter. I'm sure many would like to hear of someone's "apparent" success and read about an update on this subject. Of course, my sharing my progress may be a VERY sensitive subject to some of the more private alchemists, so I would request you not quote my name and address in the newsletter just yet, as a protection against any "mad scientists."

Does Awareness have an update and/or additional comments to offer? Thank you.

**COSMIC AWARENESS:**

This Awareness does have a comment to make. The white material that was formed **is** that which is basically that substance known as the Philosopher's Stone. The liquid that is atop of the white material is to be poured off. It can be further used in a similar fashion in the sandbox with new urine added to it to duplicate the procedure. The difference in the colors of the two liquids is purely because of the biochemistry of each individual producing a different colored liquid. Doing this will create more of the white precipitate that has been mentioned by the individual, and this can be added to the original Philosopher's Stone substance.

There are other things one can do with the Philosopher's Stone material. One can put a small amount (it does not take a large amount) into a glass of water. An individual can then drink this for the effects of the Philosopher's Stone. It works along the homeopathic principle of a small amount carrying the resonance and the purity of the substance. A simple amount or grain even would be sufficient. Thus, a little will indeed go a long way. One can also put some of the Philosopher's Stone in fresh urine which will act as a catalyst and create new material after a sufficient period of time has gone by that will be more intense than that which was previously the case.

One can also use the Philosopher's Stone material to infuse water, which then could be added to the urine. It does not even have to be the actual white material itself that is used. The pure refinement and the more expensive refining of the materials will create stronger and stronger formulations of that which this Awareness is calling the Philosopher's Stone.

**The Philosopher's Stone Not Really About Turning Lead to ~~Stone~~ Gold**

In some ways this is a repetitive process until a stage is reached where the purer substance can thus be made available. This would take several distillations to reach, but each level and each production of that material that is the Philosopher's Stone will have its own power and its own capacity to create health and well being, to bring forward that state of illumination that was the ultimate quest of the alchemists. It was not simply about turning lead into gold. This is a materialistic goal that was attributed to alchemists to those who later came and held as important materialistic wealth versus spiritual wealth.

Thus the lead that is to be transformed is the individual, him or her self. The urine is a product of a refinement process within the human body and despite social taboo against and around, urine *is* of a relatively pure nature. Indeed, most of the toxins have been removed from the urine in the distillation process of the body as it reduces the liquids of the body down into the pure urine, and the purest urine of all is the urine that is available in the morning upon getting up and first going to the bathroom. This would be the urine that this Awareness would recommend to use in further distillations.

**There *Are* Other Ways of Reaching Enlightenment**

This process can indeed take a number of years to complete in this way, but there are other ways of reaching enlightenment and illumination where one does not simply rely on the ingesting of a substance, even the substance of the Philosopher's Stone, but one learns how to go within oneself and through a process of inner distillation, or working from within, one can refine one's character and also reach a place of spiritual purity and enlightenment. The substance created through the formulation of the Philosopher's Stone has its own merit. This Awareness will not at this time express all of the effects of the white powder of the Philosopher's Stone and its use and benefit, for *It* asks the individual himself to share it with others when he feels that this is appropriate and correct.

As the different colored liquid that formed on top of the surface suggests the different biochemical attributes of each individual, so will the Philosopher's Stone produced through this process have individual differences and different effects. Thus a process of experimentation with the powder is that which this Awareness would recommend to the individual to see what he finds in his journey towards his own spiritual enhancement and purification. It may be used before meditation, a small amount being put in liquid so that it enhances the actual experience of going within. This may be one use of it, but there are many uses.

**Congratulations From Awareness**

This is an accelerant, a catalyst to help the individual on that process of self-awareness, self-enlightenment, and self-realization. This Awareness congratulates the two individuals upon achieving the Philosopher's Stone. It is not an easy path to follow, nor is it a path for everyone. Those who accomplish this have indeed shown tenacity and perseverance and have as their goal ultimately their own highest spiritual purification. This Awareness is now complete

## THE MYSTERY OF MACHU PICCHU
### (Some Age-Old Questions Are Finally Answered)

**QUESTION:**

Our next question concerns the mysterious Machu Picchu, in the Andes. This comes from Avaton. It is part of an article that was in the *Wall Street Journal*.

It reads, "Why Machu Picchu was abandoned by the Incans in less than 100 years is not known. The Spanish never set foot here. Did its inhabitants, who numbered perhaps 1,000, leave suddenly, as some scholars have proposed, or is that a myth too? Even a casual visitor however, can see one thing: Machu Picchu is an engineering marvel. It's 200-plus buildings were hauled huge distances, probably using ramps. Those terrace walls and houses are mortared, but the special places, like the Temple of the Sun are not. They are made of precisely cut blocks that fit together perfectly without mortar, like Lego pieces.

More impressive, the pieces also fit snugly against irregular rock formations. Some questions: "Did the Incans really leave suddenly? If so, why, and where did they go?" The next one: "How were the precisely cut blocks fitted together without mortar and then placed snuggly up against irregular rock formations?" "What was the real purpose of Machu Picchu?" Your comments please?

**COSMIC AWARENESS:**

The real purpose of Machu Picchu went beyond the Incans themselves. This was an inherited site by the later Incans. The Inca people themselves did not originally build the sites where the closely fit blocks existed. They created some of the later buildings, but those buildings that are renown for the exactness and the precision of fit were created by extraterrestrial beings who were in that area.

This was a solar observation as well as an observation location for solstice events and equinox events. There are certain alignments of portals and vortices that are within the Machu Picchu area that are specifically aligned to astronomical events, certain alignments of planets and the stars that could be observed from the various points within Machu Picchu itself. The solstice sun in the summer, that being opposite to the solstice in the northern hemisphere, as the reversal of seasons is prevalent in this matter, would be such that the Winter Solstice in the North, the Summer Solstice in the South could be observed as the sun came up on the one edge of the portal or gateway in certain rooms of the site and over a span of three days could be traced, until on the third and final day it existed on the other side of the portal. "Existed" is not the right word, in that it left anywhere.

It is simple enough that the transition or transit of the sun across the space of the portal lasted three days, being sighted on one edge of the portal gateway first, followed up by two more days of observation until it had crossed the space from one side of the doorway to the other, and the energy of the solstice observation was complete. There were other areas within the site where there were vortices that were infused by the energies available during the equinox and solstice events. Thus it was paramount for those who used the sites originally to know exactly the beginning and the ending of these particular events so that the vortices could be used to their fullest effect.

It is also seen that there was a Star Gate available on that ancient site, but that it had been removed at a point before the Incans arrived, although there seems there was a legend of such before the Incans. The Incans became the inheritors of the site and of the mythology of those who preceded them. They became so identified with the site that there is no speculation that they were anything other than the builders of the site and indeed, they did enhance the site using techniques that were passed on to them from those who had been the originators of the site.

This is similar to the Celts who arrived in that which is England, Ireland, Wales, and Scotland as well as part of the continent, who took over for those who preceded them, those who were called the Megalith Builders, those who had built Stonehenge as well as other sites and circles. The Celts and the Druids inherited this knowledge and this wisdom and did forward it and use it. This is so with the Incans themselves. Those who followed those original inhabitors did forward the knowledge that they gained and continued the practices that they were given by their forefathers, their ancestors. They did do the work and continued to energize the site.

Much of the energy that was harvested during the events was transferred to the lower regions and lands through techniques and processes that are no longer known. Thus, these stellar events, these equinox and solstice sun risings would infuse the land itself. This is also so with the original sites of Stonehenge as well as other stone circles in the Celtic lands, but this has been largely lost. The matter of the Star Gate was also that which has been lost. The Machu Picchu site was unique in that it received various alignments of energy throughout the year, thus that which is the Star Gate was available for use the year long, not simply during times of a solstice event for example.

**The Rapid Departure of the Incans is Explained**

These were all ancient technologies known by the Incans, having received this understanding and wisdom from their ancestors. As to the matter of their departure, one thing that needs to be understood is that while those who had preceded them had already gone, the Incans themselves were still party to a connection to these people through their site and through their channeling, their communication and connection to those who went first. The rapid departure was because it had been ordered to be so. In other words, the Incans of the site were told to leave the site for it was seen and known that when the Spanish came, if the Incans still remained in Machu Picchu, it would eventually draw the interest of the Spaniards who then would go and destroy the site.

Those who were the originators of the site, from a different plane of consciousness, from the 5th dimensional state, were able to convey to the Incan Shamans and wise men the need to leave that site when it was ordered so that the site itself would be lost even to the Incans in their memory, and thus was not subject to discovery by the Spanish for the Incans themselves did not fully remember it. It became part of their mythology. Thus the site was able to remain hidden in those early years of death and destruction that the Spaniards rained down upon the Incans. The site is still available and somewhat functioning, and it is seen by this Awareness that certain information will be made available soon.

It ain't the age. It's the darn mileage.