

ISSUE 2 NEW TIMES QUARTERLY \$2.50

NEXUS

Earth grid · N.L.P.

Genetic engineering

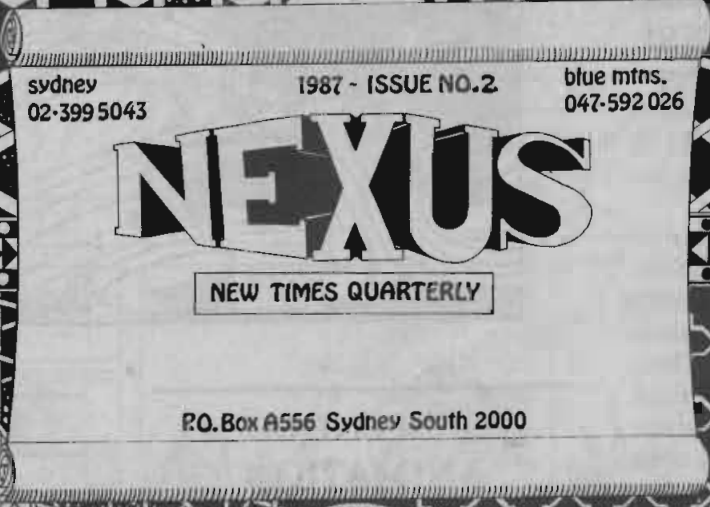
HEALTH LIFT-OUT · REAL NEWS · LINK-UP · COMIX · AND LOTS MORE



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TWO NORTH POLES!

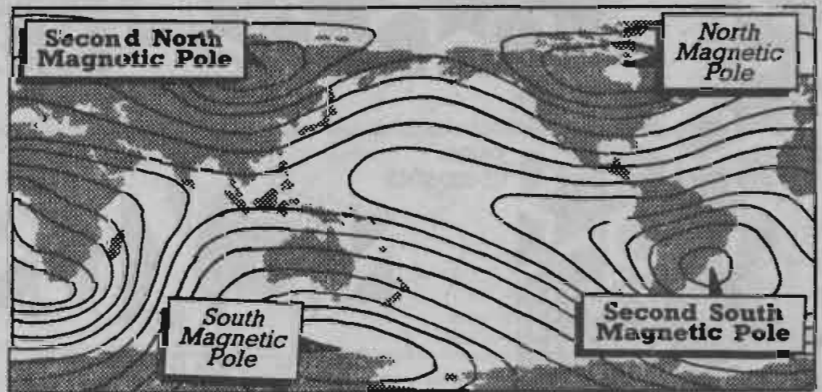
A long-term study has shown that the Earth's magnetic field is growing weaker and that a new set of poles are forming.

The International Association of Geomagnetism and Aeronomy (IAGA) has found that the planet's main magnetic field has diminished by 10% over the last 140 years. Their reading of magnetic maps and field contour lines makes a reversal of the poles in a (geologically) short time quite likely.

Since 1985 a new pair of poles have been emerging on magnetic maps; a new north pole centred on Siberia and a new southern one at South America (the two more familiar poles are currently centred on Canada and the Southern Ocean between Australia and Antarctica).

"It seems very likely that if the reduction in strength continues, the northern and southern hemispheres will each have a north and south magnetic pole," said Associate Professor Denis Winch of Sydney University's department of applied mathematics who has been involved in the IAGA study since 1969.

Global magnetic field reversals have occurred every 50,000 years on average - but the last such reversal occurred about 700,000 years ago, leading to speculation that one is long overdue.



SUSPENDED ANIMATION BREAKTHROUGH

In a step towards the stars, a dog has become the highest mammal (so far) to be frozen to the point of 'legal' death and thawed out again.

Miles, a three-year old beagle (named after Woody Allen's character in his cryogenic comedy film *Sleeper*) was anaesthetised and had his temperature lowered to 20°C before his blood was removed and replaced with a clear synthetic fluid which won't clot at low temperatures.

Research physiologists Hal Sternberg and Paul Segall (from the University of California at Berkeley) then lowered Miles' temperature to 10°C, keeping him there for an hour before reversing the process and reviving him.

The new clear fluid gives surgeons a better view during operations and is seen as a step toward 'suspended animation' (hibernation) for long space flights (one wonders about side-effects).

The two researchers believe it could also be a breakthrough in the field of cryogenic suspension. If a human being could be frozen for the future, they say, "someone who has a disease can be cured. Or someone who's depressed could opt to be frozen rather than commit suicide. Or maybe somebody wants to live in a future time."

Be here then?

AID CUT IN N.T.

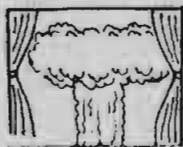
All Northern Territory Government services except water have been cut off to 334 communities, made up of 6,035 Aboriginal people from the 'Homelands' movement.

A huge outcry has erupted over the Territory Government's plans, announced in its June mini-budget. Barry Coulter, the Territory Treasurer, claimed in Parliament that the 22,000 N.T. Aborigines were the richest people in Australia because of mining royalties.

As a result of the decision, government services to the *Homelands* communities ranging from health and education to roads, toilets and electricity will be completely cut.

The Labor Opposition said that the appalling death rate of remote area Aborigines (already living in Third World conditions) will increase.

John Ah Kit, Northern Land Council Director, said the poorest people in the Territory are the victims of vicious and racist attacks.





DEPARTMENT OF TRUTH

The US Congressional Committee hearings on the Iran-Contra scandal have thrown some interesting light on the activities of the CIA.

One witness, Mr Glenn Robinette, who worked for twenty years in the CIA's 'technical services', told the committee that this CIA division was in the business of issuing false documents.

Meanwhile, a memo obtained by *The Miami Herald* outlined plans by Lieutenant-Colonel Oliver North and other officers to **suspend the US Constitution and place the country under martial law** in the face of a national crisis - such as an uprising by black militants or a nuclear war.

LIVE ORGANS FOR SALE

Organs have been removed from live patients for illegal sale to hospital transplant teams in Sao Paulo, Brazil. Dr Roosevelt Kalume, director of the medical science faculty of Taubate University, claims that doctors have been practicing euthanasia to remove the organs.

Eleven year old Sylvia Moura emerged from hospital with only one kidney after having her leg broken in a car accident.

The family of a comatose boy were visited by a woman 'parapsychologist' who claimed the accident victim wanted his parents to donate his organs to others; the family 'donated' fifteen year old Helder Faria's cornea, kidneys, liver and heart.

The operations were carried out on Sunday mornings when supervision was minimal, in hospitals not authorised to perform transplants.

Eleven doctors are being investigated by the regional medical council and police.

Meanwhile in Ireland, Chief Superintendent Larry McKéon of Cork police has been investigating a report of a baby being kept alive by doctors in a Cork hospital so that its organs could be removed and donated for transplants.

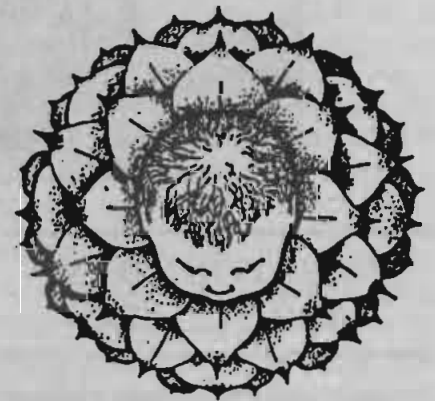
FOOD IRRADIATION UPDATE

Some good news.

The Federal Government has announced it will make no decision about the introduction of food irradiation in Australia for some months.

A concerted lobbying effort over the past year has stopped food irradiation's immediate acceptance by hasty legislation. The lesson of Plant Variety Rights legislation (which was passed by the Senate in February this year after eight years of protest) is that when lobbying actions begin to falter, the government feels empowered to introduce potentially disastrous laws such as these.

Make sure your opinions on these and other subjects are heard by the people who count (they count your letters!) - see the list of politician's addresses in this issue.



MORE HUMANS

The Freedom From Hunger campaign estimates that over 50,000 people die each day because of poverty. One billion people - one fifth of the world's population - are starving and in danger of dying.

The world's population grows by 200,000 every day - 150 people every minute, or 2.5 per second. 90% of growth has been in developing countries, according to the U.N. Population Agency.

In the last fifteen years the population growth rate has stabilised and could drop to zero in a century, when there may be ten billion people in the world.

In July the five billionth child was born on planet Earth.



RUST FOUND IN RED SQUARE

A teenage West German pilot not only flew his single-engine Cessna from Iceland to Moscow, landing opposite the Kremlin in Red Square, but he wasn't noticed by the Russians until *after* he had landed.

Nineteen year old Mathias Rust left Hamburg in a rented Cessna on May 13th. After flying to Iceland (where police searched his plane for hawk eggs which conservationists suspected him of smuggling) Rust flew via Norway and Finland, where he was spotted flying toward the Soviet border by a Finnish air-rescue centre on May 29th.

Flying in broad daylight through heavily protected Soviet airspace he arrived undetected in Red Square around 7pm, circled three times and landed on cobblestones next to the wall of the Kremlin.

"It was no more than three metres above the ground, tops," reported one American tourist who ran for cover with over 300 others when the plane circled overhead. "People were ducking all over the place."

Rust climbed from the cockpit and said in English; "I've flown in as a fighter for peace. I'm a fighter for peace." He talked with tourists and signed a few autographs as children climbed over the white plane before he and a female companion were arrested by dumbfounded security men.

"It appears this involves a pilot who has made a [navigational] mistake", said a West German government spokesman. The President of Aero-Club Hamburg, who own the rented Cessna, said Rust's hopes of becoming a professional pilot were "no longer possible. He... will not be allowed to fly again."

No aircraft are allowed to fly over central Moscow, whose three airports are located a good distance from the city, which is guarded by anti-aircraft guns and ballistic missiles. No other aircraft has ever landed in Red Square.

Soviet military intelligence officers have been questioning Rust for months to find how he managed to avoid detection during his 900km flight from Finland.



WHALE & DOLPHIN SLAUGHTER

An independent group set up in 1985 to monitor the hunting methods of Eskimo fishermen on the Faroe Islands in the North Atlantic have found that they are still violating their agreement with the International Whaling Commission (I.W.C.).

The hunters cruelly slaughter thousands of dolphins and pilot whales every year. Officials from the London-based group *The Environmental Investigation Agency* witnessed a hunt in which one whale was gaffed (stabbed with a curved, barbed harpoon) ten times before it died; another was gaffed through the eye. The whales frequently take hours to die.

Other reports tell of pregnant whales aborting and giving birth during killings. The agency said it may instigate an international boycott of the islands' seafood exports unless the islanders undertake drastic steps to reduce the hunt slaughter.

According to the I.W.C. agreement, the Faroe Islanders can continue their traditional hunts provided they limit the use of gaffes and other inhumane practices.

STAR WARS, STAR PEACE

Pentagon documents show that the US has developed the use of radio frequencies which can destroy military communications, jets and missiles (without explosions) and cause dizziness, confusion and unconsciousness in humans.

US Defence Department planners are worried that the Soviet Union (SU) could develop their own microwave and millimetre wave radio frequency technology which could be used against US computers, planes, tanks and missiles.

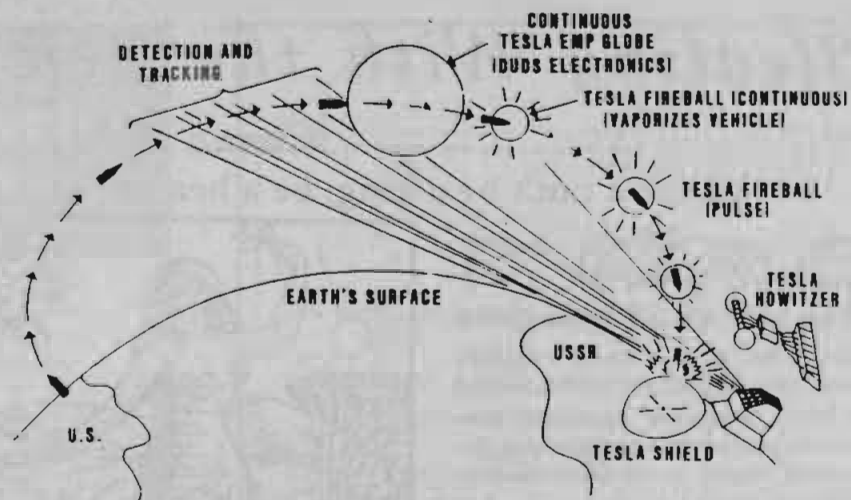
Military analysts call the difference between US and SU radio frequency capabilities 'the zap gap'.

Vitaly Goldansky, a member of the Soviet Academy of Sciences and the Committee of Scientists for Peace, recently told a Moscow news conference that the SU can deploy cheap and effective countermeasures to neutralize the offensive capabilities of the US Star Wars system.

In August last year, Soviet Chief of Staff Marshall Sergei Akhromeyev said: "If it is necessary we will find a quick answer and it will not be the way the US expects it. It will be an answer that devalues the 'Star Wars' program".

Many new weapons systems are deployed years or even decades before the public becomes aware of their existence - the Soviet Union developed the neutron bomb in 1961, 15 years before it was made public with US testing. It was called the 'death ray bomb'.

Tom Bearden (a retired Pentagon war games expert) says that defences against Star Wars are possible using the discoveries of electrical pioneer Nikola Tesla, who invented the radio and AC electricity. Tesla's technology, which uses radio waves called 'scalar waves', has both offensive ('scalar howitzer') and defensive ('Tesla Shield') applications.



BEARDEN'S IDEA OF A SCALAR WAVE-TESLA HOWITZER IN ACTION. IMAGINE THIS SYSTEM HOVERING ABOVE OUR PLANET IN SPACE--THE U.S. MILITARY WOULD RATHER THAT YOU DIDN'T. NOTE THE TESLA SHIELD AT THE BOTTOM OF THE DRAWING. A TESLA SHIELD IS ESSENTIALLY A SCALAR ENERGY BOTTLE WARPED AROUND AN OBJECT, SUCH AS THE SCALAR HOWITZER ITSELF OR EVEN A CITY, CREATING AN IMPENETRABLE FORCE FIELD.

SCALAR HOWITZER

With the 'scalar howitzer', two scalar waves meet in an interference zone producing an 'energy bottle' - reported to be like a miniature atomic explosion without the radiation. All matter within the energy bottle is disintegrated in a so called 'cold explosion' (see last issue for *Arctic Mystery Clouds*).

The 'Tesla Shield' is a scalar wave 'force field' which can be warped into a dome around houses or whole cities. Bearden says that Tesla shields are the only defence against scalar howitzers and also give protection from nuclear attack by disintegrating incoming missiles (remember Reagan's 'Umbrella of Protection'?).

Just before his death in 1943, Tesla said of his shield:

"It will revolutionize the relations between nations... If no country can be attacked successfully, there can be no purpose in war... The solution of our problems does not lie in destroying, but in mastering the machine".

[Also See *EARTHGRID* in this issue - Ed]

SCALES TIPPING

Last year the US foreign debt doubled for the first time since 1914. By 1990, interest payments alone will be costing America \$40 billion a year - yet as recently as 1982 the US was the world's largest creditor nation.



SUNKEN TREASURE

Seeds recovered from a sunken treasure ship have sprouted after 365 years on the ocean floor.

The *Atocha*, a Spanish Galleon, sank off Florida in 1622 and was covered by a thick coat of mud; the seeds survived immersion because of the mud's natural preservative properties and were sprouted recently in Florida.

Healing With the Female Principle

Alanna Moore

"If you can't be a king, be a healer." - Sinhalese saying from Sri Lanka



When health and healing were in the hands of the people, a free and spirited society lived in harmony with itself and the Earth. Gods and goddesses provided empowering archetypes and Nature held respect as the Great Mother: creative, nurturing, healing

- and destructive when necessary.

In Europe the goddess was to suffer a cruel fate. Over a thousand years ago, the patriarchal era wrought traumatic changes. Tearing at the fabric of Pagan society, feudalism was imposed. The old Christian Church and land-holding nobilities wielded bloodthirsty control over the Pagan peasants, who cherished their sacred connection with the land and staunchly opposed the social changes of their times.

To quell their defiance the Inquisition was imposed, a genocide lasting over three hundred years. Up to nine million souls were burned at the stake, 85% of whom were women and children. Often their only stated crime was that of healing or midwifery. This alone proved threatening to the Church.

Why? The village healers were respected by the community because of their wise guidance and use of inner power - and their knowledge of local herbal remedies.

They worked 'the ways of the wise-craft' with compassion, accepting the evidence of their senses and trusting their intuition. The warrior within them would not stand for injustice; the well-being of an individual could not be separated from that of society at large.

The Church deemed that only their god could sanction healing, that women were inferior to men and that they must produce plenty of children as work and militia fodder.

As the witch-healers knew the secrets of birth control, they had to be stopped - a woman's right to choose the time to have her child existed no longer. The witch-midwife knew the ways of soothing labour, but the Church deemed that the mother must suffer during childbirth as a punishment for Eve's 'original sin'.



WOMENS' HOLOCAUST

The latter-day Eve's 'crime' was to deal directly with bodily knowledge and to use her senses, instead of relying on the intermediary of the Church. A woman's intuition was a paramount necessity for survival, both personal and planetary.

Yet the use of women's 'right-brain' intuition still carries a stigma from that Medieval holocaust to today.

When the female principle was repressed, slavery and misery ensued. Life became mechanical, alienating and powerless. Men wielded 'power'; the people became pawns. Soldiers fought and died for violent, jealous rulers and gods.

In one way we are the inheritors of a sick world, a fractured society, a spiritual wasteland. We embrace addictions to mind-numbing crutches and beliefs in order to lessen our sensitivity to pain.

We can become deaf to the cries of our kindred and the Earth, free from the responsibility of self-awareness. When our wellbeing is threatened, our healers may demand money and control, disempowering us in our 'dis-ease'.

HEALING

Sickness truly presents a challenge. It is a transforming process which should be an empowering experience. The healing force, the wellspring which we may all tap into, has been all but forgotten. Our society desperately needs balance. Many men need to discover the goddess within themselves, just as many women need to assert the god within.



Individually it is our meditations, creative visualizations and sensitivity which help bring about healing on a grand scale - seeing life as a whole and not getting stuck in the fragments. We can learn to get in touch with ourselves, our friends and our planet with kindness and affection. It is the balanced way of using both hemispheres of the brain - combining logic and intuition.

Socially, we can express the anger of the inner warrior to right injustice and fight for fairness. We can help to bring down many archaic structures and create a new and better world.

DOWSING

For those who find the mind too subjective a realm for clarity, dowsing may provide a key to new vistas of consciousness. The dowser's pendulum can give a readout of our supersenses and intuition; a simple bio-feedback tool.

While receptivity is a requisite state, this wisdom is never passive, but rather an enthusiastic dynamic of intense concentration. Dowsing is a Western Yoga of the mind (Yoga means 'union') and provides a connectedness to all.

Many healers have adopted dowsing as a diagnostic mode, but are generally secretive about it. They are wary of the stigma of the Left, for the intuitive right brain rules the left body side; in Latin 'la sinistra' has sinister connotations. Dowsing holds much for village barefoot doctors, anarchists and natural healers. ∞

- Alanna Moore has recently written 'The Dowsing and Healing Manual', concise encyclopaedic mass of do-it-yourself information on subtle therapies and healing magic. A practical guide to seeking and finding health using the female principle - for women and men.

- Copies available by mail order from the author for \$13 postpaid to:

ALANNA MOORE,
P.O. Box 122, Leura NSW



Frankenstein or Prometheus?

GENETIC ENGINEERING

Mary Shelley's book "*Frankenstein: Or, The Modern Prometheus*" may have seemed far-fetched and horrific in the mid-1800s.

But it seems her story of a monster in the form of a man, made from a patchwork of human spare parts and given life with an electric current is becoming a normal part of modern medicine.

Soon amputees may be able to re-grow lost limbs. Body parts could be regenerated by stimulating the genes which originally caused growth in the foetus and in childhood. This has already been achieved in mammals, with the Arizona Genetic Laboratory causing a rat to re-grow a lost leg.

In the early 1970s, techniques were developed leading to the concept of 'gene surgery'; people suffering genetic disorders could be 'injected' with new D.N.A. carrying the correct version of a malformed gene.

CHOOSING SEX

A new process for separating sperm cells into potential male or female children has been developed at Sydney University. Sperm is made up of XX and XY cells, named after their shapes; an XY spermatid makes a child male. Researcher Dr Ian White of the Veterinary Physiology Department has found a way to separate the two types of sperm cell without damaging them.

"This would have profound implications for human society," acknowledged Dr White.

The technique is also expected to have a profound effect on sheep and cattle industries.

Simultaneously, a team in Edinburgh has developed a genetic probe which can tell if a Y chromosome is present in a single sperm cell.

"We can sex sperm, there's no doubt about that," says Dr Ken Jones who leads the Institute of Animal Genetics team, which developed the probe from the genes of an Indian grass snake.

At a recent meeting of the European Society of Human Reproduction and Embryology, Professor Robert Edwards (a leading I.V.F. specialist) said he has used the probe to sex human embryos just a few days after conception. Dr Jones told the meeting that his technique should not be used to allow parents to choose the sex of their baby for social reasons.

Ray Hammond, author of *The Modern Frankenstein - Fiction Becomes Fact* (which deals with the implications of recombinant



DNA research and artificial intelligence) reports various animal gene splicing techniques and the implantation of replacement genes in two human patients to rectify a genetic blood disorder.

Genetic engineering is a technique whereby scientists snip out sections of the genetic program (located in the double helix DNA chain) and insert replacement sections from other living organisms - plant, animal or human.

'Recombinant DNA' is a technique which takes apart and recombines genetic material in any shape one chooses.

ANIMAL-HUMAN HYBRIDS

In 1984 the first new species of higher mammal was produced; a goat/sheep cross called a 'shoat', created in a culture dish by splicing together the two animals' strands of D.N.A.. The resulting embryos were implanted into a surrogate female.

Laboratories in Australia and the US can grow human skin from a small amount of a patient's own skin. The new skin is particularly useful for burn victims and in the future we may see the emergence of Skin Banks.

Italian anthropologist Professor Brunetto Chiarelli of the University of Florence says scientists are on the verge of breeding sub-human 'apemen' for menial tasks or to provide transplant organs. He claims an attempt has already been made in the US involving lab fertilization of a female chimpanzee egg with human semen; the experiments were apparently called off in the early stages.

PATENTLY HUMAN

New animal types will even be patented in the US, along lines similar to 'Plant Variety Rights' legislation.

The US Commerce Department has adopted a policy whereby animals with new traits produced by reproductive technologies can be patented and Trademarked™.

"The decision says higher life-forms will be considered and it could be extrapolated to human beings," says Charles Van Horn, director of organic chemistry and biotechnology in the US Patent and Trademark Office.

Kidney, liver, heart and lung transplants are now commonplace. Surgeons at John Hopkins Hospital in the US have made medical history by giving a new heart and lungs to one man while passing on his healthy heart to another with cardiac problems.

Even extinct animals are being resurrected. In Berkeley, California, researchers have extracted a minute sample of the genetic blueprint of a quagga - an African zebra-like creature extinct for a century - from an old piece of salt-dried muscle. They cloned (multiplied) it in a culture dish for possible implantation in a surrogate zebra.

In America there are 23,000 frozen corpses (and an unknown number in the rest of the world), each a potential cloning factory at the disposal of scientists. Mayhem could be unleashed through tailoring genetic diseases to attack specific races, creating subhuman/slave species, walking spare parts factories; the possibilities and implications are endless.

Dr Margaret Tighe, chairperson of the Right to Life Committee has said: "Human beings are being subjected to experimentation without their consent and I believe this is an abuse of human rights. One particularly distasteful aspect of this manipulating of human life in laboratories is inter-species fertilization. In the US I know that government funding has been provided for the production of a creature known as the 'Humpster', through the use of male human sperm and hamster ovum".

Genetic engineering's potential for the health or illness of human society is now being explored.

How far will we go to become our own gods or devils?

- Nissa



Land Rights Treaty

Treaty '88 Campaign

Australia was illegally stolen from the Aboriginal people two hundred years ago; no treaty was ever signed and it seems the present government will follow its predecessors and renege on its Land Rights obligations (which were undertaken after the 1967 National Referendum) - and its promises.

Now the Aboriginal people will launch embarrassing legal and moral challenges to Australia and the world. They are fed up with promises and would like something on paper. The following is from the Treaty '88 Campaign.

We the Aboriginal People restate that we are the Sovereign Owners of Australia. There have been no treaties with us and we have never ceded our Sovereignty. Our land has been invaded by a foreign power that broke International Law and its own Imperial Directive:

"You are, with the consent of the natives, to take possession..." , i.e., a Treaty was to be made. Instead, in 1770, Captain Cook declared the legal lie that our land was *terra nullius* , a wasteland and unoccupied.

Our path to justice now lies in the international arena. In 1975 the International Court of Justice found that when Spain colonised the Western Sahara in 1844 it was inhabited by people organised in tribes and as a consequence the Western Sahara was not *terra nullius* . In a separate ruling it was stated that the concept of *terra nullius* stands condemned.

We pursue a Sovereign Treaty, under the Vienna Convention on the Law of Treaties, that has constitutional effect and is void if it violates fundamental principles of Human Rights, e.g. the right of a people to self-determination.

TREATY '88 CAMPAIGN: AIMS

We pursue a Treaty as the instrument to delineate our entitlement and our human rights, and enshrine our inherent rights in the Constitution and International Covenants.

OBJECTIVES

1. Effect a treaty between Aboriginals and the Australian Government.
2. Ensure inalienable freehold title over Aboriginal lands.
3. Protection of Sacred Sites.
4. Control over mining on Aboriginal lands.
5. Compensation for loss of lands to be negotiated.
6. International recognition of Aboriginals as a people.
7. Self-determination.
8. Treaty to encompass proper management and safeguarding of heritage, land & environment.
9. Establish continuous management practices for the total environment.
10. Effectively safeguard this land as a nuclear-free and peaceful country.
11. Regulate the processes of law to ensure equality, freedom, human rights and achieve those aspirations long recognised as the prerequisites for human development and peace throughout this land.
12. To meet all those objectives for human development as spelled out in the International Covenants of Human Rights. ∞

Treaty '88 Campaign

GPO Box 1101

Canberra ACT 2601

ABORIGINES FOUGHT BACK

Far from peacefully accepting white occupation of Australia, Aborigines waged a desperate but determined guerrilla war for a century to hold off the invaders, according to a new book to be published in 1988.

In *Six Australian Battlefields*, a school textbook by former Federal Immigration Minister Al Grassby and white co-writers Marji Hill and Alex Barlow (authors of teacher's guides about Aborigines), Australian history is challenged with accounts of six battles or guerrilla wars which have been ignored or misrepresented.

Four of the battles involved Aboriginal tribes; the Battle of Sydney (1797), the Battle of Parramatta (1797), the Battle of Bathurst (1824) and the Battle of Battle Mountain (1884). Most historians accept that there were *one million* native inhabitants in Australia when western 'civilization' arrived (although some estimates range up to three million). Now there are less than 200,000.

"Australia has to recognise that 800,000 people have gone," said Mr Grassby.

"It's no use pretending that they all had bad colds - the only way Australia can become a nation is to know the truth about itself."

According to the book, mass slaughter of Aborigines was not confined to Tasmania.

"This was what set up the whole conflict between whites and Aborigines in this country from the very beginning, and it has lasted until now"

They decided that Aborigines didn't manage the land and didn't qualify as human; bounties were paid for dead Aborigines and treaties were unnecessary.

To be released by Angus & Robertson in January, *Six Australian Battlefields* will also cast new light on wars between the white settlers; the Battle of Vinegar Hill (1804) and the Battle of the Eureka Stockade (1854).

"I imagine people who have a vested interest in distorting the history of Australia, whoever they might be, won't like it," said Mr Grassby. "It's designed to help the Bicentennial people by seeing to it they have the facts.

"If is going to be a truly national celebration, they've got to understand the truth."

"When Governor Phillip arrived, the Aborigines in the area had no objection to his people gathering fish, but they gave nothing back in exchange," Mr Barlow said. "Aborigines in the Port Jackson-Botany Bay area had a tradition that they could leave spears, nets and so on in camps and no-one would steal them.

"However, the convicts and troops wandered around, took artefacts and spears and walked off with them.

"This was what set up the whole conflict between whites and Aborigines in this country from the very beginning, and it has lasted until now.

"They believed that if you did such and such a thing, then you had to pay back. Up to now, we have not paid back our dues."

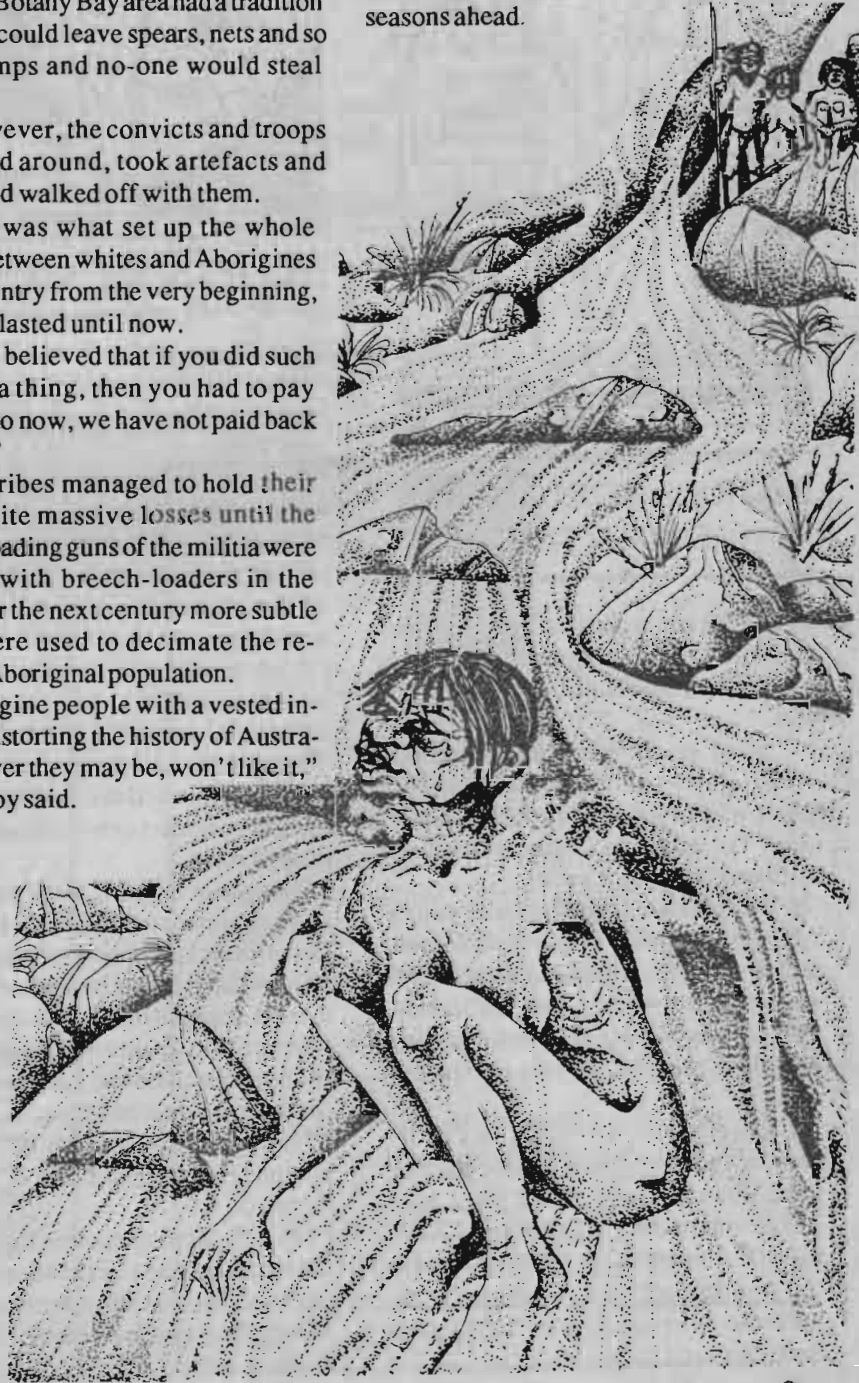
The Tribes managed to hold their own despite massive losses until the muzzle-loading guns of the militia were replaced with breech-loaders in the 1850s. For the next century more subtle means were used to decimate the remaining Aboriginal population.

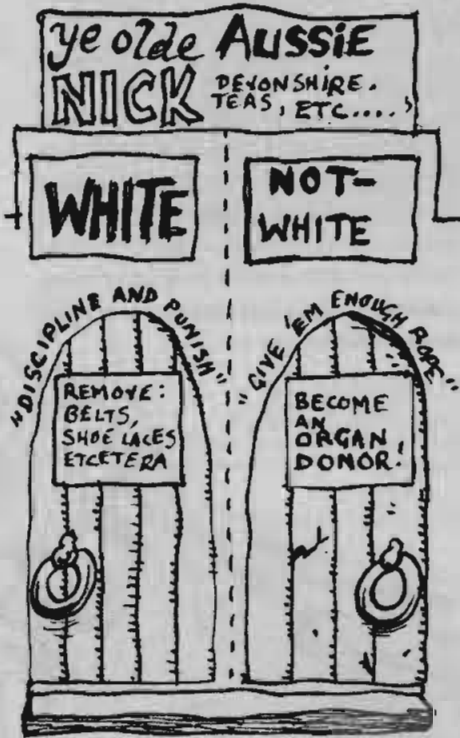
"I imagine people with a vested interest in distorting the history of Australia, whoever they may be, won't like it," Mr Grassby said.

CULTURAL IMPERIALISM

King George the Third had stipulated that if the natives of *Terra Australis* cultivated the land they would qualify for treaties and conversion to Christianity.

The first white settlers failed to recognise that the sweet, grassy pastures then widespread around the colony were the direct result of Aboriginal selective burning to improve grazing for hunting stocks (which subsequently declined to the scrub we all know today). They failed to notice that the migrating tribes **did** collect and plant seeds, planning for seasons ahead.





MORE ABORIGINALS DIE IN JAIL

In Wilcannia on June 24th, 23-year old Mark Quayle became the eleventh Aboriginal to die in police custody this year.

"How many more deaths must occur until the Federal Government will order a Royal Commission?" pleaded Jim Everett of the Tasmanian Aboriginal Centre.

The following week another young Aboriginal man died in a Queensland jail; so many Aboriginals have recently died in custody that by our publication date *eighteen* have died in Australian jails this year - most of them in Queensland.

This evidence of Australia's treatment of the Aboriginal people has not gone unnoticed by world press and governments. It will take more than a Royal Commission to provide justice for the Aboriginal people who have been treated as an irrelevant minority group in their own land for too long.

10



TENANT'S RIGHTS

- * Tenants paying under \$300 rent per week need only pay two weeks in advance. Four weeks is required for rent over \$300.
- * Rent can't be increased by the landlord without 60 days notice.
- * The right to security devices and locks which ensure the safety of the premises.
- * The right to sublet with the landlord's permission.
- * Premises must be maintained and in reasonable repair.
- * The right to apply to the Residential Tenancies Tribunal to deposit rent with the Tribunal until the landlord makes necessary repairs or remedies breaches of agreement.
- * The right of a spouse, defacto or other adult occupant to have the lease transferred under appropriate circumstances.
- * The right to full-term tenancy unless there is a breach of the agreement.
- * The right to avoid eviction if a breach has been remedied and the tenant has not persistently breached the agreement.
- * The right to apply to the Tribunal for postponement of eviction in cases of hardship.
- * The right to compensation for the value of fixtures owned by the tenant where landlord does not allow removal.
- * The right to terminate the agreement on 21 days' notice.

LANDLORD'S RIGHTS

- * The right to issue a notice of termination with the following minimum periods of notice:
14 days if the rent hasn't been paid for 14 days.
14 days on any breach of the agreement.
31 days where the premises is being sold.
60 days for any other reason.
- * The right to apply for immediate termination order and possession where tenant causes or permits serious damage or personal injury.
- * The right to give a termination notice if premises are destroyed or rendered uninhabitable.
- * The right to apply for a termination order where the contract agreement has been persistently or seriously breached.
- * The right to apply to the Residential Tenancies Tribunal for a possession order if the tenant does not vacate premises by the date specified in the notice.
- * The right to compensation from tenants if the premises are deemed to have been abandoned.
- * The right to an occupation fee in certain circumstances and to compensation where the tenant fails to comply with a possession order.
- * The right to have undue hardship taken into account by the Tribunal when determining whether or not a termination order should be suspended.
- * The right to dispose of goods left on premises deemed abandoned or where tenancy has been terminated in accordance with Tribunal directions.
- * The right to have orders enforced by Sheriff's officers with police assistance if necessary.

RUSSIAN ELECTIONS

In the first Soviet elections held during Mikhail Gorbachev's much-publicised internal reforms, the Federal Republic of Russia (largest of the Soviet Republics) elect a majority of non-Communist Party members to positions on local councils.

-Tass

STAR WARS NOW?

Leaked minutes of a National Security Council (NSC) meeting revealed in February this year that President Reagan *has* decided on an early deployment of the SDI system. President Reagan is reported by the *Washington Post* as having told the NSC meeting; "Why don't we just go ahead on the assumption that this is what we are doing? Don't ask the Soviets, tell them 'the US can move ahead'. I'll say I've reevaluated. I see the price tag and I'm willing to pay."

The leaked minutes have embarrassed European readers who are hoping for greater arms control during the remaining years of the Reagan Administration. British Prime Minister Margaret Thatcher has prided herself on holding Mr Reagan to the 1972 ABM Treaty.

According to the leaked documents, Secretary of State Charles Schultz is the only senior member of the Administration to have opposed making a decision about early deployment of SDI.

President Reagan's special arms control adviser, General Edward Rawny, said in March this year that "dramatic progress in research" into kinetic energy weapons would enable deployment of a partial Star Wars defence system by 1994. Defence lawyers were working to create a "broader" interpretation of the 1972 ABM Treaty which currently disallows testing of such systems.



REACTORS IN SPACE

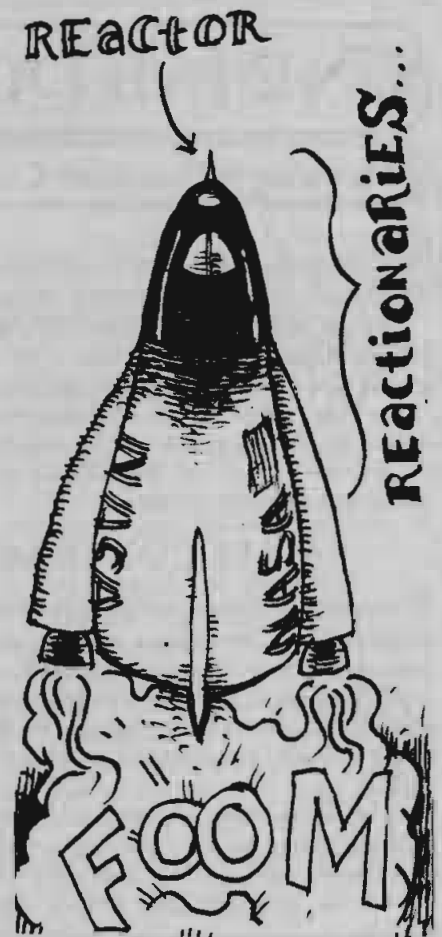
The US Department of Energy has put forward a proposal costing US\$70 million this year for an initial development programme for placing new mini-nuclear reactors in space. If developments go ahead under the SDI program, the \$1 billion required for the project will come from public money.

The compact power sources being proposed would enable the continuous delivery of 250 megawatts for several years in orbit. This is needed for SDI nuclear-driven energy weapons, such as x-ray lasers. The Soviet Union already have at least 40 small Uranium-235 powered reactors in space (Four have crashed to Earth, including the Cosmos satellite which crashed in Canada in 1978 - a failure rate of one in ten).

According to the Department of Energy proposal, the prototype would be ready for ground testing by 1990 and for its first flight in 1993. These systems are extremely vulnerable to attack - one critic has said that, if damaged, it would result in the "fastest core meltdown in history".

US Senator Edward Markey (Chairman of the Energy Conservation and Power Subcommittee) accused the Department of Energy of "seeking to corrupt and militarise peaceful civil research".

Nexus New Times Two



STAR WARS OZ

Professor Desmond Ball, head of the Strategic and Defence Centre at the Australian National University, says that the joint American-Australian installation at Nurrungar in South Australia has been used as part of President Reagan's SDI program, despite claims by the Prime Minister, Mr Hawke.

Nurrungar is the ground station for the US Defence Support Program (DSP) early warning satellite which monitors Soviet missile and satellite launches. More than 6,000 Soviet launches have been recorded at the Nurrungar base since the station started operation in 1971, according to Professor Ball. ∞

ONE JAB DOES IT

ADVANCES IN VACCINE CONTRACEPTION

Scientists throughout the world continue to seek ways to prevent unwanted people making untimely appearances.

The pill, diaphragms, condoms, coils, moon cycles, herbs, the Billings Method, abortion and now a jab; the list of methods is growing as we seek better, safer contraception.

Dr. Peter Griffin of the World Health Organisation is conducting trials on 30 Adelaide women with a vaccine that prevents pregnancy for up to two years. So far the results are good - although potential side-effects are as yet unknown.

MALE CONTRACEPTIVE

Researchers at Monash University and Prince Henry's Hospital in Melbourne have developed a sensitive method of detecting the hormone *inhibin*. This alters both male and female fertility by regulating the hormone responsible for ovulation and sperm production (follicle stimulating hormone - F.S.H.). If used as a male contraceptive it could stop sperm production without affecting male libido.

The body produces tiny amounts of inhibin. It has been difficult to manufacture, but *Biotechnology Australia* has purified the hormone and can clone the human genes which produce it. Genetic engineering techniques can produce large amounts relatively cheaply.

Artificial wombs and knowing if you're pregnant the next morning are not far away. A research team headed by Dr. Brian Baldo at Sydney's Royal North Shore Hospital has scored an international breakthrough which allows a hormone-like substance called PAF to be detected. PAF is released almost immediately after fertilization and its production is necessary for establishing pregnancy.

A connection could also be established between deficiencies in this hormone and infertility. It can be detected less than 24 hours after conception.

PAF has a wide range of biological effects and is linked with a host of diseases. The breakthrough is expected to lead to new diagnostic techniques for heart disease, stomach ulcers, asthma, rheumatoid arthritis, septic shock and other illnesses.

ARTIFICIAL WOMBS

Within the next 25 years we may see artificial wombs used to grow a full-term pregnancy. The two ends of the scale are coming together - babies can live in incubators to 20 weeks (half way through gestation) and scientists can grow an embryo in the laboratory for at least 9 days - some say weeks.

Although sounding like science fiction, the implications are complex and real. Women about to undergo chemotherapy or radiotherapy could have her eggs removed and banked (egg banks will be a reality in two to three years); women having hysterectomies, working in hazardous environments (chemicals or radiation) or with dysfunctional uteruses or none at all could benefit.

We are seeking new ways to have babies and new ways of saving babies and new ways of preventing them. While many scientists and doctors devise ways to interfere with nature, She is a force and law unto Her own. ∞

- Nissa

REASONS

REALITY RESENTMENT - A LOOPHOLE...

Heroin is like a loving hug, a long embrace of emotional security. Methodone is a longer, but less satisfying embrace, like the hug of a distant relative.

I think my junky behaviour has been that of an immature child. It's as though every hit I had was a way of punishing people for not loving me enough, or not paying enough attention. It was as though every taste was revenge on my parents or friends for failing me somehow.

I fell into a cynical denial of all higher motivations, consigning them to the same pit that held Santa Claus and the Easter Bunny.

The first time it happened, I soon woke up to myself, dried out and got my life back together.

A couple of years later, when a true love left me, I began the punishment program again. Punishing myself for not being good enough. Wallowing in self-pity and negativity.



Heroin is a substitute for self-esteem. The classic 'dependent personality' includes anyone who feels at all inadequate. It fills their emotional vacuum. Who needs self-esteem when they've got heroin, or even methadone? It's nice and safe wrapped in cotton wool, isn't it?

"All right then!" I thought, "The world's a mean, unfair and nasty place. Well, I'll show the world just how mean, unfair and nasty I can be!"

And I was.

Young women, slow drugs and fast money; at first there was lots of money. But I fell from favour with my supplier and soon consumed all my assets. I became a street junkie, scrounging for my daily drugs.

When I had no money left, my health was suspect, pretty women were interested no more and I was thieving and scamming for every sugar-tainted taste I could get, a young girl did come looking for me.

Years had flown. The young girl was a daughter of mine I'd never met. She wanted to meet her father. Me. A scumbag street junkie, unnaturally thin, somehow sallow and grotty.

A sorry sight.

I knew then what I must have looked like to her eyes, and I had no expectation that she, either, would love me for myself, but she did. It made all the difference in the world to me.

With an altered attitude, my life changed. It's obvious that if you understand the problem, then you're half-way to solving it. Try it. It's important.

Don't let those little subconscious 'deals' you make with yourself inside your head screw up your whole life. ∞

TRANSCENDING THE PARADIGM

Ramtha, a guide working through female Channel J.Z. (pronounced 'Zee') Knight in the United States, has built a remarkable following of 'Brethren' in a very short time. Far from being a Guru, Ramtha discourages 'followers' and would rather that each person manifest the God within themselves.



A being who has transcended individual incarnation, Ramtha has spoken through J.Z. on a number of topics ranging from impending earth changes and monetary collapse to the evolution of humanity and Jesus Christ.

Ramtha has a message for everyone, striking unexpected chords even in sceptics and those with past experience of trance-medium - his discourses are specific and by no means random rambling.

Having only spoken once outside the U.S. (in Canada), J.Z. and Ramtha are coming to Australia in November.

Gita Bellin recently travelled to the US where she stayed with J.Z. Knight and met Ramtha. Having a great deal of knowledge of alternative healers, Gurus and teachers, she shares some of her experience with NEXUS readers.

"One thing I have learned is that in all my life until now I cannot honestly say I have experienced pure joy; I've experienced fascination, excitement, wonderment - but not peaceful, joyous happiness.

"By age 23 I was trapped in the normal social consciousness of having to earn wealth. I was lecturing in the use of human movement and the study of kinetic awareness of the body and notation schemes for movement.

"I discovered TM (*Transcendental Meditation*) and gave up my career, living in India and the Himalayas for fourteen months and having remarkable experiences. I used to think I was living for the time I would 'have' cosmic consciousness - I saw it as a linear progression, something in the future, even though at the same time I was having amazing inner experiences and visions.

"In the '60s and '70s it seemed that everyone was looking for this same joy, no matter where they were exploring. I saw people becoming more spiritual, more aware; but they needed to know their own *creative cause* of their experience. They needed to change their course from 'Victim' to 'Master'. You can't realise 'I am God' until you get with your own cause.

"Yet even when people recognised the 'master' within, they were still trapped in the same paradigm. Although people are beginning to experience cosmic consciousness, they are still trapped in the same social consciousness of professions, money, acquiring wealth and misusing the world's resources.

MONEY DOES NOT EXIST

"Money is only a concept. It is not really a necessary vehicle for exchange - we have made it so. Money does not exist, yet we always manage to manifest just as much as we need.

"The old paradigm is *working in order to survive*, giving your skill to have what you want. When you're not trapped by money you can start to manifest things in all sorts of interesting ways.

"What I call true consciousness is being able to manifest what one wants just by a thought, to use the time one is in a human body for the experience of a total exploration of the Universes.

"Ramtha managed to become his own cause in his lifetime and has transcended incarnation. He is here to teach us this paradigm shift - to recognise the God Within.

"I am delighted to have found him when there was nothing more I could find in this structured society.

"Nearly all my life I wanted to be somewhere else, but what I hadn't understood was that I had given all my power to social consciousness.

"There are still many people who need the 'Master-Victim' paradigm to learn from new teachings. There are also many people who are aware of their own conscious cause, but still living in the old paradigm.

"Ramtha teaches us to take the next step to instant manifestation and become the God Within. He is trying to shift us from this paradigm to the next - and I think a lot of people are ready for it. He will draw to his audience the people who are meant to be there.

NOT A GURU

"Ramtha is a brilliant and quite outrageous teacher. He's different from the other Gurus I've had.

"The Guru represents the Piscean age - the deification of someone more important than self - but the Aquarian age is about the equality of self.

"By deifying Jesus Christ, for instance, we make ourselves lesser than him and that was not his teaching.

"When I met Ramtha I realised I had not another Guru, but a teacher of equality. There's no question of being a 'Chela', a disciple. People today need to be aware of their individual sense of human-ness in their own right. Ramtha doesn't take this away, but treats people as *brethren*, not disciples.

COMING TIMES

"Ramtha is teaching how to live on Planet Earth as we're meant to. He says he will be around until the year 2,000 and says that only about 10% of people will survive the times to come. I know that the survivors will be those who successfully make this paradigm shift.

"He also refers to the bomb tests in Nevada, saying they are not all atomic explosions but experiments in new technologies.

"There is going to be a major vibratory event; not a nuclear war, but the heralding of an age of enlightenment lasting several thousand years.

"I'm understanding things I'd always thought life on Earth should be about and the joy is manifesting. I've begun to tap into an internal, exhilarated joy of the true gift of what it is to be human. Only in the human body can we experience all the levels of the life force.

"I truly understand now that death is as much a part of the social consciousness as money and 'earning' to survive. **Death is only a mental concept, like the passage of linear time.** Ramtha teaches you to explore for as long as you want until you've had enough - and then you move on to new dimensions to explore them.

"Ramtha has only been teaching in America - J.Z. Knight has been very busy there and agrees to do these things because that's what Ramtha wants. This is to be the first time Ramtha has come to any country outside North America - people in Australia and New Zealand have a level of consciousness that is really quite exhilarating and can relate to what Ramtha says on the level he says it. That's why he's coming here.

"I asked Ramtha why he was coming;

"Beloved entity, I have already been."

He wants to gather people together in Sydney for an intensive talk around the whole concept of becoming sovereign and mastering new dimensions. We expect he will tell us about 'safe spots' in Australia and how to prepare for the changes to come in the world - and the monetary system.

"Next May Ramtha wants to take people out into the desert, after which he will no longer teach in this way.

"The art of manifestation can save the world."

Ramtha will be holding a two-day intensive at Sydney's Hyatt Kingsgate Hotel on the 7th & 8th of November - See this issue's LinkUp directory.

-R. H. Ayana



SOURCES OF SAUCERS

THE CIA AND THE SAUCERS

Lee McGiffen

The most daunting obstacle to a 1980s investigator of unidentified flying objects is the sheer overload of information. The data is confusing enough in itself (the field is loaded with quacks of all types), but when you have to contend with the deceptions of various government agencies as well, the truth is hard to catch as it flies out the window.

Much of the role of the C.I.A., for instance, is to propagate disinformation and in the area of UFOs (or 'bogeys' as NASA calls them) they do very well. Not that the C.I.A. needs much help.

THEN AND NOW

An easy stroll through UFO literature shows that *something* has been appearing to humans for thousands of years. Sections of ancient Indian scriptures such as the Mahabharata and Ramayana suggest to many an atomic war between the Rama and Asvin civilizations 15,000 years ago. Reports of disc-shaped craft go back to the scribes of the Pharaohs. But one thing that characterizes chance encounters, experiences and visions over the centuries is that many are totally unfathomable to the rational mind. If there are alien civilizations interacting with our own, many seem to resemble leprechauns playing cosmic pranks.

Take the case of Whitley Strieber. Strieber, a writer, apparently had an experience out of his own stories recently. His wife discovered a puncture wound in his neck when he complained of a pain there. He suddenly remembered being carried aboard a UFO in a dream-like state and having his "mind probed". Happily, Whitley is enjoying the publicity of his newly released book, *Communion*, in which he describes his abduction.

George Adamski, perhaps the most famous 'contactee' case, was said by his friends to be in a perpetual dream-like state.

Adamski founded an international contact organization for beings from Venus - an unlikely source because of



its deadly atmosphere - and was widely discredited as a hoax for having faked photographs of saucers. Where did he get the photos from?

DISINFORMATION?

Enter the CIA, according to Leon Davidson, a ufologist and ex-army chemical engineer. Davidson says that the CIA invented Adamski's saucer encounter, as well as the famous 'extraterrestrial encounters' of Daniel Fry and policeman Lonnie Zamora.

Davidson believes Adamski was the naive victim of a hoax perpetrated by government agents, who built a 'space-

ship' with windows which were actually film screens. Adamski himself claimed to have been encouraged in his search for flying saucers by four 'US government scientists'.

Not all hoaxes involve the CIA or other government agencies. In the case of Frank Scully two rogue ex-army personnel were involved. In 1950, Scully became instantly famous when he released *Behind The Flying Saucers*. In that book he recounted a story told to an audience at the University of Denver by a man called Silas Newton, who claimed to be a Texan millionaire.

Newton told the audience that a friend of his, Dr Gee (whose real name was Gebauer), had personally participated in the autopsies of alien bodies at an Air Force base. At that time many people suspected that the government was covering up something big, like contact with alien civilization.

But two years after the book was published Newton and Gebauer, both described as confidence tricksters, were caught while trying to sell off worthless war surplus equipment as oil detection devices. Goodbye to the story of the alien bodies and to Frank Scully's reputation.

Rebirthing experiences and new theories of birth trauma psychology may help to explain the Adamski and Strieber encounters. But if governments are responsible for much UFO disinformation, what, if anything, could they be covering up?

FREEDOM OF INFORMATION

Recently, intrepid ufologist Timothy Good has been prising information from the CIA using the Freedom of Information Act. Good has written in the British publication *The Observer* disclosing the existence of a top secret committee in the late 1940s code-named Majestic-12.

MJ-12's purpose was to investigate and then cover up news of flying saucer crashes. FOI files also record that on June 24th, 1947 a disc-shaped object

crashed in New Mexico and four small bodies were recovered. Is this CIA information or disinformation?

RUMOURS?

We've all heard stories over the years of little alien bodies kept in formalin in secret military bases; bushwalkers in the Blue Mountains west of Sydney have reported seeing saucer shapes disappearing into the sides of cliffs near Leura.

There are stories of alien crews killing themselves in crashes and reputable, scientifically investigated reports (written by people like John Shuessler, project head of the McDonald-Douglas Space Shuttle) of humans sickening or dying from the effects of close encounters.

UFO encounters occur regularly near Nowra, where visions of the Blessed Virgin Mary (BVM sightings) have occurred over the years. Maybe it's the Irish in our convict blood interacting with the Aboriginal psyche embedded in the rocks of this country.

Sources of Saucers

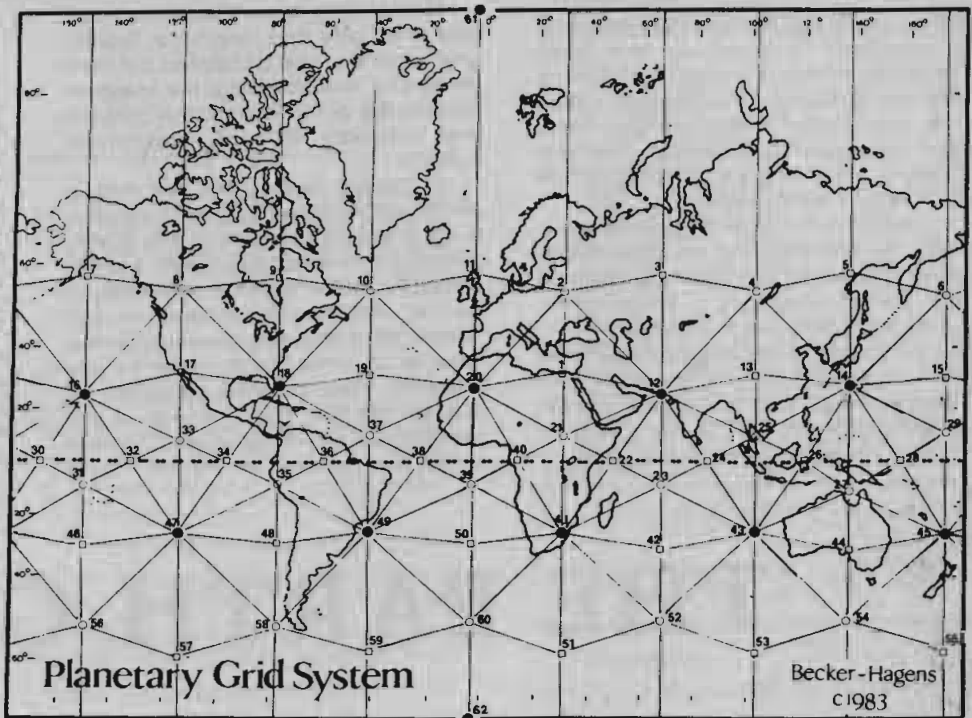
EARTH SOURCES

What are we to make of reports that the US military or private aerospace corporations have their own experimental craft? This proposition bears some consideration.

There are many military and civilian designs for flying saucers, and some hard experimentation has been undertaken.

It is not hard to understand why military craft would be kept a secret. But secrecy surrounding civilian craft seems to be more accidental than planned. Either the inventors are hard up financially and can't interest anyone in their manufacture (like John Searl, an Englishman who says he can build a disc-shaped craft which will carry 1,000 people), or we are just too monopolised to follow through on truly innovative technology such as that developed by the renowned electrical pioneer Nikola Tesla.

From 1960 onward there have been at least 40 anti-gravity drives patented by researchers, advancing from petrol-powered craft built by specialist engineers for the Third Reich (such as the



'Ball Lightning' craft of Rudolf Shriever) and for the US after the war, such as the Avro Car (developed by ex-Nazi inventor W. Miethel and English engineer John Frost for A.V. Roe & Co), a joint US/Canadian project. Strangely, funding was stopped for all official US experimentation into anti-gravity by 1960.

DIAMAGNETISM

The saucer craft developed by Victor Schauberg are of a different category. Schauberg, an Austrian naturalist, developed a theory of diamagnetism for water and air currents and was able to design water turbines for the purposes of levitation. Schauberg worked for the Nazis from 1938 to 1945 and then for the US. One of his saucers had a diameter of only 5 feet and was started by an electric motor of only 1/20th horsepower. The interesting thing was that Schauberg recorded colour changes in his craft typical of popular UFO sightings.

The theory of diamagnetism takes us into theories of a planetary harmonic grid (See Earthgrid in this issue).

It seems reasonable to conclude that the UFO field is being polarized into those who don't believe in UFOs (or anything much except materialism) and those who find comfort with the idea of an extraterrestrial source for saucers,

the evidence for which seems to be largely concocted or contradictory.

There may be some craft of military origin, but it would be hard to match the capabilities of UFOs which have been seen to change shape, size or timeframe. However, breakthroughs which may occur in electrogravitics, for example, could easily be suppressed because certain types of technology could be too anarchistic to control; local autonomy in energy production and civil defence are not conducive to monopolies on manufacture or increasing profits

The modern UFO phenomenon 'officially' began on June 24th, 1947, (the date of Timothy Good's New Mexico saucer crash) when a private pilot, Kenneth Arnold, coined the unfortunate term 'Flying Saucers' to describe what he saw over Mt Rainier in Washington. UFOs have been widely reported for over forty years, and recent Freedom of Information revelations show that NORAD receives hundreds of reports of 'bogeys' a day. In the 1980s, the FOI Act has shown that the US (and Soviet) military is still incapable of keeping them away from military bases and nuclear installations. Could this be another reason for deception?

Whatever the reason, watch out for flying bullshit - UFOs are known to steal cattle! ∞

Knowledge of certain specific electromagnetic frequencies and their possible effects is jealously guarded. The band of radio frequencies called the 'guard band' is reserved for military use. Some bands, however, produce harmful psychological effects and are banned for safety reasons.

The Earth can be dangerous to unwary inhabitants and on rare occasions spontaneous transmissions occur on these unhealthy frequencies, sometimes with lethal results.

One man who has experimented with some of the Earth's resonant bandwidths (those which are propagated 'harmonically' by, say, the ionosphere) is A. M. Davie of Scotland.

Cathie's maps use the standard 90° grid of latitude and longitude. Davie's grid (and the one accepted by most world grid researchers) is the icosahedral model of the late mathematician and visionary Richard Buckminster Fuller.

In Fuller's model, the first simple world grid is formed by the intersection of 15 great circles around the globe, creating 62 intersection points. Anthropologists Bethe Hagens and William Becker, of Governor's State University, Illinois, have reconstructed a grid they believe to have been used by the ancients. (See diagram.) Position #1 falls on the Nile delta, where, in the predynastic era of Egyptian civilization stood the capital of Behdet from

Having published pamphlets on his method of magnetically cutting and moving stone - which he claimed to be the rediscovered knowledge of ancient stonemasons - LeedskaInin worked alone for years, cutting and moving massive blocks with fine-balanced precision and setting them atop one another. Formations weighing several tonnes can still be pivoted by the hand of a child and many blocks which he raised to a height of twenty feet or more could not be lifted by any crane extant today. Coral Castle stands as a modern monument to ancient knowledge (and is a growing tourist attraction in Florida).

THE EARTH GRID

Davie is a scholar of ancient languages and cultures, but you wouldn't know it from his office. Reams of tracing paper spill out of drawers, containing maps of regions of the planet overlaid with harmonic grid lines of the Earth's radio band pathways and their intersections.

In his broadcast experiments on global frequencies, some odd things have happened; things which Davie describes as "the same experiences as reported in the Bermuda Triangle and UFO incidents".

Disturbed by these effects, he contacted Edinburgh University, who agreed with Davie that a ban should be placed on the use of these frequencies.

Catastrophe Theory

Davie's experiences with the so-called 'Earth grid' have led him to develop a 'Catastrophe Theory' of Earth history. Using established scientific principle, the theory is predictive. By careful calculation of surface distances and lunar and solar positions, Davie claims to be able to predict all kinds of bizarre phenomena - earthquakes, spontaneous combustions, heart attacks, mechanical failures, even crimes!

Interest in the world grid rises and falls over the years. It was more or less started in modern times by the works of New Zealand airline pilot Captain Bruce Cathie. His first released book, *Harmonic 33*, suggested that the grid was being used by some mysterious agency to power unidentified flying (and submarine) objects. Cathie's grid, however, raises some anguish.

where Imhotep (who came later to be known as Hermes Trismegistus) mapped out the geometry of the ancient world.

It may be of interest to students of the Kabbala to note that a 72° section from the icosahedral world grid taken from pole to pole produces the exact configuration of the Tree of Life in two dimensions.

The Grid Points

World grid and antigravity researcher Richard Lefors Clark describes grid intersection points as diamagnetic. Diamagnetism is a field of non-spin energy (called the Bloch Wall) which occurs in the formation of a magnetic field and exists in all simple magnets; like a magnetic vacuum between the north and south poles. Gravity and magnetism are closely associated and where magnetism is neutralized, gravitational force (according to Clark and others) is reduced and weight loss occurs. In a field of sufficient intensity levitation can be demonstrated.

On the surface of a large rotating magnet (like the Earth) there are numerous diamagnetic anomaly points. At certain times a resonant point will activate and if the point is over a large body of water, torrents of water - and any ship or plane that chances into the field - can be sucked up into space.

The energy, fortunately, can be put to other uses. Latvian sculptor Edward LeedskaInin used a major diamagnetic anomaly point in Florida to move giant pieces of coral rock, sculpted into shapes of planets and moons, into place in his 'Coral Castle'.

CANADIAN GHOSTBUSTER

One of the only known official investigations of these global anomaly points was conducted in 1950. It was designated *Project Magnet*.

Wilbur Smith (a communications engineer with Canada's Department of Transportation) was made director of the project, which examined the magnetic anomalies around the eastern end of Lake Ontario in New York State. This area has a history of aircraft disappearances and UFO sightings. The region is also famous as the home of the celebrated 19th century psychic Daniel Douglas Home, who levitated himself before many world dignitaries.

During his investigations Smith noted large, sometimes mobile gravity anomalies over Lake Ontario and the vicinity. These were columns of air a thousand feet across, in which the nuclear binding forces of matter were found to be stronger than normal in the north and weaker in the south. He theorized that when these drifting columns met with aircraft, the aircraft could disintegrate.

Project Magnet was dropped when the research began to touch on top secret UFO data. After Project Magnet, Smith designed several gravity devices such as the Anti-Gravity Proximity Detector, the Magnetic Deflection Detector and the EMF Collapse Detector; real-life ghost-busting equipment! ∞

-Lee McGiffen

A Hitchhiker's Guide TO THE Roof OF THE World

by Peter Krygsman (Himalayan Correspondent)



The Hunza Valley
Photo by Peter Krygsman

At the edge of an immense ice sheet stretching almost a hundred miles across Northern Pakistan's Karakorum Mountains lies the Hunza region.

Extremely rugged terrain lying at the junction of the Hindu Kush and the Himalayas, it is deeply sunk within ranges which are no less than 15,000 feet in altitude and average well over 20,000 feet.

The Hunza gorge plunges down from the southern flanks of the Pamir Plateau of Central Asia and broadens into a fertile valley 8,000 feet above sea level. Melting glaciers surround the valley, enclosed within the spur of the Muztagh Ata Range on the northeast and the *Mi Rakaposhi* to the southwest.

Glaciers mass in an almost uninterrupted series from the Hunza Valley to the base of gigantic peaks which stand around K2 (which latest satellite measuring techniques show as the tallest mountain in the world, a few metres higher than Everest), forming the most extensive glacial system outside sub-polar regions and flowing through the greatest mountains in the world.

For its sheer grandeur and breathtaking panoramas, few places can match the scenic beauty of the Hunza Valley.

ANCIENT LANGUAGE

No affinity has yet been proven between Burushuski (the Hunza language) and any other known language. It has been loosely grouped by linguists with the so-called Dardic languages such as Khowar and Shina, archaic tongues; both contain basic elements of Burushuski, but Burushuski has its own vocabulary (except for obvious loan words) and inflectional system which are unique.

Local Hunza scholars assert it is derived from the original Indo-European language spoken by nomadic invaders from the west whose origins are lost in the mists of antiquity.

THE SILK ROAD

The Hunza Valley has been a route for commerce and migration between the Indian Subcontinent and Central Asia since neolithic times. It became part of the important access route, the fabled *Silk Road*. Dating from the second century, petroglyphs at Halderkeist mark the frontier between the Kushan empire of the Tarim Basin and the Gandharvan civilization of the Indus Valley.

Later travellers through the area (such as the fifth century Chinese monk Fa Hsien and Marco Polo in the thirteenth century) recorded the hazards of their journey through this region and the fierce independence of its inhabitants.

As late as 1852, the Hunza Kanjuts expelled Gulab Singh (Maharaja of Jammu and conqueror of Kashmir) from Gilgit.

HUNZA TODAY

Today Hunza is again finding its place on the Old Silk Road. Twenty years in the making, the Karakorum highway traverses some of the most difficult terrain imaginable. It follows the Indus River through *Kohistan* and *Diamir* to *Gilgit* and then the Hunza Valley over the *Kunjarab Pass* and the *Pamir*. It continues through the *Muztagh Ata* Range on the Sino-Soviet border and on to *Kashgar* at the western edge of the Gobi.

The road from *Gilgit* leaves the Indus (whose true headwaters rise further to the east in *Baltistan*) and follows the Hunza River to the small town of *Allabad*, situated at the base of *Mi Rakaposhi* (25,550'), an imposing giant whose northern face is a sheer 19,000' drop of plummeting snow and ice. A few miles up the valley at *Ganesh* a simple monument commemorates over three hundred Pakistani Army Engineers who died during the construction of the highway.

From here a steep track winds up to *Karimabad*, Hunza's main centre, the buildings rise up in steps to *Balili Fort*, behind which "yawns the dark mouth of a narrow gorge hemmed in by precipices of immense height - an awful chasm in the mountains, at the head of which are glaciers of glittering green ice and stupendous snowy peaks" - (E.F. Knight "Where The Empires Meet").

There is the ever-present threat of avalanches, so common that the sound of their distant rumblings is an everyday occurrence referred to by the locals as the '*Himalayan Orchestra*'.

A short distance along the mountainside, near the village of *Imanabad*, the even older *Allit Fort* stands atop a cliff overlooking a narrow defile. Alongside the riverbank a collection of huge boulders known as the *Halderkeish Stones* or the '*Sacred Rocks of Hunza*' are covered in carvings which span the ages.

Though mostly of the ibex or markhor (goat-like animals whose totemic significance in the *Pamirs* dates back to Paleolithic times), there are various other carvings of tribal motifs as well as examples of ancient Chinese and Kharoshthi script.

Today the Hunza people are friendly and hospitable, a far cry from the fierce Kanjuts tribesmen who plundered the roads between *Kashmir* and *Turkestan* and raided Kirgiz encampments in the valleys of the Upper Yarkand - even threatening the stability of the British Empire.

Predominantly Ishmael Muslims, followers of his Highness the Aga Khan, they are more enterprising and less conservative than their Shina-speaking Sunni neighbours and many Hunzakuts have opened successful businesses in *Gilgit*, the administrative and commercial centre of the Northern Areas.

Twenty-two different varieties of apricots are cultivated in their terraced fields.

The Hunza people are renowned for their longevity, which they attribute to traces of gold in their glacial water supply. Famous mountaineer Eric Shipton referred to them as 'far superior cragsmen than even the Sherpas of Nepal'.

Development underway includes village credit unions, handicraft industries and trading co-operatives initiated by the United Nations, the Aga Khan Foundation and the Pakistani Government.

ROOF OF THE WORLD

Up the valley at *Passu*, the *Batura Glacier* (over 35 miles long) looms menacingly close to the highway, which continues on to *Soost* (an impromptu truck stop-cum-immigration post). From here the Hunza valley narrows to a steep rocky glaciated gorge, along which the road climbs up to the windswept *Kunjerab Pass* (16,188'), gateway to the Pamir Plateau - the 'Roof of the World' and border between Pakistan and the Peoples Republic of China.

The Silk Road journey is once more open to Western travellers at certain times of the year, an experience dating back to (at least) Paleolithic times, and one which can never be forgotten. ∞

New Times Networking

You can't ignore a good idea forever

The world is a tumultuous place and depressing issues must be dealt with else they remain realities. New tools and ways of action are required; different adaptations found to deal with the use of an incredible array of new technology for social control.

Take computers as an example. Forget 1984, the police forces of this country now have an automated national fingerprint comparer and have used it to solve sixty-four "major" crimes. They will soon have an interstate register of stolen vehicles. The pretext for our last national election was the 'Australia Card' electronic identity database.

ling some of the gravest problems ever to face this planet.

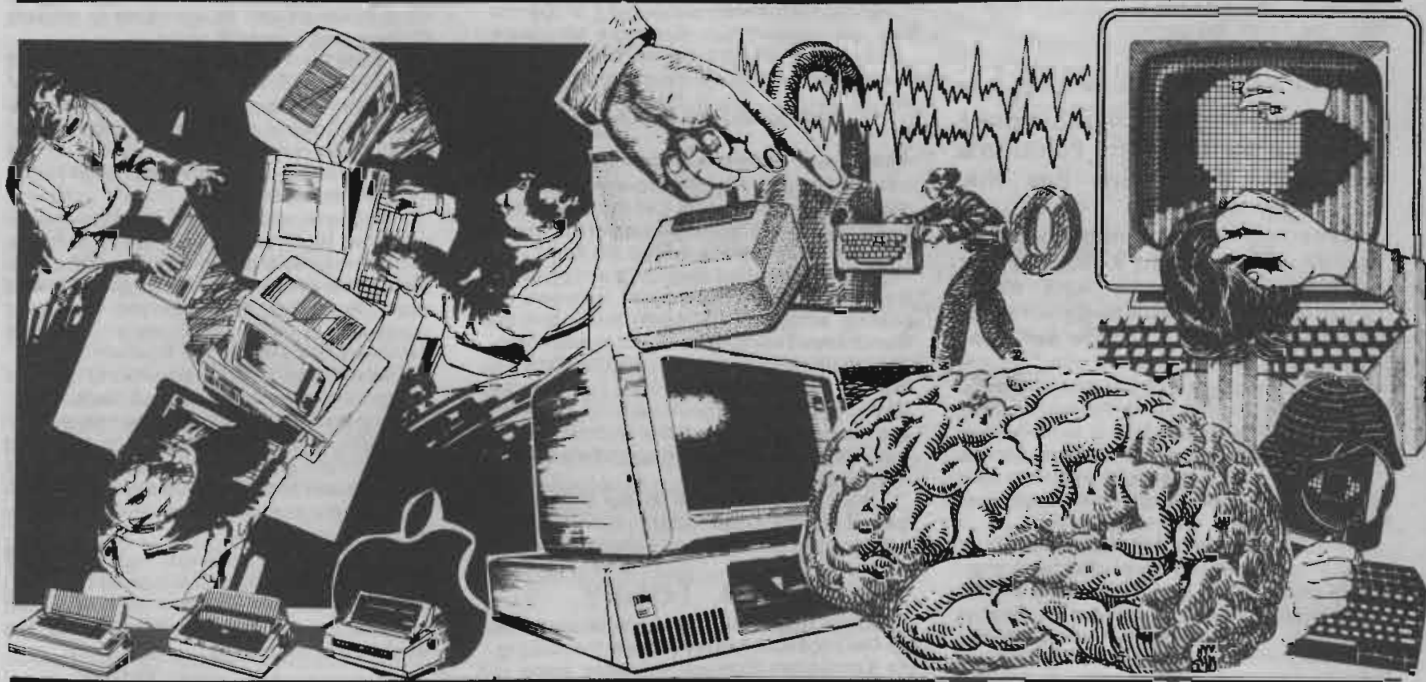
This article proposes, using concrete examples, that the appropriate use of computers can go a long way toward making our efforts more effective.

Nexus is an organisation spreading accurate information and making new connections between ideas and groups. It has to use its resources as effectively as possible to avoid burnout and ease the burden on its very limited finances.

With the idea of reducing the workload involved in the production of *NEXUS New Times*, another group, *The Akashic Records*, are

DATA ON TAP

The *Akashic Records* themselves are a second benefit. These are a collection of computerised newspaper, magazine and original articles which provide references and stories which form the basis of news items and stories. A side benefit of this is that the contents of back issues of *NEXUS* are available as computer printout whenever they are needed and all the material can be verified (If anyone wants more background or detail on information they read herein, source material can be obtained by writing to *The Akashic Records* c/o *NEXUS*).



These examples are just the tip of the iceberg; we're all going to feel their impact on our daily lives soon enough.

Options

The alternative movement is in the situation of not yet having enough dedicated workers to resist these and many other changes in society. Paying jobs are scarce in the save the rainforest movement, the largest reward being the experience of tack-

showing the production team what computers can do.

With a computer of sufficient power, the first benefit is a flexibility in storing and editing articles. With word processing and programs to check spelling, *NEXUS* can get readable articles with much less work.

A third, more indirect, benefit is seen at the layout stage. By putting information into a Macintosh™ computer we can size and set articles to fit, leaving room for graphics. This reduces time and work on layout from one or two weeks to three or four days. Much less burnout, hardly any glue headaches and very little wasted paper.

With the use of computers comes a whole new range of things

to do. People usually have to be trained to use computers and word processors. This means that NEXUS has to have a stable team - paradoxically where no one person is indispensable. It helps if you're all friends.

Computers are not cheap. That makes having some form of business skills and orientation more important to reduce the burden on finance.

The automation of administration is one of the areas that NEXUS is exploring. We're getting an idea of where we should direct our energies.

On a less concrete level there are other and future possibilities generated by information transfer between the different computers used by various alternative groups.

ing purposes. Brisbane has a few more powerful IBM computers connected with the AASC (Australian Association of Sustainable Communities) and CCFI (Citizens Concerned about Food Irradiation).

The Earthcare conferences organised by the AASC generally use a number of portable computers for record-keeping and exchanging information. Some of the alternative media publications in Sydney such as *Simply Living*, *Southern Crossings*, *Nexus*, *The Dark Cycle*, *Network News* and *The Crystal Visionary* use computers, mostly Macintoshes with some IBMs and Amigas.

Organisations like the Wilderness Society and Greenpeace use powerful computers to assist their lobbying actions.

With these examples in mind it's easy to see possible cross connec-

We hope that this article goes some way towards countering the media lies that home computers can be used for nothing more than playing games or hacking into large corporations and ripping them off. Like C.B. radios, computers are an important tool for organising environmental and other political actions. If you have any comments or suggestions we'd be very interested in hearing from you.

Author M'Bob ∞

GROUPS MENTIONED

Australian Association of Sustainable Communities:
C/O Nimbin Neighbourhood & Information Centre
Cullen St Nimbin N.S.W. 2084



ALTERNATIVE USES

The *Akashic Records* has been in operation for over two years and in this time we have seen a definite increase in computer usage by alternative groups. The 'Rainbow Region' of northern NSW has a number of lapheld computers (like Peter Pedals') and quite a few small Microbee computers, all being used for various educational and network-

tions springing up. For instance, an organisation such as the AASC or CCFI could submit material to, say, *Nimbin News* or the *Archives Project* in Parkes, electronically. It would have a better chance of being used as it wouldn't need retyping, filing or photocopying. This information flow works in reverse as well with AASC being able to get research material from the *Akashic Record s*.

Citizens Concerned About Food Irradiation:
C/O Touchstone Consulting Services
11 Campion Ave, Bardon Qld 4065

The Archives Project:
P.O. Box 570, Parkes N.S.W. 2870

Southern Crossings:
302 Pacific Hwy, Lindfield N.S.W. 2070

The Crystal Visionary:
C/O Aquarian Media
P.O. Box 566 Milsons Pt, N.S.W. 2061

PLANETARY PAPER SOLUTION

by Adam Pryor

Since the papyrus of ancient Egypt, human beings' appetite for paper has been insatiable. Our reliance on paper now threatens the very environment upon which we all depend for survival.

The global practice of 'forest culling' for the production of paper and other purposes has almost reached the pinnacle of no return; there really isn't much left at current rates of consumption.

If this view had been expressed 150 years ago it would have been laughed at. It was thought there were too many self-regenerating trees for human beings to possibly destroy them all. Today, however, the likelihood of a worldwide forest catastrophe is a very real possibility from the Amazon to Scandinavia. All major forests on the planet have been touched (or annihilated) by forest industries - today the paper industry is largely responsible.

Industry claims of sensible forestry management cannot be related to clearfelling or woodchipping, which are the main methods of paper production. Watershed changes and erosion damage eat away at clearfelled land; the alluvial (soil) fallout chokes waterways and kills once-abundant river life and the soil's biological activity is altered, often irrevocably - ask any environmentalist or sawlogger.

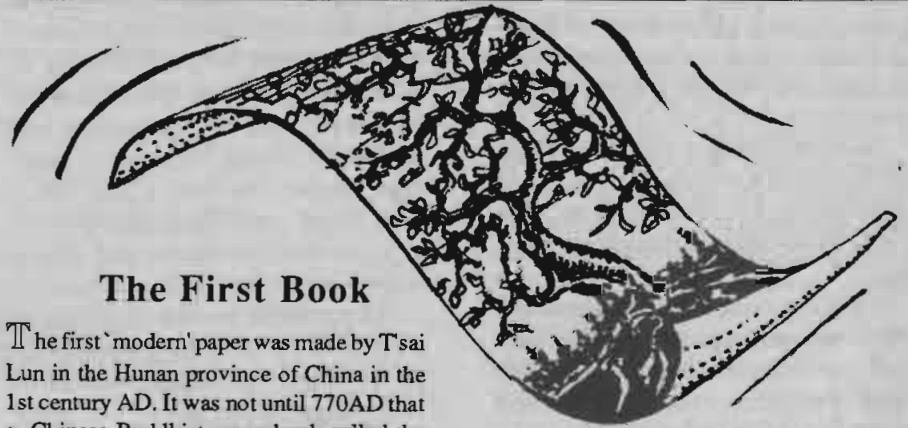
People began the mass slaughter of our forests for paper less than 150 years ago when the chemical wood-pulping process was invented. By 1900 we had become dependent upon wood-pulp for the production of all newspapers and most other printed matter. While the cheap cost of woodpulp paper was a boon for newspaper printers, the grade of the new paper left much to be desired for book publishing.

Limited Life

Wood-pulp books have a lifespan of from only 25-80 years; hardly a useful material for reference books and items of historic or legal importance.

Even with no wear from usage the paper you are reading will break down, the print will become illegible and the paper will crack and crumble into useless dross in less than a lifetime.

There are books in libraries and private collections which are hundreds of years old and many are as legible as the day they were printed. The paper on which those books were printed was not a product of the chemical wood-pulp industry.



The First Book

The first 'modern' paper was made by Tsai Lun in the Hunan province of China in the 1st century AD. It was not until 770AD that a Chinese Buddhist prayerbook called the *Dharani* was printed from copper plates. Several copies of this 'first book' are still to be found in museums today, 1,217 years later. The paper on which the *Dharani* was printed consisted of 100% hemp (*cannabis sativa*).

Cannabis was the most commonly used paper for over 1,800 years, but it was thought that chemical wood-pulping would be less labour intensive and cheaper to produce. It was, 150 years ago - but the long-term environmental costs have turned out to be far too high.

In 1938 a machine surfaced in the pages of *Popular Science* which would have made hemp paper production commercially competitive.

Unfortunately, the US Marijuana Tax Act of October 1st 1937 had come into effect four months before the article was printed, effectively outlawing the growth of cannabis and securing for chemical woodpulping a monopolistic hold on the paper industry which still exists today (in October this year Marijuana will have been illegal for fifty years).

There is now a huge worldwide market for a high quality recyclable paper and the first country to produce it stands to reap massive rewards. At a time when Australian farmers are in difficulty and our dollar is besieged the government has many reasons for regulating the legal growth of cannabis - perhaps along similar lines to the licensing carried out in the tobacco industry (it is also very illegal to grow tobacco without a licence). It would solve legal, financial and environmental problems arising from the current relatively senseless hemp legislation.

A Few Facts

* Wood-pulp paper can only be recycled three times, whereas hemp paper can be recycled seven times due to its extremely long fibre length of 70mm (the fibre length of wood-pulp is only 4mm).

* One hectare of cannabis produces the same amount of paper as sixteen hectares of Australian bush forests.

* One hectare of cannabis takes one year (or less) to grow and harvest while one hectare of forest takes forty to eighty years.

* Australia's annual paper needs could be met by planting cannabis in 20% of last year's forest clearing for woodpulp.

* Despite the recent media campaign regarding recycling by paper millers, it is very difficult to actually get hold of any recycled paper - for instance, *NEXUS* has been told that recycled paper is currently unavailable for this issue - other alternative publications are in the same position.

* Bush forest clearing for the wood-pulp industry should stop as soon as possible, both for the sake of the environment and for the forest-managing sawloggers themselves, whose jobs are threatened by the wholesale and systematic destruction of Australia's forests by clearfelling and woodchipping for the sake of an immediate profit.

If you want to be part of a global paper solution, plant a tree and phone or write a politician demanding a stop to this environmental and historical disaster taking place in the native forests of our own backyard.∞
See *The Ecologist Vol 4 No 5* for an authoritative account of history and methods of hemp paper production - remember to **RECYCLE YOUR PAPER!** - Ed.

COMPANION PLANTING

GUIDE

- Brian Spears

Certain plants share beneficial effects when planted together. Companion Planting is an ancient art with considerable application for the late-20th century gardener or farmer. In the following partial list, plants in the left column are beneficial to plants in the second - and antagonistic to plants in the third. Companion planting is a preventative method of insect control which promotes plant health.

VEGETABLE	BENEFICIAL PLANTS	ANTAGONISTIC PLANTS
BEAN	CARROTS, CABBAGE, CAULI, BEET	ONION, GARLIC, SHALLOTS
BEAN(BROAD)	POTATOES	FENNEL
BEAN(BUSH)	STRAWBERRIES	ONION, GARLIC, SHALLOTS
BETROOT	DWARF BEANS, ONIONS, KOHLRABI	CLIMBING BEANS, MUSTARD
BROCCOLI	TOMATO, SAGE, HYSSOP, THYME, ROSEMARY	STRAWBERRIES
BRUSSELS SPROUTS	TOMATO, SAGE, HYSSOP, THYME	STRAWBERRIES
CABBAGE	ROSEMARY, DILL, CELERY, SAGE, THYME	STRAWBERRIES
CARROT	RADISH, LEEKS, CHIVES, LETTUCE	DILL
CAULIFLOWER	TOMATO, SAGE, THYME, ROSEMARY, POTATOES	STRAWBERRIES
CELERY	LEEK, TOMATOES, DWARF BEANS	
HORSERADISH	POTATOES (PLANT AT END OF ROWS TO PREVENT POTATO DISEASE)	
EGGPLANT	DWARF BEANS	
KOHLRABI	BEET, ONIONS, THYME, SAGE, ROSEMARY, POTATO	TOMATOES, STRAWBERRIES
LEEK	ONIONS, CELERY, CARROTS	
LETTUCE	CARROTS, STRAWBERRIES	
ONION	BETROOT	
PEAS	CARROTS, CUCUMBERS, TURNIPS	ONION, GARLIC
POTATO	SWEET CORN, CABBAGE, PEAS, BROAD BEANS	DILL
PUMPKIN	SWEET CORN	POTATOES
RADISH	LETTUCE, PEAS, NASTURTIUM	HYSSOP
HERB	BENEFICIAL PLANTS	ANTAGONISTIC PLANTS
BASIL	BENEFICIAL TO MOST PLANTS	RUE
BORAGE	STRAWBERRIES (WHICH ALSO AID BORAGE)	
CHIVES	CARROTS; APPLES, ROSES, TOMATOES (PREVENTS APHIDS, BLACK SPOT); CHICORY, CABBAGE (ADDS ORGANIC SULPHUR)	
CHERVIL	CARROTS	
DILL	CABBAGES	
GARLIC	ROSES	
HYSSOP	GRAPES; CABBAGE (REPELS WHITE CABBAGE MOTH)	PEAS, BEANS, MANY PLANTS
MARJORAM	GOOD FOR TOMATOES AND MOST VEGETABLES	
NASTURTIUM	BROCCOLI, RADISH	
PARSLEY	ROSES, TOMATOES	
PEPPERMINT	CABBAGE (REPELS WHITE CABBAGE MOTH)	
SAGE	ROSEMARY, CABBAGE	
SAVOURY	ONIONS, GREEN BEANS	
NETTLE	INCREASES OIL CONTENT OF HERBS & FLOWERS	
THYME	BENEFICIAL TO MOST PLANTS	
FRUIT	COMPATIBLE	ANTAGONISTIC
CHERRY	TOMATOES	WHEAT
GOOSEBERRY	MULBERRY OR ELM TREES	
GRAPES		
RASPBERRY	LETTUCE, SPINACH, BORAGE, DWARF BEANS	POTATOES
STRAWBERRY	MARIGOLDS, CHIVES, CARROTS, PARSLEY, ASPARAGUS	CABBAGE
TOMATO		FENNEL, KOHLRABI, APRICOTS
FLOWER	COMPATIBLE	ANTAGONISTIC
CHAMOMILE	ONIONS, CABBAGE (USE TEA AS SPRAY - PREVENTS 'DAMPING OFF' DISEASE)	
MARIGOLD	TOMATOES, CHRYSANTHEMUMS, ROSES: KILLS NEMATODES (EELWORMS) IN SOIL	
('TAGETES' VARIETY)	CUCUMBER	POTATOES
SUNFLOWER		

NeuroLinguistic Programming

by Dean Winter



So you think you have a problem?

How do you know that it is a problem? Maybe it's a blessing in disguise. Ever think of that? Just what is this problem doing for you, what do you get from having it?

Stop and think about it. What positive effect do you get from having it? Be honest - there's no-one looking, so you can tell yourself the truth.

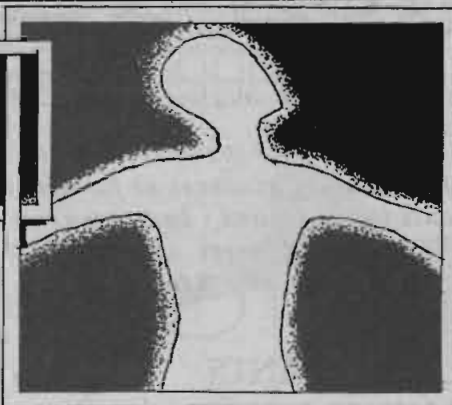
It seems that every problem has a positive side to it, sometimes called *secondary gain*, which is entwined with an issue/problem we have.

We can't just say "I want to get rid of this problem" because we probably don't really mean it - even when we understand the ramifications (though we may understand on subconsciously). People fight very hard to keep their problems and will do so despite the best techniques or advice.

Homeopaths complain that people won't give up coffee, herbalists report a lack of people taking herbs regularly. Everybody lies about it. Masseurs and osteopaths often say that people won't exercise and some spiritual healers have even said that maybe we don't heal by removing a symptom; if people aren't ready it will usually pop up in a new form.

People let go of 'issues' easily and spontaneously when they are ready to - and no sooner. I suspect that when you are ready any healing discipline will work; just go for whichever you believe in at the time.

The best thing you can do with your 'problem' is to get into it. Don't fight it, really experience it and notice all the repercussions of it. Often, the problem is just a symptom, a catalyst to enable you to achieve a secondary gain.



Reframing

Secondary gain is the primary intention of your problem/issue. Neuro Linguistic Programming has a technique called *Reframing*. It's quite simple. First you need to establish what the positive intention of your unwanted behaviour is. What is your behaviour doing that you want, or accept as worthwhile?

Then think of other ways to achieve that intention, ways that will work better for you. Self honesty is required - no-one likes admitting that they're actually getting something from what they'd always seen as a problem.

Reframe your situation well enough and unwanted behaviour will drop away of its own accord, as it's no longer needed nor efficient.

It always turns out that there is a positive attribute behind a problem, so if you think, "Oh no, not me, my problem is different, no positivity here," keep reading.

Start with your problem and see it as behaviour that's really trying to achieve something positive and good for you, an intention you want to keep.

Find ways you are happy with to achieve your true intention and imagine yourself using them in the future.

If the 'problem' doesn't completely disappear now, then at least you have some choices for the future (choice is better than no choice).

If you still feel uncomfortable, look at that feeling and incorporate it into your Reframing.

Solutions

Another way to relate to this is to look at the outcome you want instead of the problem you've got. That is, if you use a lot of time and attention on a 'problem' you'll probably learn a great deal about precisely that - the problem. Whether you overcome it or not is questionable. Instead, look at what sort of outcome you'd like.

Once you've established an outcome you immediately move away from a restricted, locked up, introverted problem situation into a dynamic, expansive actualisation of human possibility.

The components of any outcome are shown in this diagram:

EB: External Behaviour

IS: Internal State

IC: Internal Computations

External Behaviour is predominant in Western cultures; dress, money, contacts, image, style, etc.

Internal State is seen in some cultures as 'enlightenment'; your feelings and emotions.

Internal Computations are processes such as; thinking, mathematics, academia; things of the head.

Creating (or even imagining) a good balance of these three components can cause a strange thing to happen. If you think and behave as if you had *already* achieved your intention - even if you only pretend to feel or act that way - then your new outlook will become almost indistinguishable from reality.

The outcome, and the experience of the outcome, are separate things. Although the outcome in the 'real world' can take time, the experience of it can be immediate.

After all, the experience is all we can ever have, really.

Dean Winter is a NeuroLinguistic Programmer and hypnotist who has worked for some time with inmates of Parklea Prison. ∞

PSYCHIC MEDITATION PART II

If you have been incorporating the psychic meditation exercises given in NEXUS New Times One into your lifestyle you may find these followup exercises useful.

The following exercises are very effective, but do not attempt them unless you have mastered the first ones. They will be of little benefit and could be disruptive.

Master them and your energy system will open 'like a lotus', but do them in order. This is a training program, just like a marathon. You wouldn't try to run a marathon with no training.

SCRYING AND SEEING

Scrying is attuning the crystals in one's psychic centres (*chakras*) to particular bands or wavelengths of energy (*yantras*).

These crystals (*cintamani* - literally 'flaming jewels') are patterns of energy which look like tiny gemstones located at the centre of each chakra.

The chakras are located at the base of the spine; a few inches above this at the centre of gravity at a point 'three finger-widths below the navel'; at the Solar Plexus; near the heart behind the sternum; in the throat; in the forehead; and at the crown of the head. Other 'lesser' *cintamani* exist; at the back of the head; in the centre of the brain at the pineal gland; and between the navel and heart chakras are the lesser 'sun and moon' chakras. The sun on the right, a few inches above the navel and the moon on the left a few inches higher.

The exact position of your chakras depends on your particular body type.

PSYCHIC ORGANS

The *cintamani* are our psychic organs of consciousness; we can see, touch, taste, hear and smell with them. They resonate with the elements of Earth, Water, Fire, Air (*Wind or Metal*) and Spirit (*The Void or Wood*).

We begin scrying by charging our nervous system with energy (*prana*) and clearing any blockages. Use the energy which surrounds you to charge the navel

chakra at the centre of gravity. True strength arises from this point. By charging this chakra first your nervous system is stabilised. When sufficient energy is stored here it flows to the other chakras, filling the weakest first.

CONSCIOUS BREATH CONSCIOUS ACT

Physical actions directly affect the flow of energy through your body and chakras. The body's energy flows are very subtle; the simple act of touching one fingertip to another alters the flow. Each finger relates to an element and to the chakras of that element:

Spirit - thumb - head chakras.

Air - index finger - throat chakra.

Fire - middle finger - heart chakra.

Water - ring finger - centre of gravity.

Earth - little finger - base & Solar Plexus chakra.



Lie down on your back and relax; let your breath follow its natural rhythm. Withdraw your senses into yourself. Feel sensations disappear from your skin; sounds dim, scents pale.

Withdraw, fall into yourself; your body will feel like a shell containing vast space. Continue withdrawing and you will find yourself in the realm of your chakras. This may take much practice but it can be done in one breath.

BATHTUB BLISS

Lie in the bottom of a warm bath and breathe through a straw; put your fingers in your ears. Submersion magnifies your body's internal sounds.

When you are relaxed you will hear rhythms and sounds that mirror the rhythms of nature - sometimes like waves breaking. If you listen closely you will hear the singing sounds produced by the chakras.

Try to listen to each one and sense its colour. Sound has colour.

Start with the base chakra and move upwards; stop at your forehead as listening to the other head chakras can induce a light sleep/trance state which is very enjoyable, but a little unwise under water.

ENERGY FLOW

Assume the sitting asana (lotus, half-lotus or cross your legs) and hold your hands with palms facing at a relaxed distance from your body. Sense the energy flowing between your palms. Space your hands 10 to 12 inches apart, close your eyes and begin the first sitting breath rhythm (*see last issue*); this will increase the flow of energy between your palms.

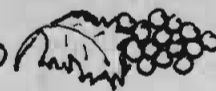
Open your eyes and look between your hands; try to visualise or 'beam' a concentrated ray of energy from a chakra into the space between your hands. Practise this until it takes only one breath.

This is an exercise for a dark room which can be used for healing, plants, charging crystals etc.

Children can excel at these exercises because excitement is more interesting than fear. ∞



JUICE USE.



NEXUS is interested in providing people with the information they need to help themselves to a healthy lifestyle. While many of us are living in stress-filled environments it's necessary to find enough time and space to really feel and think about our own bodies.

A tried-and-true method of maintaining your vitality and healing yourself with a minimum of fuss is to simply realise that we are what we eat - and drink. Returning to the source of the body's nourishment is as easy as replacing an inadequate or downright toxic diet with one based on fresh foods and common sense; your body maintains and heals itself if given a chance.

One way to upgrade your intake of real food without shocking your system by too much sudden change is to drink fresh fruit and vegetable juices regularly. Easy to prepare and easier to consume, juices can provide you with virtually all your vitamin and mineral needs.

The following chart tells you which juices are good for specific dietary deficiencies and their effects.

Always select fruit or vegetables which are fresh and appear healthy. Use organic fruit and vegetables whenever possible, and try not to mix juices from entirely different families of food; for instance, melons and vegetables do not combine well in the body. Dried fruits should be sun-dried and soaked before juicing; berries can be washed.

For therapeutic and remedial use, larger quantities than would normally be consumed are advised.

JUICE	BEST MIXERS	CONTAINS	EFFECTS
Lemon	mix with water (Don't use with digestive inflammation or tuberculosis)	High in vitamin C High in potassium, magnesium & phosphorus	Blood purifier, lowers pressure Good for arthritis, obesity, jaundice & liver complaints, flu symptoms, constipation, asthma, bronchitis, cataract, rheumatism, gout, dropsy
Lettuce	1:2 with carrot	Min: calcium, chlorophyll, copper, iron, magnesium, phosphorus, potassium, silicon, sulphur, sodium Vit: A, B1, B2, C, E	Builds muscles, nerves, lungs & brain tissues Revitaliser, metabolic normaliser Valuable diuretic Good for anaemia, insomnia, goitre, obesity, cataract, dropsy, nervousness, obesity, urinary or gastric problems, acidosis, ulcers, rheumatism
Orange	citrus fruits (Good for a cleansing fast) Very alkaline	High in vitamin C and A, contains B1, B2, B6, E Min: calcium, phosphorus, iron, potassium Nicotinic acid	Very good for children and pregnant women Blood cleanser, lowers pressure Tonic & energy provider Helps sluggish digestion Good for diabetes, anaemia, arthritis, flu symptoms, asthma, bronchitis, obesity, cataract, infections
Parsley	(Only 1 tablespoon) root veges	Vitamin A Min: chlorophyll, iron, sodium	Good blood & kidney cleanser Regulates menstruation
Parsnips	root veges	Minerals: Chlorine, phosphorus, potassium, silicon, sulphur	Maintains adrenals & thyroid Good diuretic Good for dropsy, high blood pressure, fevers, liver, bile & urinary disorders, gall stones, rheumatism
Peach	stone fruits	High in vitamins A, B1, B2, C Min: chlorine, phosphorus, potassium	Brain food Good for emphysema, mental disorders, nails, pneumonia, tuberculosis
Pear	apple, stone (Good daily morning tonic)	Vit: A, B, C Min: potassium	Body & blood cleanser Lowers blood pressure Good for bronchitis, gastritis, asthma, complexion, acidosis, obesity, anaemia
			Provides energy Lowers blood pressure Good for acidosis, colitis, obesity, acidosis, cataract, skin imbalance, poor digestion

INSIDES STORY

LEARN TO HEAL YOURSELF AND THOSE AROUND YOU

Insides Story is a liftout section in each issue of NEXUS New Times which builds up into a self-help healing manual or can be used for wall chart display.

In each liftout at least one healing method will be outlined with illustrations; these techniques can all be learned as you use them with a minimal expenditure of time, energy and money.

HEAL THYSELF!

IRIDODOLOGY

by **ROBERT SANTICH**

This issue's *Insides Story* liftout chart is all about Iris Diagnosis, or Iridology. Accurate diagnosis is all-important in healing - Iridology provides a self-updating readout of the whole body without chemicals or invasive tests.

THE EYES ARE THE WINDOW OF THE SOUL

Before beginning this article, it's necessary to clarify two terms which are always being confused: *Iris diagnosis* and *Eye diagnosis*. These terms are not synonymous.

Iris diagnosis is the observation and diagnosis of disease in the body from the iris. Eye diagnosis (or ophthalmoscopy) is the observation and diagnosis of diseases affecting the whole eye.

HISTORY

The observation of changes on, in and around the eyes is very old - they are found in the works of Hippocrates.

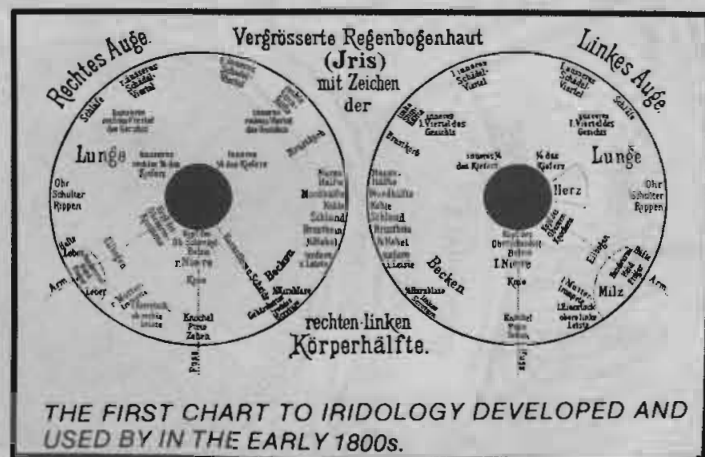
The first reference to Iris-diagnosis by a physician of more recent times is by a 17th century German physician, Philipus Meyens. He observed that irises generally reflect the organisation of the body:

The upper part of the iris represents the head, the lower part the leg and genital areas, the right iris represents organs on the right side of the body and the left iris represents organs from the left side of the body.

CONSTITUTION

The most valuable aspect of Iris diagnosis lies in its ability to make a rapid estimate of the human constitution and disposition by examining the structure of the iris.

The density of iris fibres or their relative closeness allows us to determine



inherent strengths or weaknesses of the body. Fine iris structure is associated with inherent strength and coarse iris structure with inherent weakness.

WEAVE PATTERNS

For comparison between types we look upon iris structure as being made up of material weave types; *fine, silk, linen, cheese-cloth, hessian* and *net*.

The *silk* iris is at the top of the scale with its fibres fine and close together - at the other end of the scale, we have *coarse net*, with its crisscross web pattern.

The significance of inherent weaknesses observed in the iris is that tissue in these specific locations may have a predisposition to pathological processes (internal crises) if the body is subjected to excessive stress. Weak tissue is not as capable of great strength, quick recuperative power or normal vitality as is inherently strong tissue.

IRIS TOPOGRAPHY

To precisely locate iris markings, iridologists have incorporated into their iris charts different schemes for organising iris topography. There are over 90 specifically named areas on each eye, so it's important to have a reliable way of locating these areas.

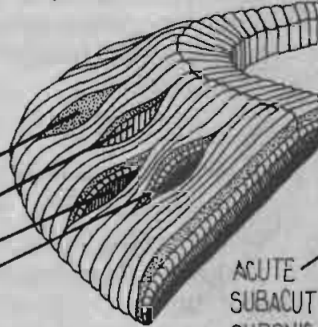
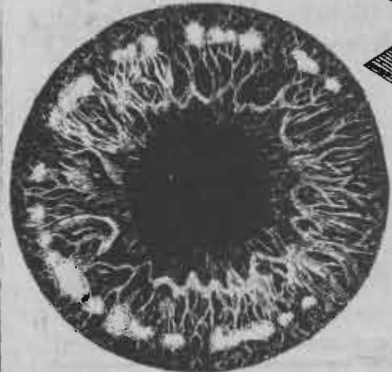
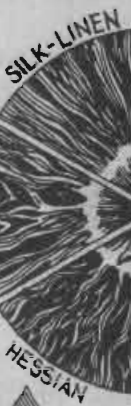
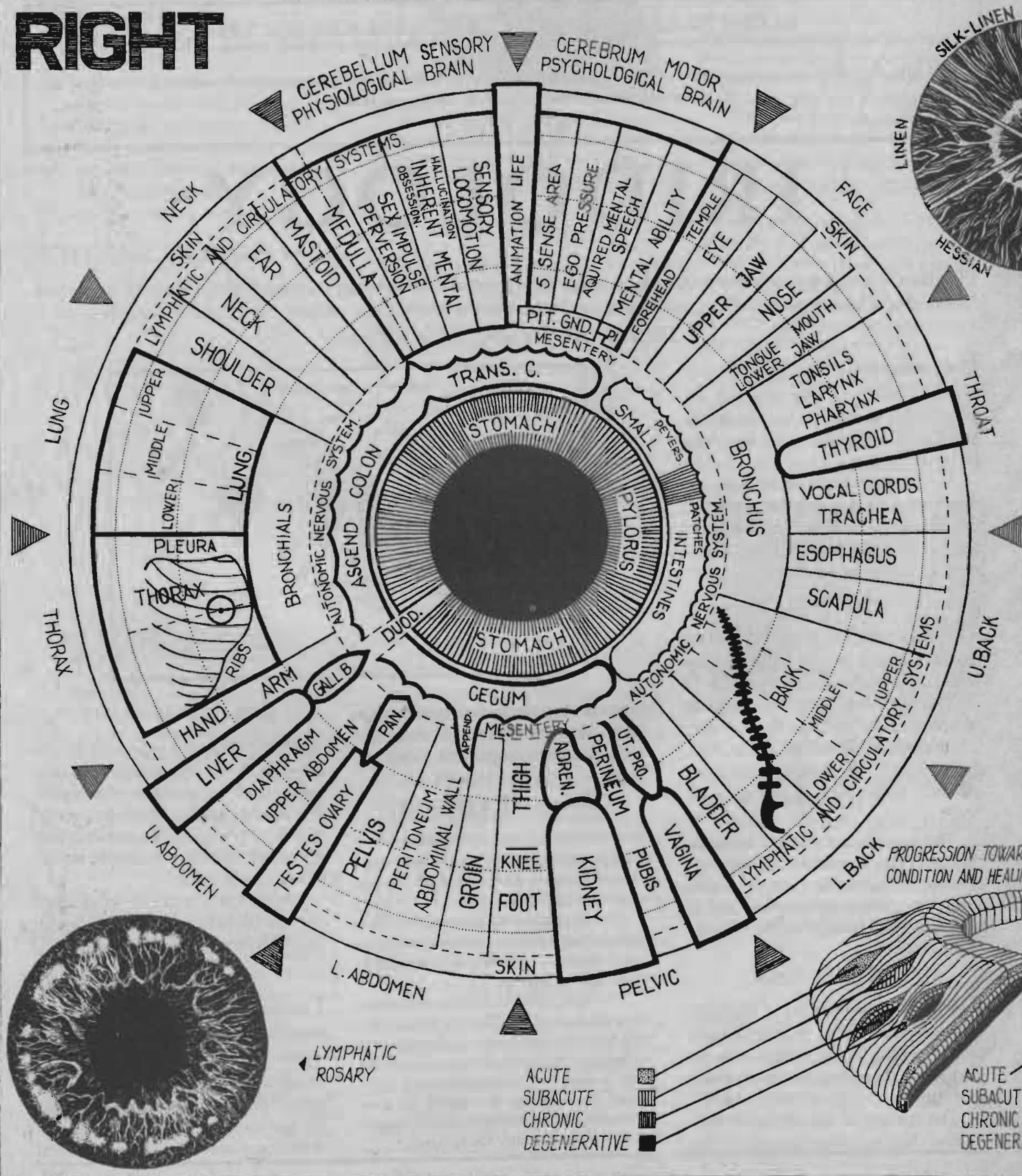
The best way is the use of standard clock divisions from 1 to 12 o'clock with 10 subdivisions between each hour.

ZONES

The zone arrangement is superimposed upon the 12 radial clock divisions and represent the relative proximity to the centre of the body of its different anatomical parts; the outermost area of the iris corresponds with the outermost area of the body - the skin, while the central

THE NEXUS IRI

RIGHT



- ACUTE
- SUBACUTE
- CHRONIC
- DEGENERATIVE

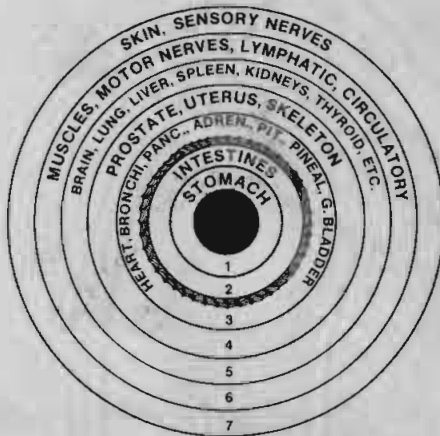
- ACUTE
- SUBACUTE
- CHRONIC
- DEGENERATIVE

Iridology (continued)

area surrounding the pupil corresponds to the centremost organ of the body - the stomach.

The seven zones from the centre out are :-

- 1 Stomach area
- 2 Intestinal area
- 2a Rutt border
- 3 Adrenal glands, kidneys, pancreas, heart (aorta)
- 4 Skeleton, prostate, uterus
- 5 Brain and reproductive organs
- 6 Muscles, motor, nerves, lymphatic, circulation
- 7 Skin, sensory, nerves



IRIS SIGNS

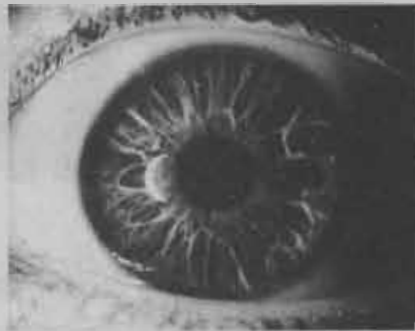
Iridology measures tissue conditions in four stages: *acute*, *subacute*, *chronic* and *degenerative*.

When body tissue is active, inflamed, painful or using nutrients at a high rate, the iris records the condition by being very white in the corresponding reflex area. This sign is associated with catarrh and mucous eliminations, irritation of tissues and swellings. This is the active, or *acute* stage when the body is eliminating toxins.

If the condition is not resolved the next stage is the *subacute* condition when nerve supply is exhausted, nutrients are depleted and circulation has slowed down. This is seen as darkening of what was once white.

In the subacute condition tissue vitality is low and available nutrients are not being absorbed properly; the tissue cannot retain them.

This subacute condition if left untreated, will eventually become a *chronic* condition, with a brown appearance in the iris. In a chronic condition, metabolic waste is not being eliminated, cellular activity becomes congested and nerve impulses are deadened.



If the correction of a chronic condition is untreated, the final stage of tissue decline becomes apparent - death of tissue. This appears as black holes in the fibres and is very difficult to reverse.

IRIS COLOUR

There are only two inherent eye colours in the world - blue and brown - and their structure is very different (other colours are either genetic disorders such as albinism or health or hormone-modified iris colourings). The blue eye is less dense and has clearly visible fibres while the brown eye is dense with no apparent fibres and appears like brown velvet.

LESIONS, LACUNAE AND CRYPTS

These signs represent acquired or inherited weaknesses in the body.

Lesions are open-ended "holes" enclosed on three sides by fibres. The open end indicates that metabolic activities are taking place, but at a reduced rate.

Lacunae are clustered lesions closed at both ends.

Crypts are small, closed single lesions, usually very dark. Both crypts and lacunae indicate encapsulated areas of toxic material in which metabolic activity has ceased.

RADII SOLARIS

These are elongated and darkened lines that branch out like spokes on a wheel. They are a sign of a toxic slow-moving bowel. Think of the spokes as vessels through which toxic material is being channelled to the tissue in which the spoke terminates.

Radii Solaris indicate a need to cleanse and detoxify the bowel.

NERVE RINGS

Concentric circles and portions of arcs are formed when the fibres are pinched or cramped. *Nerve Rings* vary in intensity from acute white through to dark chronic.

They indicate that the individual is under nervous stress which is finding its way into

the muscular system, causing anxiety and storing tension there. They point to a greater need for relaxation.

SCURF RIM

At the periphery of the iris (in Zone 7) is found the area for the skin.

When a darkened area is observed here, it is called a *scurf rim*. It may not extend fully around the iris. A scurf rim represents an underactive, slowly eliminating skin.

The skin is a vital organ and must eliminate toxic material daily just like the bowel and lungs. Skin brushing is indicated here.

LYMPHATIC ROSARY

The lymphatic system is found in Zone 6. When the lymphatic circulation system becomes slow and overburdened with waste, congestion results.

This condition appears as small, cloud-like spots. They resemble a string of pearls or a rosary, hence their name.

The whiteness of these spots indicates that there is an *acute* activity or inflammation. A yellow or brown appearance indicates the condition has existed for some time. When the lymphatic system is not functioning properly, there is a buildup of catarrh and mucous.



Sodium Ring

A solid white ring circling the iris in Zone 7 is called a *sodium ring*.

This sign indicates a chemical imbalance in the body. In the past, a sodium ring was associated with the overuse of salt in foods. Today it is recognised as a sign of excessive cholesterol and other toxins in the body and is therefore now referred to as a *cholesterol ring*.

Close-up photographs of the Iris serve very well in accurately charting and interpreting a person's system and progress.

For those who wish to learn more:

The Science and Practice of Iridology, Volumes 1 & 2, by J. Bernard Jensen
IRIDOLOGY - Personality and Health Analysis Through the Iris, by Dorothy P. Hall.



JUICE USE

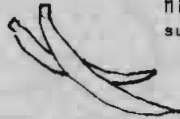
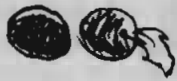
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JUICE BEST MIXERS CONTAINS

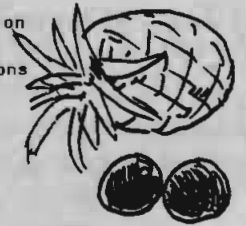
EFFECTS

Pineapple



Vit: B, E
Min: chlorine, papain, sulphur

Regulates glands & menstruation
Aids digestion
Slows throat & chest infections
Good for bronchitis, croup, dyspepsia, obesity, goitre, diphtheria, colitis
Lowers blood pressure

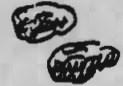


Plum

Stone fruits
sulphur

Vit: A, B1, B2
Min: potassium, silicon

Body cleanser
Good for constipation, poor digestion, skin disorders, haemorrhoids, bile imbalance

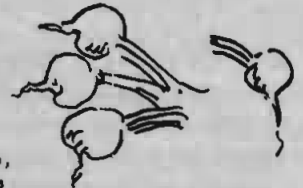


Prune

Stone fruits

Vit: A, B, C
Min: calcium, iron, magnesium, phosphorous, potassium

Blood tonic
Good for constipation, anaemia, sore throat



Radish

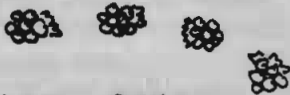
Carrot 2:1
(Never use alone or with liver, kidney or stomach problems)

Min: chlorine, iodine,
Helps eliminate mucous potassium, sodium

Heals mucous membranes
Iron, magnesium,
Good for catarrh, goitre, gallstones, nervous system

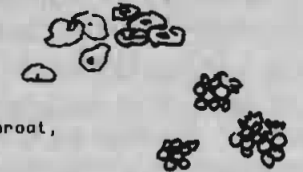
Raisin

Berries



Vit: A, B, C
Min: calcium, chlorine, iron, magnesium, potassium, sodium

Revitaliser & tonic
Lowers blood pressure
Good for constipation, anaemia, asthma, sore throat, liver disorders, fevers, menstrual cramps, obesity



Raspberry

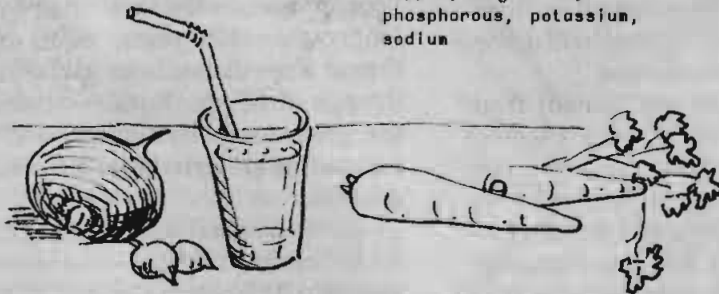
Berries
(Good for convalescents)

Vit: A, B, C
Min: calcium, chlorine, potassium, sulphur

Blood purifier
Good for cold & flu symptoms, anaemia, mucous disorders

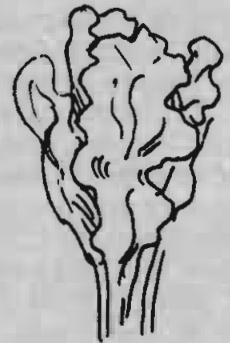
Spinach

carrot 2:1



Vitamin A, B1, B2, B6, C, E, H
Min: calcium, iodine, iron, copper, magnesium, phosphorous, potassium, sodium

Digestive tract cleanser & regenerator
Prevents infection
Regulates blood pressure
Eases nervous exhaustion, glandular problems
Good for ulcers, obesity, digestive disorders, eye problems, pernicious anaemia, nerve degeneration, heart impairment, migraines & headaches, haemorrhages, arthritis, boils, abscesses, gonad pains, thyroid & adrenal deficiencies

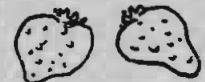


Strawberry Berries



Vit: A, B, C
Min: Potassium, silicon, sulphur, iron

Tonic for nerves, liver, glands & kidneys
Good for constipation, obesity, poor complexion, anaemia, acidosis



String Bean

In combination with lettuce, carrot, brussels sprouts, spinach

Elements which aid formation of natural insulin

Very good for diabetes: have enemas & colonic irrigation, omit concentrated starch & sugar



Tomato

(Do not take with starch or sugar) - berry

Vit: A, B1, B6, C, E, H
malic acid, oxalic acid
Min: calcium, copper, iodine, magnesium, potassium, phosphorous, sodium

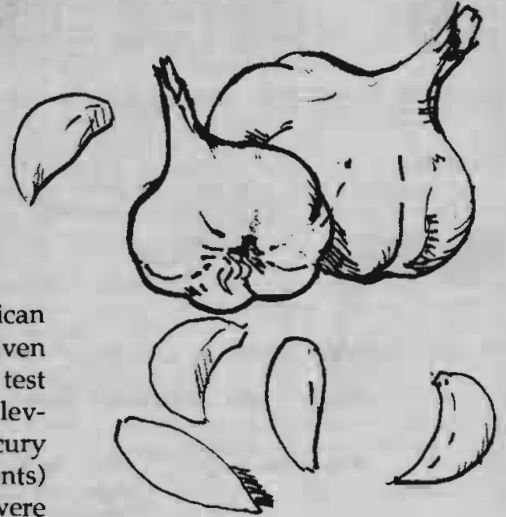
Skin & blood purifier
Neutralise acidic systems
Good for pimples, glandular problems, jaundice, dyspepsia, congested liver, gallstones, heart problems, anaemia, lactation, sinus problems



GARLIC

The Common Cure

by Nissa



Garlic has been used in healing for thousands of years.

Sanskrit records show it has been used in India for at least 5,000 years; China has used it for 3,000 years and Egyptian records of garlic date back to 1550 B.C.

During the First World War, British army hospitals applied garlic juice diluted with water to sterile bandages for treating and preventing infection. Many amputations were avoided by treating wet gangrene with liquid garlic.

A member of the Lily family, garlic is classified as a febrifuge (fever reducer/preventer), vermifuge (human body worm expeller), sudorific (sweat producer), diuretic (fluid excretion promoter), poison antidote and a natural antibiotic.

The nutritional composition of garlic is quite surprising - protein, carbohydrates, calcium, phosphorus, iron, sodium, potassium, thiamin (Vitamin B-1), riboflavin (B-2), niacin (B-3) and ascorbic acid (Vit C), plus a long list of sulphur-containing compounds.

The pungency of garlic comes from its allicin, a family of compounds called thiosulphinates which are valuable to the human body. Allicin (a sulphur compound) inhibits the growth of bacteria, has an anti-inflammatory factor, an anti-coagulant factor, an anti-oxidant factor, an anti-arthritis factor (reduces inflammation and swelling) and a sugar metabolism factor useful for treating diabetes and hypoglycaemia. Selenium and germanium, found in garlic (which contains extraordinary levels of selenium), are believed to retard and prevent tumour growth and to neutralize heavy metal toxicity.

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Mercury

In 1981 and early 1982, American dentist Keith Livingston was given the standard required urinary test for dentists to test for mercury levels (dentists are exposed to mercury in fillings even more than patients) and found his mercury levels were abnormally high. He started taking six capsules of liquid garlic (Kyolic) a day. At the end of 1982 he had another urine test which showed that his mercury levels were lower than the average unexposed population.

Yeast Infections

Liquid garlic diluted and used as a douche has had remarkable success in killing the yeast organism *Candida albicans*. Used when gargling it eases sore throats. Blood cholesterol levels have been proven to drop dramatically after a course of Kyolic. Garlic can also lower blood pressure and its potential in eliminating the need for insulin in diabetes is being investigated.

Animals can also benefit from garlic, which has been used against earmites invading dogs and cats and has very good properties for overcoming yeast and bacterial infections, molds and parasites. Animals derive the same benefits from Garlic as humans - and it's safe for them.

Other problems that can be treated with garlic are acute conjunctivitis, ear infection, sinusitis, nose and mouth infections, haemorrhoids, athlete's foot, mosquito and other insect infestations, worms, acne and pimples, to name a few. Although garlic cannot be claimed as a cure for everything, there's no doubt as to its amazing properties and the seemingly endless list of ailments it helps remedy.

Nexus New Times Two

Garlic has also been known to reduce nausea and fatigue in pregnancy and nausea caused by chemotherapy treatment in cancer patients - in a couple of cases it has helped send tumours into remission.

The people of Japan, Greece, India, Russia, Korea and China, whose diets contain large amounts of garlic, show significantly fewer cases of strokes and other related arterial problems. The Abkhazians of Soviet Georgia eat huge quantities of garlic and studies of these people have shown they often live longer than 100 years; most can thread a needle without glasses at the age of ninety. Russian healers use garlic for many ailments and it is sometimes referred to as "Russian penicillin".

Garlic has had a role in healing for thousands of years - and it can also help 20th century pollution detoxification and the elimination of food additives from the body. Taken regularly fresh in food or in liquid capsules (Kyolic) this wondrous root tones the body, protecting and cleansing it of pollutants and additives that we consume daily.

So the cloves of garlic we use to flavour food have an apparently endless variety of healing properties which people have used for millenia. We can all benefit from this common natural medicine. ∞

RADIONICS

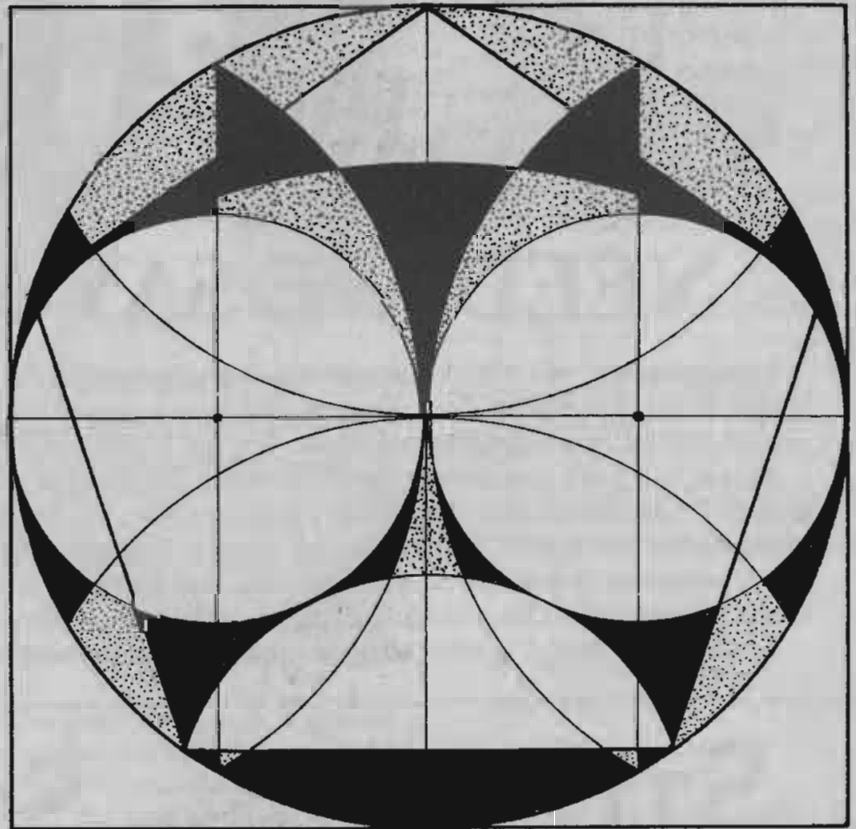
A New Dimension in Medicine

This is a primary discourse on basic Radionics so only a small amount of ground can be covered to whet the appetite for further study of this beautiful healing art. Radionics can unleash the potential held by the human mind and our human power to heal mental and physical disease on all levels. The limits of the infinite possibilities are bounded only by the knowledge, depth and quality of awareness of the practitioner.

A human being is simply an energy or magnetic unit displaying certain types of energy and energy fields. ALL matter, organic or inorganic, vibrates constantly on its own predetermined wavelength. Any variation from this pattern in an organism results in dis-harmony and thus dis-ease.

The body's electrical energies are measured by orthodox medicine using ECG's and EMG's, etc. It is unfortunate that the medical profession has failed to understand the work of many eminent physicians in the field of radionics and has been unaware of the significance to health and disease of the changes in bio-energy fields around us.

The Radionics practitioner can register on instruments any selected organ, body system, chakra, mineral, vitamin or hormone balance (to name just a few). Disease or deficiencies (or over-abundance) can be registered on a predetermined scale by the same instrumentation.



The total radionics system is completely portable, fits neatly into a business case and measures bio-energy differences on an ammeter measuring in micro-amperes. It has a series of knobs each with 11 positions encompassing the organs and functions of the human body and a further series covering the major diseases and problems.

The practitioner can 'place' an infinite number of body parts and functions in the machine for analysis. The procedure is simplicity itself and the possibilities and combinations are endless. On the other hand the results require intelligent interpretation and here the practitioner's diagnostic expertise and knowledge of anatomy, physiology

and pathology come to the fore. Not only must he decide the area to be treated but the most effective method to be used.

HOMOEOPATHY

Since homoeopathy is a most effective healing method and radionics has an incredible affinity for homoeopathic philosophy, the two modalities combine well in treatment - the suitability of the homoeopathic preparation, its potency and dosage can all be checked against a patient, eliminating guesswork. During the course of treatment a person's progress can be monitored as often as necessary. Any desired adjustments can be made as healing progresses and symptoms change.

The patient provides a 'witness' in the form of a small lock of hair or a small spot of saliva on specially prepared neutral paper. Once this is available the radionics practitioner is able, if necessary, to diagnose and treat the patient without them actually being present.

Treatment is effected by placing a remedy in the radionics machine and 'projecting' it to the patient, the effect being the same as if the remedy had been taken by mouth. The remedy will continue to be received as long as the 'witness' and the remedy remain in the machine.

Not only homoeopathic remedies may be prescribed and taken (or projected) but a wide spectrum of remedies and treatments may be utilised. The list is by no means exhaustive, but might include tissue cell salts, Bach Flower remedies, organotherapy, colour therapy, gem remedies, chakra treatment, hormones and allergies etc.

SUBTLE TREATMENT

Radionic diagnosis and subsequent treatment enables a practitioner to determine factors in the mental and astral bodies, as the etheric form modifies and distorts the chakral energy flow. For instance, the patient's RNA state may be ascertained initially. If this in a negative situation the prescribing of RNA orally can redress the imbalance in seconds, allowing the next stage of treatment (the establishment of endocrine integrity) to proceed.

When RNA (a complicated protein molecule essential to life processes) is in a low state, the body's polarity is reversed. This is corrected as outlined above, releasing positive healing energy.

It would seem the electroharmonies or frequencies emitted by RNA help 'unjam the body's computer'. Homoeopathic preparations, minerals, vitamins, herbs etc all have their own unique electromagnetic frequency and these frequencies are picked up and acted upon through the nervous system by the brain.

The electromagnetic frequency/vibratory/radiation/bio-energy theory was well understood by the Chinese some 3,000 years ago in explaining the actions of ginseng; it was not the raw material that provided the profound healing effect on the human organism, but rather the 'vibrations' released following assimilation of ginseng.



photo
MAGGIE'S FARM

WELL-ROUNDED SYSTEM

Radionics exhibits a scientific method of approaching a rational, organised system for analysing subtle energy fields of the human organism. It points the way to treatment and governs the treatment itself. Few other healing modalities, orthodox or complementary, can claim its degree of depth and accuracy in the hands of a trained practitioner, or claim to penetrate and reveal the prime cause of disease.

NEXUS New Times Two

The majority of healing methods attempt to diagnose observable manifestations of a deep-seated problem and tend to treat these physical end-of-the-line symptoms, without understanding or attempting to discover their source. Radionics analysis enables a skilled practitioner to arrive at the point of a matter and treat it as the basis of the visible, discernable problem or problems.

It has been said by the pioneers of radionics that it is the medicine of the future, the way and hope for medicine in the 21st century. Since orthodoxy has demonstrably failed in the treatment of chronic disease (perhaps misunderstanding of the true nature of disease), it must sooner or later own up to its deficiencies and, indeed, abject failures.

The true nature and cause of ill-health as propounded by complementary medicine cries out to be recognised and should be accepted by all who would call themselves healers. Non-orthodox practitioners believe within two decades this change will come about with the science of radionics well in the foreground.

One cannot decry the superb pioneering work of restorative surgery nor orthodox emergency procedures which are irreplaceably valid in modern medicine - we are, of course, far better off for having them. What we must have is a non-drugging, non-disease-producing system available to all.

Radionics already provides this service. The fact that it combines in total harmony with other methods can only further enhance its position in the healing arts.∞

by a radionics practitioner

Here is Part Two of The Gemstone File, a classic conspiracy theory written by synthetic ruby inventor Bruce Roberts. The file purports to be a 'true history' of world power-broking over the past two generations; NEXUS New Times makes no claims regarding its accuracy. It has been distributed by 'underground' means for at least fifteen years and is a legend among conspiracy theorists. This section deals exclusively with the John F. Kennedy assassination.



The JFK Murder

Onassis/Hughes man ('Iron Bob') Maheu reassigned the Mafia-CIA [Castro] assassination team to the murder of JFK, adding Eugene Brading, a third Mafia hit man from the Denver Smaldones family. Two months earlier, Brading (out on parole after a series of crimes) applied for a new driving license, explaining to the California DMV that he had decided to change his name to "Jim Braden". Brading got his California parole officer's permission for two trips to Dallas in November on 'oil business', the first to look things over and the second time when JFK was scheduled for his Dallas trip.

Lee Harvey Oswald (CIA, with care-

fully planted links to both the ultra-right and the Communists) was designated to be the patsy. He was supposed to shoot at Governor Connally and did.

THE ASSASSINS

Each of the four shooters - Oswald, Brading, [Mafioso] Jimmy Frattiano and Johnny Roselli had a timer and a backup man. Backup men were supposed to pick up the spent shells and get rid of the guns. Timers would give the signal to shoot, Hunt and McCord were there to help. Frank Sturges was in Miami.

Frattiano shot from a second story window in the Dal-Tex building across the street

from the Texas Book Depository, apparently using a handgun, with which he is an excellent shot. Frattiano hit Kennedy twice, in the back and in the head. Frattiano and his backup man were 'arrested', driven away from the Dal-Tex building in a police car and released without being booked (The Dallas Police Department office is in the Dal-Tex building).

Roselli shot Kennedy once, hitting the right side of his head and blowing his brains out with a rifle from behind a fence in the grassy knoll area. Roselli and his backup timer went down a manhole behind the fence and followed the sewer line away from Dealey Plaza.

The third point of the triangulated ambush was supplied by Eugene Brading, shooting from Kennedy's left from a small pagoda at Dealey Plaza, across the street from the grassy knoll. Brading missed because Roselli and Frattiano's shots had just hit Kennedy in the head from the right and the rear, almost simultaneously. Brading's shot hit the kerb and ricocheted off.

Brading was photographed on the scene, stuffing a gun under his coat. He wore a big leather coat, his hatband marked with large conspicuous X's. Police had been instructed to let anyone with an X-marked hatband through the police lines. Some may have been told that they were Secret Service.

After his shot Brading ditched his gun with his backup man and walked up the street to the Dal-Tex building. Roger Craig, a Deputy Sheriff, rushed up to Brading assuming he was Secret Service and told him he had just seen a man come out of the Book Deposit building and jump into a station wagon. Brading was uninterested. Brading walked into the Dal-Tex building to "make a phone call". There he was arrested by another Deputy Sheriff. Upon showing his driver's license in the name of "Jim Braden" he was immediately released without being booked.

Oswald shot Connally twice from the Texas School Book Depository. He left from the front door. His backup man was supposed to take the rifle out of the building (or so Oswald thought). Instead he 'hid' it behind some boxes, where it would be found later.

OSWALD SHOOTS

Three men dressed as tramps picked up the spent shells from Dealey Plaza One was **Howard Hunt**. Then they drifted over to an empty box car sitting on the railway spur behind the grassy knoll and waited. A Dallas police officer ordered two Dallas cops to "go over to the box car and pick up the tramps".

The three 'tramps' were paraded around Dealey Plaza to the Police Department in the Dal-Tex building. They were held there until the alarm went out to pick up Oswald, then they were released without being booked. In all, ten men were arrested immediately after the shooting.

All were released soon after, none were booked, not a word about their existence is mentioned in the *Warren Report*.

[In 1985 Mark Lane, a Florida lawyer, was defending libel charges from E. Howard Hunt against a 1978 story which linked him to the assassination written by 'former' CIA agent Victor Marchetti in a weekly tabloid, The Spotlight. Lane had a deposition from Castro's former mistress Marita Lorenz which claimed she gave money to Frank Sturgis in Dallas to finance the killing. "The day after the money was paid, President Kennedy was assassinated," Lane said. - Ed]

OSWALD CAPTURED

Regarding Lee Harvey Oswald, Officer Tippitt was dispatched in his police radio car to the Oak Cliff section where Oswald had rented a room. Tippitt may have met Oswald on the street. He may have been supposed to kill Oswald, but something went wrong. Tippitt was shot by two men, using two revolvers. The 'witness', Domingo Benavides, who used Tippitt's police car radio to report "we've had a shooting here", may have been one of the men who shot him (a Domingo Benavides appears in connection with the Martin Luther King shooting also).

Oswald went to the movies. A 'shoe-store manager' told the theatre cashier that a suspicious-looking man had sneaked in without paying. Fifteen assorted cops and FBI charged out to the movie theatre to look for the guy who had sneaked in.

Oswald had a pistol that wouldn't fire. It may have been anticipated that the police would shoot the 'cop killer' for 'resisting arrest'. But since that didn't happen, the Dallas Police brought Oswald out for small-time Mafioso Jack Ruby to kill two days later.

Brading stayed at the Teamster-Mafia-Hoffa-financed Cabana Motel in Dallas. Ruby had gone to the Cabana the night before the murder, says the *Warren Report*.

Onassis in Control

The rest, as they say, is history. Onassis was so confident of his control over the police, media, FBI, CIA, Secret Service and the US Judicial system that he had JFK murdered before the eyes of the nation, then systematically bought off, killed off or frightened off all witnesses and had the evidence destroyed, then put a 75-year seal of secrecy over the entire matter.

[Onassis, in Germany when the assassination took place, flew to Washington, presented his passport at the gate of the White House and was admitted immediately - Ed]

Cover-up participants included (among many) Gerald Ford; Leon Jaworski of the CIA-front Anderson Foundation, representing Texas before the Warren Commission to see that the fair name of Texas was not besmirched by the investigation; CIA Dallas chief John McCone; his assistant Richard Helms and a posse of police, FBI, news media etc.

WHERE ARE THEY NOW?

Johnny Roselli received part of his payoff for the headshot on JFK in the form of a \$250,000 "finder's fee" for bringing 'Hughes' (Onassis) to Las Vegas in 1967.

Jimmy Frattiano's payoff included \$10,000 in 'non-repayable' loans from the San Francisco National Bank (President Joe Alioto). Credit authorisations for the series of loans, from 1964 through 1965, came from Joe Alioto and a high Teamsters official. Dun and Bradstreet noted this transaction in amazement, listing the loans in their 1964-65 monthly reports and wondering how Frattiano could obtain so much credit, as his only known title (listed in Dun and Bradstreet) was "Mafia executioner". Frattiano went around for years bragging about it: "Hi there, I'm Jimmy Frattiano, Mafia executioner". A bank vice-president told the whole story to the California Crime Commission, where Al Harris heard it; it was buried in a file folder there. Al Harris, who later shot off his mouth a little too much, was 'heart attacked'.

In March 1975 Frattiano was testifying to the San Francisco Grand Jury in regard to his involvement with east coast mafioso Tony Romano, in the Sunol Golf Course swindle (which cost San Francisco between \$100,000 and \$500,000) with the active help of Mayor Alioto.

[More recently 'Jimmy the Weasel' has achieved notoriety as the greatest Mafia informer in history, having been granted immunity from prosecution and loudly proclaiming the reality of criminal involvement in many areas within American society - Ed]

In between, Frattiano had used his \$109,000 in 'non-repayable loans' to set up a trucking business in Imperial Valley, where there was more swindling involving US Government construction contracts. As one California Crime Commission member explained: "The Mafia is doing business directly with the US Government now."

Brading was questioned by the FBI two months after his arrest and release at Dallas as part of the *Warren Commission's* determination to 'leave no stone unturned' in its quest for the truth about the JFK assassination. In spite of the fact that Brading was a known criminal with an arrest record dating back twenty years, the FBI simply reported that Brading knew nothing about the assassination.

Brading became a charter member of the La Costa Country Club, Mafia heaven down near San Clemente. He also became a runner for the skim money from the Onassis/'Hughes' Las Vegas casinos to Onassis' Swiss banks.

Gerald Ford, head of the *Warren Commission*, went on to become President by appointment of Nixon, then in danger of even further and more serious exposure. From this position of trust Ford pardoned Nixon one month later for "any and all crimes he may have committed". That covers quite a lot, but Ford is good at covering things up.

McCone, the head of CIA-Dallas, went onto the Board of Directors of ITT sitting right next to Francis L. Dale, the head of CREEP. Richard Helms, his assistant at Dallas, ultimately turned up as CIA Director. Leon Jaworski, CIA attorney, became the Watergate prosecutor, replacing Cox who was getting too warm. Jaworski turned on an excellent performance of 'government as theatre': the honest, conscientious investigator who 'uncovered' not a bit more than he had to and managed to steer everyone away from the underlying truth.

Dr "Red" Duke, the man who dug two bullets out of Connally and saved his life, was shipped off to a hospital in Afghanistan by a 'grateful' CIA. Jim Garrison, the New Orleans DA who tried to get Eugene Brading out of California but used one of Brading's other aliases (Eugene Bradley) by mistake, had his witnesses shot out from under him and was framed on charges of bribery and extortion.

FBI officers 'confiscated' photos of Brading taken on the scene. Et Cetera...

Next issue - Part Three of the Gemstone File will cover the period from the late 1960s to Watergate and beyond. ∞



Twilite Zone is a new section in NEXUS where strange tales come home to roost. Most of these stories come from 'reputable' news agencies, but we leave any judgements up to you.

TAKE US TO YOUR LEADER

According to ufologists Charles Berlitz and Brinsley le Poer Trench (Lord Clancarty), a top secret meeting took place in 1954 between President Eisenhower and 'humanoid beings' who landed two cigar-shaped and three saucer-shaped craft in front of astounded military officers. The meeting took place at Edwards Air Force Base, 70 miles north-east of Los Angeles.

Eisenhower and five military officers were invited by the aliens to inspect their craft and the aliens demonstrated their ability to make themselves invisible to the stunned officials.

Speaking in English, the humanoids told Eisenhower that they wanted to begin "an education program for the people of Earth" to make us aware of their presence. Eisenhower convinced them that the world *wasn't* ready, and that revelation of their presence would cause panic. The beings were reported to say that they would continue to make contact with isolated individuals.

Berlitz reports that Eisenhower disappeared mysteriously from his Palm Springs Retreat (not far from the airforce base) on February 20th, 1954 - the reported day of the meeting.

"The President had a press conference scheduled, but never showed up. He disappeared," says Berlitz. "There were wild rumours that the President was ill. The official explanation was that Eisenhower had visited a local dentist, but inquiries by the press failed to discover any dentist who treated the President."

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The story was related to the ufologists by Air Force personnel who witnessed the landing. It has also been recently confirmed by a top US test pilot who was consulted by officials for technical advice on running the craft. He decided to tell his story after the other five people present at the meeting had died.



Nexus New Times Two

THEY STEAL HORSES DON'T THEY?

Residents of Baan Nam Tuam village in Thailand reported in May that they were visited by a 'huge, fish-shaped' UFO which moved slowly across the sky and landed behind a mountain.

Villagers arriving at the landing site found the piscine visitor gone, leaving the area ablaze. When villagers went into a nearby orchard they found that every one of the 826 durians (exotic and highly prized but noxious-smelling tropical fruits) had disappeared from the trees.

- Bangkok Post



CHIMP'S REVENGE

After decades of use and abuse in medical experiments, chimpanzees are getting their revenge.

In May a man in the rural Pennsylvania town of Delta was attacked by a twelve-stone, coffee-drinking, cigarette-smoking chimpanzee after it broke down the steel door of its cage.

On the other side of the Atlantic in the same week, a chimpanzee carried off a five-year-old girl from her village on the Ivory Coast in West Africa. The chimp bit off the young girl's fingers and toes, but released her when confronted by the girl's mother.

Meanwhile back in the US, a 'secret' conference sponsored by the US Air Force has proposed experiments in which chimpanzees will have computer chips embedded in their brains so they can serve as experimental flight crews.



YET ANOTHER SAUCER CRASH

Five occupants of a UFO which crashed in central China are being treated in an army burns unit, according to the Paris-based 'Citizens for Truth in UFO Reporting'.

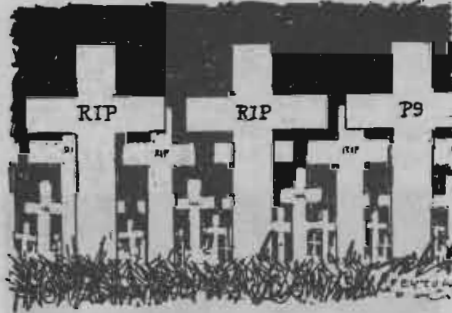
Western military sources working within China say that Mikhael Gorbachev, Ronald Reagan and the US and SU (Soviet Union) military have taken an intense personal interest after briefings by 'top secret' couriers.

POLTERGEIST 3 - REAL ESTATE 2

A Texan couple who bought a house in Houston suffered 'mental anguish' when strange things started happening to the house, a Texas court was recently told.

Shoes repeatedly disappeared and the couple's TV mysteriously switched itself on. Sam and Judy Haney sought \$2 million in damages from the real estate agent who built their house over a graveyard and sold it to them without mention of the fact.

The couple discovered this in 1983 when two decaying bodies appeared during excavations for a backyard swimming pool. The jury awarded the couple 'only' \$200,000 because, it decided, the Haney's had not really suffered very much.



CHASTITY KILLS

A 22-year old Peruvian woman died in June from septicaemia caused by a rusty padlock on a tight leather chastity belt.

Her husband made the belt and forced her to wear it each time he left their jungle village. Delayed on his last trip, he returned to find his wife was dead (and faces only five years jail).

THE SKY IS FALLING

Heavy rains over the town of Boadiju in Sierra Leone exposed diamonds in the dirt streets, causing thousands of people to rush to the town from the surrounding country. The Sierra Leone government had to send in the army and security forces to 'keep order' and guard against smuggling.



CHRISTIAN SACRED SITES

Psychologists in Jerusalem are examining a strange syndrome that afflicts some tourists after they visit holy sites such as Christ's tomb or the Garden of Gethsemane.

"We really don't know what causes it, but it only happens to about 15 or so people a year and it only happens in Jerusalem," said district psychologist Dr Carlos Bar-el. Thousands of tourists visit these sites every year, but Dr. Bar-el said that the one thing syndrome sufferers seemed to have in common was that all had since become deeply religious.

An American elementary school teacher told her hotel manager she had had a religious vision and talked of having to modify the history of the world. She was brought to Dr Bar-el's clinic at Kfar Shaul hospital after she locked herself in her hotel room, sang in a funny voice for two hours and then ran naked from the room before she was prevented from leaving the hotel.

Another American patient was a forty-year-old college professor from a tourist group. He went to Jesus' tomb and then to a cemetery outside the city wall when he began to feel "something very strange in his mind - in his interior". He began to wear white robes exclusively and started to speak in a prophetic way "in a very loud and excited manner". Jerusalem certainly is a focus of something-or-other.

- UPI

TICKET PLEASE

Englishman Jack Cracker had been troubled with partial deafness since boyhood until he and his wife went on a tour to Sweden this year.

When a sweet became lodged in his throat, his wife gave him a good thump on the back - and a rolled-up sixty-year-old twopence-ha'penny bus ticket from Buxton, Derbyshire, shot out of his ear. He now hears perfectly.



EXPLODING TVs

Videos of a British song have been banned in the UK after it was accidentally discovered that they are designed to blow up TV sets.

Kate Garner (of the now-defunct group *Hayzi Fantayzee*) has produced the video with band Deep Space. The video is titled *Golden Explosion* - the perfect gift "for people you hate", according to Ms Garner.

British TV technicians noticed unusual interference when the clip was being prepared to go to air.

"Experts were called in to look at it and they pronounced that screening the video could cause certain TV sets to produce a golden explosion - and that means the entire TV blows up," said a television spokesperson.

"Results could be disastrous, so the video won't be screened." A high frequency signal produced by the video is believed to short-circuit many TV monitors.

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KOREAN PLANTS TEARGASSED

South Korean environmentalists are worried that the tear-gassing of students by riot police on university campuses may be dangerous to plants and wildlife.

Environmentalist Professor Won Byong-oh claims the gas is killing plants, insects and birds and may reduce South Korean campuses to ecological wastelands.

-Korea Herald



CARCINOGENIC CANARIES

Bird owners are eight times more prone to lung cancer than other people, according to a Dutch hospital research project.

Dr Peter Holst, GP, claims his research shows that budgerigars are as bad for human lungs as cigarettes. He says that Belgium, Britain and the Netherlands have the world's highest cancer rates and that pet birds are kept by 35% of Dutch people, who have the world's highest incidence of lung cancer.

- Reuter

Nexus New Times Two

WHICH CAME FIRST?

Two men died in a heated argument about whether the chicken came before the egg last June in Manila, the Philippines.

Two groups were hotly debating this philosophic conundrum when one of the men who said the chicken came first made an obscene gesture to his egg-first opponents, who produced pistols and started shooting.



CROWS STONE MOSCOW

Buildings in Moscow are facing an environmental hazard from the sky.

Foot-high black crows (imported ten years ago from Siberia to control the city's expanding population of pigeons) are dropping stones on the domes of many of Moscow's most famous buildings and have broken many glass roofs in the city centre. Buildings hit include the GUM Department Store, the Pushkin Museum and the Metropol Hotel.

The crows have even bombarded the golden domes of the Kremlin, which were regilded seven years ago for the Moscow Olympics, and restoration experts fear that they will have to be gilded again. The birds use the sloping surface of the domes for gravity-assisted take-offs.

Some pet owners have also complained to Pravda that their small dogs and kittens have been attacked and even carried off, by the birds.

The birds got their training in stone-dropping over the ice lakes of Siberia, where they are accustomed to bombing the ice to get their water.

Has the US finally perfected their artificial meteor research?

Hello friends. Forewarned is forearmed! As the consciousness of the earth is elevating, outmoded and *self-oriented* values and beliefs are being broken down and metamorphosed into love, compassion and care for the higher self within each one of us.

We are experiencing a disintegration of concepts of expectations (causing tension) to a state of being open to direction by spiritual forces surrounding and protecting us. No matter what frustration or personal hurt we experience, only good (and perspective) can result providing we are open to enjoy the lessons of this period.

We have been experiencing turbulence brought about by the end of an era of *self-growth*. After every storm, clarity emerges and sunshine permeates consciousness.

HARMONIC CONVERGENCE

Harmonic Convergence Day (August 17th) is a coming-together of ancient prophecies, be they Hopi Indian, Mayan, Druidic or other; a day when the increase of delays, frustrations and *self-oriented* irritations will have a chance to be replaced by a fundamental desire to take stock, organise and balance from sunset August 17, 1987.

Until then there may be an aimless seeking of security in friendships and striving for family unity. There is basically an optimistic outlook; but relationships between partners, parents and children seem to be about to go through a low-point in openly creative communication, whether it be through the spoken word or physical compatibility.

August 18 - September 17 will still be a time of soul-searching, though a new type of determination will find us discarding outgrown articles, modes and emotions, a time to rely upon needs and not wants.

The New Moon of August 24th begins a lunar month of organising the house, health and budget - a musical and artistic period, but lack of emotional empathy and self-doubt could find some of us becoming too embroiled with things escapist (such as alcohol, drugs, cigarette smoking or banal television watching).



If your relationships are worth persevering 'through thick and thin', try not to allow the emotional conflicts and harshness of the September 8th full moon undermine that which otherwise is worthwhile.

Emotional and financial confusions which have been around since April 10th ease off from September 17th as Neptune changes (apparently) to forward motion. From that sunset for a month there will be a surge of organisational zest. Communications will have become friendlier from September 8th (full moon in Pisces) and relationships become more balanced and relaxed from September 17th.

SPRING EQUINOX

There will probably be a desire to beautify the living environment, attend to problems relating to water and harmonise the home from the Spring Equinox (September 24th) as the sun moves into the gregarious sign of Libra. Social opportunities will be in abundance, especially from October 18th, as a month of selfless emotional expression begins with a need to interact and relax with groups of people.

Anything you wish to begin for yourself will probably not bear fruit through this period until the middle of November. There is much change, as all types of communication go through confusion from October 16th - while Mercury is retrograde. Be careful that details are attended to, listen carefully to others, organise yourself and concentrate as the past may keep coming back.

Peace and Love,

Victor Voets ∞

Nexus New Times Two

Ancient Wines REJUVENATED

In ancient times herbal 'Spagyric' wines were taken as medicines and tonics. One of the oldest known recipes is preserved on a 2,000-year old Sumerian clay tablet. Herbal wines were used over 5,000 years ago from Egypt through India to China.

In Europe (and now Australia) a tradition of aperitifs exists today.

'Spagyric' is a Greek word meaning 'to separate and reunite'. Spagyric wine-makers consider herbs to be alive and aware. The 'essences' a Spagyrist works with are Alchemic principles equivalent to the spirit, soul and body of the herbs.

ALCHEMIC PREPARATION

During preparation the essential oils are first distilled, then the water-soluble principles are extracted. Then the plant residue is incinerated and the soluble mineral salts are leached out. Finally, the three essential essences are recombined and grape wine is used as a vehicle or base for the resulting elixir.

These Wine Aperitifs are not consumed as normal table wines - they are only taken in small quantities for the effects of the herbs they contain.

The ancient Spagyric method has been used for many years in Australia, and herbal Wine Aperitifs are even available commercially here today.

See: 'The Practical Handbook of Plant Alchemy' by Professor M. Junius (a Doctor of Indian Ayurvedic Medicine working in South Australia) Published by Inner Traditions International, New

York. ∞



Images from the I Ching

Visual Meditations on the Book of Change

by Ann Williams

Available Allen and Unwin, PO Box 764 North Sydney. (Published September) - \$24.95

A totally unique, beautifully illustrated, full colour visual interpretation of the I Ching.

Artist/author Ann Williams has conceived very moving, sensitive, images for each Hexagram of the I Ching, each occupying a full page with a flowing quote or elemental cue for the particular Hexagram represented.

The visual impact touches chords deep within, pulling on hidden subconscious memories. The hexagrams trigger feelings and deep-rooted emotions which the viewer is made aware of by contact with the images. The influences of her surroundings, from the Australian outback to the Indian Himalayas and Central and North America are apparent and recognisable; as is her interest in Vipassana meditation and Transpersonal psychology, but nature has been her main creative inspiration.

A beautiful and unique approach, this book gives an opportunity to understand the I Ching not only on an intellectual level, but also interprets the hexagrams and trigrams in visual splendour for the first time, reaching a part of the soul the intellect can't reach.

Composed of large colour plates laden with sumptuous super- and subconscious imagery, this unique interpretation of the ancient Taoist text deserves far more than a glance.



The Astrology of Human Relationships

by Frances Sakoian and

Louis S. Acker

Available Aquarian Books, 27 Power Ave, Alexandria. \$4.95

A companion to any astrologer's library, this book provides appropriate tools to determine the compatibility or incompatibility of your relationship with your spouse, lover, friends, relatives, business associates and others. It can also be used to determine relationships to events and/or inanimate objects.

These well-known authors have together opened up much of Humanistic Astrology for easily-understood assimilation in their past works.

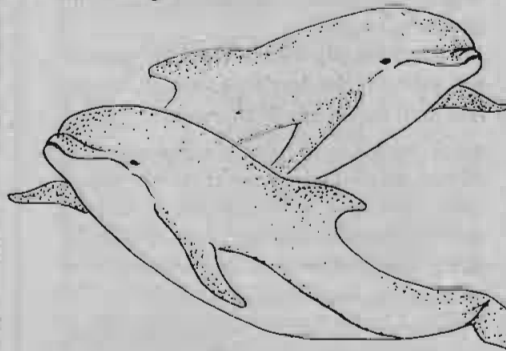
A useful book to help you prepare and interpret detailed horoscopes and a useful addition to the work library of any private or professional astrologer.

THE DOLPHIN'S GIFT

By Elizabeth Gawain

Available Boobooks Publications PO Box 258 Balgowlah 2093

An account of the author's contact and experiences with the wild dolphins of Monkey Mia in Western Australia. The book is written in an easy, flowing style and is full of black and white photos. It shares with the reader the interactions of dolphins and humans, some funny, some sad, giving an opportunity to experience the magic of these incredible beings.



A Women's Herbal

by Kitty Campion

Available Aquarian Books, 27 Power Ave, Alexandria. \$12.95

Author Kitty Campion is a trained herbalist and leading authority on alternative health care.

This book is 'the' herb book for women and is excellently laid out. Everything is covered with easy to understand and read recipes and explanations. It covers the female body from top to toe, inside and out. There is also a botanical index as well as an alphabetic index on ailments.

For any woman who is fed up with invasive and chemical treatments for her body, this book describes clear, easily understood ways to treat yourself nature's way.

Homoeopathic

Medicine at Home

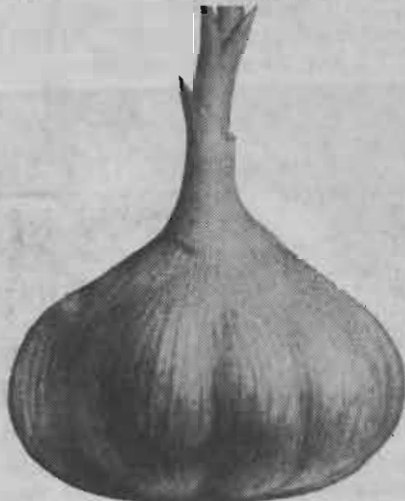
by Maesimund B. Panos M.D.
& Jane Heimlich.

Available: Aquarian Books, 27 Power Ave,
Alexandria \$9.95

Homoeopathic remedies have been a recognised part of medicine for over 150 years. Homoeopathy is a system of medicine that uses "natural" remedies made from animal, vegetable and mineral substances which are non-toxic, safe for children and pregnant women and have no side effects.

This book is a comprehensive and practical self-help guide. It provides proven first aid procedures and simple approaches to treating minor ailments, illnesses and emergencies. The book explains in layman's language basic homoeopathy; plus the first aid kit for home and a chapter-by-chapter breakdown of illnesses and remedies, plus charts with general indications and questionnaires to help pinpoint problems.

A good medical alternative to add to a home-healing collection.



GARLIC

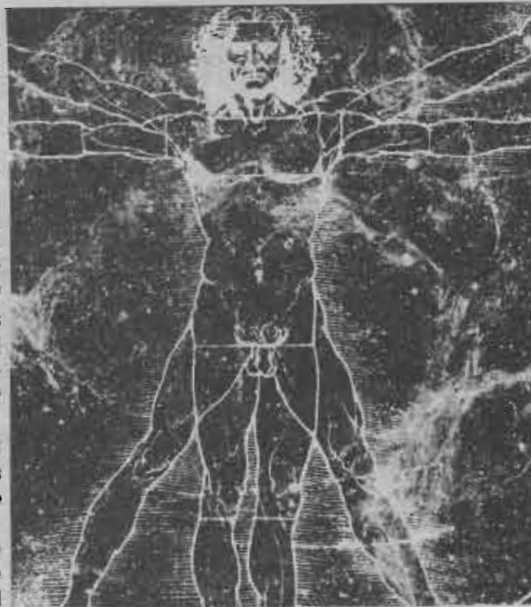
NATURES HEALER

By Morten Walker DPM

Available: International Health
Promotions Box 155 Lane Cove 2066 \$3.95

A 46 page booklet which gives information on the health properties of garlic, including reversing mercury poisoning, metabolic cancer therapy and control of high blood pressure as examples of the disease preventative properties it contains.

Simple and easy to read, the booklet shares interesting and useful information which is simple to apply and benefit from.



LIVING WITH ALLERGIES

By Xandria Williams

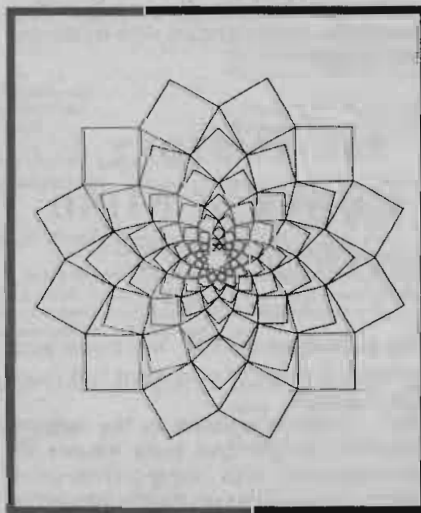
Available Allen & Unwin Box 764 Nth
Sydney \$12.95

Many people suffer allergies of one sort or another, of degrees varying from mild to quite severe. This is a book for those people.

Compiled by Xandria Williams (one of Australia's leading naturopaths who has studied nutrition and biochemistry and works with allergy sufferers), it offers useful advice on how to cope with eating out, dealing with child allergy sufferers and the family that nurtures them, rotational diet charts and recipes which don't leave out the treats.

The book is specifically designed to be an aid after you have been diagnosed as having an allergy; it doesn't diagnose possible allergies you may have.

A very informative and useful resource if you are a sufferer.



CONFESSIONS

OF A

MEDICAL HERETIC

By Robert S Mendelsohn, M.D.

Available International Health Promotions
Box 155 Lane Cove 2066: \$4.50

After 25 years as a practising physician Dr Mendelsohn has come to certain conclusions about 'straight medicine'. In this book he expresses the opinions and conclusions he has come to.

He gives statistical reports on medical testing slip-ups; experiments; the over-prescribing of drugs (and the illnesses caused by them) from the Pill to cancer drugs; the horrors of X-rays; interference in childbirth; unnecessary surgery and many more aspects of medical procedures.

The book is written with a great sense of humour and a cynical attitude which makes it easy and interesting reading.



INTERNAL CLEANSING

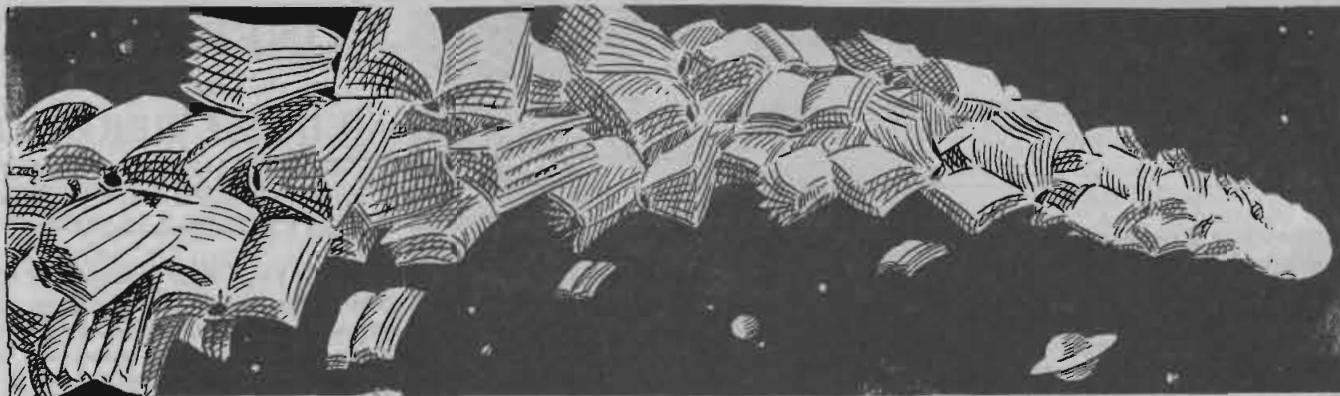
A Practical Guide
to Colon Health

By Linda Berry DC

Available International Health Promotions
Box 155 Lane Cove 2066 \$3.95

An explanatory booklet with diagrams showing the reasons why toxic overload leads to all sorts of other problems.

There are chapters on pollution, diet, herbs, meditation, cleansing reactions and much more about the colon, including charts for monitoring your cleansing program and other tips to keep your colon in top condition.



Nostradamus AND THE Millennium by John Hogue

Available Allen & Unwin, PO Box
764, North Sydney. \$29.95

A stunningly put together hardback account of the prophecies of Nostradamus, this book is illustrated with 160 colour photographs, paintings, diagrams and charts. It makes a close examination of the prophet's 'quatrains' and places his prophecies and views of reality into startling juxtaposition.



A large portion of the book is devoted to the 20th century and our future, a period that interested Nostradamus greatly. Although his predictions for the end of the millennium are full of disease, terrorism, natural disaster and world war (according to the interpretations of author John Hogue and others), he was also concerned to tell us ways to avoid these future possibilities, with the opportunity to change our consciousness and find new ways of living.

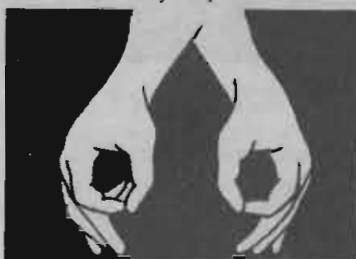
The presentation of the book with its beautiful illustrations brings the 'quatrains' to life.

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BORN IN TIBET

by Chogyam Trungpa

Available Allen & Unwin, P.O. Box 764
North Sydney, \$17.95



This is the story of Chogyam Trungpa's training as a Tibetan lama. One of the leading (and most original) teachers to reach out to the west, it is basically a recounting of his experiences, including the invasion of Tibet by the Chinese in 1950 and its subsequent exposure to Communism.

Chogyam Trungpa's memories and anecdotes are stated matter-of-factly, relating simply to whatever he himself saw, heard and felt. The human and historical interest of the book are profound, but it should also be treated as a Buddhist document, if you have the ability to read between the lines.

Deeply moving and vivid recall gives us an authentic picture of the real life of a Tibetan monk, allowing the great courage and sense of humour of this man to be experienced with freshness and insight.

The HISTORY & POWER of MIND

by Richard Ingalese

Available Aquarian Books, 27 Power Ave,
Alexandria. \$11.95

First published in 1902, this book was immensely popular and went into multiple printings.

For those interested in the occult forces of nature and their modes of manifestation, this long-out-of-print occult classic gives an insight into ways

of transformation experienced in the early 1900's - including complete methods of self-analysis and awareness.

Some topics covered in detail are; Colours and Thought Vibration, the Art of Self Control, Occultism: Its Past, Present and Future, the Cause and Cure of Disease and many others.

The Complete Crystal Guidebook

by Uma Silbey

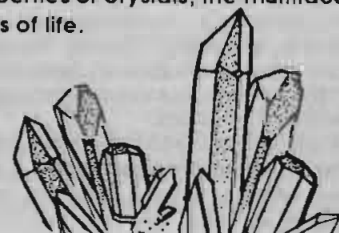
Available Aquarian Books, 27 Power
Ave, Alexandria. \$19.95



Designed as a workbook, The Complete Crystal Guidebook is filled with participatory exercises carefully described with black and white drawings to help the reader. The book is divided into sections, with the first giving practical basic information. Section two deals with the extended body, covering the chakras and etheric body among others.

Latter sections deal with the tools of crystal work and crystal healing.

Clearly written, this guide is a wonderful workbook for beginners, guiding you step by step to the many uses and properties of crystals, the multifaceted tools of life.



Nexus New Times Two

GRAPEVINE LETTERS

Dear Nexus,
Great magazine! Congratulations! I like it!
Why? Because:

- It is professional, well laid out, good graphics, concise, interesting reporting.
- It doesn't take itself too seriously (a sense of humour always helps).
- It compliments very nicely, rather than competes with, existing new age publications. I enjoy a magazine which presents a rational overview or synopsis of where the "New Age Movement" is heading (or isn't!); yet includes interviews with leaders in different fields with your reporters - a more personal touch.

The challenge I see (I always get philosophical towards the end of my letters) is incorporating all the marvellous ideals and ideas of the New Age movement into everyday life. I mean - I've just written this enthusiastic letter to you and tomorrow I have to go to clean more flats and offices to pay off the mortgage so that I can create a nice home environment for myself.

A request... how may I contact Peter Brock or Dr. Eric Dowker regarding buying an 'energy polariser' for my car? God bless you,

Simon Larbalestier, Greenwich.

So positive! Glad you liked the first issue (soon to be a collector's item). Dr Dowker, co-inventor of the Polariser, is a chiropractor practising in Greensborough, a Melbourne suburb - he's in the phone book, and should probably advertise with us! - NEX ∞

Dear Editor,

I would like to point out that Mahikari is not spiritual healing nor does it use crystals, as stated by Al Cryst on page 33 of your Autumn issue...

We are concerned that many people are coming to our Centres wanting to learn to heal, having been misled by such statements which appear in various magazines.

"The purpose of Mahikari no Waza (technique of purifying with True Light) is not to heal disease, but to purify the human soul and spirit, the astral cells and the physical cells in order to restore the original power of God's children and eventually let them attain Divine nature. It is thus the great Art of Salvation which comes from God's Great Love and the Art of allowing all mankind to participate in the Holy work of accomplishing the goal of the Divine Plan."

The method of achieving the above can be learnt at a Mahikari Centre - any enquirers please ring (02) 810 5312, 10.00am-7.00pm any weekday and 9.00am-5.00pm weekends, or visit our Centre at 114 Victoria Rd, Rozelle any day during the above-mentioned hours.

Thank you very much. Yours Faithfully,
Rex North, President, Mahikari NSW

It's always good to clear up facts - thanks for the information - Nex ∞

Dear Editor,

I was surprised on reaching my home, a shack in the bush, that I had not bought Maggie's Farm from the Kendall health food shop. I was happy to find that you were not completely way out as some of the magazines are trying to turn us oldies into homosexuals or bisexual greenies etc. If you keep to the middle path you will get older folk to buy in preference and not because it is the only reading matter available... Molly Rhodes

Lorne, NSW

Thanks, Molly. Our main 'editorial policy' around here is to provide a full spectrum of viewpoints, not just 'left', 'right' or 'centre'. Only through comparing & combining differing views can we get a reasonably true

picture of this kaleidoscopic world - Nex ∞

NETWORKING

Thanx to all who make this possible - particularly TO YOU, for being interested enough to read NEXUS. The response to issue one has been perfect feedback; a mixture of enthusiasm and positive criticism.

We've had so many well-researched articles and so much relevant information sent in that we've had to grow another 8 pages - rather than use smaller print and strain your eyes!

We hope you enjoy all 56 pages - at no extra cost.

NEXUS New Times magazine is a collectively inspired and produced example of networking. A dedicated team write, draw, compute, collate, research, communicate and network to create the magazine you are reading.

You can become part of NEXUS New Times - by writing articles, stories or poems, drawing, collecting clippings from newspapers or magazines, distributing, corresponding or communicating with us by phone and/or computer - you can influence events in these New Times.

We welcome letters, criticism or help.

If you are moved to act on any issue, feel empowered to (at least) network the information and PLEASE write or phone relevant politicians, companies, publications and individuals to express your views.

Be Aware
Think globally and act locally.

Thanx

NEXUS New Times #2 was produced by this dedicated band:

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