Looking back on 43 years with CAC............
by Vikki T.

Avaton, Sam Millar and I founded Cosmic Awareness Communications in 1971. It was recognized by the State of Washington Feb 10, 1972, so that has been what we called its official beginning, but in fact, we began publication in 1971. I had graduated from Shelton High School in 1968 and married Avaton in May 1969 and made the big move (28 miles) from Shelton to Olympia. We have a history section on our web pages, complete with photographs as well, but for now....

The very first Interpreter for Cosmic Awareness in this general time frame was Ralph Duby. He and I were both born in Shelton (a very small town, so that was a huge “coincidence”). His organization predated CAC. It was called Organization of Awareness, begun in 1962 and centered in Seattle, Washington. Avaton and Sam were both introduced to it through a paranormal study group headed by Don and Ellie Leatham before I came on the scene. Ralph was its interpreter until he passed over in 1967.

The second incarnation of the Awareness organizations was Servants of Awareness and its Interpreter was David Worcester, who served from 1967-70. By the time I met him, his general readings for the organization were past, although I did get to sit in on a meeting of the ministers where they brought their concerns to Awareness. Avaton had been the Minister of Publications for the earlier groups, and it felt appropriate that he (now we) continue to make the Awareness material available. He edited and published his first Revelations of Awareness in 1965 and continued without interruption until he passed over May 21st. of 2011.

We started publishing the manuals, meditations and general Awareness information from the earlier groups until Paul Shockley approached us. It seems he had 'these readings' he didn't know what to do with.

And with that, our association began that would last from 1974 to 1995 and which brought the main meat of the philosophy in the form of the 144 Spiritual Development Lessons. This course is now in book form in “Who, In Fact, You Really Are”.

There were also other interpreters that blossomed in the 1960’s: Tom Mooney, Primrose Diakow, Danton Spivey—Avaton said a total of six in that time frame. After Paul retired from his work with CAC, “Grace” took over and her main work, which had been forecast through Paul years and years earlier, was at that time, called the Master Classes. By the time they were given, they were “The Lessons of Enlightenment” and these are also available in book form now. Avaton wrote up a more in depth history with samples of the various Interpreters in issue #500, which I also highly recommend.He was a good writer. GO HERE, ISSUE 98-6

After Grace went on to other interests, Avaton encouraged Will Berlinghof who was a that time doing tarot readings for CAC, to explore expanding his work to being an interpreter for CAC. Will was reluctant at first, but after some time, Avaton did get the ball rolling, so to speak, and Will began his time with CAC in 2006.

I do not know the exact dates, but Paul Shockley also began a parallel non-profit organization, “The Aquarian Church of Universal Service” (ACUS) which was more of a hands on affair. It had development classes and physical meetings whereas CAC worked strictly by mail. ACUS also had the Goodship, which First Mate Mary had the helm of, and her work with healing herbs was very popular. Also along the way, SPIRAL groups operated independently, but in loose association with the material coming out that required action like writing Congress, etc.

7-7-77 was the first Awareness Conference that we attended. It was held In York, PA at the college owned by Alex Thompson. He was an exuberant bear of a man who reminded me of Jerry Lewis, especially when he rubbed the top of his close-cropped hair and laughed. He’d been out to visit us in Olympia several times, but this was our first visit to the East Coast.

Tom McQuay was another CAC member that also became active in ACUS; he was one of those that conducted Development Classes. He had been one of America’s Founding Fathers and helped draft the Declaration of Interdependence at this gathering as well. Avaton did an in depth write up of this adventure in “A Magic Happening at Yorktown” that I highly recommend. ACUS had development classes taking place several places around the country and Canada, I believe.
Jon Strongbow began working for CAC in 1976, doing illustrations, then adding doing transcriptions and in 1980, began work on the master files, which in that day were painstakingly entered on index cards(!) Tom Krueger first started putting the material on computer disks, and a volunteer CAC member registered domains, created, built and hosted the original CAC web site from the Spring of 1999 into 2000.

Once CAC's first web page was up, Lloyd Arrd maintained it until moving on in 2013. He enlisted a small army of volunteers for the search engine project. I never knew who or how many were involved, but I thank you each and every one for your hard work which made that step possible.

Once Avaton and I ceased the questioning/energizing phase of the process, volunteer questioner ladies Joan Mills, then Zoey Zen stepped up and took over that step. Many thanks for their invaluable contributions go to these ladies.

Local CAC members were somewhat famous around Olympia. Mary Towne was one of the founders of the local Farmers' Market, Dr. Harry Sheafe and 'Doc Davidson' were ground-breaking chiropractors. Doc Davidson saw my X-rays and told me I was very lucky to be working with the Awareness energies, because by looking at my spine, I should be crippled. He also was responsible for a small tornado when he reversed the direction of a step of an energizing ritual. Since we virtually never have tornadoes around here, it made the local news papers.

Paul's sense of humor was a lot of fun. Avaton and I took Paul and his wife to Hawaii after the Gathering Storm information went out. We'd all been under a great deal of stress and really needed to get away. We had a lot of adventures on that trip. One was Roshana and I had looked at the map and saw there was a 20 mile drive to Hana, so we thought that would be a nice outing before lunch to see the Sacred Pools at the end of the road. We ended up spending hours and hours on a one lane switch back road hanging along the edge of cliffs thousands of feet down to the ocean and meeting crazy sugar cane trucks as part of the crazy traffic then started seeing bumper stickers that said “I survived the drive to Hana”.

When discussing Paul getting out to swim with us, he observed “Why is that a surprise? Whales float!”

We shared a condo on Maui. Avaton and I had the loft and Paul and Roshana the downstairs bedroom. One night we heard a cat screeching by our door. It was an unearthly screaming shriek that made our hair stand on end. At one point, we voiced the idea 'maybe we should let it in' but it carried such negative energy, we didn't get very close to doing that. Then we heard it scratching at the door and the next day, when we opened it, there were deep, DEEP scores all along the bottom of the door. Eerie, creepy and unforgettable!

Later we did a reading to find out 'what gave' that night, and we were told what we'd heard was the scream of anguish by the dark forces when the shaft of light we'd sent out became known, and the cat had been possessed at that moment to get to us and harm us. Just the sound it made will never be forgotten—pretty dramatic!

Sometime in the 1980's long time member Joyce Williams assured Avaton and me that if we agreed to come to a West Coast Awareness gathering down in Tucson, that the weather wouldn't be too hot for us (we'd told her we melt at any temperature over 80) and since it was to be in April, we went. We hit a heat wave with an average closer to 100, but aside from melting, it was a real treat to meet the West Coast Awareness folk. We got to hear many people's stories of how their lives had been enhanced by the Awareness materials. It was heartwarming.

It was heartwarming also when Awareness thanked me for my clarity. We were getting the structure form for the Akashic Record (available for $7 including postage in the US) and Paul was seeing it as a trunk, then limbs, then twigs and it just wasn't coming together clearly. At the same time, I was seeing a layer cake image and suggested it. Awareness thanked me for my clarity and and worked from there for the New Age Structure.

Two other things I saw while energizing Paul's readings were the image of two earths, one moving left-to-right, the other right-to-left and intersecting for a phase where they overlapped with each other. This was around 1980, and in the years up to 2012, that image became commonplace. The other thing I saw was a golden grid that appeared over Paul's head. He was in the middle of
answering a question; I saw this grid, and he stopped speaking—then interrupted the train of thought to comment that “the interpreter had just been monitored” (but by friends as opposed to the rap given that “the Beast was looking in CAC’s direction” on a different occasion.)

Then there was the time I almost did Paul in. We had a big garden and one of my favorite meals from it was wilted lettuce salad. I'd harvest a huge bowl of red leaf lettuce then chop up onions, fry up some bacon that apple cider vinegar was poured into then it was poured over sour cream to wilt down to a scrumptious rich salad. We all loved it and I made huge batches. Paul's health was tenuous in some ways, but we figured the fresh, health veggies outweighed the bacon aspect of the salad, and we all ate a lot of it. A few minutes later, Paul got quiet and pale and looked cold and clammy. I was seeing the headline “Vikki kills the Interpreter” (not unlike a friend who was carrying 50 pound paper boxes in from the car to help Avaton and me--"World Famous Scientist Has Heart Attack Lifting Heavy Boxes for Friends"). Happily, our friend Bob and Paul both came out unscathed.

**Strongbow Remembers:**

First there was Edgar Cayce’s dire predictions about the West Coast falling into the ocean. Then in the Sixties, Awareness through Dr. Duby also talked about earth changes and the falling apart of the US economy, and dark days ahead.

Avaton, my father, known in those days as Windy, which was short for Winston, took this all very seriously. He was a practical man in many ways, and he purchased large amounts of hundred pound sacks of grain. I remember spending weeks with him out at the Black Lake Grange Hall pouring rice and beans and corn and other seeds into glass jars and sealing them and storing them in preparation for these upcoming events.

The Black Lake Hall was where the original Organization of Awareness would meet, and led by Dr. Duby would engage in various Light Rituals. There were white robes and cowls, and people moving and standing in various occult symbols such as the pentagram and pyramid shapes. After Dr. Duby passed the robed meetings dissipated and David Worchester became the leader and spokesperson for what then became known as the Servants of Awareness. In the Seventies, when Cosmic Awareness Communications was formed, the channeled material was printed and sent out to members, very much like we are still doing today!

The Reverend Paul Shockley was the Interpreter, and Avaton and Vikki T were the main energizers and questioners. I sat in on many sessions and became fascinated by the information coming through Paul about mummification and the Ra-Ta period. I conducted several interviews with Paul while he was driving on the freeway, and Avaton had me transcribe them because he and Paul both felt that he was reaching Awareness levels while driving and those sessions were quite interesting. He spoke about his run-in with his own mummy, and how it triggered a sleeping memory in his awareness.

He also mentioned in passing, something that I felt was truly insightful at the time. He said that mummification was still being practiced in a strange way today, and that here in America there was a sort of hangover to the old Egyptian ways. But it was all about the preservatives in the foods we ate. He said there were so many preservatives in the foods that people's bodies were not decaying after death, and Awareness said it was a form of mummification! Anyway, as we say, it blew my mind at the time!

The Seventies was a pretty amazing decade and at CAC there was a lot of things going on. All of the Beast material came out, the giant computer, the rational mind as being the judgmental computer; all of the many events that made mad hatters out of the stuff: the Hot Lines, and Passage Perilous and all the Illuminati reports; all of this was being released, like the veritable floodgate opening. Then came the Alien Material. CAC was one of the first to reveal the Alien Connection, and published ideas by William Cooper, and others long before it became pop culture and eventually made its way into episodes of the X-Files.
At that time, for some reason a lot of people were telling me that this Cosmic Awareness was a phony, and I should not pay any attention to it. I recall I sat in on various Awareness sessions that Paul gave, and when I saw him actually make contact with the Awareness, it was like he was in the grip of some kind of some great electrical force. Even a great actor could not fake that! I remember thinking to myself, “If only those naysayers could be here in my shoes and see what I am seeing!” Another time at an Awareness session, when Paul was channeling more mummification information, I was gifted with a vision of his mummy face. I watched his features morphing as he spoke about his own part in the Egyptian mummification project. I assure you, I was not on drugs, as I have never had much use for them.

I recall a time when everyone was changing their names and taking on New Age type monikers. Through readings from Awareness, my father found his new name: Avaton. Other members and friends were taking new occult-type names. One time we were all sitting down together for one of Vikki T’s famous fresh salads and the topic at table was all about the changing names. I asked Paul if he was going to change his name, and if he was, what was he going to call himself. Now, Paul was this giant of a man, with slightly long curly hair, and a face like Harpo Marx. He was mostly soft-spoken, and noted for his puns and jokes. And that evening he didn’t let us down. All was silent around the table and all eyes were on Paul. Everyone was wondering what his new name would be. His eyes twinkled and he dug into the greens with his fork. He said, “I was thinking of calling myself Passing Wind” Everyone of course cracked up.

Well, he went on to pass quite a lot of wind in the form of Awareness readings, including the now classic Spiritual Development Courses.

Sam Millar was another amazing character. He was brilliant with a great sense of humor that was often acerbic. He invented all sorts of things for CAC, including The Mystic Pentagram, and the now classic Polarizer. He was a somewhat insecure person, because his nose had been damaged, and there was a giant scar that ran up through his nostril on one side. Of course children were fascinated by this nose of his and were constantly asking him about it. He would concoct these hilarious stories about battling alligators and things like that. He was a master Tarot reader and people would drive hundreds of miles to have him read their cards. He became the official CAC Tarot reader for a time.

In the Eighties, during the Reagan administration, Awareness was all about concepts of reconciliation, and was very keen on the slogan: “Reconciliation Yes, Annihilation No!”

I remember Avaton had us standing out on the main drag of Olympia holding signs in Winter that bore this slogan. We were protesting Reagan’s campaign against the Evil Empire, as he designated Russia.

Another interesting story involves your faithful correspondence secretary, as she was known at the time, Vikki T. Awareness was emphatic when it came to Vikki, that she was an angelic being sent to brighten the lives of people on this plane. It also indicated that she was much beloved and protected. This was given the test when she mysteriously avoided a fatal car collision. She was convinced she was about to be killed from a head on collision, but the vehicle swerved at the last minute, and mystically passed through the front side of her car, as though phasing into another dimension momentarily!

Well, these are just a fraction of the things I recall from the early days of the Cosmic Awareness Communications organization. Here we are at the 700th issue!

One can only quote the Grateful Dead here: “What a long strange trip it’s been!”
Cosmic Awareness Communications Founders:

Vikki T

Avaton

Sam Millar helped CAC til he passed over Feb 2, 1995

Circa 1974

Looking Forward to #777 & #888